

**2019** Annual Report

# Health Ministries Network



## **Research Partnership**

with the University of Washington and CHI Franciscan yields insights.

## **Spotlight**

introduces you to some of the FCNs and HMs doing health ministry.

## **Our Impact**

is estimated at \$312,358 of care provided at no cost to clients.





# Health Ministries Network

**(HMN) is an interfaith non-profit that initiates, develops and supports health ministry in northwest Washington state.**

Faith community nurses (FCNs) and health ministers (HMs) serve clients in their congregation by answering questions, doing home visits, offering referrals and much more at no charge.

We support these health ministries with,

## Foundations Course

Education and certification through the Foundations in Faith Community Nursing Course.

## Continuing Education

Monthly meetings with guest speakers on rotating topics related to health ministry.

## Health Ministry Resources

Tools, templates, and suggestions provided in person and online to enhance health ministries.

## Community Connection

Networking with community organizations, health care agencies, and fellow health ministries.



### Foundations Course

On May 5, 2019, family, friends, and supporters of 10 new FCNs and one HM gathered at the First Congregational Church of Bellingham to celebrate their graduation.

Coming from a myriad of backgrounds, nursing specializations, faiths, and cultures, this group is united by a strong desire to serve their community.

### Advance Care Planning

Several monthly educational meetings covered ACP, including a two part series over which FCNs and HMs learned how to guide someone through completing an advance directive.

A number of FCNs and HMs organized ACP events in their congregations and we published an ACP resource page.



### Research Partnership

We partnered with CHI Franciscan and the UW Health Promotion Research Center to conduct a qualitative study of the impacts of health ministry.

FCNs and HMs are addressing serious issues in our community including mental health, suicide, rape, and sexual abuse. We look forward to sharing more of their findings in 2020.

### Spirit of Giving

Thank you to all who joined us on Saturday, October 19 to celebrate the work of FCNs and HMs in the north sound region!

We are thrilled to announce that we raised more than \$7,000 for HMN. That includes 28 individual gifts and 20 business sponsorships.



"We have a list of people that we follow on a regular basis and during Snowmageddon I checked in with the folks that I knew lived alone. I'm really glad that we did because one of them was actually very ill.

She requested that we deliver her juice. And that was so simple, but she couldn't get up and she wasn't feeling well. She had an appointment the next day and was admitted to the hospital. She said the juice delivery might have saved her life because she was

able to stay hydrated through the night when she wasn't feeling well enough to eat or drink other things.

As a Jewish person, by doing that type of work you're leading a holier life and remaining closer to God. There's the Jewish notion of gemilut hasadim, literally meaning "the giving of loving-kindness" which is a fundamental social value in the everyday lives of Jews. I think, philosophically, that's why the Care Committee even exists within this synagogue.

And then, I think we all probably do it personally for our own reasons too.

For me, it feels good to help people. When I was 17, I started nursing school and I remember clearly, we all went around the room and said why we were there and I said, "because I want to help people." Now fast forward how many decades and I still want to help people. I think it just fulfills a need in all of us to do good deeds, to perform mitzvot."

# Else Sokol, HM

Congregation Beth Israel, Bellingham



## Spotlight

Meet some of the FCNs and HMs doing health ministry in northwest Washington state.



**Health Ministry Team**  
Lummi Island Congregational Church

"One of this group's primary functions is to get people the care they need to be able to stay on the island until death.

Just knowing there's someone to call that won't generate a bill can make people feel more at ease.

We provide help to anyone, regardless of church membership."

