

2010

ANNUAL REPORT



Health Ministries Network



AN EXTENSION OF THE
SPIRITUAL CARE DEPARTMENT

2901 Squalicum Parkway
Bellingham, WA 98225

3 6 0 . 7 8 8 . 6 4 0 8

Linking

Faith-Community
Nurses & Health
Ministers,
Congregations,
Community
Organizations,
and Hospital
Resources.



PeaceHealth
St. Joseph Medical Center

Mission

To link congregations, organizations, and hospital resources through coordinated services to the broader community with a focus on preventative health, social justice, and spiritual nurture

Vision

To work collaboratively with community organizations, faith communities, faith community nurses/health ministers and hospital resources

Leadership Team

Rev. Dick Cathell, PhD, Administrative Liaison	Tisch Lynch RN MED , Administrative Consultant
Jeanne Brotherton RN MEd, Education Coordinator	LeAna Osterman RN HMA, Administrative Consultant
Dotty Marston RN MN, Outreach Coordinator	Pamela Colyar, RN FCN, Special Projects

Advisory Board

*Peace Health St. Joseph Medical Center

Ione Adams, M.D. Medical Dir. SeaMar	Michael Light, Coord. PHSJMC* Lifeline Program
Rev. Felix Anderson, Christ the King church	Rev. Joel Lohaver, Lynden Hope Lutheran Church
Laura DeRose, Dir. Interfaith Coalition	David Lynch, M.D. Whatcom County Medical Society
Rod Elin, Dir. Catholic Comm. Services	Mark McCampbell, CDO, St. Joseph Hospital Hospice Foundation
Kathy Ernst, Pastoral Assoc. Assumption Parish	Kate Massey, MSW Family Caregiver Support, NW Regional Council
Ross Fewing, M.Div., M.E. Dir. Spiritual Care & Ethics, PHSJMC*	Kathleen Matthes, RN FCN Cancer Center
Sheila Brillson MA, Dir. Operations: Critical Junctures Institute	Charles Nelson, PhD, Webmaster HMN B'hm. Central Host Lions Club
Laura Frambach, Coord. Lifequest, PHSJMC*	Lori Nichols, Mgr.: Shared Care Plan
Natasha Green, Memb. Bd. Of Dir. Nat'l. Alliance On Mental Illness	Chris Phillips , Administration: PHSJMC*
Kathy Hager, MSW, LIPSW, Stepping Stones	Sue Sharpe, Exec. Dir.: St. Luke's Foundation
Richard Hammond MSW Mgr. Whatcom Hospice	Desmond Skubi, Ex. Dir. Interfaith Health Center
Mike Hampton, Mgr. Adult Day Health & O.T.	Jim Sorensen, Ph.D. Exec. Dir. Alzheimer Society
Joni Hensley, RN Whatcom Health Dept.	Larry Thompson, Exec. Dir. Whatcom Alliance Healthcare Access
Jean LaValley, RN FCN Meyers & Avery Elder Law	Plus the Leadership Team: Dick Cathell, chair; Jeanne Brotherton, and Dotty Marston

Health Ministry Network Annual Report 2010

A Whole Lot of Caring Going On!



Contents:

Message from Rev. Dick Cathell PhD, Administrative Liaison

Comparable Statistics 2008-2010

Education summary by Jeanne Brotherton FCN, MEd

Outreach summary by Dotty Marston FCN, MN

Website summary by Charles Nelson PhD

Stories from the Frontlines



Dick Cathell, Administrative Liaison

Dear Friends for Community Health and Wellness:

See for yourself what a difference has been made by this miracle called the Health Ministries Network. The statistics and reports on the following pages are unbelievable. And more importantly, we have been blessed beyond measure. So remember with gratitude the Divine touch that has gifted us with all of this compassion, grace, and soul.

Dick Cathell, PhD Administrative Liaison searching for health ministry "clues" in the Greek Islands

Be sure to read the stories from some of our Faith Community Nurses and Health Ministers. They are short, to the point, and powerful.

