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November 2011 Issue

A Word from Our Executive Director

By Karen Marks, Executive Director, ORPNC

*God speaks to each of us as he makes us,
 then walks with us silently out of the night.*

These are the words we dimly hear:

*You, sent out beyond your recall,
 go to the limits of your longing.*

Embody me.

Flare up like flame

and make big shadows I can move in.

Let everything happen to you: beauty and terror.

Just keep going. No feeling is final.

Don't let yourself lose me.

Nearby is the country they call life.

You will know by its seriousness.

Give me your hand.

By Rainer Maria Rilke, taken from *Rilke's Book of Hours: Love Poems to God*, and translated by Anita Barrows and Joanna Macy.

In the ministry of Parish Nursing we step into life in a way that we have not known before. We open ourselves to care and to be cared for. We are allowed, as nurses, to practice both the art and science of nursing. We are challenged, as clergy, to reclaim the mandate to preach, teach *and* heal. We are invited, as congregation members, to assist in the transformation of churches into wellness centres. We take God's hand and allow God to lead us through the challenging times into the Light of God's constant presence.

ICHM Canada has been operating with three staff members but only slightly more than two full time equivalent positions since January 1, 2011. God does flare in us with the flame of passion for parish nursing ministry. We have tried to maintain the work of ICHM but this staffing model is not sustainable. ICHM Canada has the need to develop a sustainable funding model so that we can maintain an adequate level of staffing to provide services to our partners and develop new partners in the community. To this end the Board of Directors has decided to hire for the position of Director of Administration and Financial Stewardship to assist us to establish a firm financial

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foundation. The ICHM Board is also in need of members, especially with specific skills like business, marketing and fund development. Fund development is one of those tasks that few people like to take part in, but as we all know, it is necessary. ICHM Canada would like to develop a strong Fundraising Committee that will provide the resources to allow us to do our work. We hope that several of you with interest and experience in fund development would be willing to help ICHM by offering your gifts of ideas, time and energy. If you know of anyone in your community with these skills, we ask that you tell the ICHM story and solicit their help. We *are* having challenging times at ICHM Canada, just as many churches and non-profits are having challenging times, but the passion for this ministry burns within us as strong as ever. We thank you for your continuing support in this work we all believe in so strongly. *Just keep going* is good advice, but it is hard to do unless we go hand in hand with God. Together we can create a brighter flame that casts a larger shadow for God to move in. Together we can create a sustainable future for ICHM Canada.

She Cared Enough

By Anonymous

I am a Parish Nurse Candidate, entering my third and final academic term in the Parish Nursing Ministry Education Program, offered by ICHM Canada at Emmanuel College. I can warmly say these richly affirming words: "I have been called to Parish Nursing". I have found a new joy and renewed energy in my nursing career, through my work as a Parish Nurse. Although I'm not in this profession for rewards, the rewards are great and many as I witness the healing of body, mind and spirit for many of those in my care.

I have been supported along my journey by so many helpful souls. I've been given a wonderful mentor through ICHM. I am linked into two monthly support groups where we all share our successes and failures, hopes and dreams, frustrations and celebrations, and a few laughs! I've met some amazing Parish Nurse colleagues; volunteer, paid, retired, alumnae and students whom I admire, and who have inspired my own faith journey. I work in a partnered congregation where the Pastor and the congregation fully understand and support the development of a Parish Nursing Ministry, and I am surrounded by a loving family who are keenly interested in my new realm of nursing.

But, life hasn't been all that rosy for me of late. I was becoming increasingly overwhelmed by a number of burdensome situations; workplace harassment at the Hospital, sexual harassment and breach of trust in a therapeutic Parish Nurse-Patient relationship, murder of a family member, the potential closure of our church due to unexpected costs of property sewer problems, and the prospect of a job relocation to a neighbouring town (my choice). Not to mention adding my own personal issues associated with caring for the frail and blind elders in my family, and the strife and angst with my estranged in-laws. I was carrying a tremendous load of conflicted feelings. I was asking a lot of questions for which, there were no imminent answers. I was angry, enraged, grieving, frustrated, hurt, demeaned,

undervalued, violated and scared.

I had accumulated each one of these situations over a relatively short period and I just kept soldiering on, carrying the loads; taking it all in stride.

