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THE PULSE

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Health and Healing

A Parish Nursing story submitted with permission by Theresa Scholz

Last fall I received a referral for a parishioner who had undergone an angioplasty. This lady is a widow and lives alone. I visited the client on the day of referral and was welcomed into her home. Following an assessment, I found her BP elevated, no edemas and chest clear. She was slightly short of breath, had an intermittent dry cough, some discomfort in the knees and her incision was intact. Two days later, she came to the BP clinic at the church. Her BP was still elevated, some wheezing in the chest and increased shortness of breath was present. Upon my advice, a friend took her to the ER in the hospital, where chest X-rays were taken. Based on the X-ray results, her out-of-town family MD ordered a CT scan.

At my next home visit, the client had seen her family MD and was waiting for the CT results. At this visit she was very tired, very short of breath and had bilateral wheezes on auscultation. With her permission, I phoned her daughter. But, I was unable to reach her. As it was evening, I went with the client to the ER in the hospital.

The attending physician had the CT results on hand when he saw the client. The client wanted me to stay with her. So, I was present when she was told that the CT scan result showed lung cancer. This was most difficult news. I supported and prayed with the client. A friend brought the client home. The client informed her children of the diagnosis and wanted to find a family doctor in town. With her permission I contacted a physician who is also the palliative care MD for our area. He accepted her as a patient.

During this initial period of her diagnosis I visited, prayed and supported her often. It took a while for her to tell her friends of her diagnosis. Her friends in town were mainly friends from the Catholic Women's League and from her small prayer group. The client was known as a well-liked, happy, cheerful lady, blessed with a strong faith. Several friends took her to appointments and radiation treatments, prepared her meals and visited and prayed for her. Our Parish Priest, Father Dave, visited often and she received Holy Communion on a regular basis. I presented the client with a prayer shawl from our health committee. She treasured her prayer shawl and it was of great comfort to her.

The client's son came to live with her and cared for his mother around the clock. He was the primary caregiver, assisted by nurses from CCAC. Unfortunately, the cancer had metastasized and her condition worsened rapidly. Throughout all difficulties the client remained cheerful and strong in her faith. I continued to visit the client often, prayed with her, gave support to her son and advised and advocated when needed.

Because of the strong support of her family and her church community she was able to remain in her home. Her family is very grateful for the support given by our priest, friends and the parish nurse. The client passed away on a Sunday. Many in our parish will remember her as a lady of deep faith, courage and kindness. She taught and loved us as we loved her and she brought us closer as a parish community.

HONORING EVELYN WILKINSON

In the spring of 2005, Evelyn Wilkinson invited me to hear Gail Brimbecom tell her experience, of setting up the first pilot project in Parish Nursing Ministries' at Westminster United Church in Whitby. That day, I sensed a call to this ministry and was hired as the Parish Nurse at Aurora United Church in 2006. It was Evelyn's spark that ignited the fire within 12 dedicated members of Aurora United Church who formed the Health cabinet that fall. We were saddened by the loss Evelyn on March 15, 2006, as she succumbed to her battle with cancer.

During her illness, Evelyn received a prayer shawl from Gail Brimbecom, this meant a great deal to her. The Prayer Shawl Ministry at Aurora United Church grew out of the whole

concept of wellness; connecting body, mind and spirit. The prayer shawl carries prayers and love from the weaver to the recipient, bringing peace and comfort to those who suffer illness and loss.

On May 2, 2010, Health Cabinet members, friends and family gathered in remembrance and honour of Evelyn Wilkinson's vision. *The Evelyn Wilkinson Parish Nursing Centre* was dedicated, acknowledging the seeds Evelyn so lovingly planted in our midst.

Evelyn's spirit lives on in our Parish Nursing Ministry today.

Carol Rose-Kudelka, RN, PN

**HEALING MAY NOT BE SO MUCH ABOUT GETTING BETTER AS ABOUT LETTING GO OF EVERYTHING THAT ISN'T YOU.
ALL OF THE EXPECTATIONS...ALL OF THE BELIEFS...
AND BECOMING WHO YOU ARE.**

RACHEL NAOMI REMEN, MD

Just to make you smile!

Do You Have a Hammer? – Author Unknown

Old Dr. Carver still made house calls. One afternoon he was called to the Tuttle house. Mrs. Tuttle was in terrible pain. The doctor came out of the bedroom a minute after he'd gone in and asked Mr. Tuttle, "Do you have a hammer?"

