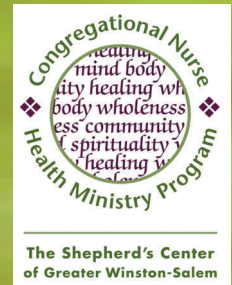


# Congregational Nurse and Health Ministry Newsletter



The Shepherd's Center  
of Greater Winston-Salem

September/October 2011

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## Featured Faith Community Nurse - Debra Norris



Debra Norris, RN, FCN at Ardmore Baptist Church has led an interesting life. After training as a nurse and working many years as a cardiovascular ICU nurse, she attended Southeastern Baptist Theological Seminary to prepare for service as a medical missionary. She felt a strong call to serve in the Gaza Strip, and served nine years with the mission board, studying Arabic and working at the Baptist School of Allied Health Sciences in Gaza as a nursing instructor and then as director of the nursing program. During that time, Gaza was under Israeli occupation and living conditions were difficult: the first Palestinian Intifada (uprising) began shortly after she arrived. Most of the students were Palestinian refugees who saw education as the only way out of their bad situation. As tensions escalated between Israel and Gaza during the Gulf war, Debra and her colleagues were forced to evacuate to Egypt where they lived for four months – coordinating students' clinical rotation assignments by phone and fax each week. She has written a book about her experience, *Stayed Upon Jehovah*, which offers a detailed look at life in Gaza in the late 80's and early 90's.

In 1995, Debra began working at Ardmore as Music and Communications Assistant. Five years ago, one of the ministers at her church learned about Faith Community Nursing and suggested to Debra that she get the training. Church members know the location of her office and often come by to ask questions about a medical condition or a medication, or to have their blood pressure checked. She has arranged a flu shot clinic at the church each of the past four years, and has organized two health fairs, specifically designed to meet the needs of the congregation she serves. As the person responsible for producing the church's newsletter, she is able to slip in health tips as space allows, and has set up a health ministry section on the church's web site. She was instrumental in seeing that a salad option was added for Wednesday night suppers in order to give church members a healthy alternative to the traditional fare, and puts the nutritional values of dinner items in a prominent place so members can be informed about the food they are eating.

Debra has coordinated both the Walk to Bethlehem and the Walk to Jerusalem at Ardmore, and has organized a team of Ardmore members to enter "Step Up Forsyth", the county health department's health initiative for the past two years. She has averted many an ER visit by offering calm and informed counsel and administering first aid when needed. She helped the church obtain an AED that is readily available for trained personnel to use if needed.

## 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](http://www.shepherdscenter.org) — and click on the link for Facebook.



**Judy Iannuzzi, RN, MAEd.**  
Program Director

**jiannuzzi@shepherdscenter.org**

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

**[www.shepherdscenter.org](http://www.shepherdscenter.org)**

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## Message from the Director...

"Take delight in the Lord and he will give you the desires of your heart." Psalm 37:4

Like many verses in the Bible, this one can be interpreted in several ways. When I was younger, I thought it meant that if I just went to church and prayed a lot, God would give me everything my heart desired. Now I read it much differently. It says to me that if we spend time in gratitude for all that we are and all that we have, in other words "delight in the Lord", our creator God will turn us toward our gifts and our passions. We will then be able to live out the fullness of our lives using the talents that are ours to claim and develop.

What are the desires of your heart? Have you spent any time lately thinking about what you really want from your nursing practice...from your life? At our retreat on December 3, 2011 from 9 – 1:30 at St. Paul's Episcopal Church, Debbie Loftis, a certified leadership coach, will lead us in a process of visioning, identifying barriers and steps for overcoming them, and making plans to move forward productively in our lives. I hope you can join us for our retreat, "Moving Forward".

"Our steps are made firm by the Lord when he delights in our way; though we stumble, we shall not fall headlong, for the Lord holds us by the hand." Psalm 37:24



Blessings, Judy



### September Nurse Network meeting

On September 13, 2011, fifteen nurses met at the Shepherd's Center to hear Leigh Satalino, Mission Outreach Director, Susan G. Komen for the Cure, NC Triad Affiliate, speak on Breast Cancer Awareness...Take Action!" She showed a brief film that explained the origin and purpose of the organization. She then reviewed the types of breast cancer, risk factors and risk reduction measures, screening recommendations, vulnerable populations, diagnosis and staging, most common types of treatment and how to apply for grant funds from the Komen NC Triad Affiliate. She also reviewed the Community Profile the organization recently completed showing that the highest incidence of late stage diagnosis occurs in the 27105 zip code area. Several of the nurses present talked about their plans to hold "Pink Sunday" in their churches in October to increase awareness of breast cancer and encourage early screenings. Mary O'Daniel, RN, FCN gave a beautiful devotional reading from the book : "Chicken Soup for the Breast Cancer Survivor's Soul".

### October Nurse Network Meeting



Prodigals Community

real people • real life • real recovery

The next Nurse Network meeting will be held on Tuesday, October 11, 2011 from 6:00pm – 8:00 pm at Hospice and Palliative CareCenter. Sally Harper, Executive Director of the Prodigals Community, will speak to us about drug abuse and addiction. Two very informative books to read about this

subject are *Tweak : Growing Up On Methamphetamines* by Nic Sheff and *Beautiful Boy: A Father's Journey Through His Son's Addiction* by David Sheff, Nic's father.

### Community Service Project for October:

#### Prodigals Community

Please bring personal care items such as soap, deodorant, shampoo, Q-tips, chap stick, laundry soap.



