



The Pulse

InterChurch Health Ministries, 44 Metcalfe Avenue, Aurora, ON L4G 1E6
 Email: info@ichm.ca Phone: 905-841-7619 / 1-888-433-9422 Fax:905-841-4051

Visit our website
 at www.ichm.ca



Cheryl Walsh, Outreach Parish Nurse of St. Peter's Lutheran Church, and Tom Doherty, Executive Director of ICHM.

The Dream Becomes a Reality

From The Executive Director

Dear friends,
 Cheryl Walsh has recently started her ministry as parish nurse candidate at St. Peter's Lutheran Church, Kitchener. Her installation as *Outreach Parish Nurse* set her apart for ministry to seniors in the downtown Kitchener community, and I was privileged to be present for that moving event in the life of Cheryl, and the people of St. Peter's Church. This ministry began as a dream of parish nurse Rosalind Stroh. Now, this dream is a reality, and we are thankful for funding from the Waterloo Wellington Local Health Integration Network's (WWLHIN) Aging At Home allocation to enable this ministry.

At the installation of Cheryl, Bishop Ralph Spence preached the sermon, referring to the congregation's new ministry. He told this story, and he gave me permission to share it....

Bishop Spence had been attending a long series of meetings in Boston, and he was flying home to Toronto in the Fall of the

year - just after 9-11. He was flying out of Logan Airport, the very airport from which one of the 9-11 flights had departed. Security lines were longer than any Bishop Spence had seen. Every piece of luggage was being opened for inspection. There was a climate of frustration and fear in the air. People thought the long delays would mean the missing of flights.

Into this arena of frustration, fear, long lineups and security inspection came eight people - four men and four women. The men, dressed in tuxedos with tails, and the women, in long and beautiful evening gowns, seemed as if they had just come from a long night's party. One of them set down a CD player and pressed the "play" button. And soon, to the tune of a Viennese waltz, all eight began to dance in the security area of Logan Airport, with the astonished passengers looking on. Soon they asked eight others to dance so that there were sixteen dancing. Bishop Spence, secretly wishing that he had been asked to dance, noted the easing of both the frustra-

tion and fear as everyone watched the dancers. People were no longer looking at their watches and, in the end, each one made their flight. It was a magical moment- a gospel moment.

Indeed this is a parable for parish nursing ministry, and the ministry of ICHM. The beginning of Cheryl's ministry presents a hope-filled gospel moment as the church reaches out to care. St. Peter's Lutheran begins a new chapter in their parish nursing ministry. ICHM is proud to be able to enable this ministry as a recipient of funding from the WWLHIN. We are all enriched as we view this part of the church "dancing" the gospel - the good news of God's love for all. And we wonder, "What is the future of

parish nursing across Ontario, and in each congregation?"

Christmas comes, and with it the angelic message of "Fear not". The future is filled with promise.

.....and wonders of God's love.

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ICHM at the Westberg Symposium September 11-14, 2008

ICHM was well represented among the ten Canadians who attended the Westberg Symposium in St. Louis, MO, by Executive Director, Tom Doherty, Ontario Regional Parish Nurse Coordinator, Karen Marks and National Education Director, Gail Brimbecom. Karen and Gail were invited to present a seminar this year entitled: **Calling, Courage and Challenge: Gifts of the Parish Nurse Advocate** and together Tom, Karen and Gail conducted meetings with IPNRC Executive Director, Rev. Dr. Deborah Patterson and Dr. Barbara Wehling, Curriculum Coordinator in support of ICHM's development of a Canadian appen-

dix for the Basic Parish Nurse Education Program. Watch for more about that project in the next newsletter.

Westberg participants share a laugh.



Continuing Education Program at Emmanuel College, Fall 2008 *From The Ontario Parish Nurse Coordinator*

Our fall education program started off on October 18 with two experienced parish nurses teaching continuing education modules. Anne Marie Webster, parish nurse at St. Louis Church R.C. Church, Waterloo taught *Mental Wellness*. Parish Nurse Sandra Ackles, who attended the session responded, "Anne Marie Webster shared her incredible knowledge, lifelong commitment and dedication to her faith and to people with mental illness that she has cared for. She clearly emphasized the positive effectiveness of parish nurses, who combine their nursing skills and capabilities with spiritual compassion." Gloria Wiebe, parish nurse at St. James Cathedral, Toronto, and current chair of the Parish Nurse Interest

Group (PNIG) of the RNAO taught *Social Justice Role of the Parish Nurse with Vulnerable Populations*. About this session Sandra Ackles says, "Using many secular and spiritual sources, Gloria Wiebe described and clarified the role of parish nurses who work with vulnerable people. Her case studies gave us a cross section of actual "cases" or situations that she has encountered. They also very definitely showed us Gloria's dedication and passion as a parish nurse when caring for each individual."

