



THE PULSE

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“A CHEERFUL HEART IS GOOD MEDICINE”

Proverbs 17:22 NIV

Ardyth Tait, Parish Nurse, Bancroft-Carlow Pastoral Charge



When I thought about the gifts God has given me to use in Parish Nursing I was not sure what my gift was. I love people but I do not play a musical instrument, I am not a great vocalist and public speaking is not my forte. When I talked with my girl friend about this she said, “You have a good sense of humour”. I began to think maybe this is the gift God has given me to use in my Parish Nursing Ministry. I was raised in a family where there was lots of laughter.

So when I started my Parish Nursing Ministry I felt I would use this gift to share with the congregations. I had one of the ladies make me a Lab Coat and Bag covered with balloons that I would wear when I did a presentation during the service. Balloons are one of my favourite things, right up-there with fireworks.

Early in my Parish Nursing Ministry I came up with the idea of providing information about Vitamins to each congregation. Parish Nursing is always linking Physical and Spiritual well being. I also shared what I thought were God's Vitamins: Vitamin A- Assurance, Vitamin B – Blessings, Vitamin C-Comfort and Vitamin D-Devotions. So each Sunday I would put on my lab coat and give a lesson on the benefits of these vitamins with a little humour mixed in.

Although we are just beginning to research the effects of Humour on our physical wellness, anyone who enjoys a good laugh cannot deny the positive effects on both the body and the emotions. Humour is a wonderful stress reducer, although the exact mechanism is not quite understood.

“*Humorobics*” is Sense of Humour Training which will help to get you “Humour Fit.” With a strong sense of humour you are likely to see the funny side of things and laugh more often. When you are laughing you cannot be stressed. Sense of Humour Training is simple. If you want funny out of your brain then you have got to put funny in.

Here are some of the exercises you can use to get humour fit:

- ❖ Watch Funny Movies/Videos, Listen to Comedy, Laugh at Yourself and Collect Funny stories. Here are some funny sayings I would like to share with you.
 - What is a nanosecond? The time between when the light turns green and the guy behind you beeps the horn! (*Marvin Phillips*)
 - God always answers Prayers. Sometimes it is yes. Sometimes it is no. Sometimes it is, “You have got to be kidding!” (*President Jimmy Carter*)

Science has proven the health benefits of laughter, but there are other benefits. I know that laughter puts me in touch with the spirit of God within. God is joy, so expressing joy is letting God move through me to bring happiness to others.

You are invited to the
InterChurch Health Ministries Canada

Annual Education Day

Humour, Hope and Healing

"A cheerful heart is good medicine ..." Proverbs 17:22
(3.25 Learning Hours)

Kathleen McAulay

Stress Management, Humour Consultant, Motivational Speaker, Certified Laughter
Leader

Saturday, June 12, 2010

9:00 am - 4:00 pm (8:30 am Registration)

Trinity Anglican Church

79 Victoria Street, Aurora, Ontario

In this practical workshop, you are invited to explore for yourself how to be faithful to God's Spirit in a busy world full of choice. Working individually and in small groups, we will review and practice various elements of the discernment process, including listening skills and spiritual practices. Be prepared to spend some time in silence and prayer. You may find it helpful to bring a Bible and/or a journal (alternatively, a notebook) for our time together.

The InterChurch Health Ministries Canada Annual General Meeting will take place in the morning, and we encourage participation from partner congregations. Each partner congregation is asked to appoint two representatives for this meeting (for voting purposes). Please use the accompanying form to register. Lunch is included in the registration fee.

Registration Fees (per person):

Partner Congregations:

- \$75.00 Parish Nurse, Parish Nurse Candidate, Clergy, Health Committee, Others
- \$51.00 Non-practicing ICHM Canada Graduate Parish Nurse (Alumnae)

Non-Partner Congregation:

- \$100.00 Parish Nurse (ICHM Canada or other grads), Clergy, Health Committee, Others

Please visit the ICHM Canada Website for the full registration at www.ichm.ca.

