

Elim Care  
Faith Community Nursing

# Communique

## Equipped to Serve

*There are different kinds of gifts, but the same Spirit. There are different kinds of service, but the same Lord.*

1 Corinthians 12:4-5, NIV

Recently, I had the difficult task of sitting beside my mother for several weeks as she waited for the Lord to take her home. It was humbling, difficult, challenging, and filled with many precious moments. But, most importantly, it was a time to recognize that her bedside was “holy ground”. As we watched people come and go to say their goodbyes and share life stories with my mom we felt God’s presence touching many. My sister and I were blessed beyond measure as we quickly learned what a great privilege we were experiencing in caring for her.

Did we feel equipped? Not in the least. Did we know exactly what each day was going to bring? Never. Did we think we’d have to watch her suffer so much to breathe those last few hours? No, but we did know that God was with us every step of the way and He cared about every detail.

Ann Graham Lotz, in one of her daily devotions, encouraged me as I recently read these words and reflected on all He had provided during this time; “What God commands you and me to do, He equips us for. It’s that simple! As you serve Him, you will find that He has given you the gifts that are necessary to follow through in obedience. All of them! And if you lack any that you need, God will bring people alongside you who have the gifts that you don’t. Working together, you will accomplish the task to the glory of God”.

And that’s exactly what He did. Through the body of Christ, friends, family and Hospice God brought people, gifts, and comfort in a way we never could have imagined! I have a new appreciation for the role of Hospice Nurses and their compassionate and professional care during times such as these. They were a phone call away 24/7. They guided me and comforted me as I administered meds that helped relieve the pain and suffering.

God also provided fellow believers, family and friends to share in the grief, but also the joy of a life well-lived. Individual members of the family, church, and community responded in so many loving ways. Each obeying his or her call, exercising the particular gifts the Spirit has given, so that their work was not in vain but produced eternal results.

Ann Graham Lotz ended her devotion with these words; “So . . . get to work! You’re equipped!” I hope this has been an encouragement to you. Yes, we are equipped to do the Lord’s work when we ask for His help.

*Marcia Flom, Elim Care Faith Community Nurse Coordinator*

## What to do with this Communique?

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### Communique Tips...

- **Read** (if you do not have time, note the words highlighted to see if that area is applicable to your ministry).
- **Pick one or two resources** if you don’t have time to research them all.
- **Forward** to other nurses..
- **Print out** the brochures and flyers for the upcoming events and copy/post/put in your church bulletin.
- **Offer suggestions** for our website.
- **Inform us of topics** you would like us to consider for future articles.
- **Send a web site** link you find helpful.
- **Send us a story** about what you are doing (e.g. homebound visits, grief support, chronic illness, advocating for a client, helping spiritually during an illness, communication tools, etc.).
- Notify us if you would like to be **removed from this email list**.

## Upcoming Events and Courses

### [EFCA Foundations Course On Line 2016](#)

Based on the new curriculum developed by IPNRC. Provides 40.5 contact hours.

#### Course Content

- Unit 1—Spirituality
- Unit II—Professionalism
- Unit III—Wholistic Health
- Unit IV—Community

#### Each participant must:

1. Be an R.N with an active license
2. Submit a completed application form
3. Submit the full registration fee of \$300.00 by December 18, 2015

January 13—April 19

*For more information*

Contact Paula Lilja @ paula.lilja2@verizon.net

*To connect to links press CTRL and click on blue highlighted areas.*

**Bioethics Conference, Oct. 5-6** [Brochure](#), [Schedule](#), [Online Registration](#)

[FCN courses in 2015:](#) (Click for details)

- Offered over two weekends: October 9/10 and October 23/24

[Luther Seminary Parish Nurse Retreat](#) (click for details)

- Theme: Here I am Lord
- October 16—17, 2015 Provides 9.7 CEU's

[2015 FCNN Symposium Dates:](#) (click for details)

- Health Counseling Strategies October 21, 2015

[Evangelical Covenant FCN Retreat at Covenant Pines](#) (click for details)

