



February 2011 Issue

# The Pulse

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## Greetings from the Board of Directors

Dear ICHM Community:

The Christmas decorations have been taken down, the last of the Christmas cookies have been devoured, and now we start our diets. It is hard to believe we are well into the New Year, with daily activities and routine. I would like to take this opportunity to update you on the some of the happenings of ICHM.

Although they have been with us for a few months now, I want to introduce the new board members. In the fall, *Sandra Ackles, Pauline Fallis, Sharon Galway, Susan Goodwin* and *Norm Tretter* have joined our board. We welcome them and look forward to their ideas and experience.

Many of the activities of ICHM have continued since our AGM last June. Staff members, *Tom Doherty, Karen Marks, and Chantelle Browne* and board member *Vreny Mathis* have continued with the Free Form process that was begun last year. This process has been very helpful and already we have implemented some of the suggestions. The board and staff continue to revisit the mandate of ICHM and are now exploring the strengths, limitations and opportunities that we have in the present and future.

During the Christmas season, we were taken back and saddened to receive the news of Tom's sudden illness. He is home

now and convalescing. Maryann has kept us updated on his health and it is good to hear that there have been no further complications and he is gradually improving. Please keep Tom in your thoughts and prayers. At a recent board meeting, the already overworked staff has agreed to pick up some of Tom's activities with help from the board and other volunteers.

In this coming year ICHM does face a number of challenges. The financial issue is very pressing and we need help both in the form of increased donations and capacity to raise more funds. We need to find new partners and have information forums as well as coordinating concerts. These activities are crucial in developing our capacity to raise income. If you can help in any of these tasks please let us know.

As we enter this New Year, it is gratifying to know the work and mission of ICHM will continue due to the commitment of the board, staff, and ICHM community. Thank you all for your dedication and hard work. May we all be mindful of God's presence in our mission and work.

Sincerely,

**Ken Mott**

**Chair, Board of Directors**

**InterChurch Health Ministries Canada**

## Two Ideas from a Growing Congregation

### Janice Buck, Parish Nurse, Cobourg Alliance Church

#### WRAP AROUND

**D**o you ever feel like you are alone and doing everything in your ministry? I often do, and with a congregation that is growing weekly, the needs also grow. Recently, we tried using a “wrap around” concept for a complex situation that seemed more than one volunteer parish nurse could manage.

Let me say first that our congregation is blessed with a variety of professionals with servant hearts. Recently, we had a situation with a single mother of three young children who found herself unemployed and with addiction issues. We’ll call her Mary. Knowing that this is not my area of expertise, I gathered a group of church members together to “wrap around” this young woman to assist her through this difficult time in her life. The group included an addictions counsellor, a former executive director of a residential facility for pregnant and parenting teens, our pastor and another single mom who is a good role model for this woman. After meeting to discuss strategies, a meeting was set up with Mary to set goals and boundaries. She receives encouragement and support from this group as well as assistance with her children and a friend to attend AA meetings with her.

Christmas was a difficult time for Mary and her children as she slipped back into old habits, but with her supports in place, she

bounced back and is on the road to recovery again and doing very well.

This has been an effective way to meet this client’s needs. As the parish nurse, I was very aware I could not give this young woman the time and expertise required to assist her with her issues. I am so grateful to God for allowing me to serve in a congregation where gifts and talents are used by many individuals to support the body.

#### PRAYER WALK

**E**arly in January each year, our church has a week of prayer when we meet three or four times during the week to pray for God’s guidance for the coming year. One of these meetings is a Prayer Walk. We break into small groups and walk through the church stopping at different rooms or offices to pray for specific ministries within the church. Each ministry has a list of needs or concerns that they request prayer for. Our family care and parish nurse ministries are usually in need of volunteers, so this year I added that to the list of prayer requests on the door of my office. The response has not been overwhelming, but I feel it raised the awareness of the ministry in a way that an announcement on Sunday morning cannot.

#### **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. Please visit the ICHM website or Canada Helps. Org, directly, to learn more.

# Community Labyrinth Health Walk

As Advertised in the Snap Whitby Online Newsletter (SNAP Newspaper Group Inc.)