Check out the report from our webmaster, Charlie Nelson, Ph.D. about www.healthministriesnetwork.net.

Did you know that our program takes up 6 pages of the last chapter in the book "Parish Nursing: Volume II" by Dr. Harold Koenig and Verna Carlson, RN, Ph.D., of Duke University to be published this Spring? Or that our leadership team was asked to give a "Best Practices" presentation for the Northwest Parish Nurse Ministries Annual Conference at Portland University last October?

Our leadership team led Health Ministries Sundays at 6 different congregations last year with the sermon, prayers, and readings, as well as presentations of prayer shawls for those working in health occupations.

Our Advisory Board retreat met in December, with guests Marc Pier-son, Chris Phillips, and Rachel Lucy to lead in a broad assessment which outlined over 27 different benefits our community organizations and parish nurses have in common.

On behalf of the Health Ministries Leadership Team and Advisory Board, *Dick*

Comparable Statistics 2008-2010

<u>Membership</u>	2008	2009	2010	
# FCN/HM's	72	83	115	
# Congregations	40	45	68	
# Community organizations	0	19	20	
<u>Hours of Service & Value</u>				
Direct contact	N/A	2,676	7,754	
Non-direct contact	N/A	852	7,626	
Value of hours donated	N/A	\$105,840	\$461,412	
<u>Pts. Served & B/P Information</u>				
# patients served	N/A	1,560	3,320	
B/P clinics	N/A	120	421	
B/P's taken	N/A	1,080	2,328	
Hi B/P referrals	N/A	156	252	
All other B/P referrals	N/A	204	480	
Total B/P referrals	N/A	360	732	
<u>Contributions</u>				
St. Joseph Medical Center	\$76,000	\$14,000	\$16,000	
St. Joseph Hospital Foundation	n	0	700	4,000
St. Luke's Foundation	0	0	5,000	
Jean Billings Tischler Fund	0	0	2,000	
Community Contributions	0	1,830	5,700	
Total Contributions	\$76,000	\$16,530	\$32,700	
<u>Website traffic*</u>				
		<u>Period 1</u>	<u>Period 2</u>	
Unique visitors per month	N/A	39	142	
Pages viewed per month	N/A	385	874	
Document downloads per month	N/A	4	24	
* <u>Period 1</u> = start-up from July 2009-Feb. 2010; <u>Period 2</u> = growth from Mar.-Dec. 2010				



Jeanne Brotherton, Education Coordinator

We were pleased to offer two FCN/HM Basic Preparation courses, one in the spring and one in the fall of 2010.

We have a total of 23 new faith community nurses (20) and health ministers (3) from these two courses!

Most students came from Whatcom County, some from the Seattle area, three from British Columbia. The faith communities included Catholic, Episcopalian, Baptist and a variety of community churches. We are planning another class for fall 2011 and hope to have 15 students

Three WWU students, doing Participatory Action Research, were supervised and mentored during Winter and Spring quarters.



2 WWU Interns with Jeanne & Dotty



October Basic FCN/HM Class

Faith Community Nurses/Health Ministers' Activities:

