



Health
Ministries
Network



ANSWERING THE CALL

Health Ministries Network is a nonprofit that initiates, develops and supports faith community nursing and health ministry in northwest Washington.

Dear Health Ministry Community



We are excited to share Health Ministries Network's 2018 Annual Report. More than ever, the work of faith community nursing addresses important needs in our community: it is community-based, preventive and serves vulnerable populations.

Faith community nurses (FCNs) and health ministers (HMs) answer the call to serve their congregations with great compassion and without hesitation. They serve the elderly, those who are sick or dying, grieving, and who need extra help.

They are trusted. In fact, nurses are the most trusted profession according to the most recent Gallup poll. It is this trust and professionalism that allows faith community nurses to serve their faith communities, to be present for others' suffering and to skillfully embrace their client's vulnerability in a time of need.

They are dedicated. While most people would choose to spend retirement far from the stress of their professional lives, many nurses choose to renew their commitment to caring for others as a FCN. Need a quick blood pressure check? Wondering about that mole on your arm? Need your house painted? The FCN might not paint your house but they will help you figure out how a chore crew can get it done.

Health Ministries Network supports faith community nursing by providing certification, ongoing continuing education, networking, and connections to community resources.

Thank you to our supporters (listed right) for your generosity and belief in the value of this work. Together, we can ensure that health ministry continues in the north sound region. Please join us by donating today.

Joni Hensley, BSN, RN, CIC

Board Chair
Health Ministries Network



Thank you



Aleen and Jerry Warren
Alice Brakke
Amelia Vader
Barb Axberg
Barb Cheyney
Barbara Lancaster
Beverly and Daryl Sterk
Carol and James Blattner
Carol and Robert Ham
Carol Nicolay
Charles Nelson
Chris Kobdich
Claudia Ackerman
Daniel Perregaux
Darcy Allen
Dick Cathell
Francine and Bruce Goodrich
Glenda McLachlan
Grace Kolodychuck
Heather Shepherd
Judith Perry
Judy Johnson
Juliana and John Friesen
Kate Massey
Kathryn and Eric Sellereit
Ken Johnson
LeAna Osterman
Lynn and Rick DeFehr
Marie Eaton
Mary Lynn and William Palmer
MaryLou Papich
Mike and Lois Massanari
Nancy Simmers
Nanette Davis
Norma Maarhuis
Pam Colyar
Peter Homann and Catharine Vader
Sharon and Steven Morris
Sharon Geleynse
Sue Sharpe
Suzanne and James Stratford
Sylvia Burks
Sylvia Williams
Tessie Mandeville
Zack Muljat



Lummi Island Congregational Church



Join Us!

Support FCNs by donating today.

Look for this envelope, scan the QR code, or go to:

healthministriesnetwork.net/donate



Health Ministries Network

Health Ministries Network (HMN) is a non-profit that initiates, develops and supports faith based health ministry in northwest Washington.



Each year, faith community nurses (FCNs) and health ministers (HMs) assist and empower people in their congregations to take charge of their health, especially those with limited access to healthcare services.

We serve the elderly, children, families with limited resources and those with disabilities. FCNs and HMs provide preventive health education, referrals to health care services, a listening ear, prayer and a holistic approach to health that marries professional nursing with spiritual care.

FCNs and HMs work in partnership with churches, hospitals, social service agencies and the community.



"I'm fond of saying that every health crisis is a spiritual crisis ... I think the role of health ministry is to help guide people through that ..."

Jeanne Brotherton, FCN
First Congregational United Church of Christ, Bellingham



What is a Faith Community Nurse?

Faith community nurses (FCNs), also known as parish nurses (PNs), are professional, registered nurses with an active Washington State license who serve clients in congregations and in the community at no cost to clients.

FCNs are recognized by the American Nurses Association as nursing care specialists with a particular focus on the intentional care of the spirit. They promote disease prevention and holistic healing. FCNs have specialized skill in managing hospital to home transition.