- Theme: Confidence in God's Call
- October 20—21, 2015 Provides 8 CEU's

[FCN Teleconference Schedule](#) October 30, 2015 1:00—2:30 PM

- Tools and Tactics for Developing Your Health Ministry Team
- Contact [Rebekah.Seymour@bhset.net](mailto:Rebekah.Seymour@bhset.net) to register

[FCN Foundation courses in 2016](#) (click for details)

- [Click here](#) for brochure and application for EFCA On Line Foundations Course

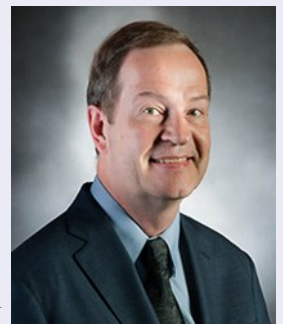
## Bioethics Conference

**Bioethics Conference.** (October 5-6, 2015 @ New Hope Church in New Hope, MN)

“Human Life and Dignity in Today’s World” will be held in New Hope, Minnesota with Dr. [John Kilner](#) as the keynote speaker. The North Central District, Elim Care and Faith Community Nursing will collaborate to provide this important conference. This is an event you won’t want to miss. The conference will contain three plenary sessions by Dr. John Kilner. Pastors, chaplains, healthcare providers, caregivers, church leaders and all Christians will find this relevant and very helpful. **9.6 CEU’s** will be available through the MN. Nursing Association.

This conference will help us engage issues that are challenging, difficult, and hard to discuss in our churches and workplaces today. Dr. Kilner’s teaching, together with a variety of conference workshops, will equip believers to address complex situations and make decisions with Biblical integrity, reflecting a unique Christian worldview. Along with reproductive technologies and end-of-life care and decisions, themes will also include life issues such as chronic illness and disabilities. Mark Wednesday, September 30th at 12 PM CT on your calendar. *There will be a 1-hour live interview of John Kilner on KTIS AM radio and their 6-station network.*

**Registrations after September 18, 2015 will incur a \$20.00 late fee**

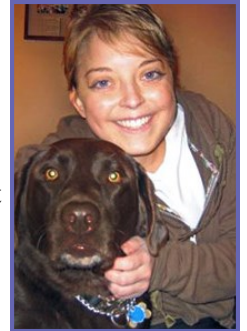


**John F. Kilner, PhD**  
Trinity Evangelical  
Divinity School

## Palliative Care Helped Kate Get Her Pain Under Control

Kate—Age 22

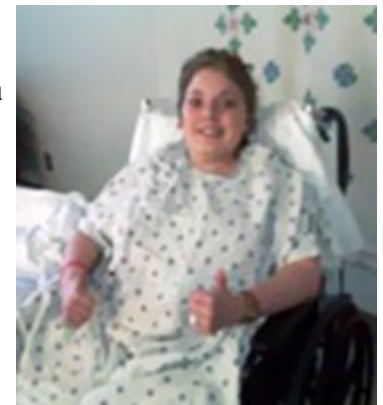
*After completing 4 months of grueling radiation and chemotherapy*, Kate was told her non-Hodgkin's Lymphoma was in remission, and she thought the worst was over. However, the worst was yet to come. Kate's immune system was weakened by the cancer treatment and she developed a serious infection that caused abscesses in every major joint in her body. Because of the excruciating pain, Kate, who was 22 years old and taking a break from college, was moved to the hospital's palliative care unit. "I was a little freaked out because I thought that was where you went when you were at the end of your life," she said, "but I didn't care because I was in so much pain."



**Kate soon learned that palliative care was not about the end of her life but rather about helping her have a future.**

"Within a week, I knew I was in the right place. My pain was finally under control, and it gave me that first sign of hope." A palliative doctor in Cleveland took over Kate's case. "Thank God," said Kate. "She is like the captain of my ship. There are a whole host of doctors, and they all communicate and know what's going on."