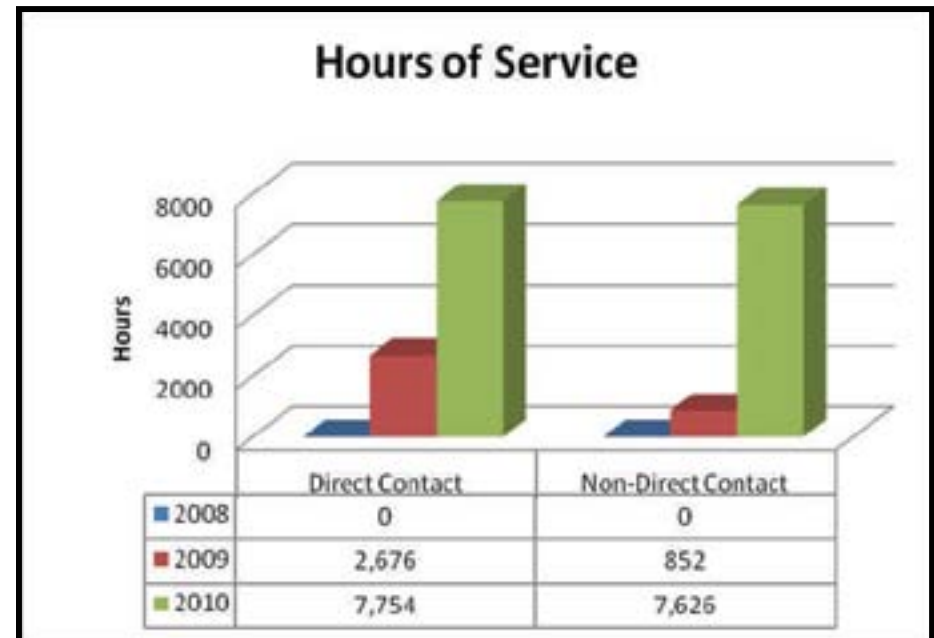
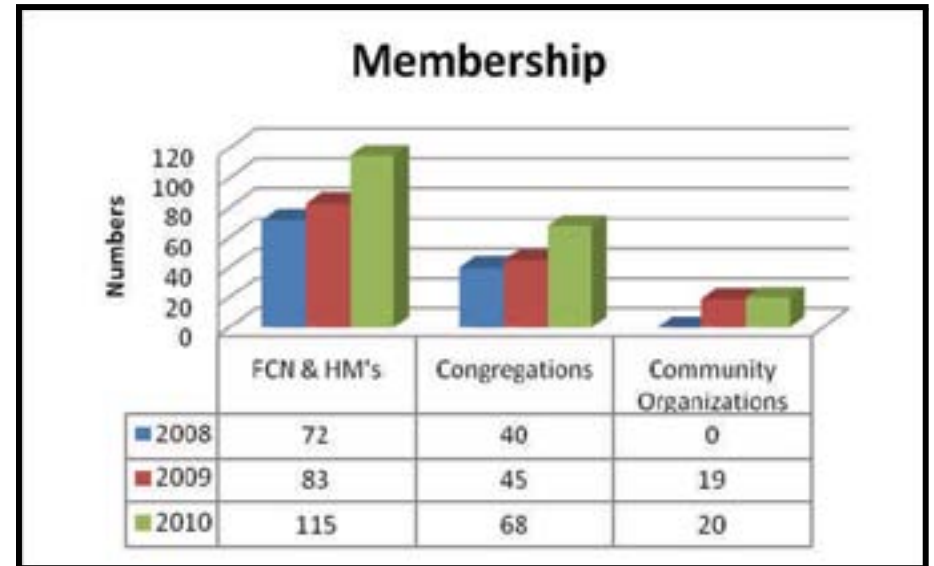
Our numbers were dramatically higher this year. For instance, hours given in ministry increased from 3528 to 15,380; BP clinics from 120 to 420, serving 1248 more clients (BPs taken) than the previous year.

Visits to clients (home, hospital pre- and post-op) nearly doubled from 1560 to 3300

Other activities included: 7600 hrs helping with health fairs, support groups, the food bank, cleaning medical supplies, prayer shawls (estimate 500 given county-wide) grief classes, presentations, writing articles, caring ministry, and continuing education classes.

This has been an amazing and very rewarding year!

