



INTERCHURCH HEALTH MINISTRIES CANADA

ANNUAL GENERAL MEETING

**JUNE 6, 2015
9:30 – 11:00 A.M.**

AT

**DUFF'S PRESBYTERIAN CHURCH
49 BROCK STREET SOUTH
GUELPH, ON N1H 6H9**

FOSTERING HEALTHY COMMUNITIES THROUGH CHRIST'S HEALING MINISTRY

**INTERCHURCH HEALTH MINISTRIES CANADA
EIGHTEENTH ANNUAL GENERAL MEETING
JUNE 6, 2016 – 9:30 – 11:00
DUFF'S PRESBYTERIAN CHURCH**

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**InterChurch Health Ministries Canada
17th Annual General Meeting
June 14, 2014
St Mark's United Church
201 Centre Street, Whitby, Ontario**

MINUTES

Handouts: Agenda for this meeting, 2013 Annual Reports and 2014 Budget

1. **Call to Order:** The meeting was called to order by the Chair of the Board of Directors, Jean Jackson. Linda Hopkins, parish nurse, extended a warm welcome. Carole Beam, parish nurse at St Mark's explained housekeeping items. She noted that there was a silent auction of a garden gift basket. Carole drew attention to the small booklet entitled "Reflections" that was in each registrant's folder. Extra copies were available for \$5 each.
2. **Approval of Agenda:** Linda Hopkins opened the meeting with a prayer. The current Board was introduced: Sharon Galway, Susan Goodwin, Pauline Maxwell, Rod Pentz, and Heather Thompson. Sandra Ackles sent her regrets. A quorum was established for the meeting.

Moved by Linda Alldred-Johnson, seconded by Cheryl Pollock to approve the agenda.

MOTION CARRIED

3. **Approval of Minutes** of the Annual Meeting dated June 1, 2013.

Moved by Lynn Franklin, seconded by Linda Alldred-Johnson to approve the minutes.

MOTION CARRIED

4. **Board Chair's Report:** Jean Jackson announced staff changes. Karen Marks has assumed the role of National Education Director, Joanne Jasper was hired as Ontario Regional Parish Nurse Co-ordinator in May 2013 and Irina Richter resigned. Jean highlighted the 2013 Education Program at Emmanuel College and the video-conferencing of Level I courses to several remote locations. She also reported that the lease for the ICHM office at Trinity Anglican Church will not be renewed because Aurora United Church is now sharing their facility while their church, which burned down, is being re-built. Therefore, a new office location has to be found by the end of September 2014. With regret and thanks for her contribution to the board, Jean announced the resignation of Sandra Ackles from the Board. In the coming year, the Board will focus on strategic planning for the next three to five years and finding sustainable funding. The Chair also called for more participation at the board level from the membership. She warmly thanked all the donors who generously support ICHM and its mission.
5. **Treasurer's Report:** Heather Thompson, Treasurer reported on the 2014 Budget. She noted that the decrease in revenue was due to Waterloo-Wellington Local Health Integration Network (LHIN) grant ending in March 2014. This will also result in a corresponding decrease in expenses. Discussion ensued. Karen Marks responded to a question about the two vacant positions, namely the Partner Relations position and Saskatchewan Co-coordinator, not being included in the budget. She stated that without an increase in

revenue, we cannot afford to fill the first position and the second position has never been part of ICHM's budget.

Moved by Bonnie Hofer, seconded by Rod Pentz that the 2014 Budget be approved as presented.

MOTION CARRIED

The Treasurer then reported on the Financial Statements dated December 31, 2013. She noted that revenue was down and ICHM was in a deficit position of approximately \$5,500 at year end. Due to financial constraints, an unaudited compilation review was performed by Dutschek & Company, Chartered Accountants.

Moved by Carol Rose-Kudelka, seconded by Lynn Franklin that the Financial Statements dated December 31, 2013 be accepted.

MOTION CARRIED

Moved by Jean Jackson, seconded by Ethel Bull that Dutschek & Company, Chartered Accountants, being engaged to do a "Notice to Reader" (abbreviated financial report) for the 2014 financial position.

MOTION CARRIED

6. **Ontario Regional Parish Nurse Co-coordinator's Report**: Joanne Jasper commented on the peaks and valleys of an organization's life cycle as ICHM celebrates 20 years. She highlighted the vital need for statistics from parish nurses as they are very important when applying for grants. She noted that the next grant application for \$25,000 must be submitted by July 4th and she would appreciate receiving the statistics to meet this deadline. Metrics speak loudly and have on the ground impact. Health promotion for groups that fall through the cracks of the health care system is equally important. She appealed to the membership for ideas for grants that are available from the national offices of the various partners' denominations. At the present time, ICHM receives money only from the United Church of Canada and no other denominations.
7. **Ontario Parish Nurse Professional Practice Groups Reports**: Joanne Jasper reported that all five Professional Practices Groups are very active. She highlighted the Cobourg/Peterborough group whose activities included magazine and radio interviews about parish nursing.
8. **Health Committee Reports**: Joanne Jasper noted that 18 reports were submitted. However, St Matthew United Church, Richmond Hill was inadvertently not included. She gave an oral report on their activities. It was suggested by Heather Thompson that the report be emailed out to the membership. Joanne thanked the committees for their support and ambassadorship for parish nursing.
9. **National Education Director's Report**: Karen Marks spoke of the rocky road of ICHM for the past seven years. She extended her thanks to the contributors of stories that are included in the *Reflections* booklet. In addition, she thanked ICHM partners, health committees and parish nurses for their support. She noted that the Waterloo Wellington LHIN grant through the Aging at Home Strategy was very beneficial to profiling parish nursing in those two regions.
Karen announced that she would be retiring in June 2015.
10. **Saskatchewan Affiliate Report**: Karen Marks reported in Harold Hesje's absence, that there are no parish nurse candidates for Level I for the fall 2014, at the present time. An educational program is planned for the fall for Levels II and III.

Moved by Jean Jackson, seconded by Fran Groves, that the above reports be accepted.

MOTION CARRIED

11. **Nominating Committee Report and Election of Board of Directors:** The Board must consist of a minimum of five (5) members to a maximum of fifteen (15) members. There are currently seven (7) members on the Board.