What is a Health Minister?

Health ministers (HMs) are persons of faith who volunteer to work in collaboration with FCNs, pastoral staff, or agencies to create comprehensive health programs that target health needs within a faith or community group.

The HMN philosophy emphasizes mind, body and spirit holistic health while respecting the principles of faith held by those we serve.

HMN offers:

- Training and certification for new faith community nurses and health ministers;
- Continuing education for health ministry practitioners;
- Resources to enhance health ministries;
- Networking and information exchange; and
- Connection with community and health care agencies.

Learn more

Watch our video, "Who We Are" on the HMN website to learn more about faith community nurses, health ministers, and what they do.

Follow this link or scan the QR code to the right:

healthministriesnetwork.net/aboutus

The screenshot shows the HMN website with a navigation bar including links for Home, Calendar, Who We Are, Get Involved, Health Ministry Toolkit, and Congregations and Volunteers. The main content area features a video player titled "Who We Are" showing a woman, Pam Colyar, a Parish Nurse, speaking in a church setting. Below the video player is the text "About Health Ministries Network" and a brief description of HMN as a non-profit organization. To the right of the video player is a large QR code with the text "Scan me" below it.

Continuing Education

Monthly educational meetings inform and train FCNs and HMs on topics relevant to health ministry and provide contact hours required by the Washington Nursing Board for nurses to keep their license.



In 2018, Health Ministries Network provided a collective 118 hours of continuing education to 32 FCNs and HMs including topics such as:

- Healthy Aging
- Community Palliative Care
- Healthy Aging: Nurturing the Spirit
- Holistic Pain Management
- Dementia Issues
- Care Transitions Toolkit
- Medicare Enrollment
- Advance Care Planning and Directives

Interested in Health Ministry?

Come talk with current FCNs and HMs at our next educational meeting. Meetings are free and open to the public.

Check the HMN calendar for upcoming meeting info:
healthministriesnetwork.net/calendar

Spotlight

Meet some of the faith community nurses and health ministers doing health ministry in northwest Washington.

Full interviews are available on the HMN website at: healthministriesnetwork.net/newsletter

Called to Care

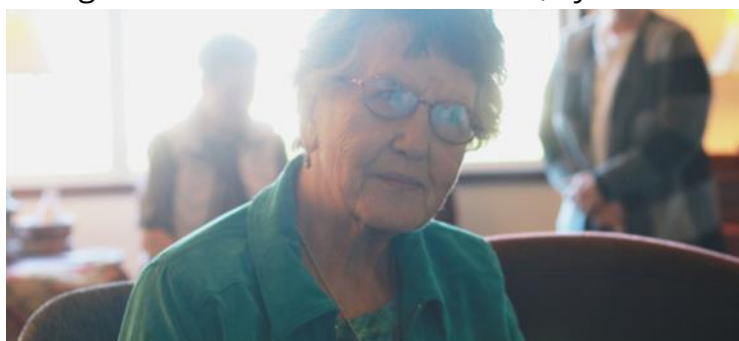
First Congregational United Church of Christ
Bellingham



"We, as Called to Care, were organized by the interim minister here five years ago. He noticed the Stephen ministers, faith community nurses, health ministers, and Parish visitors were all giving care at FCCB, and thought, "what if we bring all these people together ... wouldn't it be good to communicate about what we're doing?"

Norma Maarhuis

Sonlight Christian Reformed Church, Lynden



"That partition is what happens when you're actually working in a hospital or a care center somewhere, because you're just trying to get the work done. You don't have time to sit and talk with people. In Faith Community Nursing, being able to get to know each person and spend time, sharing stories, encouraging, praying with them, is just wonderful. "

Dennis Taylor

St. Stephen's Episcopal Church, Oak Harbor



"Nursing was 93% female when I started and it's still about 93% female now. Men are afraid to be seen as a nurse. You're a deacon, why aren't you a priest? You're a nurse, why aren't you a doctor? It's been my whole life. You know why? Because that isn't where I'm called. It isn't where I'm fed."

