Faith Community Nursing Interest Group newsletter))

Winter 2020 Issue 1

President's Message



I welcome you! I am Olayinka Babalola, commonly known as Ola. I am the President of FCNIG. Prior to assuming the role of Faith Community Nursing Interest Group (FCNIG) President, I have been serving as the Financial Executive Network Officer and secretary for FCNIG for the past eight years. I am not a Parish Nurse, but I am a nurse serving a faith organization. I practice as a Staff nurse at the Critical Care Unit in Lakeridge Health hospital in Oshawa. I recently

became a Nurse Practitioner (NP) graduated from the combined Masters of Nursing degree and Primary Health Care Nurse Practitioner (MN/PHCNP) program at Ryerson University in October 2019. I currently volunteer at Kendalwood Clinic (a Family Practice setting) in Whitby, Ontario where I work within the full scope of practice as an NP.

My career objective is to empower individuals facing mental, physical, psychosocial, and spiritual health challenges for optimal health and wellbeing. My long-term career goal is to lead a non-profit community-based clinic for families who are less privileged in rural and impoverished neighborhoods, and build an orphanage home where excellent care will be provided to the orphans. My lived experience in Nigeria, West Africa makes me passionate about helping families who are less privileged and individuals living in poverty. I care deeply about the inaccessibility of primary health care services such as diabetes and maternal care, especially among aboriginals, recent immigrants and people with mental health illness.

As FCNIG President, I represent FCNIG at RNAO meetings (e.g., RNAO assembly, AGM, and Queen's Park Day) as well as in the public and the media. I will serve you by disseminating information on educational events and resources to support your practice as parish nurses. In addition, I will provide mentorship and support as you assume executive positions within FCNIG. I produce Members' Voices reports to share the amazing work that FCNIG members do! Thank you for being a part of FCNIG!

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Introduction to FCNIG New Executives (2020-2021)

Social Media ENO: Maria Lippa

My nursing career of 36 very rewarding years has been primarily based in acute care, through a variety of nursing roles and leadership positions including sessional nursing experiences in the community in health promotion and wellness, clinical nursing instructor as well as contributing to international health care in Tanzania East Africa by supporting and co-founding a medical clinic for the poor.

Being recently retired from my hospital role as a Clinical Nurse Specialist in Hospice Palliative Care, I'm presently contributing to the education of nurses as a sessional Clinical Nursing Instructor at George Brown College, and as a Palliative Care Nurse Consultant-Educator with the CARE Centre For Internationally Educated Nurses in Toronto.

Along with my nursing academic achievements, I've also achieved a Master's in Ministry and Spirituality and a Diploma in Spiritual Direction through Regis College at the University of Toronto. I'm presently enrolled in a Yoga Teacher's Training program and volunteering as a yoga teacher with the Second Mile Club.

A future goal of mine includes continuing my education and experience in spiritual care through the Clinical Pastoral Education (CPE) Program in Toronto whereby I would incorporate my nursing background for the health, healing and well-being of patients and their families through a holistic approach to care.

My goal and vision with FCNIG is to bring spirituality and spiritual care to the forefront in our nursing care for patients regardless of the context of care by highlighting and showcasing the wonderful work being done by our Faith

Community Nurses. Nurses have an important role to play with all health care providers and in order to do this, I believe strongly in highlighting that spirituality is part and parcel of our caring relationship with patients and their families.

I look with eagerness to contributing to this important role!

Maria A. Lippa, RN BScN MN CHPCN (C) Social Media Executive Network Officer



Membership ENO: Lily Cugliari-Kobayashi



Lily graduated from the Toronto Western Hospital School of Nursing Diploma Program in '78. Her nursing internships covered units at Toronto Western hospital, The Hospital for Sick Children and the Centre for Addiction and Mental Health (CAMH). After 2 years of nursing in general paediatrics, she received a bursary to attend McMaster University School of Nursing's Primary Care/Nurse Practitioner

Diploma in the early 1980s. Upon graduation, Lily did remain at Sickkids Hospital, however, during Lily's career, she also held RN positions within other specialty areas of nursing, namely The South Riverdale Community Health Centre, the Bishop Strachan School and the University of Toronto, Student Psychological and Counselling Services.

The majority of Lily's nursing experience was within the division of Adolescent Medicine and Psychiatry at Sickkids Hospital, as well as within the divisions of Orthopaedic and Preanaesthesia Clinics.

In 2018, Lily retired from Sickkids, but not from Nursing. As a strong believer in lifelong learning and continuing education, Lily enrolled in the Parish Nurse Program/St. Peter's Seminary in London, Ontario in collaboration with virtual learning Dayton University/Ohio. After completing the first part of this certificate program, she became so inspired with learning about Wholistic Nursing Practice and how spiritual health is inseparable from physical and mental health, that she is currently enrolled in Foundations Plus for Parish Nursing and is looking forward to Summer 2021 Graduation.

Lily is on staff at Yorkminster Park Baptist Church, as a Parish Nurse/Faith Community Nursing Practice/Pastoral Team/Health and Wellness Ministry. Prepandemic, Lily was actively involved as a volunteer in the community. She is a member at Holy Rosary Catholic Parish and a volunteer with their Out-of-the-Cold Program and Saint Claire Circle. She is also a member of the Catholic Women's League, The Women's Inter Church Council of Canada, World Day Prayer Committee, and The Churches on the Hill, as well as North Toronto Interfaith Group.

"Parish nursing is a ministry of the congregation, not of the individual performing the ministry."