During the year, after the 2013 Annual General Meeting was held, Rod Pentz was appointed to the Board

Moved by Heather Thompson, seconded by Carol Beam that Rod Pentz be elected to the Board of Directors for 2014-15.

MOTION CARRIED

12. **Bylaw Change:** As part of the Bylaw review, the updated bylaws were submitted to CRA as required by law. They suggested the following change: Upon the dissolution of the CORPORATION and after the payment of all debts and liabilities, its remaining property shall be distributed or disposed of to charities registered under the Income Tax Act (Canada) in Canada.

Moved by Linda Alldred-Johnson, seconded by Heather Thompson that this change be accepted.

MOTION CARRIED

New Business:

Expanding Membership Base: A discussion ensued to admit Registered Practical Nurses to the ICHM education program and subsequently to be able to become parish nurses.

Moved by Donna Corbett, seconded by Sytske Haigh that The Board of ICHM investigate the concept of and evaluate the benefits and disadvantages of admitting RPN's as parish nurses to the ICHM organization. In favour: 8; Opposed 29; Abstained 4. **MOTION DEFEATED**

A second motion was moved by Nancy Gordon, seconded by Linda Alldred-Johnson that a working group be struck to look at the issue of allowing full scope RPNs to become parish nurses. This working group would consult ICHM nurses as well as other parish nurse and then report to the Board of ICHM. In favour: 32; Opposed 4; Abstained 3.

MOTION CARRIED

Recognition of Outgoing Board Members and Commissioning of 2015-16 Board Members: Karen Marks thanked Vreny Mathis for her commitment to ICHM as Chair and to Sandra Ackles for her participation as a two-term Board member. Both will receive certificates of appreciation by mail as neither one were able to attend the meeting. She also recognized the continuing members: Sharon Galway, Susan Goodwin, Jean Jackson, Pauline Maxwell, Heather Thompson and Rod Pentz.

13. **Adjournment:**

Moved by Lynn Franklin, seconded by Cathy Wynn that the meeting adjourn.

MOTION CARRIED

4. ACTING BOARD CHAIR'S REPORT

In all likelihood this will perhaps be one of the most unique Board of Directors' reports in the annals of InterChurch Health Ministries Canada.

I came into this office as Interim Chair two months ago, after being appointed to the Board two months previously. Both the Board and I came to a crossroads and we decided to take it. We were faced with numerous challenges and insufficient resources, resignations of staff and Board members, all of the necessary ingredients for a crisis.

The Chinese character for "crisis" is a combination of the characters for "disaster" and "hope" superimposed on one another. Your Board of Directors has opted for hope.

Hope is what defines us as we engage in ministry because we do so in reliance upon God's promises and trust in the leading of the Holy Spirit. It is now in this phase of the life of InterChurch Health Ministries Canada where we once again must learn to trust that this ministry that has been given to us, is of God's own choosing and together we are the instrument through which God seeks to bring forth healing in the lives of our parishes, congregations and communities. This hope will not disappoint us as we remain open to the possibilities, challenges and opportunities that the future brings.

Each of us is a sign of hope to one another as those who have been called into this ministry of health and healing, coming from diverse backgrounds bringing with us our denominational heritage and traditions, sharing with one another a not uncommon love for Jesus Christ which is the pulse beat of our life and ministry together.

Despite setbacks and financial concerns your Board of Directors has not lost heart and has risen to meet the demands made of them. I commend them for their diligence and faithfulness to the task and openness to the future that lies before us. We believe that the direction set by the Strategic Planning Task Force will enable us to more faithfully fulfill our mission and ministry.

We also need to take this opportunity to express our appreciation to those who for various reasons have sought new areas of service or retirement and we will honour them later during our Annual General Meeting.

They say that love is lovelier the second time around and I hope to discover if that is also true for me being re-cycled at InterChurch Health Ministries Canada. Pray for me and the Board of Directors as we enter this next phase of the ministry of ICHM.

One prisoner of hope to another,

Henry Fischer
Inter Chair

5. FINANCIAL STATEMENTS

(Page 7 a – 7h)

6. (ACTING) EXECUTIVE DIRECTOR'S REPORT

Last year about this time we were celebrating twenty years of InterChurch Health Ministries Canada. It was a celebratory event; the Founding Members reminisced about the humble beginnings; one founding member had become acquainted with the parish nursing model in the United States. Around a kitchen table, where so many innovations take shape, a Canadian model of parish nursing was born.

Here we are now completing our twenty first year and we have seen “the rubber hit the road.” In terms of organizational development theories this is not a surprise. Theoretically speaking, an organization must innovate, look from a new perspective, be strategic, listen to its members, assess what is working and what is holding it back. We are now expected to be lifelong learners; we are all swept up in the information age. What, as a spiritually grounded organization who asks Our Heavenly Father for guidance and knowledge, are we to do?

Our Interim Chair, Henry Fischer, speaks so well in his message about *hope*. I am the first to admit that I have none of the theological background of Henry or so many of the excellent Board members and staff of ICHM who go before me. What I do have is trust that if I humbly seek God’s guidance he will assist ICHM through this critical time. I know I have much to learn and am learning each day. I am blessed to have great mentors.

There is Gail Brimbecom, who is always only a phone call away. Gail chairs our Educational Advisory Committee. She is a wonderful go-to person who always has the mission of ICHM in her sights. Karen Marks demonstrated to me her fierce work style and attention to detail. Karen is always prepared and ran the education program in a way that it appeared effortless. The past Board Chair Jean Jackson showed me diligence and commitment to her position.

I want to mention an excellent volunteer, Luba Rascheff, a member of the Bloor Street United Church Health Committee. Luba has a Master of Theology from Harvard. She hopes eventually to become ordained. Presently she is writing grant proposals for ICHM. She is an excellent researcher and writer. To date she has written close to 50 foundations to seek funding support for ICHM. She is optimistic, faithful and driven. I say a prayer of gratitude every day that we Luba has come into our ICHM path. There are other volunteers in ethics, governance and business that I am able to turn to for advice.