Glenda & Mary Lynn

First Presbyterian Church, Bellingham



"Family caregivers are one of our concerns. We started a caregiver support group, its meeting a need. We are finding some folks who we did not know were providing care for loved ones."

Holly Telfer

St. Paul's Episcopal Church, Bellingham



"I always call our program a "check and a chat." We focus on the blood pressure readings. During these visits a rapport is established, and we often learn about stressful situations when we are able to get people talking."

Counting our Contribution

In 1997, Carol Story, a nationally recognized nurse educator in Bellingham, envisioned a health ministry network serving parish nurses in the Pacific Northwest.

Using the curriculum from the Westberg Institute, she offered the first preparation course at St. Joseph's Hospital.

Twenty one years later, this course is offered in a hybrid learning format, welcoming graduates into a network of 96 FCNs and HMs serving 45 congregations.



21
Years



96
FCNs and HMs



45
Congregations

Health Ministries Network provides scholarships to faith community nurses (FCNs) and health ministers (HMs) for educational events that support their health ministry service.

This year we provided a total value of \$6,435 in scholarships to 25 individuals.

Funds from the Jean Billing Tischler Education Fund allowed FCNs and HMs to attend the Western Washington University Palliative Care Institute Spring Conference and the Alzheimer Society of Washington 32nd Annual Caregiver Conference.

Funds from PeaceHealth and the Chuckanut Health Foundation helped to reduce the cost of the Foundations Course for new faith community nurses.



\$6,435
In Scholarships



Methodology

This year 20 FCNs and HMs reported the hours and visits they completed for one month of 2018.

We used those numbers to estimate their hours of service for the full year. Using \$35 per hour as a typical rate for nursing, Health Ministries Network estimates faith community nurses provided \$289,205 in services to their faith communities.

That means that for every \$1 that supported Health Ministries Network, faith community nurses provided \$6.17 of skilled, health-related care.

It can be difficult to capture the information sharing, prayers, and passing conversations that constitute health ministry,

especially given that the HMN survey is annual.

"A lot of our work is done when we come out of church and are in the lobby and family members or whoever are nabbing any one of us," said LeAna Osterman, a FCN at Sonlight Christian Reformed Church.

We estimate this total is under-representative of the care provided, given that only 20 of 96 FCNs and HMs responded to this year's survey.

In 2019 we are switching to a quarterly survey, which we hope will increase survey response and accuracy as we continue to document this invaluable work.



\$6.17
ROI



\$289,205
of Care



8,263
Hours



4,932
Visits

A Year in Review

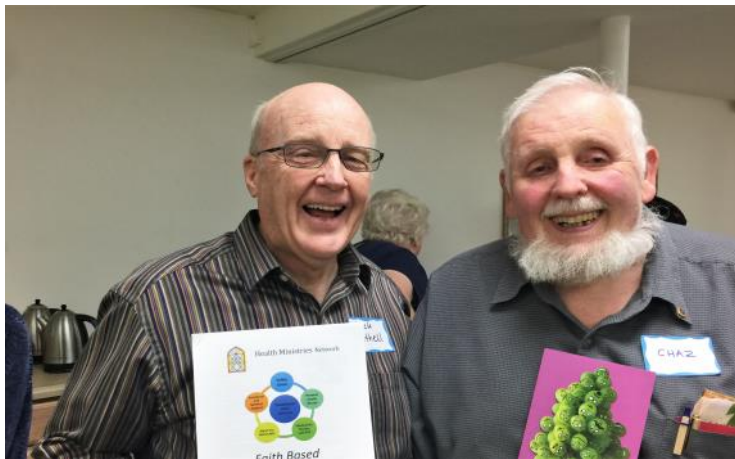
Foundations Course

In April, 11 people completed the Foundations in Faith Community Nursing / Health Ministry course, three of which were RNs. Six were volunteers with Bellingham at Home, a home assistance membership organization, constituting a unique collaboration between our organizations.