St. Mark's United Church in Whitby hosted their 1st annual Community Labyrinth Health Walk which brought out church and community members of all ages who wanted to get out and get fit.

The event was a fundraiser for InterChurch Health Ministries (ICHM), which is the organization that educates and supports Parish Nursing in Ontario which found its roots in Durham Region. Participants chose to walk 1, 2 or 5kms through the streets on courses in the formation of a Labyrinth. Inside the church hall there was a portable floor labyrinth set up which some of the younger ones enjoyed. To top it all off, Therapeutic Touch practitioners were also available to provide information and treatments making the event great for the whole body.

**The next walk is planned for Saturday, May 28<sup>th</sup>, 2011, so consider marking your calendars and getting involved at either St. Mark's United Church, Whitby or St. Michael's Parish, Waterloo.**



Linda, Tom, Pat & Sandy at the Community Labyrinth Health Walk after the 5km, hosted by St. Mark's United Church. The event was a fundraiser for InterChurch Health Ministries Canada (ICHM), the organization that educates and supports Parish Nursing Ministries in Ontario; whose roots are in Durham Region.

## Coming Soon: Distance Education

We at ICHM are currently working on the first continuing education module to be presented through Distance Education thanks to our partnership with the Continuing Education Department of Emmanuel College. A grant to Emmanuel College has made it possible for ICHM and several other United Church projects to be supported by a distance education consultant. Through individual consultation, group meetings (by conference call) and blog postings, we are learning more about distance education delivery tools and systems.

The supplemental module "*Leadership Transitions In congregations*" will be delivered as a pilot project, the learning from which will move us forward in our long term goal to make our parish nursing education program accessible to a wider audience. Stay tuned for the details. We will keep you posted.

**Gail Brimbecom, RN MA (Ed) DD  
National Education Director  
InterChurch Health Ministries Canada**

## Dr. John Sloan Presents at ICHM's First Annual Speaker's Corner Elizabeth Johns, Health Committee Chair, Peace Lutheran Church, Pickering

"I don't want to be a burden on anyone"; "I don't want to go to the hospital"; "I care more about being comfortable than living longer" are some poignant wishes Dr. John Sloan strives to honour for elderly patients he affectionately refers to as "Sunshiners". ICHM invited Dr. Sloan to present at "Speakers Corner" in October at Pickering Village United Church. Dr. Sloan is a family physician from Vancouver, who has worked intensively with the elderly for more than 20 years. He believes that "medical treatment of elderly people is not working. Worse, it is often harmful." Instead, Sunshiners "deserve our love, time and care. We need to think very carefully before sending them to a hospital or treating them with drugs." *A Bitter Pill* is his book, substantiating these claims.

At Speaker's Corner, Dr. Sloan delivered a dynamic, riveting and tightly-organized power-point presentation to about 100 community members, parish nurses and health committee representatives. He included practical diagrams, humorous illustrations and moving photographs of some of his patients. Anecdotes revealed not only expertise in eldercare practice but compassion and concern for honouring patients. In fact, his wisest advice, in my opinion, was to give society, loved-ones, care givers and medical workers permission to fulfill the choices of the elderly, even if it means withholding researched treatments. Compelling was his proof that scholarly research did not at all apply to the elderly. Startling was the revelation that the same treatment and prevention of serious diseases for more robust patients was worthless or even damaging to Sunshiners. Conscientious caregivers would never have considered this controversial perspective, yet Dr. Sloan's practical explanation of the way research works exposed the common

sense of "comfort care" rather than invasive treatment.



Dr. John Sloan and a lady "Sunshiner"

During the Q&A period, there were more affirmative remarks than questions, particularly about the prime directive of honouring wishes. These discussions exposed the need for families to pluck up courage for sensitive conversations *earlier* in order to gain clear consciences for themselves and comfort for their loved ones *later*. Parish nurses, in particular, benefited from these discussions. I witnessed this during the Level II Parish Nursing Ministry Education Program during an advocacy lesson; a candidate shared how she had begun "quality of life" discussions in families as a result of attending the Speaker's Corner. Other students had also attended and been similarly inspired. Those who had not attended were encouraged to read the book and visit the Sunshiner's web page. Clearly Dr. Sloan's presentation favourably impacted the parish nursing practice and future Sunshiners. As a health cabinet chair, I am very grateful to ICHM for inviting such a remarkable, insightful and informative guest to Speaker's Corner.