I also have great supports. One is the Canadian Christian Business Federation (CCBF) breakfast meetings which I attend as often as I can. At these meetings I have an opportunity to hear and discuss important aspects of business from a biblical basis. *Organizational structure* addresses the methods by which resources flow through the organization to accomplish work. When Paul wrote to churches or pastors, he didn’t spell out in detail how the church should be structured. That is why as a Church (organization) grows and its needs become more complex, the structure can (and must) adjust to remain relevant. Read Deuteronomy 1: 13-18. When I am overwhelmed as was Moses, I try to do as God instructed Moses – create an organizational structure that works for these times.

God told Moses to enlist seventy qualified persons and to empower them. Now that may seem like an extravagant number for ICHM to enlist but I have mentioned some of the key individuals already. As I look around the room I could say that you each are amongst this 70. Patrick is empowered to be thoughtful and discerning about his Parish Nurse role and his desire to make mental health a priority in his ministry, Karen Li is empowered to hold a creative event focusing on women and heart health well named *The Red Dress* event. Linda Hopkins, Linda Aldridge- Johnson, Ann Stainton, Theresa Scholz, Mary-Ann Nelson (and many others I am certain) have increased their circles of parish nursing influence by organizing wellness fairs for their churches and surrounding communities.

Speaking of empowerment, there is a huge outpouring of peace and social justice when we as parish nurses provide *lunch and learn opportunities* in our churches. I know these bi-weekly or monthly events are held in Cheryle Pollock's and Carole Beam's churches. The value-added to these events, cannot be over – estimated.

Being a Parish Nurse and working to promote Health and Healing ministries requires *courage and risk-taking*, two other essential components of Christian leadership. Read Joshua 1: 1-9. ***When we seek God's guidance in our endeavours, it strengthens our faith. (v9) Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go.***

I wish to thank the Board of Directors for their commitment to ICHM, all our Health Committee members in our many churches. How can we be more relevant to your work?

To our excellent dedicated parish nurses from whom I learn much every day, how can we support you more effectively? Maryanne Atkins our faithful office assistant and I are serious about wanting to make a difference, a positive difference in how you practice your respective ministries. We know we can count on you to take a risk, be courageous and to speak to your surrounding churches about parish nursing and possibly sharing a nurse between two congregations.

We bravely move forward asking for God's Grace, Love and Caring, for each of us individually and for ICHM as an organization committed ***to fostering health communities through Christ's healing ministry.***

Parish Nurse IMPACT

Without a doubt the best indicators of our success, community engagement and IMPACT, are the statistics for the year. Here are the key indicators:

Client interactions	6500
Health promotion attendees	442
Referrals to other agencies	1254
Volunteers	1654
Volunteer hours	12290
Meetings: Inter-disciplinary, Health committees	788
Social Justice / Community outreach initiatives	1646
Client age breakdown	
0-18 years	372
18-64 years	4489
65-75 years	5956
76 and older	5212

Respectfully Submitted,
Joanne Jasper

7. ONTARIO PARISH NURSE PROFESSIONAL PRACTICE GROUP REPORTS

Cobourg/Peterborough Parish Nurse Professional Practice Group 2011

Members: Janice Buck Cobourg Alliance Church
Karen Li St. Peter's Anglican Church Cobourg
Janice Ross Mark Street United Church Peterborough
Joanne Shadgett Salvation Army Temple Peterborough
Diane Froncz

Halton Peel Parish Nurse Professional Practice Group

Members: Lynn Franklin – Augsburg Lutheran Church, Brampton
Abbie Trancoso, St. Peter's Anglican Church, Mississauga
Bonnie Hofer, Faith Lutheran Church, Hamilton
Fran Groves, Stoney Creek Church of Christ
Theresa Scholz, Holy Cross Catholic Church, Georgetown
Cathy Winn, Walton Memorial Church, Oakville
Ethel Bull, Church of the Nazarene, Brampton

This past year has been another busy one for our Halton Peel Parish Nurse Professional Practice Group. These meetings are invaluable for the support and encouragement that we receive from each other.

It is wonderful to see God working in so many active, innovative and diverse ways in our faith communities. We provide special *health promotion events* in our churches and in community settings. Stoney Creek Church of Christ organized a Spiritual Power Walk; Church of the Nazarene held a Walk to Bethlehem and St. Peter's coordinated Hike-Pray-Laugh walks conducted by a fitness instructor and Holy Cross Catholic continued the twice weekly low impact exercise classes. We offer lunch time learning opportunities which deliver important health information. These popular events known as *Food for Thought or Seniors' Tea or Lunch and Learns* feed body, mind and spirit. This year St. Peter's Anglican learned about Alzheimer's and internet/social media safety; Faith Lutheran learned about hearing loss and gluten-free diets; and Augsburg Lutheran learned about normal memory loss. We hold monthly blood pressure clinics both in our churches and in community settings. Our *Prayer Shawl Ministries* craft and distribute shawls, baptismal blankets and scarves to those whom we keep in prayer. Holy Cross Catholic knitters also gave baby blankets and baby jackets for St. Monica House in Hamilton and Birth Right in Milton while Faith Lutheran provided shawls to the Hamilton Police. The Church of the Nazarene in Brampton facilitated two *Grief Share* programs for those dealing with loss while Walton Memorial in Oakville offered *The Dwelling Place* as a safe refuge for those with depression. Holy Cross Catholic organized and led interdenominational worship services at the hospital and communion services at two nursing homes. They also organized the bi annual Mass of Anointing for the Sick and Memorial Mass. Stoney Creek Church of Christ delivered a class on Ebola. Faith Lutheran hosted the local Native Women's Centre and learned about the services provided by the Centre. We are a busy group ☺

Our Parish Nurses have been generous in their support of ICHM Canada this year. Cathy Winn and Rev. Jim Gill, minister at Walton Memorial United Church, shared their experiences on the Parish Nursing and Team Health Ministry with level one and two candidates at the Emmanuel College Education Program. Lynn Franklin facilitated the full day session on Health Promotion for level one and two candidates. Ethel Bull provided music and worship during the Education Days. Fran Groves will be the guest speaker at the Annual Parish Nurse Retreat.

Most of our group was able to attend the ICHM Continuing Education Day on Palliative Care in Ontario and the role of a Parish Nurse and the Congregation's Health Committee along that journey. We continue as a group to work on the

Reflective Practice component of the QA Program. We use the PNPPG as a forum to discuss our learnings. All of our members attended the June Education Day at St. Mark's United Church in Whitby which celebrated 20 years of leadership in Parish Nursing Ministry.