Jeanne



(2008 data not included due to different collection method)



Dotty Marston, Outreach Coordinator

How are we getting our message of “faith-based” and “wholistic” practice known? The *Bellingham Herald* ran a great article Nov. 22nd, after tagging along with former Parish Nurse Coordinator Tisch Lynch, on a typical day. Her answer to what she liked about parish nursing was “...being able to help people through their health problems, whether it’s recovering from minor surgery or preparing to die. There are all kinds of different ways to heal. Maybe it’s healing a relationship. Maybe you can’t heal the body but you get (the patient) together with a son or daughter they haven’t seen in years.”

The Lummi Island Health Ministry Team of 4 Faith Community Nurses and 2 Health Ministers has done a stellar job of community outreach. Through their collaboration they have made it possible for most Islanders to omit transitioning to nursing homes after hospitalization. They have also created an Emergency Plan for the Island that has reduced EMT calls by 50%!

Our Spring Retreat at the 100+ year-old Lummi Congregational Church with its adjacent beach, provided time for renewal and reflection. We especially wanted this to be an outreach activity for the 2 recent Basic FCN graduates. It was a sunny day of fun, learning and recreation. Our WWU intern led a class of Scriptural Yoga and brought a craft. The didactic was, “Compassion Fatigue: Interventions from Clinical & Spiritual Perspectives.”

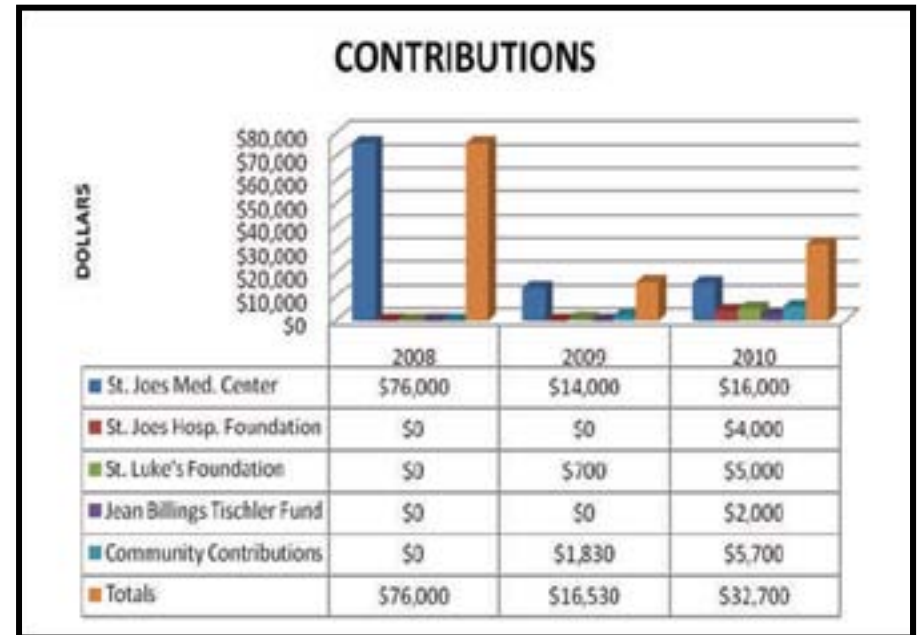
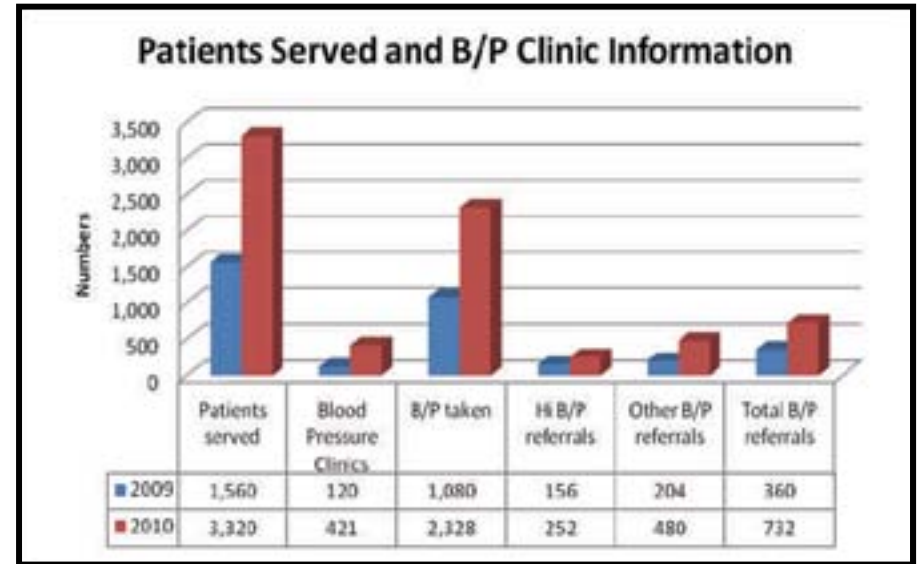
The HMN monthly meetings have been well attended this year. In fact we outgrew our space and in September gratefully moved to an unused room we fixed up to comfortably accommodate our current needs. This year we offered 20 contact hours in 9 events with wide-ranging topics such as “Do’s and Don’ts with Dementia Patients”, “The Sandwich Generation”, “Diabetes Update”, and “Continuum of Care”.