Thank you Chaz

In October, we recognized Charles Nelson (right), webmaster extraordinaire, for his 10 years of service.



Charles, seen here with Rev. Dick Cathel, has been an invaluable part of this organization in creating our first website, designing our logo, and contributing insight. He now serves on the HMN Board. Thank you, Chaz.

New Website



We launched our new website at [healthministriesnetwork.net](https://www.healthministriesnetwork.net) in October.

The website has lots of great resources for health ministry including transitional care documents, Lenten series resource, newsletters, and calendar with HMN and community events. You can even add your own event!

New Leadership

In September, we recognized Carol Nicolay (below), interim coordinator, for her service and welcomed executive director, Amelia Vader.



Carol helped HMN transition from being part of the PeaceHealth St. Joseph Medical Center Spiritual Care Department to becoming a nonprofit while organizing education opportunities for FCNs and much more. Thank you, Carol for your generous spirit and tenacity.

We also recognized Ellen Warren for her service as board chair as we welcomed new board chair, Joni Hensley.



Spirit of Giving and Angel Awards

In December, we celebrated the many individuals who improve the health of our community including clergy, local nonprofit leaders, faith community nurses and health ministers.

Thanks to the generous support of attendees and sponsors we raised more than \$3,500 for Health Ministries Network!



We recognized FCNs and HMs who contributed the most hours in six service categories with Angel Awards, and we honored our first ever Clergy Champion and Community Action Awardee.

Please join us in congratulating the following 2018 Angel Awardees:

- Pam Colyar of Hope Lutheran Church of Lynden
- Carole Kornelis of First Reformed Church
- Ellen Warren of Laurel Baptist Church
- Kathryn Sellereit of Bellingham Covenant Church
- Norma Maarhuis of Sonlight Christian Church
- Barbara Cheyney of St. Paul's Episcopal Church

Clergy Champion Award

The 2018 Clergy Champion Awardee is Pastor Mike Slofstra (left) of Sonlight Christian Reformed Church in Lynden. Thank you Pastor Mike for your support!



From his nomination,

"Pastor Mike chairs a pastoral care team meeting each week. We, Faith Community Nurses, are part of this team. Pastor Mike is a true inspiration with a great heart for people and their needs."

-Norma Maarhuis

Community Action Award



The Community Action Awardee is Sue Sharpe (above), outgoing Executive Director of the Chuckanut Health Foundation. Sue served on the HMN Advisory Board and recognized the impact of faith community nursing, going "above and beyond" to help ensure the future of Health Ministries Network.

Former interim coordinator of HMN, Carol Nicolay, presented the award, stating,

"It's been my pleasure this past year to work with such a knowledgeable and compassionate person."

Thank you, Sue and happy retirement!

MARK YOUR CALENDAR

Spirit of Giving: Annual Recognition Lunch

Saturday, October 19th, 2019
11am—1pm

First Congregational Church of Bellingham
2401 Cornwall Ave, Bellingham, WA 98225

Please join us as we recognize the dedication of volunteers and clergy who provide countless hours of service in our community.

Foundations In Faith Community Nursing Course

Spring 2020

The Health Ministries Network Foundations Course prepares state licensed RNs for faith community nurse ministry and other caring individuals for Health Minister service in their respective congregation or faith community. The next course will be offered in the spring of 2020.

Educational Meetings

Third Friday of the Month

Health Ministries Network holds a monthly educational meeting with rotating topics. This meeting is free and open to the public, especially those interested in health ministry. Check the HMN calendar for upcoming meeting information.

healthministriesnetwork.net/calendar



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Health Ministries Network is affiliated with the Chuckanut Health Foundation