We congratulate Ethel Bull on her graduation as a Parish Nurse from the Emmanuel College Education Program.

How truly blessed our Parish Nurse Professional Practice Group is!

Respectfully submitted,

Lynn Franklin

Northern Lights Professional Practice Group

Members: Eileen Sunstrum, St. George's Anglican Church, Owen Sound
Dianne Jackson, Lutheran Church of Our Saviour, Owen Sound
Carol Beam, St. Mark's United Church, Oakville
Patrick Ferguson, St. Aidan's Anglican Church
Zenaida Odense, St. Patrick's Catholic Church, Sudbury
Monica Koepke, Hi-Way Pentecostal Church, Ingersoll
Karen Harding, Duff's Presbyterian Church, Guelph

This enthusiastic and committed group meets with the assistance of Skype.

We were saddened by the death of Doris Tretter, a beloved member of this practice group.

We meet monthly by Skype to share our experiences, our resources and our concerns and to pray for one another and our ministries.

This technology allows us, separated by distance and numbers to support and care for each other.

So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; Colossians 3:12 (New American Standard Bible)

Respectfully submitted by

Carole Beam

Toronto Central Professional Practice Group

Members: Nancy Gordon, Bloor Street United Church and Bathurst Street United Church
Cheryle Pollock, Anglican Church of St. Nicholas, Scarborough
Cynthia Roberts, Our Lady of Lourdes Parish, Toronto
Ann Stainton, Hillcrest Christian Church, Toronto
Mary Ann Nelson, The Peoples Church
Karran Gladdish, Independent Parish Nurse
Linda Hopkins, Independent Parish Nurse
Susan Rodgers, Independent Parish Nurse
Marlene Ronson, Independent Parish Nurse
Anne Marie Mohler, Independent Parish Nurse

Chair – everyone takes a turn to chair a meeting.

Activities – We meet monthly on the third Saturday, Sept to June. Meeting places are rotated so we can see the facilities at other churches. We take turns being the Chair, taking devotions, and bringing refreshments. Each month we talk about what is happening in our respective congregations. If anyone finds some information which could be used by others, we share it in the meetings. We are a support to each other in our same yet different ministries.

York Region Professional Practice Group

Members: **Janis Constable Chair, Central United Church, Barrie**
 Linda Alldred-Johnson, St. Matthew’s United Church and Armour Heights Presbyterian
 Carol Rose-Kudelka, Aurora United Church
 Patricia Lau, Richmond Hill Christian Community Church
 Donna Corbett, Sharon Hope United Church
 Olive Wong, Richmond Hill Christian Community Church

It’s been a “quiet” year for YRPNPPG ! (For those of you who know my twinkling subtlety of words NONE of our churches burned down this year and NONE of our Parish Nurses died !!! Indeed this was a quiet, rather than tumultuous year and I thank God for this !!!)

We are a small professional practice group. We are Linda Alldred-Johnson (Toronto) Carol Rose-Kudelka (Aurora), Donna Corbett (Sharon-Hope) Patricia Lau (Richmond Hill), and myself, Janis Constable (Barrie). We absolutely delight in our time together, and we’ve been thankful for the presence of Joanne Jasper at some of our most lively Saturday morning meetings.

We are very proud of our very own Donna Corbett, who graduated from the ICHM program in November 2014. She and I now share the role of chair of YRPNPPG. She has a growing ministry at Sharon Hope UC, and she is a delight to work with. (Her minister, Reverend Kathi Phillips and her congregation think the world of her too!)

Linda’s ministry laid low for awhile, while she recovered from surgery. She is well, and back at it ! Carol’s ministry has faced a year of challenges and transitions, after the devastating fire, which leveled her beloved Aurora UC. Her congregation remains intact, and they worship at their neighbouring Trinity Anglican Church. It is so wonderful to witness the interdenominational church family looking out for, and reaching out, to help their brothers and sisters in their time of need !!

Janis and Pat’s ministries are thriving; however, Janis’ church in Barrie faces an ongoing financial crisis, and is doing everything in their power to keep their doors open. Continuing prayers for Barrie Central United Church would be welcomed and appreciated. Prayer changes things.

We dearly miss our friend, Parish Nurse Doris Tretter, of Mapleview Community Church, who died last year. The loss of her heartfelt and passionate ministry is felt by so many in the Barrie Community. Her life was a ministry.

Parish Nursing Ministry is vital to the health, wellbeing and strength of its churches. “Thank You” to all Parish Nurses who give so fully and so freely of themselves that their churches thrive and grow, and come to wholeness of body, mind and spirit. Thanks be to God for all Parish Nurses who serve in His Name.

Respectfully submitted by
Parish Nurse Janis Constable

8 HEALTH COMMITTEE REPORTS

CONGREGATION: Armour Height Presbyterian Church, Toronto

Health Committee Chair: Rev.B Middleton (Health Board Chair), interim

Members: Sharon Fischer, Erik Langenholt, Carol Loudon, Barbara Thomas, Anne Rekenye and, Linda Alldred-Johnson, Parish Nurse

Programs and Activities 2014:

Facilitated monthly Lunch & Learn for Community which were held every third Tuesday (excluding July, August and September). Attendance has ranged from 25-45 participants per session. Topics offered in 2014 included; Heads Up for a Healthier Brain, Depression in Seniors, Two part series in Elder Abuse, Music Can Heal,, and annual "Christmas Luncheon Celebration coordinated by Pam Frake & friends, that included a delicious turkey dinner followed by a communion service lead by Rev. Carol Loudon with music provided by Bruce Nasmith. In June Amica (retirement home) @ Bayview Avenue invited the seniors to a wonderful free lunch and movie which was thoroughly enjoyed by all.

- Facilitated Prayer Shawl Ministry that meet on a monthly basis (Oct-May). These shawls provide tangible evidence of God's comfort and compassion and our congregation's care and support. To date one hundred and forty prayer shawls have been distributed since its' inception in 2008
- Continued to provide a Blood Pressure Clinic on the third Sunday of the month, after the worship service
- Coordinated the annual Intergenerational Walk-a-thon with Family & Youth Ministry. This event was well attended. The proceeds raised from this event were directed to the Children's Mission & Service Fund...
- Assisted with the Multicultural Dinner in October, hosted by Linda Grant and the Welcoming Committee, This event was so successful that we look forward to participating in similar events in the future ..

