

BODY , MIND, SPIRIT

WYOMING FAITH COMMUNITY NURSE QUARTERLY NEWSLETTER

WYOMING HEALTH COUNCIL

Happy New Year & Welcome to the first issues of our newsletter!

Results of National Health Ministry Survey

In September, 2007 the Congregational Health Ministry Survey was conducted by the National Council of Churches USA with support from the Robert Wood Johnson Foundation. More than 6,000 congregations responded to the survey. These congregations represent a collective 2.5 million members.

The survey was designed to:

- Document the amount of congregational activity addressing health issues.
- Portray the range and distribution of health and healthcare-related activities in congregations across the country.
- Describe the characteristics of congregations that are most involved in the provision of health services.

Key Findings

The survey shows that a majority of churches provide healthcare ministries in health education, direct healthcare services, and in advocacy of public policy issues related to healthcare.

Highlights from the findings include:

- **Seventy percent of responding churches provide direct health services.** Direct services reported include

counseling, 12-Step Programs, emergency medical funding, mental health counseling, and even the professional support of a parish nurse or health minister.

- **Sixty-five percent offer health education programs within their community.** Education programs include providing information on the prevention of disease, maintaining the health of senior citizens, medical programs, and ways to overcome diseases ranging from obesity to HIV/AIDS.
- **Reporting congregations have an average of 13.07 health-related activities each.** The sample of 6,037 responding congregations reported a staggering total of 78,907 health ministry programs.
- **Most congregations provided healthcare ministries to members and non-members alike.**
- **Fifty-one percent of responding congregations offer direct financial support to individuals who need help paying their medical bills.**
- **Public policy advocacy was provided by 35 percent of the reporting congrega-**

tions. Advocacy is done through preaching, group discussions, voter education, communications with government and healthcare providers and other activities.

To access the full report go to:

www.nccusa.org/pdfs/healthsurveyfinal.pdf

The National Council of Churches USA is the ecumenical voice of 35 of America's Protestant, Anglican, Orthodox, historic African American and traditional peace churches. Those member communions represent 45 million Christians in 100,000 congregations from all 50 states.



Inside this issue:

Domestic Violence	2
Healthfinder.gov	2
FCN/PN Resources	2
FDA / Women's Health	3
Letter from Lilli	4
WY 2007 PN Class	5
Update from Deb	6

DV / IPV Resources:

Wyoming Coalition
Against Domestic
Violence:
[www.wyomingdvsa.org/
index1/htm](http://www.wyomingdvsa.org/index1/htm)

e-mail:
wcadvsa@vcn.com

phone: 307-755-5841

National Coalition
Against Domestic
Violence:
www.nacdv.org
202-638-6388

National Domestic
Violence Hotline
1-800-799-SAFE

“Let’s be sure our
door is always open
and let’s be
prepared to serve
as a non-
judgmental
presence to those
who need our
help.”

Domestic Violence / Intimate Partner Violence - It is everyone’s business!

Domestic Violence is a Religious Issue

That was the title of a presentation by Pat Bradley, Cheyenne Regional Medical Center Chaplain, at an event hosted by the Wyoming Association of Churches that I attended in Laramie last August. This training occurred very shortly after the tragic death of Robin Munis at the hands of her estranged husband Dave here in Cheyenne. Through our work here at the Wyoming Health Council, we had occasion this past year to work with Robin, a Wyoming Department of Health employee, on the state’s Medicaid family planning waiver application.

While I knew

that domestic violence / intimate partner violence was a serious issue, I must confess that, in the past, I never *really* paid much attention to it. I didn’t think it was anything I could actually do anything about anyway. Then Robin died.

I now realize that this is something everyone – *yes everyone* – especially parish nurses/faith community nurses must think about and must be prepared to address when it crosses our paths.

Last fall all Wyoming faith community nurses who are part of our state network were mailed a packet of information and resources to help them be better prepared to deal with intimate partner violence. People we know – peo-

ple we see every day – *people in our own churches* – are dealing with this issue. I would have never guessed that Robin was.

We need to be sure that the people in our pews know that we are a safe person to come to if they, or someone they know, are dealing with intimate partner violence. Let’s get educated about this issue and know what our community resources are. Let’s be sure our door is always open and let’s be prepared to serve as a non-judgmental presence to those who need our help. It is so very important. It could even end up being a matter of life or death.

Blessings,

Carol Peterson

Check out this health information web site...



Interested in promoting a particular health topic?

A good place to start is Health Finder. Check out the list of all the National Health Observances at www.healthfinder.gov

January is *Cervical Health Awareness Month* : www.cdc.gov/cancer/cervical

February is *American Heart Month* : www.americanheart.org

March is *National Colorectal Cancer Awareness Month* : [www.preventcancer.org/
colorectal](http://www.preventcancer.org/colorectal)

Need help finding information or resources for your church health initiative? Contact us at the Wyoming Health Council. Our state and national partners have a multitude of free resources that are available to you for the asking. Give us a call! We can help!



