

# Congregational Nurse and Health Ministry Newsletter

March 2009

## Welcome to the 1<sup>st</sup> CNHM Newsletter

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*Labyrinths have long been used as tools of meditation and prayer.*

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of Greater Winston-Salem

The purpose of this newsletter is to provide a means of sharing information with Congregational Nurses as well as others involved in Health Ministries. Please feel free to forward it to others who may benefit from this connection. As this group continues to grow and evolve it will be filled with useful information and will be a place to share your Congregation events, successes, learnings, and ideas. This newsletter will be **for you** and written **by you**. Consider it to be *your voice*.

## Message from the Director

First, I must thank all of you who have been meeting over the last several years to develop this concept and idea of Congregational Nursing and bring it to fruition. I applaud your tenacity and dedication to make this a reality here in Forsyth County. I know I am *preaching to the choir* when I say that this ministry is of such great value to those that we serve.

It is impossible to avoid hearing of the state of the US economy today- it's on the TV, radio, in the newspaper and in many discussions you may be having with family, friends, and co-workers. My belief is that our ministry is crucial to a healthy community. With people being laid off from work or having their hours and health care benefits cut (48 million people are without health insurance in the US)- they still attend church services weekly or more often. What a wonderful resource to have a Congregational Nurse or Health Ministry Program in your congregation. People can turn to a trusted resource for reliable information, support, health screenings, advocacy, referrals to agencies for help and much more. The sky's the limit with this type of nursing practice.

I have spent some time with the Program Directors at Carolinas Medical Center and Moses Cone Health System. Both have very mature programs with great impacts in their communities. We in Forsyth County have the opportunity to shape our program to meet your needs and the needs of the community. I welcome ideas and insights from all of you to make us successful!

## February Meeting

Thank you to Anne Harrison for arranging our February 10<sup>th</sup> meeting at Knollwood Baptist Church. Ten Congregational Nurses attended that evening to meet Laura Rapp the new Director, Congregational Nurse and Health Ministry program from The Shepherd's Center of Winston-Salem. Contact information was shared as well as a discussion of future ideas for speakers, approved websites, and other resources. The wealth of experience and enthusiasm of those who attended was palpable. Laura has since been meeting with many community leaders to begin to line up speakers, explore the opportunities to award nursing continuing education hours, and share other resources for the future.

## April Meeting- Healing Touch




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*Healing Touch the focus  
of April 14<sup>th</sup> meeting*

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The Nurse Network meeting on **April 14 from 6P-7:30P** will be a presentation and overview on **Healing Touch Therapy**, a biofield therapy which is an energy based approach to health and healing. The American Holistic Nurses Association supports Healing Touch by providing endorsement for practitioner certification. You will learn the principles on which this healing modality is founded and will be taught one of the techniques which you can take back to your congregations and teach to others.

The program will be presented by Nancy Jane Calloway. Dr. Calloway earned her Ph.D. in Holistic Psychology with emphasis in energy medicine and spiritual healing. She is a counselor and is particularly interested in stress reduction. Her dissertation research was on lowering levels of anxiety and depression nonpharmacologically. Dr. Calloway is a certified Healing Touch practitioner.

The April 14<sup>th</sup> meeting will be held at Knollwood Baptist Church.

## 10<sup>th</sup> Anniversary of Moses Cone Congregational Nurse Program

The Moses Cone Health System Congregational Nurse Program is holding a **10<sup>th</sup> Anniversary Celebration**. They will honor 67 diverse faith communities with worship, music, and art. The event is being held **Tuesday, March 24<sup>th</sup> from 7-9PM at Christ United Methodist Church on 410 Holden Road in Greensboro**. Please contact Laura Rapp if you are interested in attending and also to arrange car pooling.

## Logo & Title for Newsletter

The **brochure** that is being shared with potential congregations to promote the Congregational Nurse and Health Ministry Program is under revision. This is an opportunity to revise the content and also add a **new logo**. We are currently using the International Parish Nurse Resource Center logo (with permission). Any ideas on colors, themes, words, symbols are greatly appreciated. This is your opportunity to make this program unique to this community.

If anyone has artistic talent and a desire to design a logo for consideration- please contact Laura Rapp at The Shepherd's Center- (336) 748- 0217 or email [Lrapp@shepherdscenter.org](mailto:Lrapp@shepherdscenter.org)



International Parish Nurse  
Resource Center Logo

Also- if you have suggestions for the **title of this newsletter**- please send those to Laura as well.

The Northwest Piedmont Area Agency on Aging is holding the 2009 Spring Fling Health and Wellness Expo on May 19<sup>th</sup> in the Educational Building at the Dixie Classic Fairgrounds. Exhibits and Health Screenings will be available at no charge.

## Labyrinth at Ardmore Baptist Church

**Labyrinths** are ancient symbols that relate to wholeness and life as a sacred journey; they have long been used as meditation and prayer tools. During Holy Week, **Ardmore Baptist Church** at 501 Miller Street, Winston-Salem, will have a labyrinth set up in one end of the Fellowship Hall for walking and meditation.

It will be open, and volunteers will be on hand, at the following times:

**Monday, Tuesday, and Wednesday (April 6 - 8); 9:00A - 7:00P**

**Maundy Thursday (April 9); 9:00A - 2:00P**

\*\* They will also have a brief devotional service at 12:15P each day, Monday - Wednesday, followed by a light lunch (usually \$5) for any who wish to attend.\*\*



## Congregation Health Fairs

**Christ Moravian Church** is hosting a Health Fair on **Saturday, March 28<sup>th</sup> from 9A-1P**. Blood pressure, cholesterol, and blood sugar screenings will be part of this event. Also present will be a Notary Public to support people who are interested in completing Advance Directives and Living Wills. Chair massages, hearing tests, information on good nutrition and other activities will be offered. Christ Moravian Church is located at **919 W Academy Street in Winston-Salem**. This Health Fair is open to the public.

**Zion Memorial Baptist Church** is hosting a Family Health event on **Saturday, April 4<sup>th</sup> from 10A-1P**. Health screenings and information on such topics as healthy eating, living with a chronic disease, financial health, social support, spirituality will be presented. Zion Memorial Baptist Church is located at **101 N Dunleith Avenue in Winston-Salem**. This Health Fair is open to the public.

### Save these dates!

<b>10<sup>th</sup> Anniversary Celebration Moses Cone Health System</b>	<b>March 24</b>
<b>Christ Moravian Church Health Fair</b>	<b>March 28</b>
<b>Zion Memorial Baptist Church Health Fair</b>	<b>April 4</b>
<b>April CN Network Meeting- Knollwood Baptist Church</b>	<b>April 14</b>
<b>Spring Fling-Dixie Classic Fair Educational Building</b>	<b>May 19</b>
<b>June CN Network Meeting- Knollwood Baptist Church</b>	<b>June 9</b>

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