# A Joyous Evening of Celebration

Carol Rose-Kudelka, Parish Nurse, Aurora United Church

On the evening of January 10 2011, over 70 of Judy Gordon's *'Circle of Friends'* joined in a celebration in her honour at *Trinity Anglican Church, Aurora*, her community of faith. This memorable occasion was actually spearheaded by Judy herself. The room was filled with laughter and joy as friends shared memorable stories, anecdotes, and prayers. Trinity's fabulous musical group, "Unplugged" provided accompaniment as songs such as the Beatle's Lord's Prayer were sung. The sharing of wine and cheese was rather pleasant too!

The evening culminated with Judy's message of gratitude for the outpouring of support and love that she has received during the past few months. What a beautiful inspiration Judy is to us all. Our prayers surround Judy as she continues her journey in *grace and dignity*; a journey to restoration and wholeness. Shalom



Carol Rose-Kudelka and Judy Gordon, at Judy's *Celebration of Life*.

The 2011 ICHM Canada Annual General Meeting and Education Day will be held on Saturday, June 11, 2011 at Aurora United Church. Rev. Terry Weller will present *The Elephant in the Home: Addictions and Recovery* with a focus on the Family Unit. Rev. Weller is an Internationally Certified Alcohol and Drug Counsellor and ordained minister. The day begins with Worship at 9:00 am followed by the AGM at 9:30 am. Each partner congregation is asked to send two representatives to the ICHM Annual General Meeting. The Education Day portion will run from 11:00 am to 4:00 pm.

# 2010 Emmanuel College Education Program

This year, Level 1 and 2 of the IPNRC Basic Parish Nurse Preparation Program were offered at Emmanuel College from October 16 to November 20, 2011. A total of fifty-seven participants were registered with between 26 and 43 attending each week. Fifteen different volunteers put in 108 hours of time to provide the smooth operation of the program. Abundant thanks to the parish nurses and health committee members who gave up Saturdays to volunteer!

ICHM also offered two Continuing Education days at Emmanuel College. Rev. Dr. Gary Redcliffe, long-time supporter of ICHM, taught "Applying Leadership Skills in Parish Nurse Ministry" on October 16. We were deeply saddened by Dr. Redcliffe's sudden death only a few weeks later. Jean Jackson, nursing faculty at Durham College and ICHM Board Member, taught "Reflection on Nursing Practice Standards - Ethics in Parish Nursing Ministry" on October 23. On the same day former parish nurse Pauline Fallis taught "Reflection on Nursing Practice Standards - Infection Prevention and Control in the Church." These two continuing education opportunities were presented to assist parish nurses to meet their Reflective Practice obligation for the College of Nurses.

Four Health Committee Members graduated on November 20, 2010. They are Marla DeGraaff, Faith Evangelical Lutheran Church, Hamilton, Iris Gravel, Christ Lutheran, Peterborough, Florence Schwertner, Church of the Holy Trinity, Guildwood and Lee Malloy, St. Andrew's United Church, Niagara Falls (see photo). We congratulate them for their dedication to *fostering healthy communities through Christ's healing ministry!*

Mr. Val Lemm, Member of Bloor St. United Church and Chair of the Joint Parish Nursing Committee of Bathurst and Bloor Street United Churches, offers the following observations after attending Level 1 of the Parish Nursing Education Program in the autumn of 2010.

*"I found the level one training to be a good blend of the theoretical and the practical. It gave me a chance to reflect on my own theology, and to think about physical and spiritual health in new ways. As a member of a health or parish nursing committee, I especially valued the opportunity to reflect on the mission and purpose*

*of the committee and its ministry. I appreciated the opportunity to meet members of health committees from other churches and learn something of their situations. The handouts and exposure to resources including survey and planning documents will help those new to a committee learn to plan events for their own congregations. I strongly recommend the training program for all health committee members."*



Graduates: Left to right: Florence Schwertner, Marla de Graaff, Iris Gravel.  
Missing: Lee Malloy.