Faith Community Nurse/ Parish Nurse Resources

Health Ministry Association

www.hmassoc.org

The professional membership organization for all those participating in health ministry. On-line newsletter (HMA Today). 19th Annual Conference: *The Healing Power of Gratitude*, June 12-15 Irvine, CA (register on-line). Has links for Pandemic Flu Preparedness for Faith Based Organizations. Lots of other resources & useful links. *Check it out!*

International Parish Nurse Resource Center

www.parishnurses.org

Resources and information for parish nurses, clergy, and educators. On-line electronic newsletter (eNotes) and archived journal (Perspectives). 22nd Annual Westberg Parish Nurse Symposium: *Lift Every Voice*, Sept. 12-16. St. Louis, MO.

National Episcopal Health Ministries

www.episcoplahealthministries.org

Has an on-line newsletter (Body & Soul) and lots of resources. 1st Annual NEHM Conference: *Seasons of Health Ministry*, March 27-29, 2008, Henderson, NC. Register on-line.

Presbyterian USA Parish Nurses

www.pcusa.org/nationalhealth/parishnursing

Lots of great resources and links addressing a multitude of health issues!

United Church of Christ

www.ucc.org/health

Has a Certified Lay Minister of Health Program in addition to a Faith Community Nurse Network. Extensive directory and resource list.

United Methodist Church - Congregational Health Ministries

www.umc.org

Search under "Congregational Health Ministries." Lots of news articles related to parish nursing and health ministry.

Parish Nurse Center, Carroll College

www.carroll.edu/~parishnurse

Renewal program for parish nurses and health ministers: *Come Fill Your Cup ~ Refresh Your Health Ministry*, April 11-13, 2008 at Carroll College, Helena, MT

Carle Foundation Parish Nurses

www.faithcommunitynursing.org

A nursing resource for the body, mind, and spirit.



FDA - Free On-Line Resources

The Food and Drug Administration's Office of Women's Health (FDA/OWH) has just developed new health education materials written for consumers. Approved by the nation's top scientists, the materials consist of Medicine Charts and Fact Sheets designed to give consumers timely information in an easy-to-read format. Medicine Charts are booklets that present science-based information about all products currently approved to treat women's health conditions, including FDA-approved products for depression, high blood pressure, cholesterol, and more. The charts give vital information such as brand and generic names, tips for medication compliance, potential side effects and warnings, and questions to ask your health care provider. Fact Sheets provide information on a wide range of FDA regulated products (e.g. generic drugs, heart disease, flu shots, contact lenses, HPV vaccine, and mammography). FDA/OWH invites you to collaborate with them to distribute the information to women and their families across the country. To learn more, go to www.fda.gov/womens/.

RESOURCE:

First Place

www.firstplace.org

Is a Christian health program incorporating Bible study, prayer, and healthy lifestyles.

Fees: \$60 to \$150

This is a 13 week program; Christ centered with a two-fold approach of nutrition lessons and Bible study. The program is group based and asks each member to make nine specific commitments.

This nondenominational program is nutritionally sound and has a strong emphasis on exercise.

“Thanks for all the networking; it is great to stay in touch.”



Letter from Lillie ...

I had always longed to find a way to use my nursing career (over 35 years) in a way to serve the Lord and had looked at parish nursing throughout the years, but never had the time or opportunity to pursue this endeavor. Here at West Park Hospital, where I work full time as the Director of Surgical Services, we have become a Planetree hospital. The philosophy of Planetree is "patient centered care." This is very similar to the philosophy of the Parish Nurse. It involves looking at the patient as a whole, not just physically, but emotionally, mentally and spiritually. As the hospital was embracing this philosophy my director came to me and asked me if I had ever considered Parish Nursing and if so, would I be interested in some training. I replied that I would have to pray about this as my work load is sometimes extremely heavy and trying to balance

family and work was already challenging enough.

So I did some praying and, as time passed, she again approached me and stated that they had the funding to send someone to get the training to become a Parish Nurse. Well, needless to say I felt God's hand involved in this and went for the training in Helena, MT. The training and experience was fantastic and was so exciting that I couldn't wait to get started! When I returned after initial training I was a bit over whelmed with all that was before me. I really had no idea where to start. I had spoken with my Pastor at Cody Bible Church and he was very encouraging. He encouraged me to get with others in the church and head up a Health Ministry Team. So, we started a Health Ministry Team a little over 2 years ago. We have monthly BP, Pulse oximetry, and health screening following the Sunday morning services. This has

been a blessing to many, especially the elderly and some of the younger people who didn't realize that they had a BP problem. We have also had a couple of CPR classes and I am looking to do First Aid Classes along with the CPR classes again next fall. We are also looking at a fitness/wellness initiative and have purchased the "First Place" program.

I did have the opportunity to take the Parish Nurse Coordinator course in Portland, OR about a year ago. Since that time I have had another nurse here in Cody get training in Helena as a Parish Nurse. It was very encouraging to see the number of parish nurses for the first WY training class. I am really excited to see what God has planned for us here in Wyoming. Thanks for all the networking; it is great to stay in touch.