I had the opportunity to have a leisurely lunch with a seasoned Parish Nurse last week. She, in her "omni-compassionate heart", already knew of some of my trials, and had been keeping a mental note of my excessive burdens. She allowed me to speak openly and freely over lunch, on each one of these volatile situations. She asked not only how I felt, but how was I being supported and by whom, for each situation. She agreed in the end that I was "way, way, way overloaded". She listened. She heard. She understood. And then, she *showed* that she cared. A hug, a promise of prayer, expressively caring eye contact. Authentic concern.

We parted company after lunch, and I had an amazing sense of release. Load(s) lifted. I could breathe a little easier. *She had cared enough* to help me explore my darker feelings; the ones I'd never acknowledge in casual conversations with friends or co-workers. *She cared enough* to ask me the harder questions. *She cared enough* to notice "the whole picture". And then in a few days, *she cared enough* to show her true compassionate colours, by sending me a thoughtful email, in which she reviewed a contemporary book which was both pertinent and relevant to my conflicted feelings, and she shared with me a deeply insightful prayer from that same book, citing that this was the prayer she would be praying for me.

I have indeed, been "Parish Nursed". And I thank my gracious and loving Father God, for I have been on the receiving end of compassionate care with a capital "C". My body and spirit were crumbling under my own mental anguish, and I was given the gift of spiritual counsel and support to nurture me back into balance. My trials are certainly not gone, but I am so much stronger having been nurtured spiritually. She cared enough Amen.



An Article for Everyone

Val Lem, Chair of the Health Committee, Bloor Street United Church

The Joint Parish Nursing Committee of Bathurst and Bloor Street United Churches (Toronto) held a very popular series of educational workshops last spring on the End of Life. Maria Lippa, a palliative care nurse discussed the physicality of death, Rev. Anne Simmonds presented on death and grief, and lawyer Verlyn Francis demystified the topics of powers of attorney, wills, and “living wills”. This fall, the committee plans to add one additional workshop to the series with a talk on planning your funeral service. The Committee conducted a Health Needs Survey during the spring. The topics that generate the most interest include Nutrition, Mental health, Stress management, Exercise, and Women’s health issues. The survey will help to guide our future programming. We are delighted to announce that effective September 2011, *Nancy Gordon has rejoined the congregations in the capacity of parish nurse.* We’re looking forward to again working with Nancy in this capacity.

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Distance Education Update

By Gail Brimbecom, ICHM Canada National Education Director

ICHM has long been dreaming about reaching a wider audience through on-line distance education. Our pilot project is in the works - a module entitled *Leadership Transitions in Congregations*. This supplemental module of the IPNRC Parish Nursing Curriculum is in the editing stage of development, however, we need someone to help us to complete this project who has experience with the technology used for online education delivery. Let us know if you are able to help us with this exciting project!!

If you would like to hold an ICHM Concert or Community Labyrinth Walk in your congregation, please contact info@ichm.ca for more information.



A History of Change in the Parish Nursing Movement 25TH ANNIVERSARY WESTBERG SYMPOSIUM

By Karen Marks, Executive Director, Ontario Regional Parish Nurse Coordinator

From September 15 to 18 Gail Brimbecom and Karen Marks attended the 25th Anniversary of the Westberg Parish Nursing symposium in St. Louis, MO, presented by the International Parish Nurse Resource Center. The symposium was titled *Celebrating Our Past, Present & Future*. Friday night's keynote, Mary Ann McDermott, RN, EdD, presented a history of the Westberg Symposium and the IPNRC. On Saturday morning, Pam Faro, BA, MDiv, international teacher and performer of storytelling, used story to help the audience understand the importance of parish nurses telling their stories of faith, health and wholistic care in order to share the benefits of their ministry/nursing specialty. Sunday's keynote speaker, Dr. Harold G. Koenig, presented the outcomes of research on religion and well being that demonstrated an



Canadians at the Westberg Parish Nurse Symposium, St. Louis, MO, September 2011.

overwhelming correlation between faith and health. Dr. Koenig is the Director of the Center for Spirituality, Theology and Health at Duke University Medical Center. His latest publication, *Handbook of Religion and Health*, 2nd Ed., contains a literature review of over 2000 research articles on the faith-health connection. In between were opportunities to attend breakout sessions on a variety of topics of interest to parish nurse leaders, educators, and parish nurses from novice to expert.