# TRANSITIONS IN MINISTRY

Canon Peter Walker, Grace Church on-the-Hill, Toronto, offered the meditation for the closing worship and graduation service. Canon Walker spent sixteen years at St. Peter's Anglican Church, Cobourg where he worked with parish nurses Margaret Grepe followed by Diane Froncz who retired January 1, 2011 as parish nurse at St. Peter's. Karen Li becomes the third parish nurse there, having entered the education program as a Level 1 parish nurse candidate this Fall. Because of Canon Walker's experience with Parish Nursing Ministry at St. Peter's, Cobourg, a parish nursing ministry has recently been established at Grace Church on-the-Hill, with parish nurse Susan Rodgers joining the ministry team. The ministry of parish nursing continues to grow through the advocacy of those who have learned its value in congregations!



Karen Li, Diane Froncz, Canon Peter Walker, Margaret Grepe.

## 2011 Education Program at Waterloo Lutheran Seminary

Delivery of our Parish Nursing Education Program at the Waterloo Lutheran Seminary (WLS) is currently being presented in a weekend format - Friday evening and all day Saturday - on three weekends beginning on January 14 & 15, 2011 and following on January 28 & 29 and February 11 & 12. We expect to have four parish nurses completing the program and graduating on February 12 at the closing Worship and Graduation Service to be held at 1:30 pm. Rev. Dr. Kristine Lund, Assistant Principal of WLS, will be the guest preacher for this service. All are welcome!

**Karen Marks, RN, BA, MTS**  
**Ontario Regional Parish Nurse Coordinator**  
**InterChurch Health Ministries Canada**

## Diane Froncz Retires as Parish Nurse

Karen Marks, Parish Nurse Coordinator



Left to right: Beverly Templar, Maryann Murphy, Karen Li, Diane Froncz, Carole Urbach, Bev Holmes, Janice Buck, Ardyth Tait, Joanne Shadgett.

The Peterborough/Cobourg Parish Nurse Support Group met on January 8, 2011. Following the support group meeting, the group welcomed Mary Anne Murphy to join them as they celebrated Diane Froncz's January 1<sup>st</sup> retirement as Parish Nurse at St. Peter's Anglican Church, Cobourg, with a Blessing Ritual. Diane said, "I started in September 2003 having been mentored by my good friend Margaret Grepe for the previous year or so." Karen Li began her work as parish nurse in her first practicum the beginning of January! Karen is the third parish nurse at St. Peter's following in the footsteps of Margaret Grepe and Diane Froncz.

### **ICHM NEEDS 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](http://www.ichm.ca) for more details.**

## The Canadian Centre for Activities and Aging

*Ardyth Tait, Parish Nurse at Bancroft- Carlow Pastoral Charge*

Over the past 3 years as the Parish Nurse for the Bancroft- Carlow Pastoral Charge, I have offered a low impact exercise class for members of both congregations. This class first started after seeing a presentation by a physiotherapist for the Arthritis Society, who shared how important exercise is in the management of arthritis.

“Move it or Lose it.”

To increase my knowledge of providing a senior's exercise program, I did a lot of reading and researching on what was available. I attended an exercise program in the area that was provided by community care. The instructor had been trained in London, Ontario through *The Canadian Centre for Activity and Aging for Seniors*. After a visit to their website ([www.ccaa-outreach.com](http://www.ccaa-outreach.com)) I realized there was a training course for Seniors Fitness Instructors being offered close to Bancroft, through the Centre. The next thing I knew, I had emailed the instructor and was registered for the training which was being held at St. Lawrence College in Kingston. The program consisted of two full weekend sessions including a minimum of 16 hours of practice with an instructor trained through the Canadian Centre of Activity and Aging. Plus I have a year to complete it. God seemed to be putting everything in place for me to attend the course! I will then be expected to run a 1 hour senior's exercise class that meets all the requirements of the program. I hope you will take time to visit this website and see if any of the training would be helpful to your ministries.

