

Congregational Nurse and Health Ministry Newsletter



May 2011

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Have a safe
Holiday

Message from the Interim Director...

"I will rejoice in Jerusalem, and delight in my people; no more shall the sound of weeping be heard in it, or the cry of distress. No more shall there be in it an infant that lives but a few days, or an old person who does not live out a lifetime..." Isaiah 65: 19 -20.

With these verses, Rev. Prince Raney Rivers began his talk on infant mortality in Forsyth County on May 3, 2011. He was part of a panel brought together to discuss ways to address the health inequity in our county that is confirmed by the following statistics. In 2009, Forsyth County had the second highest overall infant mortality rate of the five most populated NC counties, posting 9.9 infant deaths for every 1,000 live births. The minority rate was 17.5, the Caucasian rate was 6.6. As Mike Wells, another panelist pointed out, this problem is not someone else's. It affects all of us in many ways, from lost productivity of the mothers and surviving children, medical costs of supporting low birth weight babies through their "few days" of hospitalization, to the emotional and financial challenges of dealing with the sometimes permanent disabilities of those low birth weight babies who survive. It is a problem that should be addressed by the business community, the health department, politicians, social services...and churches. What can we, as Faith Community Nurses, do to help Winston-Salem become more like the new Jerusalem described by Isaiah? I hope you will join me at the Nurse Network meeting on June 14 to hear two of the experts address the issue and to share *Blessings, Judy* your own thoughts and ideas.



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May Nurse Network Meeting

Ten nurses attended the May 10th Nurse Network meeting. Polly Davis, RN, FCN from Agape Faith Church gave the devotional. Our speaker, Mary Jac Brennan, Community Garden Coordinator for the Forsyth Cooperative Extension Agency, spoke on Community Gardening for Physical, Mental, and Spiritual Health. Her power point presentation contained beautiful pictures of gardens, a variety of people working in them and the produce grown. She spoke both from her extensive knowledge of horticulture and her personal experience as a member of her church's community garden group. As a part of her work, she has developed a comprehensive booklet called "Resources for Starting a Community Garden" which she shared with those present. Extra copies are available at the Shepherd's Center or at the Forsyth Cooperative Extension Office. Members of the network brought garden equipment to donate to the Forsyth Cooperative Extension Foundation so that Mary Jac can loan them to groups needing assistance in starting gardens of their own. She has expressed her sincere gratitude for these donations.

Nurse Network Meeting on June 14, 2011

The topic "Poor Birth Outcomes in Forsyth County: Addressing the Problem" will be presented by Tom Arcury, PhD, Director and Kathy Lowe, MSW, Assistant Director of the Program in Community Engagement and Implementation, Translational Science Institute, Wake Forest School of Medicine. North Carolina ranks 44th in the nation for infant deaths (CDC). In 2009, Forsyth County had the second highest overall infant mortality rate of the five most populated NC counties, posting 9.9 infant deaths for every 1,000 live births. The minority rate was 17.5, the Caucasian rate was 6.6. Join us as Kathy and Tom discuss the factors behind this serious health problem and the health inequity in our county and measures that can be taken to improve birth outcomes.

Service Project for June Imprints for Expectant Families



Please bring baby items...pampers and wipes, onesies, baby towels and washcloths, baby blankets or other layette items...to donate to Imprints for Families. One of their programs, Imprints for Expectant Families, offers intensive education and support to pregnant women receiving prenatal care at the Downtown Health Plaza of Wake Forest Baptist Medical Center. A skilled educator provides prenatal classes, monthly home visits after delivery, monthly consultation, breast feeding support, and referrals. Classes and services are offered in English and Spanish. Check out their web site at www.imprintsforfamilies.org.

The Health Ministries Association, Inc. (HMA) is recognized as the only national professional membership organization for faith community nurses. Their vision statement reads:

"HMA aspires to engage, educate and empower people of faith to be passionate and effective leaders for creating healthier communities."

Membership benefits include advocacy and information, discounts on AED and BP equipment, support and networking, discounts on publications and networks at the local and regional level. Membership dues are \$105/ year (\$70/year for fulltime students and seniors, 65 and older).

In 1998, at the request of the HMA, the American Nurses Association recognized faith community nursing as an official nursing specialty. Currently, the HMA is asking faith community nurses to complete the FCN Survey to help the HMA:

- determine the type and scope of FCN practice
- determine clients served and the healthcare issues of clients
- determine perceived needs for knowledge, skills, behavioral and attitudinal education
- determine other needs for support, education and collaboration

You can find more information and complete the survey at www.hmassoc.org. You do not have to be an HMA member to take the survey

Save These Dates

Nurse network meetings (6:00-8:00 pm)

July 12 – (no meeting) *August 9* - (at Hospice & Palliative Care Center)

September 13 - (at the Shepherd's Center)

Faith Community Nurse Basic Prep Course

October 18 – 22, 2011 - (at Ardmore Baptist Church)