ICHM CANADA'S 12th ANNUAL PARISH NURSE RETREAT

Lynn Franklin, Parish Nurse, Augsburg Lutheran Church, Brampton

The Halton-Peel Parish Nurse Support Group planned a weekend at the spa - a time to relax, refresh and re-connect. The invitation was willingly accepted by 16 parish nurses and parish nurse candidates. The setting was made more beautiful by a dusting of snow, while the food was healthy and plentiful and the spa opportunities abundant.

Rev. Beth Wagschal, a Lutheran Pastor and part-time Director for Ecumenical and Multifaith Ministry for the Eastern Synod of the ELCIC led the workshops. She invited those present to acknowledge that fear, worry, and anger are soul toxins and that they actually weigh us down and inhibit God's life from flowing more fully in and through us. We discussed how these emotions have positive sides – anger can motivate us to make changes, fear can keep us safe and worry can help us get organized; however, there is also a negative side. We can become stuck and lose touch with God and not know God's love and care if we do not move past the events that caused those feelings. Jesus actually tells us to "fear not" more times than he tells us to "love." We were reminded that God is in the process of constantly changing our being. God wants us to live with love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control; all fruit of the spirit.

Moreover, there was time for Taize, meditation, crafts and networking.....

OPPORTUNITIES FOR ICHM CANADA

CANADA HELPS.ORG

ICHM Canada is now registered with Canada Helps.Org., an online charitable donor site. For your convenience you may wish to donate to ICHM Canada using a major credit card. In fact there are a variety of payment methods to explore.

NATIONAL FAITH & HEALTH COMMUNITY WEBSITE

ICHM Canada has also launched a website to promote awareness of parish nursing services, community fundraising events and a national movement for connecting faith and health. It encourages visitors to participate in ICHM community events and sponsor ICHM's mission with online or mail-in donations. You can visit the site at www.faithandhealth.net.



Feeling Unappreciated Lately?

Worker dead at desk for five days - From the New York Times.

Bosses of a publishing firm are trying to work out why no one noticed that one of their employees had been sitting dead at his desk for five days before anyone asked if he was feeling okay. George Turklebaum, 51, who had been employed as a proof-reader at a New York firm for 30 years, had a heart attack in the open-plan office he shared with 23 other workers. He quietly passed away on Monday, but nobody noticed until Saturday morning when an office cleaner asked why he was working during the weekend.

His boss, Elliot Wachiaski said: "George was always the first guy in each morning and the last to leave at night, so no one found it unusual that he was in the same position all the time and didn't say anything. He was always absorbed in his work and kept much to himself." A post mortem examination revealed that he had been dead for five days after suffering a coronary. George was proofreading manuscripts of medical text-books when he died. You may want to give your co-workers a nudge occasionally.

The moral of the story:

Don't work too hard.

Nobody notices anyway.

EMMANUEL COLLEGE

Calvin Worldview Lecture

“Ethical Implications of Medical Technology”

Sandra Ackles, Parish Nurse, Central United Church, Unionville

On March 11, 2010, Emmanuel College and ICHM jointly hosted, at Emmanuel College, a Calvin Worldview Lecture presented by Dr. Ruth Groenhout, Professor of Philosophy at Calvin College, Grand Rapids, Michigan. Dr. Groenhout was chosen by Calvin College as an outstanding Christian scholar, to speak at major universities and other institutions of higher education in North America, Europe and elsewhere, on intellectual issues of contemporary significance from a distinctively Christian perspective.



In her lecture, “**Ethical Implications of Medical Technology**” Dr. Groenhout addressed the power and perils of modern medicine from a

Christian perspective. While recognizing the potential for enormous good and the increasingly important role of medicine in the lives of almost everyone alive today, she also stated that medical practice has the power to take over our lives and remake them in its own image. Needless to say, this can become problematic, or even damaging for central human relationships.