A puzzled Mr. Tuttle went to the garage, and returned with a hammer. The doctor thanked him and went back into the bedroom. A moment later, he came out and asked, "Do you have a chisel?" Mr. Tuttle complied with the request. In the next ten minutes, Dr. Carver asked for and received a pair of pliers, a screwdriver and a hacksaw. The last request got to Mr. Tuttle. He asked, "What are you doing to my wife?"

"Not a thing," replied old doc Carver. "I can't get my instrument bag open."



"I have metal fillings in my teeth. My refrigerator magnets keep pulling me into the kitchen. That's why I can't lose weight!"

CANADA HELPS.ORG

ICHM Canada is now registered with Canada Helps.Org., an online charitable donor site. For your convenience you may wish to donate to ICHM Canada using a major credit card. In fact there are a variety of payment methods to explore.

Announcing ...



InterChurch Health Ministries Canada

**Faith and Health
Concert**

Joanne Averill-Rocha, flute

Marianne Turner, piano

Mark Ruhnke, baritone

Tom Doherty, tenor

Rick Humphrey, piano



SATURDAY, NOVEMBER 27 7:00 PM

ST. GEORGE'S ANGLICAN CHURCH

51 CENTRE STREET SOUTH, OSHAWA, ON L1H 3Z9

(ACROSS THE STREET FROM CITY HALL)

\$25, \$20 SENIORS/STUDENTS



Revisiting our Mandate – A Progress Report

The Freeform Team



InterChurch Health Ministries Canada (ICHM) has recently become involved in a World Vision program called FreeForm which helps non-profit ministries such as ICHM to maximize their potential. The goal is to increase ICHM's capacity in several areas: strategic, financial, human resources, and leadership planning. The 18 month FreeForm program began in April 2010 with the first of three residential retreats – the next two being in October 2010, and April 2011. ICHM's Freeform Team consists of Karen Marks, Chantelle Browne, Tom Doherty and Vreny Mathis.

The first retreat, besides some emphasis on team building and leadership, focused heavily on ICHM's core mandate. The mandate provides the basis for all further planning. It consists of three areas:

- Core Values
- Mission Statement
- Vision Statement

At the April residential, the FreeForm team drafted a new mandate for ICHM's future. The team then sought further input from ICHM's staff and the broader ICHM community. We thank all who participated in this effort. The outcomes of both the staff retreat and ICHM questionnaire have greatly helped in formulating profound, lasting statements.

At the September Board Meeting, the Freeform team reported on all the work to date, asked the Board for additional input, and to endorse a final wording. So far, the board has reached consensus on ICHM's core values.

Core Values, according to Jim Collin in *Built To Last*: "are the organization's essential and enduring tenets – a small set of timeless guiding principles that require no external justification". ICHM's Board members are pleased to present the newly approved core values.



InterChurch Health Ministries Canada Core Values

ICHM values:

1. healing ministries following Christ's example
2. wholistic health for all, encompassing the physical, psychosocial and spiritual
3. continued learning through education and support
4. health and healing ministries that are congregationally driven, theologically based and mission focused
5. the inclusion of a parish nurse within a congregation's ministry
6. collaborative partnerships to promote healthy communities

ICHM Partner Celebrates 177 Years of Ministry in Madoc, Ontario

Gail Brimbecom, National Education Director, ICHM

On June 6th, ICHM partner **Trinity United Church in Madoc**, Ontario, celebrated its 177th anniversary. Gail Brimbecom, ICHM's National Education Director, was the anniversary speaker. Bev Holmes, RN, has been the parish nurse at Trinity since 2003.

A Quilt and Art Show took place at the church on Saturday, June 5th and the sanctuary was decorated with beautiful quilts, photos and other memorabilia for the anniversary celebration. A luncheon in the church hall followed the service.

In 1833, this congregation was first established as a Methodist Episcopal church by Circuit

Rider ministers. In 1925, it became part of the United Church of Canada. Today, it provides a vibrant ministry of service and support to the people of Madoc and is currently working with the municipality to develop a parkette on the property adjacent to the church building.

Bev Holmes works with a talented and loyal health committee to provide Parish Nursing Ministry and support to parishioners and the citizens of Madoc.