SOME HISTORY

One of Granger Westberg's most significant contributions to the church and the community at large is the founding of the Parish Nurse Movement. Dr. Westberg originally envisioned parish nursing as a partnership between health care systems and congregations - to link resources of the health care system to the faith community. In

1984 a partnership was developed between Lutheran General Hospital in Park Ridge, Illinois and six area congregations including several denominations, to pilot the first parish nurse program. Lutheran General Hospital of Park Ridge, Illinois, later known as Advocate Health Center, supported the creation of a National Parish Nurse Resource Center, which became the International Parish Nurse Resource Center (IPNRC) in 1993. ICHM became an educational partner with the IPNRC in 1998 when Gail Brimbecom took the faculty training and began teaching the IPNRC Basic Parish Nursing Curriculum. The first annual Westberg Parish Nurse Symposium was held in 1986. Gail attended her first Westberg Symposium in 1998 and Karen Marks in 2005.

ANNOUNCEMENT

In 2002 the IPNRC moved from Park Ridge to St. Louis, MO where it has been supported by the Deaconess Foundation for the last ten years. It was announced at the 2011 symposium that all assets of the IPNRC would be transferred to Church Health Center in Memphis, TN (www.ChurchHealthCenter.org) and that the IPNRC would continue to function out of Memphis, where the 2012 Westberg Symposium will be held. InterChurch Health Ministries Canada has been an educational partner of the IPNRC since 1998 and has developed a close relationship with the organization over time. We look forward to building relationship with the new home of the IPNRC, the Church Health Center.

The Power of Healing: Healing Versus Cure

Carol Rose-Kudelka, Parish Nurse, Aurora United Church

Dr. Balfour Mount, Professor Emeritus of Oncology and founding father of Palliative medicine at McGill University writes,

"I believe in healing. I am not speaking of physical healing, a person can die healed: what I mean by "healing" is a shift away from anguish and suffering, toward an experience of integrity, wholeness and inner peace."

Healing was central to Jesus' ministry. Physical healing was just one aspect of his healing ministry. Equally important was a healing of the mind and the soul.

"There is a difference between being "healed" and being "cured" of an illness. Healing involves a process of opening, slowing, centering, trusting, hoping and accepting. Oliver Wendall Holmes states it well. "What lies behind us and what lies before us are tiny matters compared to what lies within us."

The word "heal" traces its roots to the Anglo-Saxon word "hal" which means "whole". Rather than implying freedom from disease, healing involves root concepts like wholeness and wellness. As a person heals, there's a new awareness, old thought patterns, old emotions are replaced with a sense of new found peace and acceptance.

The Health Cabinet Gathering

Carole Beam, Parish Nurse
St. Mark's United Church, Whitby

In the early summer of 2011 the 3 Parish Nurses of the Durham Region Support Group discussed organizing an event that would bring together representatives of all local Health Cabinets.

There are a number of congregations in Durham that are ICHM partners with functioning Health Cabinets that do not yet have a Parish Nurse. It was felt that a gathering would benefit everyone but especially those without a Parish Nurse.

The date was set for October 4th and invitations were sent out. Six congregations responded.

The evening was an overwhelming success. There were 28 Health cabinet members, 3 Parish Nurses and 3 Clergy in attendance.

Dr. Gail Brimbecom presented the ICHM model of a Health Cabinet. It was a valuable tool for those who were hearing the information for the first time, and it served as a good review for those who had attended some ICHM Education sessions in the past.

"It was felt that a gathering would benefit everyone but especially those without a Parish Nurse."

A representative from *M&M Mediation*, a company that mediates for families and individuals who are in conflict regarding elder care, briefly outlined her practice and left cards for potential clients.

The balance of the evening was spent getting to know one another and sharing upcoming events and resources. Participants commented that they felt supported, encouraged and they had regained a sense of enthusiasm. A renewed confidence in the Health Ministry resulted. It may have been the first meeting but all agreed it would not be the last. There was a unanimous decision to meet again, perhaps on a semi-annual basis.