CONGREGATION: Augsburg Lutheran Church, Brampton

Augsburg is blessed to have a dedicated and energetic Health Committee. We have had a busy year and accomplished much. David Frey (Chair), Lynn Franklin (Parish Nurse), Liz Kreuger, Ruth Waters, Erin Ziegler, Eileen Tynes and Lolita Semos and meet monthly to assess and plan programs and events for our health and healing ministry.

This past year, members of the Health Committee assisted in the planning of three 'Lunch and Learns'. In May, an outreach worker from the Brain Injury Association of Peel and Halton presented on the causes and the prevention of "*Acquired Brain Injuries*" while a parishioner gave provided a personal look at living with one. In November, a speaker from the Alzheimer's Society of Peel presented on "*Normal Memory Loss and Brain Health*". In April, the Health Committee invited a local pharmacist to speak on her "*Role in the Health of her clientele*". All Lunch and Learns were well attended.

The Health committee organized the collection of gently-used adult winter coats and boots for a local agency who cares for the homeless and those at risk of being homeless. The congregation was approached and over 65 coats were collected.

Augsburg continues to be a place of wholeness and healing.

Respectfully submitted:

David Frey

Health Committee Chair, Augsburg Lutheran Church

CONGREGATION: Brampton Church of the Nazarene

We have had a very good year in the ministry of health promotion and healing in our congregation.

GriefShare, a thirteen week support group for those experiencing the loss of a loved one, was presented last fall (2014). There is great value in learning and walking together towards healing.

A year ago, 6 ladies attended an annual prayer shawl ministry gathering. We were so inspired that we launched our own group. It is satisfying to share in our own healing/wholeness of body, mind, and spirit as we gather to work on shawls to be given to those for whom we have prayed.

Visiting the members and friends of the congregation to chat and encourage them is an important activity of our volunteers. Very often they take some healthy soup or casserole dish in their hands as they go to see people who might be lonely or struggling.

We were thrilled to have 30 people participate in the Walk to Bethlehem late in the fall and Advent season. We even exceeded the distance by about 6000 km.!

"Jesus of Nazareth...went about doing good...for God was with Him." Acts 10:38. It is our desire to go about doing all the good that we can because God Himself is with us.

Respectfully submitted, Ethel Bull Parish Nurse.

CONGREGATION: Holy Cross Catholic Parish, (Pastor: Fr. Kevin Cull) Georgetown, ON

Health Committee Chairs: Mary Blackmore and Toni Freeman

Members: Fr. Kevin Cull (Pastor), Theresa Scholz (Parish Nurse) Nancy Garvey, Larry Hawes, Madeleine Marks, Judy Marshall, Noreen Miehm, Bill Strachan, Doug Tucker, Zenaida VanKlink

Programs and Activities 2014:

With Christ as our centre, we addressed issues related to the well-being of the body, mind and spirit of our community. • Welcomed three new members to our Committee to replace three who had retired. • From September to June monthly blood pressure clinics were held; our Low Impact Exercises continued twice a week during the same period and Nordic Pole Walking sessions took place in the summer preceded by a workshop on the same. • Monthly meetings with the P.N. were held to plan, organize and evaluate programs/activities for our community. • 4 members attended ICHM's Education Day/AGM •Our P.N. advocated for her clients by coordinating with other professionals and agencies. •Regular notices in our Church bulletin invited the community to activities organized by the Committee. •Pastoral care was provided through weekly hospital visitation, distribution of Holy Communion to shut-ins and through regular ecumenical and Catholic prayer services at retirement homes, long-term care facilities, at hospital and at two Masses of Anointing for healing which were followed with receptions for fellowship; prayer shawls were distributed to the ill and suffering in and beyond our local community and reps attended a Prayer Shawl gathering in Elmira •Facilitated our first Memorial Mass for bereaved families in our Parish community followed with a reception for fellowship. •The P.N. hosted an annual potluck luncheon for volunteers.

CONGREGATION: Holy Trinity Thornhill Health Committee Report for 2014

Health Committee Chair- Cathy Pearson

Health Committee Members: Jane Winstanley, Linda Robertson, Eugene Liburd, Bonnie

Kennedy, Robert Ogilvie

Programs and Activities 2014: We have two Lunch and Learns per year. Our spring one was on Fraud and the fall one by Advocacy for the Elderly on Discharge Rights of Clients Discharged from Hospital. BP testing is also done twice a year in February and November after both services. In April we hosted a free six week course on Healthy Living and Chronic Disease Management put on by Markham Stouffville Hospital. Three Caregiver Support Groups were held and a follow-up on the Healthy Living program. Selling pedometers as a way to promote increased physical activity was started in November. This was very popular and resulted in 3 orders for a total of 45.

CONGREGATION: Lutheran Church of Our Saviour, Owen Sound

Health Committee Chair: Gloria Pfeffer

Health Committee Members: : Gloria Pfeffer, Sylvia Statham, Diane Barry-McNabb, Joan Cruickshank, Jane Eckensweiler, Trish Hyland, Diana Lenk, Parish Nurse Candidate, Dianne Jackson

Programs and Activities 2014:

From suggestions received in the health survey in 2013 five educational sessions were hosted during Lent. Topics included: health heart, falls prevention with low impact exercises to improve your balance, healthy eating to help with weight control & understanding food labels, depression & dealing with stress, and humour & health. Attendance ranged from 15-23 participants. With support from Lutheran Outreach Ministries, sandwiches were provided monthly for Union Place to help homelessness & mental health, the Ride into Light event in October addressing mental health, breakfast club at Keppel-Sarawak School served bi-monthly, Meals on Wheels delivery monthly. Proceeds from the plant sale were donated to the Parking Lot Fund. The Quilting Group provided 6 prayer quilts for specific requests. 22 quilts were sent to Canadian Lutheran World Relief along with 25 sets of knitted hats & pneumonia vests, 110 pneumonia vests & 81 pairs of mitts. Newborn baby hats were also donated to the nursery at GBHS. Six blood pressure clinics were held after church services in 2014. Each youth in Sunday school has been given an education hand hygiene booklet. From 3-8 residents attended a Bible Study bi-weekly at K. V. In the fall a 5 week Bible Study was held in the library with 6 participants. Also in the fall as Parish Nurse Candidate I completed Level 2 education by webcast. Another person, from outside our congregation, that had taken Level 1 in 2013 attended Level 2 also.