Dr. Groenhout listed “**Three Features of Contemporary Medicine**”

1. ***Medicine is a very powerful good.*** Current medicine is “suffused with heroism; fighting all odds and resulting in miracles. Heroic battles are waged against death.” Medical technology is phenomenally successful. (For example, every organ except the brain can be transplanted, and lives can be prolonged.) As a result, our expectations escalate, and we start to believe that healing and renewal will always occur.
2. ***Powerful goods easily become idols.*** Dr. Groenhout cited St. Augustine, who interpreted human action as motivated by desires and directed towards ends. His view was that when we treat that which is finite and limited as infinite and absolute, we regard these earthly good things as a god, and are at risk of developing idolatry. Essentially we tend to idolize things that seem to offer salvation and protection.
3. ***In order to use medical technology properly, we need a clear vision of what the purpose of medicine really is.*** We were given a hypothetical “Case Study” in which an elderly gentleman with advanced Alzheimer’s and a severe cardiac condition had been in an Intensive Care Unit for three months and was deteriorating. His wife didn’t want him removed from ICU, wouldn’t agree to a DNR (Do Not Resuscitate) order and didn’t have Power of Attorney for him. Essentially, she wanted to continue her loving relationship with her husband. Consequently, the hospital ethics committee was asked to assess and assist in this situation. They came up with the following.

The Sources of Conflict identified were:

1. What constitutes ‘good care’ at end of life?
2. How do we ‘weigh’ individual good versus community good?
3. Is this a responsible use of resources?
4. What is the place of economics in such a situation?

How is Good Care defined?

1. What are our goals, in terms of outcomes and side effects?
2. Is a DNR is compatible with good care?
3. Is ‘good care’ defined in terms of a high level of technological expertise?

Dr. Groenhout stated that when technology is used for its own sake, it gets in the way of human relationships. The general view within our society is that using technology is always good. This type of thinking, she stated, is an indicator of idolatry, since we are “putting our faith in technology.”

However, the reality is that medicine can’t save anyone’s life forever. From a Christian perspective, our faith is in our God, who sustains us in life and in death: we need to live faithfully in a modern world, as the body of

Christ. We need to know that we are finite beings, that we are human. We must always recognize that medical technology can improve and extend lives, but not forever. Christian Ethics include relationships, freedom, love and responsibility. As Christians we need to take on responsibility for each other, treating all with respect, charity and integrity.

“Ethical Implications of Medical Technology is an immense topic and one that could take considerable time to study thoroughly. However, Dr. Groenhout presented an excellent (*and elegant*) overview, and suggested resources for further research, learning and practice. She is undoubtedly aware that parish nurses inherently seek to grow spiritually and professionally, and her presentation gave us distinct guidelines to pursue these processes. This lecture fulfilled a learning plan for Parish Nurses regarding CNO reflective practice on the Ethics Practice Standard selected for 2009-2010 QA reflective practice.

Dr. Groenhout has authored, or co-authored the following books:

- **Bioethics: A Reformed Look at Life and Death Choices,**
- **Transforming Care: A Christian Vision of Nursing Practice,**
- **Connected Lives: Human Nature and an Ethic of Care, Philosophy, Feminism & Faith.**

The following books are recommended as resources:

- **The Heart Speaks: A Cardiologist Reveals the Secret Language of Healing.** Author, Mimi Guarneri, M.D.
- **A Bitter Pill (How the medical system is failing the elderly)** Author, John Sloan, M.D.

A PARISH NURSE CELEBRATED-Mary Ann Peloso, Chairperson, St.Patrick’s Health Council, Sudbury

On February 7th, 2010, following her long anticipated graduation as a Parish Nurse, Zenaida Odense was officially installed as Parish Nurse for St. Patrick’s Roman Catholic Parish in Sudbury, Ontario. The Rite of Enrolment was held during the 9:30 am Eucharistic celebration led by Father James Hutton. The Rite included a description of a Parish Nurse’s role and the reading and signing of a Letter of Agreement. A special blessing was then bestowed on Zenaida by Father Jim. Several members of the Parish Health Council participated and presented Zenaida with her framed Parish Health Nurse certificate. Her mentor Elaine Bucholtz, along with another area Parish Nurse, Marilyn McLelland, celebrated with us. All participants and parishioners attended a joyous reception following the installation.



