



The Pulse

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Gail Brimbecom receives prestigious award from the Canadian Nurses

The Canadian Nurses Association (CNA) presented its Centennial Awards to 100 very special nurses at a ceremony in Ottawa in November of last year. The event was part of the association's year-long program of activities created to mark its 100th anniversary. Gail Brimbecom was one of the recipients honoured at the event.

The Centennial Awards were created to honour exceptional registered nurses whose work has had a positive impact on nursing and on the lives and health of Canadians. Recipients were nominated for the one-time-only award by their peers in recognition of their contributions to the profession, the workplace and the health system. Remarking on the diversity of the award recipients, CNA president Kaaren Neufeld said, "These are nurses who represent all regions of this country and all areas of nursing, from educators to administrators to practitioners to researchers to policy leaders. But although they may work in a variety of settings, one thing they have in common is that they have made a difference. Their passion and dedication is truly inspiring."

Parish Nurse Candidate Nominated as RNAO President Elect

Carmen James-Henry, InterChurch Health Ministries (ICHM) Parish Nurse Candidate, at Immanuel Baptist Church in Toronto, has been nominated for the position of President Elect of the RNAO. The election will take place at the RNAO AGM to be held April 23-25, 2009. ICHM celebrates with Carmen this recognition of her leadership and dedication to the profession of nursing. We eagerly await the election results!



Pictured above left- to- right: Jane Ellis, Acting CEO, Gail Brimbecom, Award winner and Kaaren Neufeld, CNA President

Gail served as the Parish Nurse at Westminster United Church, Whitby from 1995 to 2005 and currently serves as National Education Director for ICHM.

Congratulations, Gail!

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Parish Nurse from page 1



Pictured: Carmen James-Henry, RN, Parish Nurse Candidate, RNAO President Elect

Carmen currently teaches in the Collaborative BScN program in the Faculty of Nursing at Ryerson University, works as an Independent Health Consultant and is in her second practicum of the ICHM Parish Nursing Ministry Education Program. She holds Diplomas as both a Registered Nurse and a Certified Midwife and a Master Degree of Education.

Carmen has worked diligently for RNAO since 2004 as Regional Representative (Region 7) and as a member of the Board of Directors. She has assumed various roles in this capacity and recently joined the Parish Nursing Interest Group (PNIG).

Carmen is very committed to the profession of nursing and promoting the health of all persons. Her intention is to continue to promote nursing through education, while strongly advocating for the best health care system that is affordable and accessible. Her proven leadership abilities along with her experience have prepared her to provide competent and visionary leadership for the association as RNAO continues to speak out for nursing and health not only in the Province of Ontario, but nationally, internationally and globally.

Second Site for the ICHM Parish Nursing Ministry Education Program in Progress at Waterloo Lutheran Seminary

Another historic event in the work of ICHM took place in Waterloo, Ontario when ICHM's Parish Nursing Education Program began classes at Waterloo Lutheran Seminary on Friday, February 27th. There are 21 registrants including 6 parish nurse candidates and 15 health committee members.

The Rev. Dr. David Pfrimmer, principal-dean of the seminary brought greetings to the first participants in this program on February 27th. He returned to teach the *Spirituality and Religion* class on March 7th. The Rev. Dr. Anne Simmonds will present two modules: *The Function of the Parish Nurse - (1) Spiritual Caregiver* and *(2) Personal Health Counsellor* on March 28. The remaining presenters are Gail Brimbecom, National Education Director, Tom Doherty, Executive Director, and Karen Marks, Ontario Parish Nurse Coordinator.

ICHM Parish Nurse Retreat Feb.20-22, 2009 By Carole Lockie, Parish Nurse

The 11th annual retreat was held once again at the Queen of Apostles Renewal Centre in Mississauga. The York Region Support group truly embraced the idea of using the book, *"Your Spiritual Garden: Tending to the Presence of God"* and as a result, chose to be the main presenter.

After registration, choosing the rooms and a healthy snack, the welcome and introduction piece began with a heart and body prayer called the *Trinity movement mantra*. From then on, all sessions would begin with this

mantra to quiet and centre ourselves. The participants reviewed the objectives of the retreat, then each person took the opportunity to select a flower from a bouquet and explained why it was chosen in relation to their personality, or how one felt at the time.

