

Quarterly Network Dinner

Inside Highlights:

Holiday Event Soul Collage	1
Coordinator's Corner	2
Rev. Alden Sproull	2
Parish Nurse Class	3
Dates to Remember	3
"Holy One" Interfaith	4
"The Mirror"	5
A Note from Victor Valley Christian Church	6
Statistics	6



Holiday Event

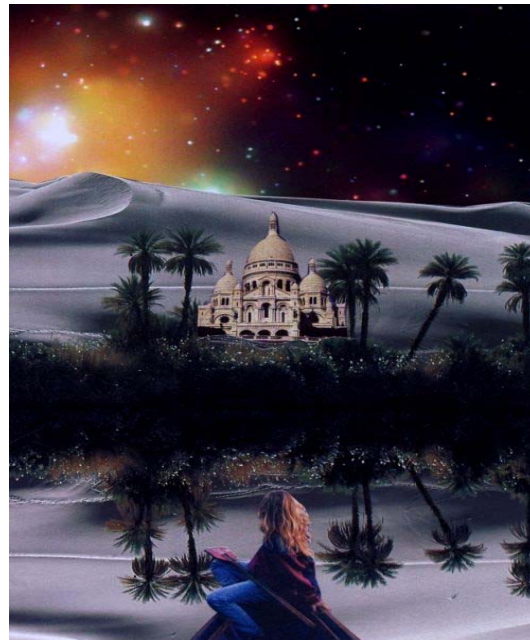


Soul Collage

Sunday, December 2, 2007

Program 2:00 - 5:30 p.m.

Give yourself
a present by
creating your
own
personalized
deck of cards
for Spiritual
Exploration



A contemplative
process through
which
participants
combine images
taken from
magazines.

Sponsored by:
Redlands Community Hospital
Health Ministry Program
and
Kairos
A Center for Spiritual
Formation
www.kairosspirit.com

\$25.00 per person
at the door
(checks payable
to Kairos)

Location:
The Little Fisherman
1179 W. Redlands
Blvd.
Redlands, CA
92373

Help us to be responsible stewards. RSVP to 335-5560 by Nov. 26

Will the Health Ministry in this church continue if I were to leave?



**Lynne Roy, RN, MSN,
APRN, BC**

This question has recently been haunting me, both as the RCH program coordinator and the faith community nurse for the congregation I serve.

As the RCH program coordinator, I have seen many programs remain alive and functioning, despite various changes. However, some programs have slowly declined and faded away as previously committed nurses and health ministers have moved away, been unable to physically continue the responsibility or have had personal or family issues which have prevented them from continued service.

What determines if a Health Ministry program remains 'sustainable'? I would suggest several factors, all of which are important in the growing and maintaining of an active and viable church ministry.

1. An interested and supportive pastor or staff member. The church leadership must believe in the importance of Health Ministry as a part of the church's mission.
2. A congregation which views health from a wholistic perspective. Members believe in the purpose of Health Ministry and would notice (and complain!) if the ministry was absent.

3. Motivated and visionary faith community nurses and health ministers who are willing to share the responsibility and work. This means an inclusive health cabinet which is able to focus on the future as well as the present. The ministry should never rely on 'staus quo'. Rather, ministry members should be constantly surveying the congregation to bring in new ministers and future leaders.

Take a minute to consider the Health Ministry within your congregation. Do you have all the ingredients of a 'sustainable' program? Which one(s) are missing? What can you do to ensure the future of the Health Ministry within your conereaation?

Behold What You Are, See and Be!



Rev. Dr. Alden Sproull

"There is an interaction between seeing and being. The kind of person you are affects the kind of world that you see...And conversely, what you see affects what you are." Simon Tugwell

In the hustle and bustle of our lives sometimes it is hard for us to realize that each of the words in the title of this article are intimately related. As we move into the major celebrations of 2007 hopefully we will notice what we have chosen to steward our eyes toward seeing and acknowledge how it has shaped us into who we have become. I wonder how many of us will be excited by the

simple evaluation just suggested. As humans, we have experiences of evaluation over our life time and may sadly have responded with an ultra critical spirit when we see we have fallen below our expectations.

Hopefully during such times of celebration we can become kinder with ourselves by exhibiting gentleness, tenderness and loving kindness so we may become loving and caring with others.

