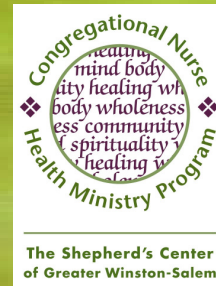


Congregational Nurse and Health Ministry Newsletter



April 2011

Message from the Interim Director...

Inside This Issue

- Pg.
- 2 April Nurse Network Mtg. Report
 - 2 Mobile Health Van
 - 2 Save the Dates
 - 3 Thank you's
 - 3 Walk to Jerusalem
 - 4 Volunteer Opportunities
 - 4 Edu. Opps. for Nurses &/ or Congregations

USED BOOK SALE

April 28 & 29 9 a.m.— 9 p.m.

April 30 8 a.m.—1 p.m.



The Shepherd's Center of Greater Winston-Salem Book Sale benefits services for older adults.

Largest Book Sale in the Triad!

of Greater Winston-Salem

Promoting and Supporting Successful Aging

Education Building, Dixie Classic Fairgrounds, Joel Coliseum Complex— Gate 5 Winston-Salem, NC 27105



of Greater Winston-Salem

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The days are growing longer, the air is growing warmer, and we have just been treated to the wondrous beauty of the earth awakening from winter into a glorious spring. As your faith communities move through spring toward summer, many may be looking to shed some of their "winter weight". A good solution may be the Pound for Pound Challenge, which will donate 11 cents to the Second Harvest Food Bank for every pound that is lost. Check out the web site at www.pfpchallenge.com to see if this program would be a good fit for your church. You and your congregation are welcome to join my team, the Congregational Nurse and Health Ministry Team (of course) or start your own.

As you tend to the health needs of all those you love, please remember to tend to your own. Try to find some time each day to just be silent and still in God's presence. "Be still before the Lord and wait..." Ps. 37:7.

Blessings, Judy

Nurse Network Meeting on May 10, 2011



Mary Jac Brennan will be our speaker at the next Nurse Network Meeting on May 10, 2011. She is the Forsyth County Extension Agent for the Community Gardening program in Forsyth County and will be speaking to us about the physical, mental and spiritual benefits of gardening with a community group. She will share local resources available to church or community groups who wish to start their own gardens.



Service Project for May

Forsyth Cooperative Extension Foundation

Nurses are asked to bring garden tools, garden gloves, seeds, watering cans, and hoses that can be donated or loaned to groups who wish to start gardens in their communities.

April Nurse Network Meeting Report

Seventeen nurses attended the Nurse Network meeting on April 12, 2011. Sue Baker, FCN from Trinity Presbyterian Church gave the devotional centered on water and its importance in our lives. She also demonstrated the healing effect of kindness, calm words, and prayer. Cathy Wilson and Karen Byrd Beard from the GO (Geriatric Outreach) program spoke on "Geriatric Assessment 101: What to Look for When Visiting Older Adults". They covered signs of depression and dementia, tests to use to assess mental status, signs of caregiver stress, and community resources for caregivers of the elderly.



Our contributions of large adult pull-on diapers and checks for Meals on Wheels were delivered to Patty Mead at Senior Services on Thursday, April 14. She expressed her gratitude for these gifts and invited the nurse network to hold a meeting at the new facility sometime in the future in order to take a tour and learn about all the resources available through this organization.

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.

Save These Dates

Nurse network meetings

June 14

July 12 – no meeting

August 9

(6:00-8:00 pm at the Shepherd's Center)

Faith Community Nurse Basic Prep Course

October 18 – 22, 2011

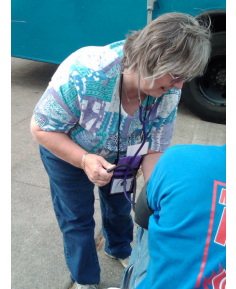
THE SHEPHERD'S CENTER IS NOW ON FACEBOOK

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.

