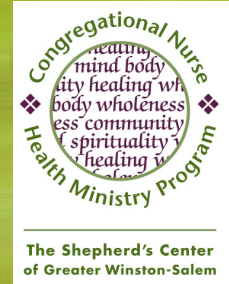


Congregational Nurse and Health Ministry Newsletter

November/December 2011



Inside This Issue

- Pg.
- 2 Message from the Director
- 2 Nov. Nurse Network Meeting Report
- 2 Jan. Nurse Network Meeting
- 2 Community Service Project
- 3 New Faith Community Nurses
- 3 Dec. Nurse Network Retreat Report
- 4 Educational Opportunities...
- 4 Helpful Websites

Featured FCN – Sue Baker

Sue Baker has headed the health ministry at Trinity Presbyterian Church for over 12 years. In 2004, she received her training as a Faith Community Nurse. She has always been interested in encouraging people to be as healthy as possible and was glad to be able to combine that interest with her faith.

From the beginning, the Health Council at Trinity has stressed healthy alternatives at events involving food, done a monthly blood pressure screening, and sponsored programs on health topics. It was instrumental in organizing the local Presbyterian churches to provide a weekly meal for the workers at the Community Care Clinic. Through the church's Care Team (based on the PCUSA model), the council meets the needs of members who have acute and chronic illnesses. The Care Team has assisted families to work through issues related to the declining health of a loved one. The team also visited a formerly active member who was unable to attend church, delivering a bulletin and copy of the sermon weekly, and providing a link to an important part of his life. The Health Council has provided transportation to church events for members who can no longer drive, sponsored two blood drives, and held a health fair.

Most members of Trinity know that they can ask Sue about a health topic and she will find the answer for them. She writes a health column for the church's monthly newsletter, checks on members via phone or email, and sees them for "curbside consults".

Trinity members participated in both the "Walk to Bethlehem" and the "Walk to Jerusalem" last year. More recently, Sue has been able to visit some members in their homes and offer Healing Touch, both in a mini-clinic at the church and off-site to individuals. She now has a bulletin board for information on health topics.

In 2010, the church received the Bronze level recognition from the Partners in Health and Wholeness, NC Council of Churches and achieved the Silver Level in 2011. Their goal for 2012 is to receive Gold Level recognition.

In addition to volunteering as the Parish Nurse at her church, Sue works full-time as an instructor in the ADN program at Forsyth Technical Community College.

THE SHEPHERD'S CENTER IS NOW ON FACEBOOK

<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.



of Greater Winston-Salem

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Save These Dates:

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

January 10, 2012 February 14, 2012 March 13, 2012

Message from the Director...

As the end of 2011 fast approaches, and this holiday season blossoms into fullness around us, I am reminded of the power of gratitude. In a New York Times article published Nov. 21, 2011, John Tierney writes: "Cultivating an 'attitude of gratitude' has been linked to better health, sounder sleep, less anxiety and depression, higher long-term satisfaction with life and kinder behavior toward others, including romantic partners". In an experiment conducted by Robert A. Emmons, of the University of California at Davis and Michael E. McCullough of the University of Miami, participants were instructed to, once a week, make a list of five things for which they felt grateful. After two months, "people keeping the gratitude journal were more optimistic and felt happier. They reported fewer physical problems and spent more time working out." In a further study, participants reported falling asleep more quickly at night, sleeping longer and waking up more refreshed. I plan to make Dr. Emmons book Thanks! about his gratitude research, one of my first reads of the new year. And I am starting a gratitude journal!

One of the things I am most grateful for this year is this wonderful job I have and the many opportunities it has afforded me to meet and get to know many of you personally. Your strong sense of calling to your work with your faith communities, and your dedication to whole person care are constant sources of inspiration for me. I so appreciate being able to live out my mission to serve, educate, and connect such an incredible group of faith community nurses.

Wishing you much happiness as you move into a new year.

Blessings, Judy



November 8, 2011 Nurse Network Meeting

Felecia Bennett-Giles, Community Outreach Educator for Cancer Services led nurses in a delightful and energetic class on **Exercising "Body and Soul"**. She told us about her ministry of improving the health of African American congregations through nutrition and cooking classes, and exercise classes. In addition to the classes she holds on a regular basis, she has inspired whole congregations to do 10 minute faith-based exercise routines during their worship services. She led our group in one of the 10 minute routines and left us breathless and exhilarated. Her services are free of charge and are available to anyone.

You can reach her at fbgiles@cancerservicesonline.org.

January 10, 2012 Nurse Network Meeting

Brighton Gardens has invited the Nurse Network to experience the **Virtual Dementia Tour** at their facility on Reynolda Road during our next meeting on **January 10, 2012, 6 – 8 pm**. They have also offered to serve us a light dinner. Please RSVP for this meeting as attendance is limited to 20 for this special program. Email Judy Iannuzzi at Jiannuzzi@shepherdscenter.org to register. Application is being made for one contact hour of CEU credit.

Community Service Project for January

We will be collecting items for the Tab Williams Adult Day Center. Their most urgent needs are for large adult diapers, Kleenex tissues, rolls of paper towels, and sanitary pads. Please bring any of these items to the next Nurse Network meeting at Brighton Gardens in January.

Congratulations to our newest Faith Community Nurses!