Celebration time is often filled with people who are lonely and feel unconnected. I ask that you see them differently this year. See in their

faces the creative presence of God by seeing them as possible friends rather than strangers. Who knows what we will become if we take concern not only about who we are looking at, but how we view them in light of our expressed hopes.

If we see people with different lenses without love, we end up seeing cross-eyed, which makes our vision blurred and thus unclear. If we choose to look through blurred vision we become confused and tense which robs us of the ability to celebrate life fully. Take time this holiday to refocus your vision.

Have a blessed holiday celebration this year as you nurture greater vision which draws us to love deeply.

of



February 11 - 15, 2008

Basic Parish Nurse Class (IPRNC Curriculum)

Location of Class:

**Trinity Church
1551 Reservoir Rd
Redlands, CA 92374**

Presented by EFCA Health and
Caring Ministry
of the First Evangelical Free Church
Fullerton, CA

34 Contact Hours

until class filled.

Registration:

Each participant must:

1. Be a registered nurse with an active license in the state where they practice.
2. Submit a completed a Registration Form and non-refundable application fee of \$25 as soon as possible to hold a place in the class. Enrollment is limited to 15 persons.
3. Submit the full Registration Fee by February 1, 2008 or

4. Non-registered nurses may apply to attend the course and their application will be reviewed on an individual basis.

Cost:

\$350 Registration Fee

Questions regarding registration fees and applications please contact Paula Lilja at paula.lilja2@verizon.net.



Dates to Calendar!



Nov 26 - 'A Place to Call Home': Homeless Summit. Free, but must register. 8 a.m. – 4 p.m., Rialto. Call 800-722-9866 to register or for more info.

Nov 29 - Caregiver Resource Fair at Somerford Place, Redlands. 6 - 8p.m. Call Darlene for more info. 909-793-9500.

Dec 2 - RCH Networking Holiday event. 2:00 - 5:30 p.m. at The Little Fisherman.

2008

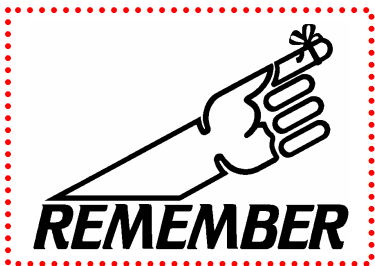
Jan 19 - Health Ministries Association Chapter meeting. 9:00 a.m. - Noon. Arcadia. To register, call 626-821-2344. To carpool, call Lynne.

Feb 3 - RCH Health Ministry Essentials class 'Building a Strong Foundation'. 2:00 - 5:00 p.m. in Weisser Educational Bldg.

Feb 11-15 - Basic Parish Nurse class in Redlands. 34 contact hrs. For more info contact Paula Lilja, at paula.lilja2@verizon.net.

Feb 17 - RCH Networking meeting, 3:00 - 5:00 p.m. Weisser Educational Bldg.

June 12-15 - Annual HMA Conference in Irvine. Save the date!





Websites / Resources for Faith Community Nurses

The National Diabetes Education Program (NDEP) is now taking pre-orders for a diabetes primary prevention kit designed for community health workers and promoters that work with African Americans and Hispanics/Latinos. Toolkit components include: a flipchart, user's guide, activities guide, resources guide, photo journal, Step by step: Moving towards prevention of Type 2 Diabetes (CD/DVD), NDEP food and activity tracker, NDEP fat and calorie counter, and The Road to Health Supplemental CD-ROM. Interested organizations can pre-order the toolkit by emailing emx4@cdc.gov: To learn more about NDEP visit www.ndep.nih.gov <<http://www.ndep.nih.gov>>

<http://statehealthfacts.org/cgi-bin/healthfacts.cgi>

Statehealthfacts.org is a project of the Henry J. Kaiser Family Foundation and is designed to provide free, up-to-date, and easy-to-use health data on all 50 states. Statehealthfacts.org provides data on more than 500 health topics.

<http://www.medpagetoday.com/>

MedPage Today is the only medical news service for physicians that links consumer medical news and the professional medical analysis needed by clinicians.



"Holy One,
untamed by the names I
give you.



In the silence name me,
that I may know who I
am.

Hear the truth you have
put into me,
trust the love you have
for me.