I agreed to compile a list of contact persons from all the participating churches so that ideas, resources and publicity could be shared with one another.

Pictured At Right:

Dr. Lynn McDonald, Professor Emerita at the University of Guelph Presents her collective works on Florence Nightingale, at ICHM's 2nd Annual Speaker's Corner. The event held at Peace Lutheran Church, in Pickering was well attended. Thanks to all our guests, and especially to those who donated tickets to students.

Pictured Below: Volunteers and Participants gather at the Registration table at the Speaker's corner, prior to the start of the event.



Shirley Guppy attends the celebration of her ministry at Pickering Village United Church. Shirley retired from her Parish Nursing position on September 30th.

ICHM – Saskatchewan Parish Nurse Coordinator Report

By Judy Johnson, ICHM–SK Parish Nurse Coordinator

Dear ICHM supporters,

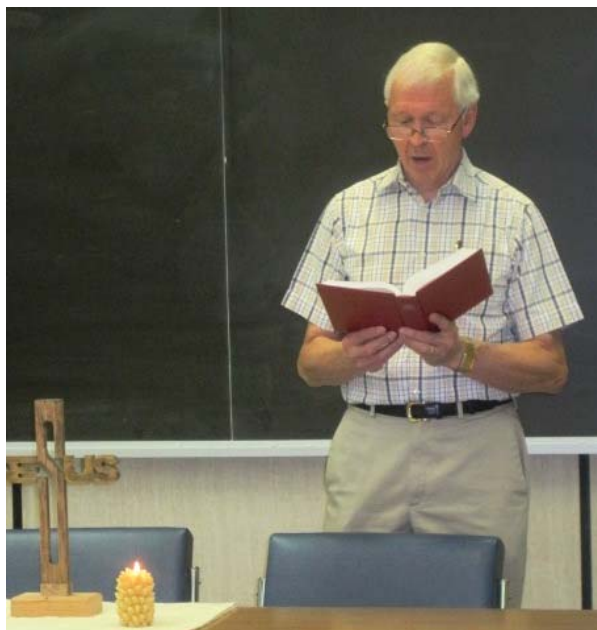
As much as I hate to see the warm days of summer starting to recede into my storehouse of memories, I begin to feel that excitement that comes with the anticipation of the sights and smells of FALL. I must admit, that even though all of Canada is very diverse and each province has its' own beauty, I am glad to know I will be able to see the beauty of the mighty Oak and Maple as their leaves turn to deep burgundy, purple, gold, and



Pictured above: Participants in the ICHM–SK Parish Nursing Education Program being held this fall at the Lutheran Theological Seminary in Saskatoon.

orange. The smell of fallen leaves and the crunch they make under foot as I walk the trails and roads. It brings back memories of my childhood and youth and the pleasure that that brings to me now. Maybe that is why I like to look at CHANGE as a good thing. It rekindles my sense of purpose and gives me the push I need to keep putting one foot in front of the other.

With that also comes a new awareness of God's majestic power and creativity. Not only in the world around me but in my inner world. Just to grasp hold of the truth that the AWESOME God of the universe wants to sit with me, walk with me, talk with me and give me the desires of my heart. He doesn't want to harm me He wants to bless me and give me all good gifts. When I really grasp that truth it makes me want to trust Him and delve into the next chapter of my life with adventure and newness.



Pictured at left: Rev. Harold Hesje, Regional Director of ICHM–SK, leading worship at the Saskatoon Education program.

Continued on Next Page

So why do I ramble on like this when I am supposed to be giving an updated report on Parish Nursing? Several reasons come to mind:

- I like to personalize my writings because reports can be quite mundane.
- I feel compelled at times to challenge myself in everything I do and in doing so I hope to challenge the reader as well.
- I want the reader to experience another aspect of Parish Nursing, in this case, pointing ones thoughts and praise back to our God and Father and hopefully seeing CHANGE in a new light.

CHANGE is what our five Parish Nurse Candidates have been learning as well. This past year has brought change to each of their lives whether they wanted it or not. Some have struggled with unexpected health issues, some with family crisis and all have struggled to balance their lives with family, work and the newness of being called to ministry. Two of our Nurse Candidates will graduate this fall and that is exciting as well as fearful for them – another change. The other three will continue to grow and stretch while trying to understand their new role and responsibilities.