* **Congratulations to Gwen Stewart**, who was featured in the May 2011 *Forsyth* *
 * *Woman* magazine. In the article "Caring for Older Adults", writer Meghan E. W. Corbett *
 * writes this about Gwen: *
 * " Gwendolyn Stewart was awarded the national 2010 Director of Nursing of the Year *
 * Award. Gwen is past Director of Nursing at The Oaks at Forsyth, and is the Executive *
 * Director of NCDONA OTC, Inc., a state chapter of the National Association for Directors *
 * of Nursing Administration in Long Term Care. Caring for the elderly is her passion, and her *
 * ministry. Currently, Gwen is the Health & Fitness Ministry Leader at her church, St. *
 * Stephen Missionary Baptist Church, here in Winston-Salem. Gwen was selected as a *
 * Great 100 Nurse in 2005." *
 * Gwen also shared her time with the CNHM program to guide 12 congregations on our *
 * virtual walk to Jerusalem and helped place an article about the walk in the Winston- *
 * Salem Journal. Thank you Gwen! *

Thank you to Elvenia Johnson, Elvenia's friend **Diane Jones**, and **Fontaine Kirk-Graham** for serving in the WSTA blood pressure screening clinic on May 19. We served 48 people with screenings, education, and referrals when necessary. We also distributed personal mini-fans provided by WSTA to 48 happy health consumers.

News from the NC Council of Churches:

Our friends at the Living Healthy Chronic Disease Self Management Program (CDSMP) would like to invite members of your congregation to take advantage of their FREE online workshop – Better Choices, Better Health™ – which is designed to help individuals self-manage their chronic conditions (e.g., diabetes, arthritis, high blood pressure, chronic pain, anxiety, etc.). Specifically, the workshop can help you and the people you care about:

- Find practical ways to deal with pain, fatigue and stress
- Discover better nutrition and exercise choices
- Understand easy ways to relax
- Learn better ways to talk with your doctor and family
- Get the support you need

Better Choices, Better Health™ is a proven, life-changing program. If you would like to take advantage of this **special limited time offer** or to simply learn more about it, please visit <https://selfmanage.org>. -Willona Stallings, PHW Program Coordinator.

Certification Program: Remember that the NC Council of Churches also offers a certification program for the health and wellness ministry at your church. Applying in October insures that your church is certified for an entire year. To check out the criteria for Bronze, Silver and Gold certifications, visit the following site: www.nccouncilofchurches.org and go to the Partners in Health and Wholeness (PHW) link.

Volunteer opportunities:

- **Shalom Green Street Health Clinic** - chart review on Thursday mornings. Work with Trudy Woche, RN and Patty Stockner, RN to review patient charts from the previous night's clinic. Capturing statistics such as number of patients served, ages, ethnicity, diagnoses, treatments and outcomes will help the clinic document need and care metrics as they apply for grants to support the clinic, and as they evaluate their work and plan for the future.
- **WSTA Blood Pressure Screening** – third Thursdays – Help the medically underserved learn about their current blood pressure, how to manage blood pressure with diet and exercise, and where to go for treatment if necessary. A portable screening box is available with BP cuffs, stethoscopes and teaching materials. We now have several regular health consumers who come each month, bringing their BP record with them.

Educational opportunities for nurses:

- **Faith Community Nurse Basic Prep Course**, October 18 – 22, 2011, Ardmore Baptist Church, Winston-Salem, NC. To register, contact Judy Iannuzzi at Jiannuzzi@shepherdscenter.org or 336-748-0217.
- The **25th Annual Westberg Parish Nurse Symposium**, September 16-18, 2011, Millennium Hotel, St. Louis, MO. Presented by the International Parish Nurse Resource Center, St. Louis, MO www.parishnurses.org.
- Visit the website of the **Church Health Reader**, www.chreader.org, for many items of interest for faith community/parish nurses.

Educational opportunities for you or members of your congregation:

- **Caregiver Lunch and Learn**, Thursday, July 21, 2011 at Senior Services, 2895 Shorefair Drive. 11 am – 1:30 pm. Lunch is provided. Respite care is available. For more information, call 761-2111.

Mobile Health Van

Winston-Salem State University now owns a mobile health van which was donated from Novant Health. It is used primarily to travel to underserved communities to provide health care services to the underserved and/or uninsured. Faculty and students from the School of Health Sciences provide the services, which include BP checks, glucose screening, BMI, and patient education among others. The unit is also used for health fairs and community service events. The contact person is Dr. Joannette McClain, 336-750-2307, or mclainj@wssu.edu.

International Parish Nurse Resource Center (IPNRC) now on Facebook

You must have a Facebook account to log in to the IPNRC page.

THE SHEPHERD'S CENTER IS NOW ON FACEBOOK

Take a look at this link — <http://www.facebook.com/pages/The-Shepherds-Center-of-Winston-Salem-NC/142160352471869?ref=ts&v=wall> or go to our website — www.shepherdscenter.org— and click on the link for Facebook. You will see some pictures of the CNHM Program and highlights of the year.