On October 25 two more continuing education modules were offered. Keith

Marlowe taught *Conflict Resolution*. Sandra says of Keith, "He is clearly well qualified to be teaching a subject that is his life's calling. I would be willing to attend another session with Keith, based on his handouts, so that I could continue to learn, understand and practice this topic." Tom Doherty taught *Identifying Strengths of Congregations*. Sandra says, "Tom Doherty opened up a new concept for me. While most people are aware, to various degrees, of the weaknesses and strengths of functioning groups (in this case congregations), using the book 'Healthy Congregations' Tom emphasized and analyzed congregational strengths and how to positively build on these strengths." Tom Doherty has suggested that this module might be presented to interested congregations upon request. Let us know if you are interested in a workshop to assist you in identifying your congregation's strengths for ministry.

Thirteen different people have registered and attended a variety of the supplemental modules. General feedback was that these topics need more time and would be better presented in a full day format since experienced parish nurses have the desire to go "deeper." So look for full day continuing education modules next year when we hope that more graduates will take advantage of this continuing education opportunity.



You too can 'Create Your Own Spiritual Garden' by attending the 11th Annual ICHM Parish Nursing Retreat On February 20-22, 2009, at Queen of The Apostles Renewal Centre in Mississauga. Hurry, as spaces are limited. Remember: Please contact ICHM to register. Dial 1-888-433-9422. If you wish you can mail or fax the registration form, which is available on our website www.ichm.ca.



Parish Nurse Graduates 2008: Left to right: Jane Ibbott, Carole Beam, Pauline Fallis, Carol Urbach, Suzanne Bell.

Waterloo Lutheran Seminary and ICHM Partner Providing Second Ontario Site for ICHM

ICHM is delighted to announce the provision of a second Ontario location for our Education Program at Waterloo Lutheran Seminary beginning in 2009. The dates set aside for this opportunity are February 27/28, March 6/7, March 27/28 and April 3/4. The format will see one module being delivered on the Friday evening and two on the Saturday morning and after-

noon of each weekend. The brochure and registration forms are available on our website at www.ichm.ca.

We are especially grateful that the Dean of the Seminary, Dr. David Pfrimmer, will be teaching one of our modules in Level 1 of the program. The Education Program is designed for parish nurse candidates, parishioners and clergy of

partner congregations, so that they might be educated and energized towards their developing congregational health and healing ministries.

InterChurch Health Ministries is thankful for the opportunity to develop this educational partnership with Waterloo Lutheran Seminary for the delivery of Parish Nursing Ministry education in the Waterloo Wellington Region and beyond.



Local Health Integration Network (LHIN) Developments

In August 2007, the Ontario Government announced the funding of an Aging At Home (AAH) Strategy that would enable seniors to be supported to stay in their home of choice for as long as possible. An invitation was extended for proposals, with 20% of that funding required to be directed to innovative approaches to health care. InterChurch Health Ministries has received funding in the Waterloo Wellington LHIN towards developing parish nursing ministry in congregations.

ICHM, because of its innovative approach to health care and its history of developing parish nursing ministries, is well positioned to contribute in significant ways to the AAH Strategy of the Ontario Government within the Waterloo Wellington LHIN. The synergies provided by this model of health care include (1) the treatment of the whole person as body, mind and spirit, (2) the unique roles of the parish nurse (interpreter of the relationship between

health and faith, health educator, health counselor, health care referral and advocacy source (healthcare system navigation) and facilitator and teacher of volunteers), and (3) the support of a faith community who becomes a partner congregation with ICHM, enabling the aging population to stay in their homes longer, and saving money within our health care system.

In the first year, a new parish nurse initiative (20 hours per week) has been initiated, situated within the strength of an existing congregational partnership with St. Peter's Lutheran Church, Kitchener. Year 2 partnerships have been identified with three partners: First United Church in Waterloo, Holy Rosary Parish Community in Guelph, and Trinity Village in Kitchener. They will begin their ministry on April 1, 2009. Beginning April 1, 2010, six additional parish nurses will begin their work in six new partnership congregations. At the conclusion of the three-



First United Task Group: Left to right: Bob Blake, Rev Rick Hawley, Sandra van der Meulen, Linda Hawley, Muriel Omand-Naylor, Catherine Savage, Barb Parrott, Lynda McDowell, Ken Mott, Dave Parrott.

year AAH Strategy, there will be 10 parish nurses serving communities in the Waterloo Wellington LHIN.