Approximately 10 ladies attend the exercise class each week, which has become a support group for us all. Each class starts with devotion and a prayer, connecting the importance of spiritual exercise as well as physical exercise.

**ATTENTION ALL ICHM HEALTH COMMITTEE CONTACTS AND PARISH NURSE CONTACTS:**

**THE PULSE NEWSLETTER NEEDS STORIES AND EVENT DETAILS ABOUT YOUR CONGREGATION! PLEASE SEND US INFORMATION FOR THE NEXT NEWSLETTER IN WORD FORMAT, VIA EMAIL, INCLUDING JPEG PHOTOS, IF POSSIBLE, TO [INFO@ICHM.CA](mailto:INFO@ICHM.CA).**

**MANY THANKS TO ALL PRESENT AND PAST CONTRIBUTORS 😊**

## Upcoming Events

**13<sup>th</sup> Annual PARISH NURSE RETREAT** Queen of the Apostles Retreat Centre. 1617 Blythe Rd., Mississauga. March 4-6<sup>th</sup>, 2011. ICHM Parish Nurses, Parish Nurse Candidates and Alumnae are welcome to attend, as are Parish Nurses from the wider community. Please see our website for the registration form and further details. Registration and fees are due by February 15, 2011. **Registration is limited.**

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**FUNDRAISING CONCERT**—Hosted by St. John's Anglican Church. 567 Queenston Rd., Cambridge, N3H 3J9. Sunday, March 27, 2011 @ 3PM

**FUNDRAISING CONCERT** —Hosted by Augsburg Lutheran Church. 224 Mill Street South, Brampton, Ontario. L6Y 1T8. Sunday, April 10, 2011 @ 7:00 pm

**More details to come for the concerts.....**

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## Low Fat Fruity Trifle

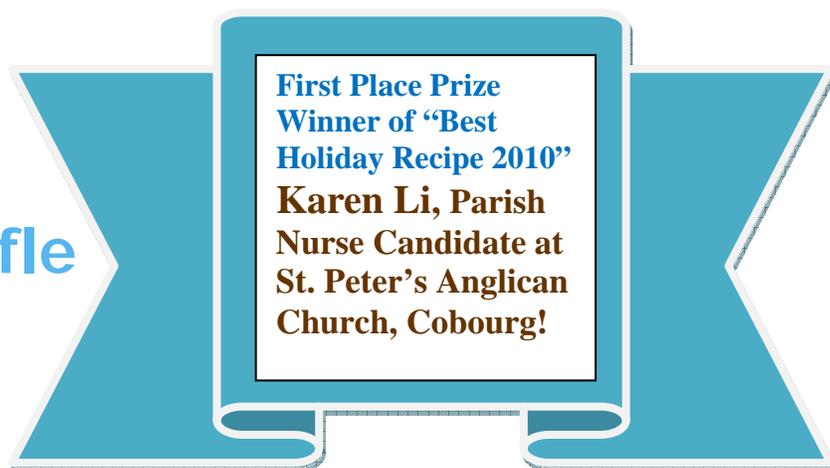
2 pkg. sugar free vanilla pudding  
4 cup skim milk  
8 oz Light Cool Whip  
1 angel food cake (9inch)

Mixed fruit...suggestions: fresh or canned  
pineapple, sliced strawberries, blueberries (fresh or thawed). Yield approx. 4-6 cups.

Directions: Slice cake in thirds with serrated knife. Place 1layer in 5 litre trifle bowl. Top with 1/3 pudding, 1/3 Cool Whip, 1/3 fruit. Follow with 2nd cake layer, 1/3 pudding, Cool Whip and fruit. Follow by 3rd cake layer, pudding, Cool Whip and fruit.

I found I did not need all the pudding but did need more than one pkg.

Option: Cut cake into cubes and layer using 1/3 of cubes each time.



Thanks and blessings to our Donors and  
ICHM Partners for all your support over the  
years. Every gesture counts.