Rev. Leslie Sedore lead an opening worship in the chapel Friday evening. The focus was asking God to open our hearts to discover God's presence. Leslie also performed a dramatic version of the creation story. We

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celebrated 3 more worship services over the week-end, planned and delivered by Carol Rose- Kudelka; including an *Agape meal* (the love feast) on Saturday evening and a meditative service Sunday morning. This concluded with the opportunity to let our burdens go (symbolized by releasing a stone with a previously felt burden written on it). The service ended with an anointing and blessing by Tom and Karen. Gentle AM Yoga was offered Saturday and Sunday at 7:30 AM.

The sessions covered in the book were chapters meant for a 6 week retreat, so a lot of condensing had to happen. Session titles were *Ground of my Garden, Planting Seeds, Tending the Garden, Pruning & Appreciating, Gathering Fruits, and Generous Gifts*. We tried to make it interesting and personalized by drawing people into discussions, journaling, recounting personal stories, and using a power point presentation. The Emmaus walk provided participants with an opportunity to ponder a set of faith questions. We moved the photo shoot to Saturday evening, so it wouldn't delay people from travelling home Sunday. Lynn Franklin from the Halton/Peel group presented *Personality Dimensions*, which challenged us to get to know ourselves better and have a lot of fun in the process. Some very imaginative skits came out of this presentation. A "Going Green" display of cutlery, plates, cups and glasses was available for use



Pictured from left to right: Marlene Ronson, Karen Marks and Sandra Ackles perform a skit, facilitated by Lynn Franklin (not pictured).

during the retreat and generated much interest. The committee felt we had achieved our goal of choosing healthier snacks and non-bottled water.

Thank you to Tom for sharing his beautiful voice and to all who worked so faithfully to bring this retreat to completion. The Halton/Peel Support Group graciously offered to plan next year's Parish Nurse Retreat - February 26-28, 2010.

Carole Lockie is a member of the York Region Parish Nurse Support Group



ICHM Parish Nurse Retreat Participants 2009: From left-to-right: Back row: Vicky Baxter, Bonnie Hofer, Carole Lockie, Karen Marks, Tom Doherty, Lynn Franklin, Sandra Ackles. Middle row: Jayne Tan, May Tao, Cathy Winn, Yolanda Mau, Marlene Ronson, Bev Holmes, Ardyth Tait, Nancy Gordon. Front Row: Zenaida Odense, Mary Farmer, Karran Gladish, Carol Rose-Kudelka.

Peace Meals



In 1996 Parish Nurse Heddi Gregor started a collective kitchen at Peace Lutheran Church in Pickering, after working at similar facilities in Oshawa and Peterborough. Members from Peace Lutheran Church and the community are invited to come and prepare five different meals. The food is purchased by Heddi and sometimes other participants, and the cost is divided between the participants.

The group meets once a month in the morning,

and are finished by noon. Meals are divided according to the size of the families. The menus for the next meeting are planned that day and everyone takes their portions home.

The benefits:

- Purchasing in bulk is less costly. For the first 10 years of the program each portion cost only \$1; now it has gone up to \$1.25 – 1.50.
- Improved skills in food handling, planning and preparation.
- It is a fun way to socialize!

This year Heddi and the group are putting together a small cookbook of their favourite recipes. For more information about "Peace Meals" contact: Heddi Gregor, Parish Nurse at Peace Lutheran Church, 905-839-3521.

Breaking Bread Together By Cheryl Walsh



Cheryl Walsh, RN, Community Outreach Parish Nurse (Candidate) of St. Peter's Evangelical Lutheran, Kitchener

The Community Outreach Ministry at St. Peter's Evangelical Lutheran Church, Kitchener is the realization of a dream of the Health Cabinet and congregational Parish Nurse, Rosalind Stroh, for extending the ministry of parish nursing beyond their own congregation to include the community around their downtown church. The financing of this program was made possible through the Waterloo-Wellington Local Health Integration Network's (WWLHIN) Aging at Home (AAH) Strategy. I am the first of ten parish nurses who will be integrated through this initiative.