Our vision for supporting the salaries of these parish nurses and partner congregations sees ICHM funding the salary for four years, decreasing this support until by the fifth year, the partner congregation has assumed full financial support of the parish nursing ministry. The ongoing goal would be the continued development of

parish nursing ministries in the Waterloo Wellington LHIN, with the addition of five new parish nurses into new partnership congregations each year. This, of course, will necessitate LHIN funding beyond the 3-year AAH Strategy. In addition, ICHM has applied for funding within the Central East and Mississauga Halton LHINs for Year 2 AAH funding, beginning April 1, 2009. We await word on these developments.

Parish Nurse Support Groups Are a Valuable Resource *Sytske Haigh RN PN*

Parish Nursing has been growing over the past number of years within ICHM. From a Pilot Project in Durham Region of 5 parishes under the leadership of Henry Fischer and Gail Brimbecom to the present leadership of Tom Doherty, Karen Marks and Gail Brimbecom. Many people of many professions, including nursing, have enabled the work and growth of ICHM. One of ICHM's values has always been the need to support the Parish Nurse.

It is this support that has given me the confidence to continue to be a Parish Nurse in my parish. PARISH NURSE

SUPPORT GROUPS, established regionally, have been an important part of the ICHM ministry. At these monthly group meetings, Parish Nurses support each other by prayer, listening and giving praise to each other. This can be done in our Support Groups monthly.

I must say, I thank God for the gift of each one in my support group. We are all different, we all work in different parishes and each one brings their own gift to the parish. Through God working in us, we are able to accept the differences amongst us and share what we are doing in each parish, and to be

what God is calling us to do in our Parish. We can share our frustrations, our joys, our sadness, our accomplishments and God in our lives, with each other. We can celebrate each other in what we do. Parish Nursing is a unique type of nursing. Through the work of a Parish Nurse and the people who help her we have been recognized by RNAO and CNO as a viable body of nurses.

We have grown in numbers and many new nurses are being called to be Parish Nurses. Like us, they are finding the journey a little overwhelming at times and need our support and a lis-

tening ear, to help give them the confidence in themselves as they learn their new role as a Parish Nurse and as they work in their area of expertise in their congregations. Our seasoned nurses are now being called to be that ear, building confidence, and helping our newer Parish Nurses find their way. We pray for them, as they too respond to God's call to be servants. God bless you all.

Milestone Moments Celebrated Creative Ways to Support ICHM – Many, many thanks!

The people of Walton Memorial Church and parish nurse **Cathy Winn** recently celebrated ten years of parish nursing ministry, a significant milestone. In appreciation of God's many blessings, Cathy directed the congregation's gift to her on this occasion

to ICHM. Thank you, Cathy, for your thoughtfulness!

Heddi Gregor, parish nurse to the people of Peace Lutheran Church in Pickering, directed a gift to ICHM in celebration of a milestone birthday. Thank you, Heddi! Heddi is one

of our initial five pilot project parish nurses, and is the only one of the five to continue serving in her original congregation. Peace Pickering is lucky to have you, Heddi!

Donna Ritch and Ron Bippus were recently married at Westminster United Church in

Whitby. They decided to use the money they would normally spend on small gifts for their guests and, instead, gave a gift to ICHM. A little note on each table spoke this message: "Dear guests: In lieu of a wedding favour, a donation has been made on your behalf

Milestone Moments . . . Continued from page 4

to the InterChurch Health Ministries. The mission of ICHM is to foster healthy communities through Christ's healing ministry. This ministry prepares parish nurses and church Health Cabinet members by providing state of the art education programs and support

services. We hope this gift will help others feel as blessed as we do today". In addition, instead of singing a song that included the word "love", encouraging the newly married couple to kiss, Donna and Ron would only kiss if their guest placed a gift of money

in a bowl – and this money was delivered to the Health Ministry of Westminster United Church. Congratulations, Donna and Ron, and ICHM is very happy to have been part of your special day. Thanks!



Cathy Winn celebrates her 10th year of parish nursing ministry with Walton Memorial United, Oakville

'There Are Choices All of Us Have Made'

Many are aware of the online auction the Canadian Association for Parish Nursing Ministry (CAPNM) hosts each year. This year, Deborah Patterson, executive director of the International Parish Nurse Resource Centre (IPNRC), offered the writing of a hymn as an online auction item. Our own Karen Marks won the opportunity and commissioned Deborah to write a hymn for InterChurch Health Ministries.

Deborah wrote to Karen: "It is based on the Serenity Prayer, as well as Psalm 23. Since Reinhold Niebuhr wrote the Serenity Prayer, and he was a graduate from here, Eden Seminary [St.

