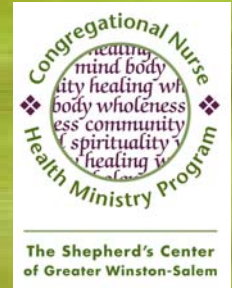


# Congregational Nurse and Health Ministry Newsletter



January 2011

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## Message from the Interim Director...

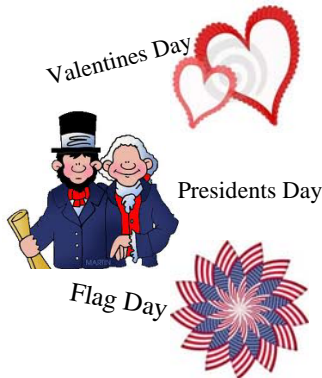
"Because of God's grace to me, I have laid the foundation like an expert builder. Now others are building on it. But whoever is building on this foundation must be very careful." 1 Corinthians 3:10

I recently read these words that Paul wrote to the church in Corinth and they spoke to me as Laura and I worked together to make the transition from one director to another as seamless as possible. She has created a beautiful and strong foundation for the Congregational Nurse and Health Ministry program. The deeper I dive into the files, and the more I work with the documents and information available to me, the greater appreciation I have for all she has done during the two years she has directed this program. I also have a great appreciation for all of you who volunteer your time to touch lives within your congregations, and to promote health and wellness, not only in your own congregations but in the community at large.

My mission as your interim director is to build carefully on the foundation Laura has laid and to support all of you in your own ministries. Because you spend your time giving to others, my concern is for your health and well-being: physical, emotional, and spiritual. I look forward to getting to know all of you better at our Congregational Nurse Network meetings and want to continue Laura's tradition of making those a time where we can network and fellowship as well as grow professionally. This opportunity to work with you has come at a very interesting time in my life, and I see it as a calling to use all of the skills and knowledge I have acquired thus far to help you positively impact the health of this community. Please let me know if you have specific requests or ideas about how I can best serve you.

*Blessings, Judy*

What February Brings



Judy Iannuzzi, BSN, MAEd.  
Interim Program Director  
JIannuzzi@shepherdscenter.org

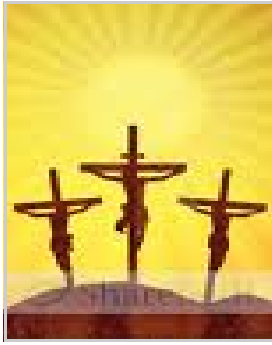
1700 Ebert Street  
Winston-Salem, NC 27103  
336-748-0217

[www.shepherdscenter.org](http://www.shepherdscenter.org)

## January Meeting

Snow and ice forced us to cancel our January Nurse Network meeting. Our speaker for that program, Sally Harper of Prodigals Community, will be rescheduled for later this year.

The CNHM Program has touched  
over 8993 lives  
as of the end of December 2010.



## Walk to Jerusalem

Eleven churches are ready to begin a 12 week virtual Walk to Jerusalem by Easter. It is 6723 miles from Winston-Salem to Jerusalem. You are welcome to gather your congregation and travel with us through the countries of Morocco, Algeria, Tunisia, Libya, Egypt, and Israel. Weekly Scripture readings will be provided for reflection as you walk your way to the Holy Land. Other aerobic exercises such as swimming, biking, running, and organized sports all count towards mile points. For children, miles can be earned for eating fruits and vegetables. For those unable to walk, there will be miles awarded for arm chair exercises.

Participating churches are:

**Brookstown UMC**—Kay Lasley / Sandra Galyean

**Exodus Baptist Church**—Patricia Degraffinreadt

**Kernersville Moravian**—Barbara Carter

**Mt. Zion Baptist**—Elvenia Johnson

**St. Stephen MBC**—Gwen Stewart

**Evangelical Methodist Church**—Patricia Gilley

**Holy Cross Catholic Church** - Melanie

**Main Street UMC**—Lynn Kale / Vivian Garman

**Peace Haven Baptist Church**—Theresa Trivette

**Trinity Presbyterian**—Susan Baker

**St. John the Evangelist Parish**—Lynn Jefferys

Gwen Stewart from St. Stephen's Missionary Baptist Church has graciously agreed to coordinate this walk, so if you are interested in joining us, please contact her at [B44599@aol.com](mailto:B44599@aol.com) or Judy Iannuzzi at [Jiannuzzi@shepherdscenter.org](mailto:Jiannuzzi@shepherdscenter.org)

### *Reflections on the Last Two Years*

As many of you are aware, I started at the Shepherd's Center on February 1, 2009 to create and manage the Congregational Nurse and Health Ministry Program. It was a daunting but exciting project especially as I was hired for only 20 hours/week to start. With the help and support of many of the nurses who were already volunteering in their congregations, I was able to establish a strong network that has continued to grow to this day. We were able to provide quality continuing education opportunities, a Basic Preparation Course, present at several conferences, but most of all touch the lives of so many people in the faith communities with health and wellness education and screenings.

My skill set includes taking an idea or vision and building a strong foundation that makes a project or program sustainable. So I feel I have done just that. I have created systems that will make the CNHM Program viable for the immediate and long term. I cannot begin to name or thank all the folks who helped me to achieve this, but you all know who you are. You have become my friends, colleagues, mentors, prayer partners, and support system. I hold you all close to my own heart.