Congratulations to the people of Trinity United Church for your faithful, innovative ministry in Madoc.



(L to R) Bev Holmes, Parish Nurse, Rev. Jean Brown, Minister, Gail Brimbecom, National Education Director, ICHM Canada



God's Way to Wholeness
Mapleview Community Church – Health Ministry, Barrie Ontario
Doris Tretter Campus Nurse Director
Enabling people to be whole through Jesus Christ's healing ministry.

Mapleview Community Care is off to a great start this September. We have put in a five year strategic plan and are moving forward after our first active year of Parish Nursing. Adding to our BP Clinics this year, we will have our first Lunch and Learn November 14 focusing on Nutrition and You. Details are being worked out for this day.

The summer offered *individual care*, a *prayer chain* that was always available, and a *summer tea*, as a social get together. Our *Patterns for Living and Encouragement* groups for Men and Women will be offering a look at Jack Hayford's study called "God's Way to Wholeness". We are pleased to have Dr. Jack Hayford as our speaker for our congregation, on Oct. 3, at Mapleview Community Church to impart the Holy Spirit's work in our lives. Dr. Jack Hayford is a well known prophetic minister with one of the largest churches in southern California. He has great involvement in the Promise Keepers movement, among many other achievements, such as writing over four dozen books and 600 hymns and choruses. His presentation will lead well into our healing ministry and we will certainly have him autograph our books as he sets this ministry in motion with the Holy Spirit.

As the Parish Nurse, my involvement with the *Simcoe County Alliance to End Homelessness* this summer has planned an evening for the Homeless, called a *Night in the Cold*, on Friday Oct.1 in which we will be feeding the homeless, outside, together with many agencies and churches in Barrie. Municipal politicians will be giving some speeches to address this cause. Outreach is part of our church's mandate, as we offer our services to everyone.

Mapleview Community Care has an active Health Ministry Team, many blood pressure nurses and volunteers along with prayer partners, and we all look forward to caring for others in the community.

ICHM NEEDS YOUR SUPPORT

InterChurch Health Ministries Canada appreciates ALL gifts which support the work of Parish Nursing Ministry within congregations. As a non-profit organization we continue to require financial assistance. Please consider making a donation to ICHM Canada. A monthly donation by means of Pre-authorized Remittances (PAR) through your banking institution is another way to assist us on a regular basis. Charitable receipts will be issued for all gifts received – Charitable No. 89026 1175 RR0001. Please visit our website, at www.ichm.ca for more details.

Thriving in a Changing World

A report from the 24th Annual Westberg Parish Nurse Symposium

Gail Brimbecom and Karen Marks attended the 24th Annual Westberg Parish Nurse Symposium from September 16 to 19 in St. Charles, MO along with several other Canadians. The conference, presented by the *International Parish Nurse Resource Center* located in St. Louis, MO, began with the World Forum for Parish Nursing on Thursday evening. The symposium theme was "Thriving in a Changing World," with the goal of equipping parish nurses with strategies and tools to enhance wholistic ministries. Karen co-presented a poster (with Laura Rydholme, RN, MSN) titled, "InterChurch Health Ministries Canada: Parish Nursing Ministry to Seniors Captured in DIARY Notes," which documented the work of parish nurses receiving funding through the Waterloo Wellington LHIN *Aging at Home* strategy. Some of the workshops Karen and Gail attended were focused on research, getting published and spiritual practices. Keynote speakers included Judy Siegle, participant in the 1996 and 2000 Paralympic teams in wheelchair racing and Joan Borysenko, PhD, Medical Scientist, Psychologist, Spiritual Director and former director of Harvard's first Mind/Body Clinic. Joan is the author of 14 books on healing, spirituality and resilience. Joan's lecture focused on burnout, how to recognize it and what to do about it. Not all the learning happens in educational sessions as there was much to learn from the hundreds of parish nurses who attended the seminar. Contacts were made with nurses who are involved in ways of doing ministry and education that ICHM would like to develop, such as models for rural parish nursing and distance education. Attending this conference allows ICHM to build relationships with IPNRC and parish nurses across North America and the world.

Karen Marks, RN, BA, MTS



L to R: Mary Lynch, Gloria Wiebe, Faye Brekelmans, Jean MacDonald, Keith Hudson, Fran Hudson, Karen Marks, Gail Brimbecom, Joanne Penner Herron.