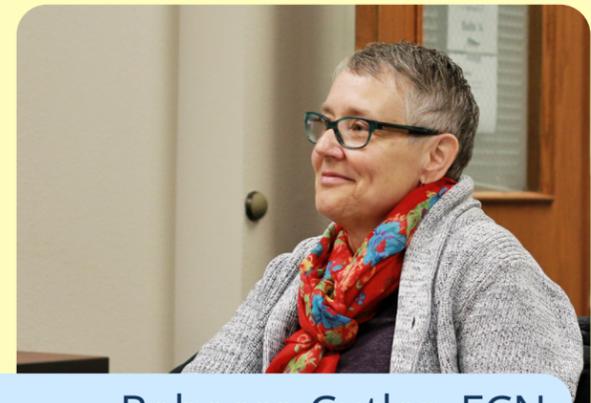
\*Featured on cover



**Anita Busby, HM**  
Trinity Biker Church, Bellingham

"You take care of the body, the mind, and the spirit. You just go to wherever they are at in their presence. Sometimes I just sit and don't say much to be honest. But they say what they have to say and it's safe. The biker community can be very closed, so I just keep whatever they have to say close to me.

I have this little notepad in my purse that reads, 'I am a healing presence,' and that's what I strive to be."



**Rebecca Cutler, FCN**  
Unity Spiritual Center, Bellingham

"I look at being a faith community nurse a little bit more broadly than just my congregation at Unity Spiritual Center, I see it as serving Whatcom County.

Presenting, 'Realities of Advance Medical Interventions' to the larger community is part of my health ministry. It's providing a huge opportunity for people to get questions answered, questions they might not be able to ask elsewhere."



**Celeste Hilde, FCN**  
United Church of Ferndale

"Everybody, especially people who are sick, alone and getting older, needs emotional, physical and spiritual support from our church family.

Since I have gone through my own health scare, I feel like I know some of the feelings these people are going through.

They want and need someone to talk to, even if all I can do is listen."



# \$312,858 of care

In 2019, 110 faith community nurses and health ministers in our region provided an estimated 7,530 hours of care valued at \$312,858.\* That means that for every \$1 that supported Health Ministries Network, faith community nurses provided \$4.52 of skilled, health-related holistic care and support.

\*Based on the Washington State Employment Security Department's 2019 reported hourly wage for registered nurses of \$41.55.

**7,530 hours**

**110 FCNs & HMs**

**53 churches**

This year, 25 FCNs and HMs responded to our quarterly hours and activity surveys. The resulting 59 quarterly submissions represent 2,396 reported hours. First, we took the average of the submissions for each FCN/HM and projected that out if they missed a quarter. This brings the estimate to 4,470 hours, valued at \$185,715.

Second, because not all FCNs and HM submit their hours, we assume that the 85 active FCNs and HMs who did not submit any activity for 2019 were similar in service volume to the lower

third of those who responded in 2019 with an average quarterly total of 9 hours. This quarterly activity estimate is based on a common scenario in which an FCN conducts a monthly blood pressure clinic, which typically requires about 3 hours of work.

Applying this 9 hour per quarter assumption to the 85 that did not respond, in addition to the estimated annual total for the 25 that did, we estimate a total of 7,530 hours of service in 2019 for the entire network, valued at \$312,858.

## \$3,235 in educational scholarships

This year we provided \$3,235 in scholarships to faith community nurses (FCNs) and health ministers (HMs) for educational events that support their health ministry service.

Funds from the Jean Billing Tischler (JBT) Education Fund helped to reduce

the cost of the Foundations Course for new faith community nurses.

The JBT Education Fund also allowed FCNs and HMs to attend the Western Washington University Palliative Care Institute Spring Conference.

# Join Us



## Spirit of Giving

Fall 2020

Celebrating the work of faith community nurses and health ministers.



## Faith Community Leader Breakfast

Winter 2021

Learn what health ministry can do for your congregation.



## Foundations Course

Spring 2021

Prepares RNs and other caring individuals for health ministry.



## Monthly Meetings

Third Friday of Every Month

Free and open to the public with rotating health topics.

# Donate



Help us support the invaluable work of faith community nurses and health ministers by donating today.

Learn more online at [www.healthministriesnetwork.net/donate](http://www.healthministriesnetwork.net/donate)



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