As life is always changing, so too my life has changed as well on a personal level. I had to make a decision to leave my Director position to seek other employment. This decision was not made lightly and I have had to mourn the loss of my role. However, I have full confidence in Judy Iannuzzi to carry on in the role as interim Director. Judy's experience and enthusiasm as well as her strong Christian faith will help the CNHM program to continue to grow and flourish.

Over the last two years, my own faith has grown and expanded as I have had the opportunity to talk and pray and learn from so many of you. We are all on this earth together and our paths have crossed and will continue to cross on this journey we call our lives. I will hold you all in my heart and prayers and ask that you do the same for me.

*Blessings, Laura*

## Upcoming conferences

The following conferences may be of interest to you as you plan your health ministries for 2011. The one sponsored by the NC Council of Churches focuses on nutrition. The conferences sponsored by Wake Forest University School of Medicine deal with infant mortality which is a particular problem in Forsyth County.



North Carolina  
Council of Churches

*Sponsored by the NC Council of Churches:*

***Piedmont North Carolina Come to the Table Conference:  
Communities of Faith Relieving Hunger and Supporting Local Farms.***

The two-day event will include workshops, networking opportunities, and a local lunch on Friday, Feb. 18th; tours and volunteer opportunities at local food ministries and projects on Saturday, Feb. 19th. Friday's events will be hosted by Wake Forest University at the **Benson University Center in Winston-Salem, NC.**

**Registration** is \$10, or \$5 for Saturday only. All are welcome, and free registration is available for those who would otherwise be unable to attend.



WAKE FOREST  
UNIVERSITY  
SCHOOL OF MEDICINE

*Sponsored by Wake Forest University Translational Science Institute,  
Wake Forest University School of Medicine*

### **Workshop #1:**

**Title:** "Beyond Prenatal Care: Causes of Poor Birth Outcomes"

**Date:** Tuesday, March 1, 2011

**Location:** Senior Services

**Format:** 11am – 1pm - Presenter/Lunch/Discussion, Groups Report Out, Wrap-up

**Speaker:** Dr. Robert Dillard

### **Workshop #2:**

**Title:** "The Social and Cultural Factors Affecting Birth Outcomes"

**Date:** Tuesday, April 5, 2011

**Location:** Senior Services

**Format:** 11am – 1pm - Presenter/Lunch/Discussion, Groups Report Out, Wrap-up

**Speaker:** Dr. Diane Rowley

### **Workshop #3:**

**Title:** "Community-Driven Solutions to Improve Birth Outcomes"

**Date:** Tuesday, May 3, 2011

**Location:** Senior Services

**Format:** 11am – 1pm, Panel Presentations for Community Perspectives (10 minutes each)/Lunch/Discussion, Groups Report Out, Wrap-up

### **For more information please contact:**

Kathy Lowe, MSW, ACSW, CMSW, CSW-G

Assistant Director, Program in Community Engagement and Implementation

Wake Forest University Translational Science Institute

Wake Forest University School of Medicine

336-716-0836

klowe@wfubmc

Registration forms will be available at the February Nurse Network meeting.

**Congratulations goes to:**

*The Shalom Project Green Street Health Clinic  
which recently became a member of the  
North Carolina Association of Free Clinics*

**Volunteer Opportunities**

There is still a need for help with:

- **Shalom Food Pantry**- blood pressure screening, Tuesday mornings from 9:00-11:30
- **WSTA**- blood pressure screening, Third Thursdays 1:00-3:00pm
- **Green Street Clinic**- medical record review, Thursday or Friday each week.  
Requires 2-3 hours to review charts and process referrals.

**Community Service Projects for 2011**

If you have an idea for an agency or project to adopt in 2011- please contact Judy Iannuzzi.

**February Meeting**

Hospice & Palliative  
CARECENTER

Join us on **February 8, 2011** for our next Nurse Network meeting. **Dee Leahman, Director, Community Partnership for End of Life Care and Community Education at Hospice & Palliative Care Center**, will speak to us about **Ethics at End of Life**. Issues related to end of life care raise many

ethical, moral and relationship questions. He will explore these potential conflicts from the perspective of physician, patient and family in the context of modern-day medicine's often unrealistic 'myth of cure'. In preparation for the February meeting, or just for general interest, you may want to read an article by Atul Gawande called "Letting Go", published in *New Yorker* magazine that deals beautifully with some of the same issues Dee will discuss.

**Service Project for February****Shalom Project Food Pantry**

Please bring non-perishable food items to help stock the food pantry's shelves.

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Especially requested are:  
pasta and pasta sauces, macaroni and  
cheese, rice, oatmeal.

**Save These Dates for 2011!**

**Nurse Network Meetings** are held every 2<sup>nd</sup> Tuesday of the month from 6:00-8:00pm at the Shepherd's Center.

Meeting dates for the next three months are:

**February 8th**

**March 8th**

**April 12th**

**THE SHEPHERD'S CENTER IS NOW ON FACEBOOK**

Take a look at this link — <http://www.facebook.com/pages/The-Shepherds-Center-of-Winston-Salem-NC/142160352471869?ref=ts&v=wall> or go to our website — [www.shepherdscenter.org](http://www.shepherdscenter.org)— and click on the link for Facebook. You will see some pictures of the CNHM Program and highlights of the year.