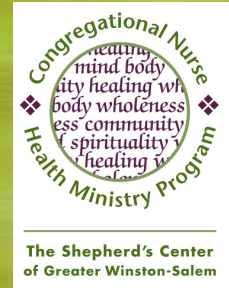


Congregational Nurse and Health Ministry Newsletter



August 2010

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**Basic Prep Course October 19-23
Ardmore Baptist Church**



Message from the Director...

I have just finished reading a gem of a book. The Four Agreements: A Toltec Book of Wisdom by Don Miguel Ruiz. It is a quick read on the surface but carries four pearls of wisdom that I am trying to live by daily now.

The Four Agreements are:

- Be impeccable with your word.
- Don't take anything personally.
- Don't make assumptions.
- Always do your best.

Of course there are several clarifying or qualifying statements to further define each of the agreements such as saying only what you mean, avoiding gossip, communicating as clearly as you can to avoid misunderstandings, and your best will change from moment to moment depending on the circumstances.

This book has touched me enough that I have posted the Four Agreements on my computer monitor, on my refrigerator, and carry them in my Day Timer. It reminds me that I am flawed, a work in progress and any time I can bring these agreements into my daily interactions with others is a step in growing closer to God and others.

Blessings, Laura



Laura Rapp, RN, MSN
Program Director
LRapp@shepherdscenter.org

1700 Ebert Street
Winston-Salem, NC 27103
336-748-0217

www.shepherdscenter.org

FCN Basic Prep Course



The Congregational Nurse and Health Ministry Program is hosting its first Basic Prep for Faith Community Nurse Course from October 19-23 at Ardmore Baptist Church. A maximum of twenty nurses will be participating in this course. We would ask that you keep all of the students and presenters **in your prayers** over the next couple of months.

All are invited to attend the **Closing ceremony and pinning** on **Saturday, October 23 at 4:15** in the chapel at **Ardmore Baptist Church** 501 Miller Street.

Walk to Bethlehem



It is 6175 miles from Winston-Salem to Bethlehem. A virtual walk will begin the week of September 26th. The walk will include weekly scripture readings and geography lessons as we travel through such countries as Morocco, Libya, Egypt, Tunisia, and Algeria.

Twenty area congregations have signed up to participate in the Walk to Bethlehem. Laura Rapp has met with all the Walking Coordinators to review the expectations and provide Toolkits.



Participating congregations are:

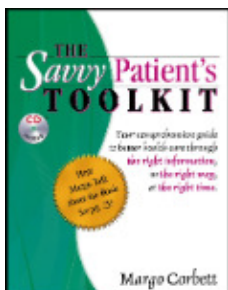
Agape Faith Church, Clemmons
 Ardmore Baptist Church, W-S
 Bethany Baptist Church, W-S
 Brookstown United Methodist Church, Pfafftown
 Calvary Moravian Church, W-S
 Friedberg Moravian Church, W-S
 Galilee Missionary Baptist Church, W-S
 Kernersville Moravian Church, Kernersville
 Knollwood Baptist Church, W-S
 Main Street United Methodist Church, Kernersville
 Mount Tabor United Methodist Church, W-S
 Mount Zion Baptist Church, W-S
 Our Lady of Mercy Catholic Church, W-S
 Reynolda Presbyterian Church, W-S
 St. Paul's Episcopal Church, W-S
 St. Stephen's Missionary Baptist Church, W-S
 St. Timothy's Episcopal Church, W-S
 Trinity Presbyterian Church, W-S
 United Metropolitan Missionary Baptist Church, W-S
 Wesley Memorial United Methodist Church, W-S

Reminder: The walk will begin the week of September 26th.

Request for Your Favorite Scripture Readings

Please submit your favorite Scripture reading/s with reference/s. They will be used on cards for the nurses who will be attending the Basic Prep Course to provide some inspirational thoughts. Submit to Laura at LRapp@shepherdscenter.org Thank you.

September Meeting: Coaching Patients and Caregivers



Please join us to learn how to empower people to get the best medical care possible. Margo Corbett has a BS in Medical Technology and Masters in Storytelling with extensive training in Total Quality Management, Knowledge Management and Systems Thinking. Personal experiences include surviving cancer and three life-threatening medical errors. She has been a patient advocate for her husband since the medical crisis in 2003 that spawned her first book Lead Your Way to Better Healthcare. Margo is a patient advocate and author of The Savvy Patient's Toolkit.

Tuesday, September 14, 2010
6:00 – 8:00PM
The Shepherd's Center
1700 Ebert Street
Winston-Salem

August Meeting Report

August Devotion

Rosemary Niles, RN, BSN (St. Paul's Episcopal Church) delivered the Devotion for the August meeting. The Nurse Network is working its way through the book The Story of Ruth: Twelve Moments in Every Woman's Life by Joan Chittister.