CONGREGATION: St. Mark's United Church, Whitby

Health Committee Chair: Pat Khashmanian, Linda Stratton

Members: Carole Beam (PN), Sandra Chase, Nancy Edwards, Ron Locas, Sandy Mackenzie, Judy Moskaluk, Dorothy Pierce, John Phillips, Shelley Phillips, Betty Plaskitt, Elizabeth Shantz, Marlene Stones

Programs and Activities 2014:

Our committee tries to annually have an educational speaker. Our spring speaker was Andree-Ann Cyr who spoke about "Memory and the Aging Brain". We were pleased to be the host church for ICHMs' 20th anniversary AGM and Education Day in June. In September St Mark's held its first Health Fair with over 20 vendors, both business and not-for-profit. Our Parish Nurse planned a prayer vigil in early December which was attended by members of the congregation and the community. We had a fun and well-received evening of carol singing in December when 30 singers visited the homes of 16 shut-ins. Beside these special projects we regularly host after church social times for our congregation, take part in healing services during worship, sponsor a Therapeutic Touch Group, Footprints4 Autism (family respite programme) and Meditation group. Carole conducts worship services and helps with Vacation Bible Camp. These special programmes are over and above the ongoing visiting, educating and counselling she does with members of the congregation

CONGREGATION: St Matthew's United Church, Richmond Hill

Health Committee Chair: Mary Fleming

Members: , Helen Smith, Mary Wilson, Vicki White, , Wendy Sinclair, Virginia Wainman, Shirley Hunt, Rev. Terry Thom, Linda Alldred- Johnson, Parish Nurse Adhoc members: Marjory Stewart, Lori Stoness, Josie Lucena

Programs and Activities 2014:

- Continued to offer monthly Lunch & Learn events - fourth Wednesday of the month Oct. - May. Attendance has ranged from 25-40 participants per session. Topic offered in 2014 included- Brain Health, Depression in Seniors, Two part series in Elder Abuse, Laughter is Good Exercise, Funeral Planning and Going Down Green, Brain Boosting Boogie. and our 6th Senior Health & Wellness Fair-TIPS for Healthy Living We intend to continue this event in 2015
- Provided 2 Intergenerational Events a year. The focus of these sessions is on intergenerational learning and fellowship that provides opportunities for health/faith education to young adults, adults with children and grandparents/seniors. This year's events included: Annual Ecumenical Walk-a-thon & Heart Healthy Breakfast in April, and Pancake Supper in Feb.
 - **Offered a "Foot Care Clinic" with an RPN (Lauren) from Preferred Home Health monthly from September to July each year. Clinic visits have increased each year since its inception Total clinic visits in 2014=104.**
 - Offered a Breakfast Series each year that discussed important health issues of the day, we have been fortunate to have speakers for this event who are considered to be leading experts in their field and well known in our community. They willingly give of their time and expertise, and have a real commitment to health promotion or health prevention. The "Heart Healthy Breakfasts" which is also included is also a huge hit. We were fortunate this year to have Dry Thayaparen join us to discuss, "Memory Loss- a Physician's Perspective." This was a very informative and well attended event.
 - Participated in a Health, Healing & Anointing Worship Service in November for St. Luke's Day.
 - Therapeutic Touch continues to be a key component of St. Matthew's Health Ministry. It is already a valuable asset to the Blood Pressure Clinic and is now available on an individual, case- by- case basis through Parish Nurse. Thanks to Christian Education Committee three individuals were financially supported to successfully completed Level 1 Therapeutic Touch Course.
 - Continued to support Prayer Shawl Ministry - since its inception in September 2006, 342 prayer shawls and 97 Teddy Bears have been blessed by St. Matthew's and distributed to individuals within our church and community.

CONGREGATION: St Andrew's Church, King & Simcoe, Toronto

Health Cabinet Co-chairs: Sue Goodwin and Sally Martin

Parish Nurse: position vacant

Committee Members: Dr George Cantlie, The Rev Dr Bob Faris, Dr Grant Farrow, Dr Richard Isaac, Carol Morello, Mary Ruth.

Programs/Activities

Services of Prayer for Healing, Wholeness and Health are held in the Chancel quarterly using liturgy adapted from the *Iona Community Worship Book*. The service includes a tailored prayer for the individual participant and the laying on of hands. Attendance ranges from 12 to 20 participants.

Presentations:

1) On June 8th, the Health Cabinet hosted a Sunday Forum. Gonzalo Duarte spoke about his Companeros Inc NICARAGUA, a volunteer based program. The focus is on building housing and supplying clean water in poor areas of the country. Their web site is companeros.ca.

2) Similarly, the Health Cabinet hosted a Sunday Forum on September 28 entitled **Long Term Care: Residential care options, Community Resources and Belmont House** presented by Sally Martin of St Andrew's and Brian Grant, Belmont House. The following resources were provided to the participants: *Guide to Advance Care Planning, 2014 Guide to Programs and Services to Seniors and Powers of Attorney Kits* in both English and Chinese. This presentation was repeated at a SAGA Friday night meeting. On both occasions, the presentation was very informative and well received.

St Luke's Sunday: On October 19th, the Health Cabinet participated in the Worship Service that focused on health and healing. Candy Grant was the lay reader and Grant Farrow was the greeting elder. We provided special treats for the Bide-a-Wee coffee hour and brought out the flowered teacups to celebrate the healing professions.

Information Table: The resources mentioned above in the Sunday Forum on long term care plus the 2015 calendar entitled *Safe Seniors* were made available during a coffee hour in December.

An Emergency First Aid/CPR course is being organized and will be held in the spring of 2015.