Louis], I've named the tune St. Reinhold. As for the thought behind it: When illness strikes, one always wonders what could one have done to prevent it, and sometimes, indeed, as you know, lifestyle plays a role (i.e., hand-washing, tobacco use, not getting enough exercise). So I think there is at least a subconscious need to address that issue up front. But beyond that, we ALL suffer in some way in our lives, and God loves us all, no matter what. When we rest in that love and care, we can find healing, even if not a cure.

"And when one needs healing, there is a melancholy, which is why this hymn is in a minor

key, but it has a rhythm that moves along and is intended to keep it from being maudlin."

Here are the words to the hymn; *check out the ICHM website resource section for the music.*

***There are choices all of us have made,
Paths not taken, bridges crossed.***

***Grant us courage to admit our need
For the peace that we have lost.***

***When it dawns that we have strayed from you,
And the mercies of your care,
Help us turn, to change our hearts of pain,
And each injury repair.***

Let the healing waters of your love

Calm and tend each troubled breast.

Let the hope we hear within your voice

Be our source of strength and rest.

***Grant us joy, the wisdom of your love,
And your blessing on our way.***

Keep our journeys ever safe from harm

As we dwell with you, we pray.

Tune: St. Reinhold, 9.7.9.7

Dedicated to the parish nurses and leadership team of InterChurch Health Ministries,

November 2008 Words and music © 2008 Deborah L. Patterson

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InterChurch Health Ministries

44 Metcalfe Avenue

Aurora, Ontario

LAG 1E6

Phone: 1-888-433-7619 / 905-841-7619

Fax: 905-841-4051

E-mail: info@ichm.ca

*Fostering healthy communities through
Christ's healing ministry*

**Check out our new
website www.ichm.ca**

Trinity Anglican Church Cambridge Concert Funds Defibrillator

Father Paul Massel and Pastor Tom Doherty have been on the concert trail again this Fall season, enabling the parish nursing ministries of partner congregations and ICHM. Trinity Anglican Church's Men's Group hosted a Dinner followed by a wonderful concert on Sunday, October 19th involving the Cambridge Male Chorus, Father Paul and Pastor Tom. These efforts were instrumental in raising 65% of the funds required for an Automatic External Defibrillator (AED) which the Health Cabinet hopes to have installed in the Parish Hall before year's end. The Social Club has also made a significant contribution towards the balance. This safety equipment will be available in case of an emergency during

church services, Trinity Community Table and all other events taking place at the Church.

Other concerts took place at Christ Church (Anglican) in Bobcaygeon, Church of the Incarnation (Anglican) in Toronto, Richmond Hill United Church and Trinity United Church in Peterborough. In each case, an enjoyable evening was had by all, and a wonderful way provided to raise funds for parish nursing ministry. The Spring of 2009 will see Tom teaming up with fellow-musician Mark Ruhnke for a series of ICHM/partner congregation concerts, and Father Paul will return for several concerts next Fall. Please call the ICHM office for further information on booking a concert.

Henry Fischer Appointed Ministry Support Ambassador

The Board of Directors of ICHM is delighted that Henry Fischer, previous Executive Director for ICHM, has volunteered to serve as our *Ministry Support Ambassador*, a role that tasks Henry with helping to communicate ICHM's financial need to the ICHM community.

Parish nursing ministry has recently been recognized by the Ontario Ministry of Health, and ICHM has received funding for development work in the Waterloo Wellington Local Health Integration Network (WWLHIN). This means that ICHM is able to fund the implementation of 10 new parish nursing ministries over the next 2½ years within the Waterloo Wellington Region. This is a great gift to the ministry of ICHM, even as there is the ongoing need for the funding of the rest of our ministry in Ontario.

ICHM continues to communicate the innovation of parish nursing ministry, enabling congregations to reclaim their health and healing ministries. Information Forums, and our newly launched website, are some of the communication tools we use to inform people about this unique ministry opportunity.

ICHM has always lived out of the notion that God provides for our every need. Henry Fischer is a person who shares in this notion of trusting God. We call it faith, and it is by God's grace that ICHM continues to grow as a ministry of the church. To this we say, "Thanks be to God!" and add an important footnote: "Thanks be to Henry!"

ICHM would like to thank all of its donors for their generosity and common interest in the furthering of health and healing ministries. If at any time you would like to make a charitable donation, please mail payment to the address above. You can also find our Pre Authorized Remittance (PAR) application at www.ichm.ca, if you would like to provide a regular monthly gift.

Please notify our office of any amendments to PAR at least one month in advance. Thanks for your support!

A Call for Stories and Pictures

ICHM invites Parish Nurses, Health Committee members and Clergy to submit brief stories and pictures of congregational events for inclusion in future issues of *The Pulse*, and the ICHM Website. Please email your contributions to info@ichm.ca. Who knows -- your ideas may inspire the health and healing ministries in other parts of our ICHM community.