Kate spent 270 days on the palliative care floor and endured 34 surgeries and infusions of powerful antibiotics, which finally rid her of the infection and abscesses. She spent holiday after holiday—as well as her 24th birthday—with the palliative care team. Kate's supportive family visited her often, but still she faced boredom, depression, and fear. "The palliative doctors and team were amazing. They make you comfortable and they also give you hope," said Kate. They became my extended family and my emotional support. I'm not a really religious person, but there was a minister there and she would come to visit me almost every day. That was a very, very strong support for me. "



**"You name it, they had it: someone to sit and read a book to you or provide you with music therapy, so you can talk about and listen to music, which is an escape from all of the medical stuff."**

The palliative care team taught Kate to do guided imagery, a "mind-over-matter" technique to direct her thoughts and relieve pain, which helped her recover from her surgeries. "When I did the imagery, I would 'go' to the Outer Banks in North Carolina, where I imagined myself sitting on a deck, feeling the breeze, and hearing the pelicans," Kate said.



Two months after she was released from the hospital, her family surprised her with a vacation to the Outer Banks. Now home, cancer-free for a year and a half, and getting stronger every day, Kate still speaks to her palliative care doctor, who works with Kate's other doctors to be sure her recovery continues. This includes a working relationship with Kate's gynecologist to try to ensure that, if she chooses to, Kate can someday have a baby.

"Palliative care is about comfort in so many ways—emotionally, spiritually, physically—while getting you through a rough patch in life," says Kate. "They make you comfortable and they also give you hope."

Many hospitals and areas within our state do not have Palliative Care Teams available. This story highlights a very significant role that Faith Community Nurses can offer. Through our resources, compassion, and professionalism we truly can be a light and ray of hope to many. For more encouraging stories go to: <http://palliativedoctors.org/stories/>

## RESOURCES

If you are unable to click on and access links, please email: [mflom@elimcare.org](mailto:mflom@elimcare.org)

Please take the time to check out our website. We are adding new resources and links on a regular basis that are listed by topic: [www.elimcare.org/fcn](http://www.elimcare.org/fcn)

**Press CTRL and Click on the links below to go directly to the different sites:**

### ***Vaccination and Immunization Resources:***

- [\*\*You call the Shots\*\*](#) This is a great link to valuable information including webinars, fact sheets, and data on FAQ and includes suggested schedules for children and adults.

### ***Cancer Resources:***

- [\*\*Cancer Companions\*\*](#) are peer counselors who “get it..” Cancer Companions understand the difficulties of cancer treatment and they are ready to listen to you. Check out this valuable website which is loaded with many resources and training opportunities.
- [\*\*Free Housecleaning help for people on Chemotherapy\*\*](#)

### ***Health Tips:***

- Check out our topics and tools to help you and your family stay healthy. Browse our categories, choose a population, or [\*\*use the A to Z search\*\*](#)
- Use this easy tool to [\*\*get personalized health recommendations for yourself or a loved one.\*\*](#)
- [\*\*Start a Walking Ministry\*\*](#) Great ideas to get your congregation up and moving!

### ***Mental Health:***

- [\*\*Make it OK Ambassador Training:\*\*](#) Would you like to learn ways to discuss mental health issues or even become a trainer to help facilitate meaningful discussion in your work place, church, or community? Check out this site and help stop the silence of mental health issues.
- [\*\*A mobile app that saves lives:\*\*](#) Carry this great resource with you at all times on your phone. Have you ever been in a situation where you fear someone may be considering suicide? This link has valuable resources and ways to help immediately.
- [\*\*Depression Support Coalition :\*\*](#) Offering information, education, support and spiritual hope to those affected by depression—as well as their families.