This ministry's primary focus is on ministering to seniors throughout the downtown community, regardless of creed, ethnicity or financial status. It has been a ministry and

and vision that continues to evolve in its uniqueness and has been both challenging and incredibly rewarding!

One of the first events initiated through the Community Outreach Parish Nurse Ministry was our "Seniors' Lunch and Learn" program. Right from the start this monthly lunch has been a popular event with seniors from the downtown community. The "Lunch and Learn" began with a desire for extending Christ's compassionate and healing presence beyond St. Peter's to seniors throughout the downtown community, by providing a nutritious lunch, health teaching, and the chance to socialize in a safe, welcoming environment.

Those who congregate each month to share the meal come from across the downtown core. Some are newly immigrated and working hard to learn English. Here is a chance to practice their budding skills as they join in conversation across the lunch table. There are isolated people who have courageously ventured out to participate, and returned again the next month. There has been interest shown and questions asked about St. Peter's Church and the Christian faith by people who belong to different faith traditions. Eager participation in the blood pressure screening and the health teaching segments reflect a desire for well-being and wholeness. The group chatting and working together in the kitchen (see next page)

Breaking Bread from page 4

who generously prepare and serve the food at each lunch and clean up afterwards, bring senior volunteers from St. Peter's and the downtown together in a common task.

What strikes me is the hum of conversation that starts in the room as soon as people start to arrive, and increases, along with laughter, over lunch. Everyone doesn't necessarily know each other, but there is a sense of companionship, a welcoming atmosphere, and always, much gratitude expressed. What happens here when this group of strangers sits down and breaks bread together? Community happens; providing food for body and for soul.

Here are seniors from different walks of life and cultural backgrounds, sitting down in fellowship together to share food, conversation and an opportunity for learning. In the simplicity of this moment I see Jesus' words in action; "I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me..."
Matt.25:35.

Cheryl Walsh, RN, Community Outreach Parish Nurse (Candidate) of St. Peter's Evangelical Lutheran Church, Kitchener

Fundraiser for Parish Nursing at Richmond Hill United Church By Enid Mann

On January 17, 2009 the Richmond Hill United Church Health Cabinet organized a dinner and square dance as a fund raiser for their Parish Nurse Program called *The Beans and Jeans Party*. The event was publicized by reminding people of their New Year's Resolutions to exercise more and eat healthier. Members of the Health Cabinet made baked beans and vegetarian chili as well as an assortment of cabbage salads, corn bread, and apple cake. The fees ranged from \$20 a person, \$30 a couple, to \$40 a family. Other guests were invited to pay what they were able to afford.

A local square dance caller gave us clear directions on how to dance, but some of us managed to misinterpret the steps which caused great confusion and hilarity! There was line dancing as well and it was great to see members of the board 'getting into the groove'. With about 55 people in attendance, it was a delightful evening of food and dancing with folks of all ages. Over \$800 was raised for the Parish Nursing Ministry Education Program. The feedback was really positive with questions like: "When can we do this again?" Well the answer is "very soon".

Wrapped in A Shawl of Love By Carol Rose-Kudelka



As we gathered as a family in room 214, it would be the longest night of the year. Our personal winter solstice was about to unfold. It wasn't easy saying goodbye. It wasn't easy hearing, "The end is near." We laughed. We cried. We whispered our love. We were longing for reassurance! It never came.

The beautiful strains of "Spirit Wings" lifted our spirits as the hospital clock ticked down our goodbyes.

A beautiful prayer shawl brought a warm glow to the face of the one we loved. The shawl had been chosen with care; it had been selected for its delicate shades of lavender - mother's favourite colour. The shawl brought comfort. She died as she had lived, with grace and dignity.

The shawl was carefully removed and placed around our shoulders. We prayed for healing of our broken spirits. We left the room in silence.

Wrapped from page 5

During the past few days as nurses had gently rearranged the shawl, the label "*Prayerfully made by Aurora United church*" could be seen, and just as often a nurse would say, "Please tell me the story of the shawl."

Sharing the story of the many loving hands that had crafted shawls brought such joy. Soon the hospital was abuzz with the story of the Prayer Shawl and Parish Nursing Ministry.