Front row, Left to right: Ms. Elaine Bucholtz (Parish Nurse Mentor), Zenaida Odense (Parish Nurse), Mary Ann Peloso, (Chairperson), Bonnie Sherlock (Health Council Secretary) Back row: Father James Hutton

LAUGHTER YOGA

Linda Alldred-Johnson, Parish Nurse



Armour Heights Presbyterian Church &
St. Matthew's United Church

I am a Parish Nurse at Armour Heights Presbyterian Church & St Matthew's United Church. As part of their Health Ministry, each church offers a monthly Lunch & Learn which is open to their community. These events are hosted by dedicated individuals who support Health Ministry. These lunch & learn sessions provide a wonderful opportunity for fellowship, have a delicious meal, & learn or experience something new. The topics chosen for this event are health related and usually include an interactive component that promotes individual health & wellness of mind, body & spirit.

One of our more popular topics this year was on "Laughing Yoga," the speaker was Ana Nair, from Richmond Hill Laughter Club. Each event had 30-40 participants attend, ranging in age from 52- 93 years. Some who attended came assisted by walkers & canes, others were hard of hearing or visually impaired, but all had never before heard of, nor experienced laughing yoga. Were we ever in for an experience and a treat!

Ana shared with us that the name "Laughter Yoga" is derived from combining Yogic breathing (Pranayaama) with Laughter Exercises (which is simulated laughter). It is not based on performing jokes or humorous skits. It is an intentional exercise to connect the mind with other parts of the body through breathing & use of intentional laughter. When these two activities are practiced in a group IT will turn into real laughter. This effective blend of breathing with simulated or intentional laughter results in many health benefits;

Physical Benefits

Boosts immune system
Lowers stress hormones
Decreases pain
Relaxes muscles
Prevents heart disease

Mental Health Benefits

Adds joy & zest to life
Eases anxiety, fear & anger
Feel relaxed & promotes sleep
Improves mood
Enhances resilience

Social Benefits

Strengthens Relationships
Attracts others to us
Enhances teamwork
Helps defuse conflict
Promotes group bonding

Here's what some of our participants said:

- Laughter makes you feel better.
- It didn't matter how strange you looked because everyone joined in
- Makes you forget your problems
- Laughing is great exercise
- Should be able to include these simple exercises into my daily exercise routine
- Exercises were fun and easy to do for all ages
- This session could be repeated often!
- It's great to laugh rather than worry.
- Ana was a marvelous & infectious teacher
- Top marks, everybody participated and looked happy
- I'm going to teach my husband these simple exercises

We learned that: Laughter really is the Best Medicine

Laughter is FREE!!!!

Laughter yoga is good for our mind, body & spirit

Laughter yoga is belly jogging & so much fun!!! We suggest you try it!

SPECIAL ANNIVERSARY WEEKEND IN JUNE

Saturday, June 5 – Features a Quilt and Art Show

Sunday, June 6 – Worship at 11:00 a.m. –

Featuring Guest Speaker: Gail Brimbecom, National Education Director, ICHM Canada

Take this opportunity to visit with Gail and Trinity's Parish Nurse, Bev Holmes.

For more information contact Parish Nurse Bev Holmes at 613-473-0435



Parish Nurse Minister Bev Holmes, of Madoc Trinity United Church, lives in the country north of Madoc where she and her spouse Len feed the deer. In this photo she is seen getting quite close to the deer. Bev is the Parish Nurse at Madoc Trinity United Church and her spouse Len is an excellent photographer. Many of his photos were used by Bev Foster of Room 217 Ministry of Music as backdrops and illustrations. Madoc Trinity United Church salutes Parish Nurse Minister Bev Holmes and her spouse Len Holmes.