### ***Risk Assessments:***

- [\*\*Are you at risk for coronary Artery disease?\*\*](#)
- [\*\*Are you at risk for Type 2 Diabetes?\*\*](#)

### ***Disaster Preparation and Planning***

- [\*\*Preparing and Helping with Disaster Services:\*\*](#) *When tornadoes, floods, fires and other disasters strike, The Salvation Army provides critical services to ensure survivors have the support needed to rebuild their lives.* This link highlights the number of ways *The Salvation Army* provides hope and healing to many who experience loss from disasters. If you have people in your church or community who would like to becoming trained volunteers please consider serving with TSA. They provide classes to equip individuals and churches to respond during these very difficult times. A class that would be most helpful to your congregation is called: [\*\*Preparing Your Congregation for Disaster.\*\*](#) **Marcia is available to teach this course and would love to do so.**

*Power is gained by  
sharing knowledge,  
not hoarding it*

## Real Stories of Faith Community Nurses

### Faith Community Nurses Are Making a Difference

Stories submitted by Shelly Rock, FCN Coordinator at Lakeview Hospital *and* Rock Point EFC

**I had gone to visit an elderly female** from our congregation with a diagnosis of COPD. She was anxious and having difficulty breathing both which tend to exacerbate each other. I offered my listening presence to her, discussed her current treatments, and then provided some education on relaxation and breathing exercises. Since then, she has been reporting to me that the breathing exercises are helping her to feel calmer. Conversations are also beginning with her and her family around next levels of care that she might need. I will continue to follow her.

**Last May a volunteer at church** walked up 2 flights of stairs to the main office. She was very short of breath. She said that she had not been feeling well since a recent medication change for her Blood Pressure (BP). When I checked her BP it was 215/74. After 10 minutes of rest I rechecked it and it was 188/85. She said that it never runs this high. I referred her to her doctor who adjusted her medication. We rechecked her BP a couple more times in the next week. Her BP came down to 138/64 10 days after I first checked her BP. She stated that she was feeling much better. Her BP has remained stable.

**One of our frail, elderly male parishioners** was recently hospitalized at Lakeview. With his permission, Chaplain Furniss called to let me know that he had been hospitalized. I was able to visit him in the hospital and meet his wife and daughter as well. We were able to discuss together questions they were having about hospice and palliative care. I then provided communion for all of them. He visibly appeared quiet and more at peace following our time together, talking and reflecting more easily with his family about his choices.

**A staff member who works in the childcare room** at church stopped by my office. There had been a recent discovery of lice on one of the children. She asked if I would check her head for lice. I did and no lice or nits were found on her. I provided education for her on lice and offered her emotional support. I reinforced the steps she was planning to take to prevent transmission in the nursery.

**MB contacted me as she was going to be having heart surgery** and wanted assistance completing her Honoring Choices form. She had questions and I was able to answer them for her. Also I offered assistance once she returned home and told her that I would be praying for her. MB stated she would call as her surgery date got closer if she needed anything. She stated she appreciated my help.

I visited with a recent widow. She was struggling with finding new purpose in her life after her husband's death. We discussed her strengths and interests and I encouraged her to consider becoming a TLC visitation volunteer at our church. She now plans to attend our October TLC volunteer training.

**Made a visit to potential new church members** JS and his wife MS. Explained who I was and that I would like to visit with them. In visiting with them, JS stated that the parish nurse is so very important in church ministry. He is a former pastor and is a member of the Presbytery. He said that the parish nurse is such a help to the pastor and deacons; a great resource for the congregation and that their work makes a difference in the life of the parishioners. Both he and his wife appreciated my visit.



## Suggested Books and Additional Resources

### Just a few Websites and Links to FCN specific Health Ministry Tools :

- [Wheat Ridge Ministries](#) : This is a **great site for starting a health ministry in your church**, doing a [congregational self-study](#), providing practical tips that can be used for monthly newsletters through their “[Health Notes](#)” section and so much more. They also provide funding through grants.
- [Faith Community Nursing Network Twin Cities](#): Some of our favorite resources on this site include; [Topic Sheets](#), [professional resources](#), and [metro county linkages](#). The **site is rich with many resources**.
- [Arrowhead Parish Nursing Association](#): This association is **based out of Duluth** and offers support and education opportunities to FCN’s through regular meetings, newsletters, etc. Pam Franklin is the Parish Nurse Coordinator. Contact her for more information at [parishnursenemn@gmail.com](mailto:parishnursenemn@gmail.com)
- [Centra Care Faith Community Nursing Ministry](#): **Located in St. Cloud**, this ministry offers resources and training opportunities to enhance your skills. Annette Jesh is the Director of the St. Cloud Parish Health Ministry Program. Contact Annette for more information: [ahjesh@charter.net](mailto:ahjesh@charter.net)
- [Church Health Center Resources for FCN and Your Congregation](#): This site offers a number of resources including books, devotionals, articles, and additional **resources specifically for FCN’s**