CONGREGATION: Sharon-Hope UC Health Committee Report

Luke 9:2: "and he sent them out to proclaim the kingdom of God and to heal"

2014 was a productive and successful year for the SHUC Health Committee. The ten committed members meet the first Sunday of every month after Church service. Standing on the shoulders of 2013, our inaugural year in which we developed our purpose: "To advocate for the health & wellness needs of the SHUC congregation, and be a source of guidance & support for the Parish Nurse Ministry and its' Parish Nurse", and our vision " A Church that journeys together in faith and wellness through all stages and ages of the life journey; a church where no one stands alone; a church that nourishes the whole person so each can live an abundant life in mental, emotional, physical and spiritual health", we sent out our 2014 Health Ministry survey, asking the congregation to help us with their needs assessment.

The congregational survey identified key areas of concern/interest and guided our path for 2014. Our Parish Nurse delivered a power point presentation of the findings of the survey to the congregation at a coffee hour and then the Team got into action. We started organizing a Bereavement Seminar; we inquired about a Healthy Steps Program referred to us by a congregational member; we started research on an AED, (automated external defibrillator) for our Church and how to possibly fund it through the town of East Gwillimbury. One of the members of the Team, with much thoughtfulness, took on the development of a logo for our Health Ministry and various other tools for us to use ongoing in our good works. Another Team member joined SHUC's Accessibility Committee.

The Parish Nurse and members of the Health Committee got together at the Church a couple of times over the year to participate in ICHM's (InterChurch Health Ministries [Canada]) educational webinars and we have been honoured with an invitation to be a part of an upcoming webinar as an example of a thriving Health Committee. The Bereavement Seminar, entitled "Well Intentioned People Sometimes Say Dumb Things" took place on September 13th with over 55 attendees. We reached out into the community through other Churches, Senior Centres, Funeral Homes in East & West Gwillimbury and had many community participants as well as members of our congregation. We considered it a successful outreach program, outreach being part of our mission. The participants requested a follow up to delve deeper in the subject, so we followed up with that in November and had over 25 attendees. An honorarium was given to the Seminar Leader from the Health Committee budget. Participants also had the opportunity to give a donation and we were able to give those funds to the Church as a fund raiser. From the theme of the closing story of the Seminar, Beth Cowieson created starfish gift cards which also contributed over \$150 as a fund raiser.

In April 2015 a well-received Healthy Steps event was held. As an outgrowth of a research project measuring fitness levels, the programme allowed us to take advantage of the healthcare expertise, step equipment and calculating tool in order to measure fitness and provide each participant with an individualized fitness prescription. The Health Committee

will follow up with the participants at regular intervals to re-test and evaluate success with the prescriptions. This event dove-tailed with our congregation's successful Easter season "Walk to Jerusalem" endeavour.

As of May 2015 we have received the AED grant from the town, the AED has been delivered and we are in process of scheduling the training for church members and representatives of the numerous community groups that use our building weekly as well as our on-site Day Care

There are health topics identified on the survey that point us in the direction of more seminar/workshops and guest speakers. We will be working on more projects on the congregation's behalf during 2015 and beyond.

And finally, since our Parish Nurse Candidate graduated from the ICHM three year program at Emmanuel College, U of T, the Health Committee of Sharon-Hope submitted a successful appeal to the Sharon-Hope UC Board to contract Donna Corbett as SHUC's official Parish Nurse Minister (part time).

In the name of Jesus The Healer, we pray blessings of health and wellness for all!
Respectfully submitted by Sharon-Hope UC Health Committee, Lynn Mitano (Chair)

Sharon- Hope Annual Report on Parish Nursing for 2014

In November 2014, Donna Corbett graduated as a Parish Nurse from Interchurch Health Ministries Canada (ICHM) at Emmanuel College at U of T.

Lynn Mitano, Health Committee Chair, also graduated. We were pleased that Gail Therrien, Health Committee Secretary, showed great dedication in attending every second class as her work schedule allowed. Joanne Kelly was able to join us for a special class as well.

At the graduation service on November 8, 2014, Rev. Kathi Phillips offered the message and participated in leading the graduation service. After graduation the Health Committee celebrated with Donna at a dinner.

It was a moment of great meaning for Donna when she wore her Parish Nurse stole for the first time assisting Rev Kathi at the Longest Night service at Sharon Hope in December.

Parish nurse activities through 2014 included:

- Approximately 200 logged hours of Parish Nursing
- Health promotion activities such as:
 - 1:1 sessions;
 - offering and researching health advice;
 - information bulletin board;
 - therapeutic listening;
 - regular BP checks;
 - referrals and guidance thru healthcare system;
 - hospital visits;
 - active participation in worship;
 - active participation in the Health Committee (see Lynn's report).
- Involvement in congregational life - Health Committee; Vision "Dream Team" (to July 2014); Ministry of Music as invited.
- Involvement in professional activities- co-chair of the York Region Parish Nurse Professional Practice Group (monthly meetings); attendance at ICHM webinars and AGM; Regional representative on RNAO (Registered Nurse Association of Ontario) Parish Nurse Interest Group

I would sincerely like to thank Rev Kathi, the entire congregation, the Health Committee and the Board for the opportunity to serve Sharon-Hope as the Parish Nurse. With the active and dedicated health committee, we have great plans for 2015.

Respectfully Donna Corbett, RN (Parish Nurse)

9. SASKATCHEWAN AFFILIATE REPORTS

Over the past year (2014) the ICHM-SK Board held a total of eight meetings (monthly, except for January, July, September, and December). Committees of the Board also met a number of times throughout the year. Support Group meetings with parish nursing candidates (and parish nurses) were held monthly from January to June. During this time our one parish nurse candidate, Glory Udoh, found it necessary to withdraw from the program. One support group meeting was held in September when Karen Marks (ICHM-Canada) was with us. We do appreciate all of the help and support we get from ICHM-Canada.

Following the fall education sessions, we gained two new parish nurse candidates: June Wyse (from Vancouver), and Dianne Martins (who works at Circle Drive Special Care Home in Saskatoon). In the new year (2015) we are holding Support Group meetings on the second Thursday of each month. Leadership for these meetings is provided by Caroline Bykowsky, Parish Nurse Coordinator/Mentor. During the past year, we also held occasional meetings with clergy, and health cabinet members from our partner congregations. An Information Forum was held on April 26th at Ebenezer Baptist Church. Education sessions were held on four week-ends in the fall: two in September (19-20 and 26-27), one in October (24-25) and one in November (7-8). We also held two fund-raising events: a walk-a-thon on May 10th and a fund-raising dinner on Sunday, October 19th.