Thank you



... to the nurses who volunteered at the Project Homeless Connect event on April 20, 2011 at the LJVM Coliseum Annex. Bonnie Aldridge, Judy Casey, and Polly Davis manned the Shepherd's Center booth and took blood pressures. Darlene Westmoreland and Anne Harrison were pulled outside to assist with the NC Baptist Men's Medical/Dental Van. Darlene took blood pressures and assisted with intake triage and Anne donned gown and mask to assist the dentist inside the van.



to Elvenia Johnson who rounded up a friend to help and held the WSTA blood pressure screening ministry on April 21...



...to Gwen Stewart who, over the last twelve weeks has inspired walkers from 12 congregations from across our state to get to Jerusalem in time for Easter.

Walk to Jerusalem...



Our 12 faithful congregations reached Jerusalem in time for Easter! Thanks to the efforts of Gwen Stewart, our walk coordinator, our walking program was featured in the Saturday, April 23 edition of the Winston-Salem Journal. She also encouraged churches who arrived early to do mission work locally and those churches who walked extra miles to share with those who needed a little boost to arrive on time. Her weekly message to the walk coordinators for each congregation served to keep us inspired spiritually, and on task to turn in our miles in a timely manner. Just a few of the stories she has shared with us: Exodus Baptist Church of Winston Salem had one walker, Renita Fields, who gained a lot of miles as she walked in the Dominican Republic, where she went to do surgical missionary work. Another of our walkers, Toni Martin, earned her miles preparing for the Special Olympics. St. John Evangelical Parish of Waynesville joined us after reading an article in the Asheville News & Record about our last walk, the Walk to Bethlehem, that was picked up by the Associated Press.

As a result, our 12 week journey involved 12 churches from across the state as well as two ad hoc walkers, who helped us arrive in Jerusalem on time, healthier physically and spiritually and more knowledgeable about the countries in North Africa through which we walked.

Marilyn Weiler, pastor and walk coordinator at Dulin UMC in Mocksville arranged a Cross Walk through Mocksville on Good Friday. Walkers met at one end of town to hear the Good Friday text and began their walk with 7 – 8 walkers carrying a large cross. As these walkers tired, others stepped up to take their place. The walk ended a mile later with a devotional and prayer.

Volunteer opportunities:

- **WSTA** BP Screening, third Thursdays from 1-3
-

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.

Alzheimer's disease: From Tangles to Treatment, April 28, 2011, 7:00 pm to 8:45 pm, Southeastern Center for Contemporary Art (SECCA), in Winston-Salem. Free seminar presented by Targacept, Inc., a clinical stage biopharmaceutical company. The public is invited, but pre-registration is required. Contact Jo A. Peay at 336-480-2102 or jo.peay@targacept.com by April 25.

Sixth Annual Acute Stroke Treatment Update, May 3, 2011, 8:30 am – 4:30 pm, Grandover Resort and Golf Conference Center, Greensboro, NC. Sponsored by Greensboro AHEC, 336-832-8025, www.gahec.com.

Spirituality and End-of-Life Care

May 4, 2011, 1:30 – 4:30 pm Arbor Acres Retirement Community, Berrier Building-Fellowship Hall. To register, email Chaplain Doug Suggs at dsuggs@arboracres.org. Space is limited. There is no charge to attend the program. For general inquiries, call 336-768-6157, ext. 1622.

Educational opportunities for you or members of your congregation:**Living Will and Health Care Power of Attorney**

April 27 at 10:00 am at Hospice and Palliative CareCenter, Williams Education and Counseling Center Building.

- Hospice and Palliative CareCenter staff will go over these documents and you will receive a free copy of each.
- A notary will be present for those ready to complete the documents. You will need a current driver's license or other government-issued picture ID.

To register, call 336-768-6157, x1622. There is no Fee for this service but donations are welcomed.

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.

International Parish Nurse Resource Center (IPNRC) now on Facebook

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