Chapter One concerns Ruth's loss of her husband and two sons as she journeys home with her daughter - in - law Naomi. Rosemary also shared two poems by David Whyte: The House of Belonging and The Journey. The two poems relate to loss and connect Ruth's courage to return home to Bethlehem for a new beginning. Sometimes it takes loss to spur one on to God's time for you. Ruth was headed home to a culture she had left long ago to find herself again.

August Meeting

The Grieving Family was the topic presented by Rachelle Burrell, MSW, LCSW from the Hospice and Palliative Care Center to the Nurse Network on August 10th. Ms. Burrell stressed the difference between adults and children in the manner in which grief, sorrow, and loss are processed. And expressed. Adults may ask why, wonder about their purpose now, or what will give them hope.

Children on the other hand will ask who is going to protect them now, are they going to die themselves, and what/who will they hope for now. The impact of grief affects the physical, emotional, spiritual, intellectual, and social part of a person.

Ms. Burrell was able to provide several resources for those who are grieving a loss. Her presentation spurred on much discussion among the 20 attendees. Several nurses were asking for guidance with assisting people in the grief process who are 'non-believers'. A separate session may be planned for the future to explore this issue.

As usual, the Nurse Network showed an outpouring of support for our **Community Service Project**. The many generous donations for children's programs at Hospice were presented to Ms. Burrell.

Thank you to Dale Cox and Renee Large from **Brookridge Retirement Community** for providing out healthy and delicious refreshments.



Community Service Project for September

The **Grandparenting Program** at WSSU provides services to relative caregivers residing in Forsyth County who are raising one or more children 17 years of age or younger. They provide Respite, Case Management, Health Services, Support Groups, and After School Activities. They are in **need of book bags**, and other school supplies such as **paper, pencils, pens, rulers, highlighters, notebooks, and binders**.

CNHM Program has touched over 4700 lives up to July 31st

Save These Dates!

CN Network Meeting– September	Sept. 14
Westberg Symposium St. Charles, MO	Sept. 17-19
CN Network Meeting– October	Oct. 12
Faith Community Nurse Basic Prep Course	Oct. 19-23
HMA Kanuga NC	Nov. 8-9
December Retreat	Dec. 4th

New Volunteer Opportunity

There is a need for a nurse to conduct a medical record review following the Wednesday night Free Clinic at Green Street UMC. Maria Hennequin, RN has been doing this ministry for quite some time, but has decided to travel in her retirement.

This ministry takes about 2 hours a week and requires attention to detail, the ability to decipher physician handwriting, the love of being a detective, and completion of medical referrals.

The statistics that are gathered from this medical record review have been used to write grants to support the clinic and show the growth that has occurred over the last several years. Anyone interested should contact Laura Rapp to arrange an orientation.



Theme for December Retreat:

Spiritual Self Care: Renewal and Refreshment

Alyson J. Breisch, RN, MSN, FCN will present a whole day Retreat for the Nurse Network and other interested nurses and healthcare professionals. Aly worked for the Duke University Divinity School for ten years and has recently started her own business. The December session will focus on Sabbath Keeping, Gratitude, and Grace, among other topics. December 4th will prove to be a special day so hold that place open on your calendar.



Opportunities/Info You Can Use:

Third Thursdays at WSTA- The CNHM program is holding BP Screenings at the downtown Bus Station. **Third Thursdays** is held from 1-3PM on the 3rd Thursday of each month. Contact Lori Carter if you would like to participate in this vital health ministry to screen the general public within the inner city of W-S. Lcarter96@triad.rr.com

Tuesday Mornings at Green Street- do you have 3 hours to volunteer occasionally to do BP screenings during Food Pantry/Clothing Closet hours at Green Street United Methodist Church? This worthwhile project requires 2 nurses from 8:45- 11:30am who want to experience a faith based health ministry at its best. Contact Laura Rapp if interested.

Volunteer Opportunity at Prodigals

Peggy Lemon, RN and Linda Bradham, RN have spent the last year setting up a health ministry within the Prodigals Community *Recovering Ministries for Drug-Free Living* at 1024 Waughtown Street in Winston-Salem. They have written policies and established sustainable systems to track medications, conduct simple assessments and provide health education to the residents of Prodigals.

Prodigals is a residential program that helps people live responsible and drug-free lives.

If you would like to donate 2 hours a week occasionally in the late afternoon to be available to provide assessments and opportunities for residents to discuss health related issues, please contact Laura Rapp. Residents are in recovery but may also have concurrent health conditions.