In Christ,
Lillie Ennist, RN
Cody Bible Church

God's Rx (words of wisdom)

- Every morning take a full glass of Gratitude
- When getting to work take one spoonful of Peace
- Every hour take 1 pill of Patience, 1 cup of brotherhood and 1 glass of Humility
- When getting home, take 1 dose of Love
- When going to bed, take 2 caplets of Clear Conscience

Submitted by:

Jan Anderson, RN, Parish Nurse

Faith United Methodist, Cheyenne, WY

Wyoming's 2007 Parish Nurse Training

Registered Nurses from several Wyoming communities gathered in Casper May 14-17, 2007 to participate in the first Wyoming parish nurse/ faith community nurse training event. based on the curriculum from the nationally recognized International Parish Nurse Resource Center.

Parish nurses / faith community nurses are called and committed to the tradition of healing ministry. Each serves a faith community to help meet emotional, physical and spiritual needs. Parish nurses work with their congregation and local community to establish and sustain a health ministry program.

Cynthia Gustafson, PhD. Director of Nursing / Director of the Parish Nurse Center, Carroll College, Helena, Montana and Edna Kinsella RN, an experienced Montana parish nurse, were the key trainers for this event. Additional program presenters included Deacon Leigh Earle and Pastor Ellis Kastor from Wyoming Medical

Center's Clinical Pastoral Education (CPE) Program (Casper); Mary Henning Wyoming Liaison, UW Library/Libraries of Medicine (Laramie); Rev. Linda Wilson (Hudson); Rev. Eloise Saltzgaver (Cheyenne) and Carol Peterson, Wyoming Health Council.

The four day event covered topics such as: web-based resources to support health programming; assessing the needs of individuals and the faith community, therapeutic listening; death and dying, bereavement, and advanced directives; providing spiritual care; referrals and documentation; ethics, licensure, liability, legal issues; recruiting volunteers and developing support groups; health promotion activities and resources; developing a health cabinet / starting your own health ministry; and program evaluation.

The workshop concluded on the 17th with a celebration lunch and a commissioning service at St. Mark's Episcopal Church, Casper, with

Deacon Leigh Earle presiding. Participants were presented with a parish nurse pin, a healing stole and certificate of completion.

In addition to the 12 individuals who attended the May training, we have located seven other individuals who have been previously trained as parish nurses either in Montana, Colorado, or Oklahoma bringing our new network to 19 Wyoming parish nurses! Carol Peterson also attended Parish Nurse Educator training in St. Louis in August so Wyoming now has an in-state trainer for the second annual parish nurse training event to be held in Cheyenne June 15-19, 2008.

We encourage all our health programs partners to provide health promotion information, resources, and continuing education opportunities for these dedicated volunteer healers so that they may have the tools needed to promote wholistic health services in their communities.

Questions? Please contact Carol (carol@wyhc.org) at WYHC 307-632-3640.

Wyoming's 2007 Parish Nurse / Faith Community Nurse Class



First Row (left to right): Gayna Kuhl (Casper), Linda Wilson (Hudson)

Second Row: Becky Diebert (Laramie), Deb Lane (Bar Nunn), Carol Monterastelli (Casper), Natalie Stewart (Jackson)

Third Row: Janet Anderson (Cheyenne), Carol Peterson (Cheyenne), Roxanne Herman (Powell)

Fourth Row: Tony Walworth (Evanston), Myrna Kragel (Wheatland)

Not Pictured: Cindy Lee (Casper)

Embracing Health Care Solutions at the Community Level

Wyoming Health Council
1920 Thomes Ave.
Suite 100
Cheyenne, WY 82001

307-632-3640 (phone)
307-632-3611 (fax)

Body, Mind, Spirit is a quarterly newsletter provided for Wyoming Faith Community Nurses/Parish Nurses by the Wyoming Health Council (WHC) as a vehicle to promote networking and to facilitate the sharing of information and resources.

The articles and opinions expressed in this newsletter are not necessarily representative of those of the Wyoming Health Council, its Board of Directors, or its funding organizations.

BODY, MIND, SPIRIT

EDITOR CAROL E. PETERSON, MS, RN

WHC HEALTH PROMOTION DISEASE PREVENTION SPECIALIST

Save the Date ...

**2008 Wyoming Parish Nurse / Faith Community Nurse
Basic Preparation Course**

Location: Cheyenne, WY

Date: June 15 - 19, 2008

Contact: Carol Peterson (307-632-3640 or carol@wyhc.org) for more information or to register

Update from a 2007 participant ..

Greetings 2007 Parish Nurse Class Members!

(Carol asked for an update about how things have been going as we returned to our home churches following last May's Training.)

I gave a testimony last Sunday at our church ministry fair and included my vision for my church health ministry. Wednesday evenings are very busy at College Heights Baptist Church. We

have Awana, Financial Peace University training for a Godly approach to finances, prayer meetings, business meetings, a church dinner and youth group. During this time I am going to have "office hours" and be available for whatever need should arise. I hope to minister to little ones and big ones alike. Don't know yet what will come through the door but am excited for what God has planned. My

pastor wants me to have info on Advanced Directives and Living Wills. That is how I am starting!!

God's Grace to you and your family,

Deb Lane, RN
Barr Nunn, WY
College Heights Baptist Church

(Note: Deb submitted this article last fall. *Thanks Deb* ;-)