At this time, we anticipate that there may be 2 new nurse candidates this fall. I will continue to mentor and support via Skype, phone, email and education. The fact that I am in Ontario while fulfilling my role as SK coordinator/mentor has worked out amazingly well. According to candidates, our Skype meetings have been very encouraging and have kindled good camaraderie. I will be going to Saskatoon September 15 to assist with our fall education sessions and I am looking forward to meeting with all involved in person. One of our challenges has been to make a one day PN retreat for all Parish Nurses in SK a reality. We will continue to pursue this for the fall.

I ask that you remember to hold our PN candidates, Health team members, and ICHM Staff in your prayers for strength, wisdom and flexibility. I thank you for your support of Parish Nursing.

May you look with anticipation at what God is going to do through Parish Nursing in the coming year and may your CHANGES be a welcome adventure.

In Christ's service,

Judy

A Note of Appreciation to All ICHM Canada Supporters

Vreny Mathis, RN, BA, Chair, Board of Directors, ICHM Canada.

On behalf of the Board and staff at ICHM Canada, I want to extend my heartfelt thanks for all of your support. ICHM Canada is sincerely grateful for your donations and good will. Without the ongoing commitment of individuals and organizations like you, ICHM Canada could not continue in its ministry. Your financial support and prayers are crucial to sustaining our efforts.

As well, the Board and staff at ICHM Canada appreciate the incredible wealth of professional experience and expertise across the wider ICHM community. We ask you to prayerfully consider ways of sharing those resources with ICHM. For example, as Karen Marks, Parish Nurse Coordinator and Interim Executive Director, indicates in her front page article, ICHM Canada needs to build up and to enhance its Board of Directors. Many hands and minds are needed. If you think you can help, then please contact info@ichm.ca

Sincerely,

Vreny

Alzheimer's Disease Awareness

Mary Vu, MSc, Member of St. Michael's Parish Nursing Committee

Alzheimer's disease is the most common form of a large group of disorders known as dementia. It is a fatal progressive disease that affects different areas of the brain, resulting in the following symptoms:

- Thinking and memory processes become impaired.
- Declines in behavioural abilities make routine daily tasks, like answering the telephone, a challenge to perform.
- Mood and personality may change.

Some may think that these symptoms are a normal part of aging, but they are certainly not.

PREVENTION

Currently, 1 in 11 Canadians over age 65 have Alzheimer's disease or a related dementia. With few treatments to slow or stop dementia, making healthy lifestyle choices may be the most effective way to reduce your risk of developing this disease, or slow its progression. Some steps to a healthy brain as suggested by the Alzheimer's Society of Canada are:



Make healthy food choices.
Follow recommendations by Canada's Food Guide.



Be physically active.
Adding any physical activity can be beneficial even if you aren't active now.



Have an active social life.
Increase social interaction through work, volunteer activities, travel, hobbies, family, and friends.



Stay mentally stimulated.
Learn something new, enjoy crossword puzzles, or practice a musical instrument. Vary your habits.

To read the full article, go to www.stmichaelw.ca

An Upcoming Event at St. Mark's United, Whitby

By Tori Hazlett & Carole Beam

It has been a wonderful summer with lovely hot days to get together with family and friends and recharge! Already the evenings are cooler, the daylight disappearing more quickly and reality of a busy fall ahead begins. We hope you will consider joining the St. Mark's United Health and Wellness Committee. We have tried to address the needs of a broad cross-section of our congregation, paying attention to our body, mind and spirit. We support and supplement the work of our Parish Nurse, Carole Beam. If there is a presentation that is of interest, please let us know and we will try to accommodate you.

This fall we would like to have a presentation in conjunction with the Christian Education Committee to help families prepare for the death of a loved one, to understand what needs to be considered, and in the event of their passing, make the necessary arrangements during that difficult time. Please watch your bulletin for more details.

Last February 2011 we had a wonderful presentation by Dr. Bhargava about Heart Disease Recognition and Prevention. This coming **April 17, 2012** we are planning a presentation about **CANCER**. The date has been set

and the details are in the works, so mark your calendars! It will be very informative. Everyone knows someone who has been touched by this disease, and hopefully you will have many questions answered.



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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.

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