PVUC Bill Hearn Memorial Charity Golf Tournament

We were very pleased to be able to donate to ICHM Canada last year from the proceeds of the 2009 PVUC Bill Hearn Memorial Charity Golf Tournament.

*During this year's 12th annual Tournament, we shall continue to build on the \$236,000 raised to date, which has been shared equally between local charities such as ICHM Canada and the life and work of our church. In order to maximize our contribution, we would truly appreciate your help by participating in the **2010 Tournament being held on Thursday, June 17th** at the Four Seasons Golf Club in Claremont (lunch at 12 noon and tee-off at 1:00 p.m. sharp). The cost is \$125 which includes Green Fees, Power Cart, Lunch, Chicken & Rib Dinner, Treats for everyone and a \$25 tax receipt.*

Your participation by purchasing tickets will be acknowledged in a feature article about your group in VOICE, our monthly PVUC newsletter distributed to over 400 families and posted on the Internet.

*Sincerely yours,
Harcus Hennigar
PVUC Golf*

For further information, please call the Church at (905) 683-4721 or email pvuc@pvuc.ca

The Prayer Shawl Experience-Carol Alexson-Henn, Health Committee, Central United Church, Barrie

On Saturday, February 20th, 2010 I had a visit from Janis Constable. Janis is the Parish Nurse Candidate at Central United Church in Barrie, Ontario. The first words Janis spoke were **“YOU ARE BEING PARISH NURSED!”**

With a questionable look in my eyes, I was in total disbelief and bewilderment. I asked her **“Why are you Parish Nursing me?”** Her answer was that she was **“the Messenger!”** I like to think Janis was **“a disciple.”**

She had been asked by the Parish Nurse, Carol Rose-Kudelka, of Aurora United Church, to deliver a prayer shawl to me. You see, Carol knew of me from the Parish Nurse Program, at Emmanuel College, and had heard I was walking a very bumpy road, due to illness. Carol thought I might appreciate a “Prayer Shawl.” Janis and Carol selected a very beautiful green and teal shawl. They had no idea that the shawl matched the colours in my favorite reading chair!

On the back of Prayer Shawl was the name of the person who made it. Knowing that the shawl was made through prayer, I was given great comfort. Little did Rev. Lorraine Newton-Comar, Minister at Aurora United Church, Carol or Janis know that I would take this shawl with me to the hospital in March. As ill as I was, I felt great comfort each time I looked at or used the shawl. I still get “goose bumps” when I think of it today.

There I was resting, still in my p.j.'s, and not wanting to see anyone. Greg, my husband went to answer the door. There was Janis; very insistent on seeing me. Little did I know that she would give me something that would brighten my day! It was the most wonderful gift I could receive.

A PASTOR'S BUSINESS CARD-From a 'Friend-of-a-Friend'

A new pastor was visiting in the homes of his parishioners. At one house it seemed obvious that someone was at home, but no answer came to his repeated knocks at the door. Therefore, he took out a business card and wrote 'Revelation 3:20' on the back of it and stuck it in the door. When the offering was processed the following Sunday, he found that his card had been returned. Added to it was this cryptic message, 'Genesis 3:10.' Reaching for his Bible to check out the citation, he broke up in gales of laughter. Revelation 3:20 begins “Behold, I stand at the door and knock.” Genesis 3:10 reads, “I heard your voice in the garden and I was afraid for I was naked.”

WE NEED YOUR SUPPORT

InterChurch Health Ministries Canada appreciates ALL gifts which support the work of Parish Nursing Ministry within congregations. As a non-profit organization we continue to require financial assistance. Please consider making a donation to ICHM Canada. A monthly donation by means of Pre-authorized Remittances (PAR) through your banking institution is another way to assist us on a regular basis. Charitable receipts will be issued for all gifts received – Charitable No. 89026 1175 RR0001. Please visit our website, at www.ichm.ca for more details.