Which you call me to
live out with my sisters
and brothers,
in your human family."

Ted Loder



The Mirror

"Dr. Papaderos, what is the meaning of life?" The usual laughter followed, and people stirred to go. Papaderos held up his hand and stilled the room and looked at me for a long time, asking with his eyes if I was serious and seeing from my eyes that I was, said, "I will answer your question."

Taking his wallet out of his hip pocket, he fished into a leather billfold and brought out a very small round mirror, about the size of a quarter. Then he said, "When I was a small child, during the war, we were very poor and we lived in a remote village. One day, on the road, I found the broken pieces of a mirror. A German motorcycle had been wrecked in that place."

"I tried to find all the pieces and put them together, but it was not possible, so I kept only the largest piece. This one, and, by scratching it on a stone, I made it round. I began to play with it as a toy and became fascinated by the fact that I could reflect light into dark places where the sun would never shine – in deep holes and crevices and dark closets. It became a game for me to get light into the most inaccessible places I could find."

"I kept the little mirror, and, as I went about my growing up, I would take it out in idle moments and continue the challenge of the game. As I became a man, I grew to understand that this was not just a child's game but a metaphor for what I might do with my life. I came to understand that I am not the light or the source of light. But light – truth, understanding, knowledge – is there, and it will shine in many dark places only if I reflect it."

"I am a fragment of a mirror whose whole design and shape I do not know. Nevertheless, with what I have I can reflect light into the dark places of this world – into the black places in the hearts of men – and change some things in some people. Perhaps others may see and do likewise. This is what I am about. This is the meaning of my life."

~ **Robert Fulghum**





The Basics
of the Omaha
Documentation System

Thursday, December 13
OR
Friday, December 14, 2007

At
12/13/07: Auditorium
1445 Veterans Memorial
Circle
Yuba City, CA 95993

And
12/14/07: Health Education
Circle
1800 Mt. Vernon Ave.
Bakersfield, CA 93306

TO REGISTER:
Karen Martin 402-333-1962
or martinks@tconl.com

FEE: \$95.00
Includes lunch and 5.5 CEUS

A Note from Deanne Nevarez, RN Parish Nurse at Victor Valley Christian Church

The "iHealth: INDIVIDUAL HEALTH " Expo was held on the grounds of Victor Valley Christian Church (VVCC) in Hesperia on October 7, 2007 from 9:00 AM through 1:00 PM.

The event was developed and organized by the VVCC Health Ministry. We provide services to the underserved residents of the High Desert communities: Victorville, Hesperia, Oro Grande, Adelanto, Oak Hills, Apple Valley, Wrightwood and Phelan/Pinon Hills. Our population in the High Desert has the highest percentage of poverty and uninsured residents in the County of San Bernardino. Transportation is also an issue for these residents and the VVCC campus is centrally located in the

High Desert.

In 2006, the Health Fair at VVCC served over 500 residents of the High Desert.

Community and health resource information was distributed by 18 vendors.

This year's event served 444 people and included: San Bernardino County Fire, Search and Rescue, Behavioral Health and Sheriff's Department. The San Bernardino County Public Health Department sent representatives from Maternal Health, Reproductive Health, Children's Network, Department of Children's Services, Foster Care and Quality Healthcare for Kids Program. The American Red Cross, High Desert Chapter was in attendance. The California Highway Patrol again hosted a Safety

Car seat Inspection Station and distributed the free car seats. The Blood Bank conducted a blood drive, receiving 22 donations. The church provided all vendors with a booth, tables/ and chairs as well as refreshments to the participants. Grant funding was obtained through First 5 for the event.

This ministry is now opening a food bank on the fourth Friday and Sunday of the month. BP screenings, referrals and health information will be available.

For more information about our events contact Deanne Nevarez at: healthministry@vvcc.com. Or (760) 244-4448.

**SEND YOUR SUCCESS
STORY FOR THE NEXT
NEWSLETTER!**

Health Ministry Statistics – 3rd Quarter, 2007

More than 440.5 hours were volunteered to provide health ministry service.

More than 480 individuals were screened

More than 13.5 hours of health education was provided to more than 290 individuals.

Your health ministry statistics are greatly appreciated.

Please forward your reports to Lynne so that all activities and services can be included.



Happy Holidays