Partnerships

In 2014 five parishes and two agencies partnered with us. The parish partners were Augustana Lutheran Church, Elim Church, Rock of Ages Lutheran Church, St. Andrew's Presbyterian Church, and Christ Church Anglican. The two agency partners were Circle Drive Special Care Home and LutherCare Communities. February/March is the time for renewal of partnerships. All of these partners have renewed their partnerships, except for one (Elim). Elim Church informed us that they will not be renewing their partnership for 2015. This is because their first parish nurse left some time ago, and they have not been successful in recruiting another nurse from their congregation to take up the ministry. As we meet with and hear from our partners, we are pleased to find signs of growth in their ministries, and to feel some of the excitement and enthusiasm that they readily share with us and with one another.

AGM and Board of Directors

On March 29th, 2015 we held our fifth annual general meeting. We say again, "Thank you" to all the members of our Board of Directors for carefully attending to the work and ministry of ICHM-SK. The Board can take pride in offering a high standard of education sessions. We were all encouraged last fall when a nurse from Vancouver enrolled in our level one classes. Her willingness to travel that distance attests to the value of what we are doing here in Saskatoon. We were also encouraged when seven people from one local congregation attended the Information Forum that was held on February 12, 2015.

Committees

While giving thanks for faithful board members, we also give thanks for faithful committee members. Thank you to members of the Education Committee, the Fund-raising Committee, the CAPNM Planning Committee, the Nominating Committee, and those occasional Ad Hoc Committees.

Respectfully submitted, Harold Hesje, Regional Director, ICHM-SK

10. STRATEGIC PLANNING REPORT

The Board of Directors established a Strategic Planning Task Force who were mandated to develop and implement a re-visioning of the life, mission and ministry of InterChurch Health Ministries-Canada that will be responsive to God's call as we seek to foster healing communities of faith based on Christ's healing ministry. The members of the Task Force include Rev. Elizabeth Wagschal, Clarence MacPherson and Henry Fischer along with staff support from our Executive Director Joanne Jasper.

An interim draft report was presented to the Board of Directors at their May meeting which was approved in principle. The Board will take the necessary steps to implement the strategies at their June 20th meeting so that the re-visioning will hopefully be underway beginning early in the Fall of 2015.

The primary methodology that will be employed will be focus groups made up of our diverse stakeholders in various geographical areas. The stakeholders will include both present and former Board members, past and present Parish Nurses, Health Cabinet members in current and former partnership congregations, clergy, participants from the Pilot Projects, members of congregations, presenters in the educational programme, past and present staff members as well as others with an interest or stake in the ministry of ICHM Canada.

The current Professional Practice Groups will constitute the geographical locales in which to meet and also determine the area from which to recruit the stakeholders for the event. There will also be provision made to include stakeholders not living in the designated areas to also participate wherever and whenever possible.

The Focus Groups will meet on a Saturday to ensure the broadest possible participation from 10:00 am to 2:00 pm. There will be a leadership team of three persons, including the Executive Director. Three of the other leaders have already been recruited. The focus groups will engage in both small group and large discussion as well as individual reflection. There will be an emphasis on spiritual discernment, scripture and prayer in the ongoing process as well as time for worship. The central goal and objective will be for us to discover what God is calling us to do and find direction for the future. We will be engaged in a spiritual adventure and involved in Holy conversation where the leading of the Holy Spirit will set our future direction as we are able to discern it.

Respectfully submitted,
Henry Fischer
Chair

11. NOMINATING COMMITTEE REPORT, BOARD ELECTION

Presently, ICHM Canada does not have an established Nomination Committee. However, potential candidates for nomination were approached by both Board and staff members.

There are currently six Board members. The Board can have up to fifteen members. The Board can appoint new members throughout the year. They would be officially confirmed at the next AGM.

A Board member may serve for two terms of three years each. Please note that ICHM Canada must have five Board members to continue as an organization.

It would be ideal if all the denominations in the partner congregations were represented on the Board. The heart of ICHM Canada is you. Your wisdom, lived experiences and ideas are valuable to the Board as we consider and make important decisions affecting Parish Nurse Ministries. Please consider volunteering as a Board member or a committee member. Feel free to speak to any Board member or staff for more information.

At present, the Board consists of the following members:

In the fall of 2014, Carol Rose-Kudelka joined the Board. Also in the fall Henry Fischer joined the Board. Both Carol and Henry have served on the ICHM Board in the past.

Name	Denomination	Term/Completion
Sharon Galway	Anglican	Term 2 completed 2016
Susan Goodwin	Presbyterian	Term 2 completed 2016
Pauline Maxwell	Anglican	Term 1 completed 2015
Heather Thompson	United	Term 2 completed 2015
Henry Fischer	Lutheran	
Carol Rose-Kudelka	United	

Thanks to the Board members who give so generously of themselves. Their commitment to Parish Nurse Ministries is appreciated.

Respectfully submitted

Henry Fischer

Commissioning the Directors – Ethel Bull and Carol Beam

Presider to the directors:

In the name of God: Creator, Christ, and Spirit, we recognize and affirm you in your ministry as directors of InterChurch Health Ministries Canada. The world is waiting. Go now to do the work of ICHM with the thanks and blessing of all the members of InterChurch Health Ministries Canada.

Directors

We go to bear witness to God’s love in our lives through service to this organization.

All

We go to bear witness to God’s love in our lives through service to this organization.

Amen.

Closing Prayer

Ever-present God, our meeting has ended, but life in you begins anew.

We thank you for the freedom in which we gathered and for the privilege of being called to serve.

For the decisions we have made,
and the visions we have glimpsed;

for the challenges we meet,
the joys and successes we celebrate, we thank you.

Bless each of us, we pray,

Help us to carry out the work that is now before us,
and keep us faithful, each in our own unique ways,

to the light, the truth, and the life of Jesus
in whose name we rejoice and go forth. Amen.

Blessing and Sending Forth

May the blessing of God give us strength for the journey;

May the Spirit of wisdom give us vision for the road;

May the love of Christ make us caring companions;

As together we go forth into the remainder of this day’s gifts. Amen

12. ADJOURNMENT