UPCOMING EVENTS

MUSIC FOR LIFE'S JOURNEY AT TRINITY (Madoc) By Rev. Jean Brown

Parish Nurse Minister Bev Holmes of Madoc Trinity United Church and the Health and Wellness Committee will present a spring workshop, which will highlight the continuing role of music in end of life care. The second of the three series will happen on Sunday March 29, 2009 and will feature Bev Foster of Room 217 Ministry and Parish Nurse Bev Holmes leading in worship at 11:00 AM (Trinity United Church, 76 St. Lawrence St. E; Madoc) followed by an afternoon workshop at 2:00 PM. Admission is \$10.00 for the workshop.

Grateful thanks is extended to the Davey Family Endowment Fund of the United Church of Canada Foundation, for their

Celebrating Parish Nursing Ministry: InterChurch Health Ministries A Year of Thanksgiving - "A Parish Nurse in Every Congregation"

In thanksgiving for parish nursing ministry, ICHM will be hosting 3 regional *Spring Thanksgiving Dinners*, the focus of which will be to celebrate parish nursing ministry, to thank everyone for their partnership in this ministry, to celebrate the difference that parish nursing ministry has made in the lives of people and to share the future vision for our partnership in ministry. Invitations will be mailed soon. There will be no charge for these gatherings, although envelopes will be made available for gifts to ICHM in order to receive a charitable tax receipt.

Please mark these dates in your calendars. You will be invited to one of these events, gathering at 4:30 pm, dinner and program at 5:00 pm, with the conclusion of the evening at 7:00 pm. We hope to see you there.

Saturday, May 30th - Church of the Incarnation (north Toronto)

Sunday, May 31st - Walton Memorial Church (Oakville)

Sunday, June 14th - Westminster United Church (Whitby)

This families' matriarch had held her seven day old great granddaughter for the very first, and the very last time, just five days before. She had shed tears of joy! I suddenly knew where the prayer shawl must go.

As the shawl was placed over the babies cradle, I vowed to keep the story alive. The story of a prayer shawl, created in love, chosen in love, and forever wrapping a family in love.

*Carol Rose-Kudelka, Parish Nurse,
Aurora United Church.*

support of this venture that attempts to re-claim the role of the church in health and healing ministry and also in education and support. For further information, please contact Parish Nurse Bev Holmes at 613-473-0435.



Left -to-right:
Parish Nurse,
Bev Holmes,
Musician, Bev Foster,
and Rev. Jean Brown

PHOTOS OF RECENT ICHM COMMUNITY EVENTS

ICHM Parish Nursing Ministry Education Program at Waterloo Lutheran Seminary



11th Annual ICHM Parish Nursing Retreat





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UPCOMING EVENTS

Spring Concerts

This Spring, ICHM will be helping to sponsor five concerts in partner congregations. ICHM has a "concert template" that provides the path for a congregation to become involved in supporting parish nursing ministry - both through ICHM and in your local congregation. If you would like to host such a concert, please contact Tom at tom@ichm.ca.

Please consider bringing a couple of carloads of people to one of these spring concerts - music for the soul:

Saturday, April 25th, 7:00 pm @ St. Peter's Lutheran Church, Kitchener

Sunday, April 26th, 3:00 pm @ St. John's Anglican Church, Cambridge (followed by dinner)

Sunday, May 3rd, 7:00 pm @ Augsburg Lutheran Church, Brampton

Friday, May 8th, 7:00 pm @ Knox United Church, Sutton

Sunday, June 7th, 4:00 pm @ St. Peter's Anglican, Erindale (Strawberry Social)

Things Got Ya Down? Well Then, Consider This....

In a hospital's Intensive Care Unit, patients always died in the same bed, on Sunday morning, at about 11:00 AM, regardless of their medical condition. This puzzled the doctors and some even thought it had something to do with the supernatural. No one could solve the mystery as to why the deaths occurred around 11:00 AM Sunday, so a worldwide team of experts was assembled to investigate the cause of the incidents. The next Sunday morning, a few minutes before 11:00 AM all of the doctors and nurses nervously waited outside the ward to see for themselves what the terrible phenomenon was all about. Some were holding wooden crosses, prayer books, and other holy objects to ward off the evil spirits. Just when the clock struck 11:00, Kenneth Roberts, the part-time Sunday sweeper, entered the ward and unplugged the life support system so he could use the vacuum cleaner.