### A Few Suggested Books , Newsletters, and Journals:

[Journal Of Christian Nursing](#): This is a resource for a Biblically based Christian perspective for nursing. A direct link for more info: <http://ncf-jcn.org/resource/journal-christian-nursing>. Every edition offers CEU’s.

[Foundations of Faith Community Nursing Curriculum](#)—2014 Revised Edition. This new edition is available and can be ordered through the Church Health Center for \$45.00.

[Health Minstry Advice for Everyone](#) by Deborah Patterson. Available at: [www.chreader.org](http://www.chreader.org)

[American Parkinson Disease Association Newsletter](#): You can sign up to receive this very informative newsletter which offers helpful suggestions, articles, and learning opportunities about this disease.

[Why the Church Needs Bioethics](#) by John Kilner: Written by our speaker at the upcoming Bio-Ethics conference this book helps you understand and constructively engage bioethical challenges with the resources of Christian wisdom and ministry. ***It will be available at our conference to purchase.***

[Joy in the Journey](#): Finding Abundance in the Shadow of Death by Steve and Sharol Hayner

**Check out our Website: [www.elimcare.org/fcn...](http://www.elimcare.org/fcn...) new info posted**

1. [Power point and handouts](#) from our Elim Spring Networking Event
2. Register for the Bio-Ethics Conference coming October 5 & 6
3. [Spiritual Care Resources](#) including books, devotionals, websites, and more.
4. Information about the new EFCA Foundations Course offered on line in January 2016

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Facebook: <http://www.facebook.com/EFCANurseNetwork>

EFCANurseNetwork

*Elim Care Faith community Nurse Ministry works with congregations and communities in a collaborative effort by integrating Biblical principles into areas of health and wellness. The Faith Community Nurse cares for the physical, emotional, relational and spiritual needs of individuals and families of all ages.*

Marcia Flom, RN, FCN  
Elim Care Faith Community Nurse Coordinator

*Helping you to Help Others*



## The Power of Prayer

*Do you find yourself wishing you could have a more powerful prayer time?* I certainly do. Recently my husband and I went to the movie, [The War Room](#). If you have not seen it, I encourage you to do so. It highlights the need for prayer, seeking a closeness and dependency for God, gives a panoramic view of the Sovereignty of God and offers hope through His divine acts of grace and redemption. The theatre broke out in applause at the end of the movie.

In my quest for learning how to pray more effectively, I found a short, but powerful book, on prayer called, [Prayer, An Invitation to Meet with God](#), by Dr. Malcolm Gill. The book starts out by saying there are several reasons why we might find prayer difficult and then goes on to explore ways to fight against those issues and develop a meaningful prayer life. One sentence stood out to me early in the book; **“We often don’t pray because we question the its power”**. I certainly have struggled with that thought many times and I was encouraged and motivated to learn more.

The book is a quick read, but I found myself going back and allowing its message to stick and then to commit to do something about it. I have started a prayer journal and record what I’m praying for every week. Then I go back and record how each request was answered. Often the answer is, Wait!.

### **What will God do if people like you are praying all across our nation?**

God has blessed our country more than any nation on earth. But it seems today as though we are completely adrift—politically, morally, and spiritually. I have heard from people all over America who agree, and many of them say, “I wish there was something we could do.” Well, there is.

In 2016, I plan to hold prayer rallies in all 50 states. I believe God has called us to this. We’re naming it the [Decision America Tour](#). Check it out and share with others as you feel led.