**Hospice and Palliative CareCenter** has been invited to participate in a national faith-based training initiative on infant and fetal death. The National Center for Cultural Competence of Georgetown University and the National Sudden Unexpected Infant and Child Death and Pregnancy Loss Project support center at First Candle (located in Baltimore, MD) have partnered to create the African American Faith-Based Bereavement Initiative.

HPCC's Grief Counseling Center will be providing free training in the community about infant and fetal loss. The training is designed to help the African American faith community improve support for families experiencing these losses. The training will increase the capacity of faith-based communities to promote care for families experiencing infant and fetal losses by addressing the attitudes and beliefs which may prevent individuals from seeking follow-up medical or mental health care after a fetal or infant loss.

We hope to provide up to six trainings by the end of May, 2012. Faith communities in Stokes and Forsyth counties will be targeted. If you (or a member of your faith community) are interested in participating in the training, please contact Rachelle Burrell, MSW, LCSW, at (336) 331-1346 or [rachelle.burrell@hospicecarecenter.org](mailto:rachelle.burrell@hospicecarecenter.org)



### Save These Dates:

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

October 11    November 8    January 10

**Faith Community Nurse Basic Prep Course**

October 18 – 22, 2011

(at Ardmore Baptist Church)

**Retreat: "Moving Forward"**

December 3rd — 9AM - 1:30 PM

St. Paul's Episcopal Church



( Featured FCN, continued from page one)

Debra has been a strong supporter of the Congregational Nurse and Health Ministry program since its inception and consistently submits a monthly report. She recently shared a story about a mentally challenged church member who came each week to have her medications reconciled. After doing this for a year, Debra decided to try to teach the woman to set up her own medication box. She showed her how to do it, teaching her the name and purpose of each pill, watched her do it herself for a few months, and now the church member is self-sufficient, knowing that she can come back if she has questions or concerns. In her quiet and efficient way, she has improved the health of the congregation she serves and changed lives in the process.

### **Educational opportunities for nurses:**

#### **Faith Community Nurse Basic Prep Course**

October 18 – 22, 8:30 am – 5:00 pm each day. Sponsored by the Congregational Nurse and Health Ministry Program. All classes will meet at Ardmore Baptist Church. The course is designed for registered nurses interested in or currently working as a faith community nurse in a paid or unpaid model. For more information or to register, contact Judy Iannuzzi 748-0217 or [Jiannuzzi@shepherdscenter.org](mailto:Jiannuzzi@shepherdscenter.org). Cost: \$550.00. Partial scholarships are available to nurses from Forsyth County.

#### **Healing Touch Certificate Program, Level 1: Nurturing Energy Therapy**

October 29-30, 2011, 8:30 am – 6:00 pm, Sticht Center Auditorium at Wake Forest Baptist Health. To register, contact Ashley Fleetwood, 336-777-0680, [HToftheCarolinas@aol.com](mailto:HToftheCarolinas@aol.com) The cost: \$350.00.

**Hospice and Palliative Care Center Educational Series** for community doctors and nurses – Held the **2<sup>nd</sup> and 4<sup>th</sup> Friday 's** (excluding holidays) from 8:30 - 9:30am in the Williams Education and Counseling Building. CEU credits are free of charge. Call Carol Ford at 336-768-3972 or check out the Hospice website for upcoming topics.

**Conference on Research Ethics: Re-examining Key Concerns**, November 10 & 11, Wake Forest Univ. To commemorate the 30<sup>th</sup> anniversary of the original publication of *Bad Blood: The Tuskegee Syphilis Experiment*, the WFU Center for Bioethics, Health and Society presents a major conference to promote reflection and discussion about critical issues of ongoing importance in research ethics. To register, please go to the following link: <http://bioethics.wfu.edu/> and click on Research Ethics Conference.

**The Coalition of Ministries for Older Adults** is a networking and learning opportunity for those who work with older adults in a congregational setting, or who represent an agency which provides services for older adults. They meet on the second Thursday of each month from 11:45 am – 1:00 pm with lunch available for \$6.50. At this time, no CEU's are awarded.

**October 6** — Location: Senior Services, 2895 Shorefair Drive, Winston-Salem

Topic: Living in the Moment: Reducing Stress and Improving Quality of Life Using Meditation, Relaxation, and Visualization.

Speaker: Linda J. Hunt, RN, LPC.

**November 3** — Location: Mt. Tabor United Methodist Church, 3543 Robinhood Road, Winston-Salem

Topic: Aging: Fact vs. Fiction.

Speakers: Nathan Robison, Executive Director, Brighton Gardens and Sarah King, Legacy Healthcare.

Lunch reservations are needed by the Tuesday before each meeting. For more information or to make reservations, call Linda Lewis at the Shepherd's Center, 748-0217.

### **Get your congregation moving**

One of the easiest ways to get your congregation thinking about their health and wellness, and actually experiencing the benefits of exercise, is to start a walking program. Consider using the following:

#### **Hearts for God® Journey One: A Heart of Flesh**

This six week program is designed for those who seek to make incremental and beneficial changes in their health lifestyles. The study combines scripture, theological examination, health information and exercise guidelines with prayer and reflection. It is well suited for an evening or daytime Bible study at church or in study group members' homes. The group meets for 1 ½ to 2 hours a week and participants do the daily readings and their own exercise routine during the week.

### **Health resources**

**The National Institute on Aging** has many well-written, free, health resources you can order to use in your congregation. Check out their website at [www.nia.nih.gov](http://www.nia.nih.gov).