It is my joy to work with the Leadership Team as Outreach Coordinator.

New meeting location: S. Campus ground floor



Dotty





Charles Nelson, PhD. Webmaster

Comments about the website:

Utility of the HMN Website

(www.heathministriesnetwork.net) emerged from the initial period of development at the end of February, 2010. Since then, both web

traffic and site content have grown steadily. Currently, we have about 180 unique visitors each month who look at around 800 web pages, which include both displayed pages and downloaded pdf files, such as the nursing course application package.

At this time, the core users of the site are drawn from the Faith Community Nursing community and the people who they serve, mainly from congregations in Northwestern Washington. But there is also a growing population of other diverse users that include both professionals from civic organizations and individuals who have been attracted to one or another of the services we provide.

The site has been commended particularly as a gateway to specific services and detailed contact information that leads directly to individual service providers and service organizations in our local communities. Examples include our registry of faith community nurses and community programs such as the Lion's Wheelchair Warehouse. The formula for this success is "NEED – CONNECTION – SOLUTION." The site user comes with a Need, they find a specific and relevant Connection, and this leads to a Solution that is actually helpful. We continue to grow using this model. For example, in June we added a web page to the Spiritual Resources section of the website which is entitled "Prose to Ponder," a monthly column written exclusively for us by Gail Wilder. It now attracts a monthly following of about 40. We anticipate that this pattern of growth will continue in 2011.

Charles' homepage design was the forerunner of our new HMN information center's design from a 7-state conference in Portland, to a fund-raiser in the



design was the forerunner of our new HMN information center's design from a 7-state conference in Portland, to a fund-raiser in the

Many Hands. . . Many Stories



Prayer shawl received by Stepping Stones client

FCN accessing parishioner

Chemo patient accompanied by FCN chooses wig

A Faith Community Nurse who is also a Eucharistic Minister, tenderly helped a very independent middle-aged couple accept the help of Hospice. They had been living in their motor home parked next to their son's house. The husband's pain control was becoming very difficult. Due to the nurse's referral this couple was among the first residents of the new Hospice House. One of the reasons it was the perfect answer for them was that the wife desperately needed to be free from night-time responsibilities so she could sleep. Even so, at their request, Hospice House went the extra mile to locate a double bed to enable them to continue sleeping together as long as possible.

A mother of a kindergartener became fearful when her child spiked a temp with her husband at work and no thermometer in the house. The Faith Community Nurse visited her home, gave her a thermometer, and discussed fever care. The mom gave the child a tepid bath which brought the fever down and agreed to call the doctor for further guidelines. She was not only grateful for the thermometer but was also pleased to know that the doctor's instructions for fever care

*Health
Ministries
Network*



www.healthministriesnetwork.net