Nine nurses completed the 34 credit hour Faith Community Nurse Basic Prep Course that was held Oct. 18 – 22 at Ardmore Baptist Church. The course was based on the curriculum developed by the International Parish Nurse Resource Center. The nurses who completed the training were:



Pictured above: (front row from left) Jane Blizzard, Leigh Ann Lovett, course facilitator Judy Iannuzzi; (middle row) Ruby Gaither, Linda Neighbors, Judy Jewell, Vannesia Morgan-Smith; and (back row) Carrie Fernald, Susan Johnson, and Sharon Sutton.

Carrie Fernald, Holy Cross Catholic, Kernersville

Jane Blizzard, Konnoak Hills Moravian, Winston-Salem

Ruby Gaither, Redeemed Missionary Baptist, Winston-Salem

Susan Johnson, Novant Health---community outreach coordinator for congregations in Stokes, Surry and Wilkes counties

Leigh Ann Lovett, Fountain of Life Lutheran, Kernersville

Linda Neighbors, Calvary Moravian, Winston-Salem

Judy Jewell, Redeemer Presbyterian, Winston-Salem

Vannesia Morgan-Smith, St. Johns Baptist, Columbia, MD

Sharon Sutton, Grace Covenant Church, Clayton, NC.



December 3, 2011 Retreat

Fifteen nurses participated in the CNHM Retreat, **Moving Forward: Steps to Strengthen Your Faith Community Nursing Practice** held at St. Paul's Episcopal Church on Saturday, Dec. 3. Led by Debbie Loffis, a Certified Professional Coach, we wrote individual mission statements for our practices, visualized our ideal practice, identified barriers (internal and external) to accomplishing our vision, identified goals and wrote smart objectives. Sue Baker shared that her Health and Wellness Council decided to use the Partners in Health and Wholeness Gold Level Certification guidelines as a basis for their 2012 objectives. Her church achieved Silver Level Certification this year and would like to move a step up next year. If you would like to use the guidelines as well, you can find them at the NC Council of Churches website in the PHW Section.



After lunch, Rosemary Niles and Sue Baker led us in a beautiful "Laying on of Hands" service to conclude our morning. Rosemary, a Level 5 Healing Touch Spiritual Ministry practitioner and Sue, a Level 3 Healing Touch practitioner, talked to us about the process of opening ourselves to being channels for the flow of energy from our Creator, setting an intention for the highest good of our partner, and reminded us of the many ways in which we have used our hands for good throughout our lives. We then paired up and took turns, laying on hands and then receiving this blessing from our partner. It was a moving experience that left us feeling both reflective and empowered to begin a new year.



Educational opportunities for you:

Coalition of Ministries for Older Adults meets on the first Thursday of every month from 11:45 – 1PM with lunch available for \$6.50.

January 5 - at First Christian Church, 2320 Country Club Road, Winston-Salem, NC 27104.
Topic: *Facing Hunger: the Impact on Older Adults in Forsyth County*, Helen Mack, RN.

February 2 - at Brookstown United Methodist Church, 6274 Yadkinville Rd., Pfafftown, NC 27040.
Topic: *Elder Abuse*, Becky Phelps, Social Worker, DSS.

March 1 - at Hospice and Palliative CareCenter, 101 Hospice Lane, Winston-Salem, NC 27103.
Topic: *Nearing Death Experiences: A Hospice Chaplain's Perspective*, Chaplain Meghan McSwain, Hospice and Palliative CareCenter.

Please call Linda Lewis at the Shepherd's Center of Greater Winston-Salem, 748-0217, to register for any of these programs.

Opportunities for your congregation:

Powerful Tools for Caregivers:

Wednesdays Jan. 18 – Feb. 22, 10am – 12 noon at Senior Services, 2895 Shorefair Drive, Winston-Salem. Learn to reduce stress, improve self-confidence, better communicate your feelings, increase your ability to make tough decisions, locate helpful resources, balance your life. To register, call Linda Lewis at the Shepherd's Center of Greater Winston-Salem at 748- 0217.

Caregiver Support Group:

This group is every 4th Monday of each month, 1 – 2 pm at BestHealth Center, Hanes Mall (near Post Office). To register, call 336-713-2378 (713- BEST).

Coping with the Death of a Spouse:

This group is every 4th Monday of each month, 2:30 – 3:30 pm at BestHealth Center, Hanes Mall (near Post Office). To register, call 336-713-2378.

Heartstrings Infant Loss Support Group:

This group is for those mourning the death of an infant from conception to one year of age. It is held on Thursdays, 7 – 7:30 pm at Hospice and Palliative CareCenter, 101 Hospice Lane, Winston-Salem, at the Williams Education and Counseling Center. To register, contact Mary Schultz at 336-335-9931 or at marys@heartstringsupport.org.

Left Behind: A Group for Survivors of Suicide:

This is a mutual support group for family and friends of those who have died by suicide. It is held on Tuesdays, 6 – 7:30 pm at Hospice and Palliative CareCenter, 101 Hospice Lane, Winston-Salem, in the Williams Education and Counseling Center. To register, call Kelley Ryan at 336-331-1333.

Helpful websites:

Healthfinder.gov

Tools Includes: Online Checkups, Activity and Menu Planners, Health Calculators, Health Widgets and hear and see videos, podcasts, and slideshows to learn about common health and wellness topics.

FamilyDoctor.org

Tools Includes: Search by Symptom, Dictionary, BMI Calculator and Immunization Schedules for the family.

AARP Health Tools

Tools Includes: Drug Interaction Checker, BMI Calculator, Doughnut Hole Calculator, Drugs A-Z, Drug Compare, Drug Savings Tool, Health Savings Account Calculator, Health Encyclopedia, Medicare Interactive Tool, Medicare Summary Notice Decoders, Pill Identifier, and Symptom Checker.