-Deborah L. Patterson from the book, The Essential Parish Nurse

Lily is a proud RNAO member, belonging to other nursing interest groups, but, especially passionate about having become a member of FCNIG for the past couple of years. She is very eager to serve you as Membership ENO. She will strive to assist in recruiting and retaining members. Together as an interest group, we need to increase the awareness of the role of faith-based community nursing practice. To do this, we need to facilitate networking amongst the other RNAO interest groups, all health care providers, the general public and all faith-based communities. Another ideal partnership is to provide

clinical placements within our faith communities for the schools of nursing. This facilitates community partnerships which also increases our visibility and profile within the nursing profession.

By incorporating all aspects of health, namely Spiritual, Physical and Mental, we can achieve the provision of Wholistic Health and spirituality for those whom we serve.

"Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship."

-Buddha

In closing,

PRAYER FOR HEALTH

Lord, I thank you for the blessings for good health,

That I and those dear to me have enjoyed.

May we continue to experience health in every aspect of our lives.

Restore physical health to those of us weakened with illness, peace to those

Troubled with worry, and comfort to those discouraged with problems.

Help us to find in the days of our strength a faith and trust in you and a love for one another to guide us through any health challenge we may face now and in the future.

Amen

-'Healing Prayers' by Missionary Oblates of Mary Immaculate

Updates from Co-Political and Policy Action ENO-Dot Klein

Dear All.

I am very busy in my role as RNAO PPAN ENO for the FCNIG. I am organizing the QPOR signature event according to the guidelines or the 2020 QPOR Tool Kit. I am working closely with Ann-Marie Morris RNAO PPAN Program Coordinator. Ann-Marie wants to evaluate the QPOR Tool Kit as it relates to its use for RNAO Interest Groups as well as a teaching tool for RNAO members in relation to advocacy and political action

QPOR event occurs from November to mid-December. Chapter and Interest Group PPAN ENOs are encouraged to arrange for virtual meetings with their local MPP to establish a partnership and work toward making change in the 2 issues RNAO wants to focus on in the year 2020 (<u>A better approach to LTC in Ontario and Accidental opioid overdoses: a public health crisis</u>) It is also a time for the PPAN ENO to promote the awareness of the important role of nurses (in our case the role of the parish nurse) in addressing these concerns.

I am focusing on the FCNIG concern on Accidental opioid overdoses: A public

health concern. I am following the RNAO recommendations which include the harm reduction approach which is supported by the best practice guideline <u>Implementing supervised injection services</u>.

I sent a letter to Jamie West MPP Sudbury Riding requesting a virtual meeting (time and date at his convenience). I am awaiting a response. I am confident of a productive meeting. On Thursday, November 19, 2020, Jamie stood up in the legislature and asked:" Will the premier commit to immediate increased funding to help Sudburians like Denise and her family?" Denise Sandul's son Myles (22 years) died of an overdose in front of the downtown Sudbury Firehall in September 2020. She erected a little white cross on that site in memory of her son who sought help for his mental illness and his addiction but was denied because of dual medical diagnosis There are now over 45 little white crosses erected by families and friends in Sudbury who have similar tragic stories. I am making it known that parish nurses across this province and across this country are working with families that have been broken by this public health crisis

I will be asking Jamie to write a letter to the Ontario Minister of Health and also to Prime Minister Justin Trudeau with copies to the Federal Minister of Health and the MPs in Sudbury and area. To proceed with the RNAO harm reduction approach, it is necessary for the federal government, the provincial government, and the municipal government to work together in a concentrated effort with the community to make change. RNAO considers the current (punitive) approach to this public health crisis is inadequate It has resulted in preventable deaths, and thousands of hospitalizations and emergency department deaths. We need an evidence-informed drug policy.

Ann-Marie Morris will arrange and set up the Zoom meeting. It will be recorded. I will ask the MPP and Ann-Marie Morris if we can include others in the virtual meeting once the MPP sets the time and date. I would like to include the FCNIG member who applied to be the FCNIG PPAN ENO and possibly the other FCNIG member who expressed interest in the FCNIG PPAN ENO position. I would like to include the mayor of Sudbury, some interested Sudburians and the FCNIG membership. I realize that not everyone will be available. I believe that this RNAO event is a great opportunity for nurses to show leadership and compassion as well as to make change.

Faith Community Nurses speak out for Nursing, Faith Community Nurses speak out for Health - wholistic health

Blessings to all
Dot Klein
Current RNAO FCNIG PPAN ENO

Hinduism 101 Gloria Wiebe, Communication ENO

Behind our interest group name change, is the recognition that FCNIG also recognizes other faith traditions that support the wholistic practice of Registered Nurses. Each tradition has its own history of insight, teachings and experience that has shaped an understanding of how faith, health and well-being interconnect. Learning about other faith traditions can help to deepen our own understanding of the role we play as health and spiritual care providers. Our exposure to a more ethnic and religious diverse society will also prepare us to provide more culturally competent care. As an interest group, we

can increase our membership and our influence in RNAO by including nurses from a diversity of faiths. Spiritual well-being should to be integrated in all practice settings, but especially in palliative care. (Resolution submitted by Kitchener-Parish Nurse Network passed in 2018 RNAO AGM).



Last spring gave me the opportunity to learn about an Eastern approach to spiritual care, Hinduism. The workshop was given at the 2020 Westburg Symposium and Caring for the Human Spirit Conference. The presenter Vineet Chander is the coordinator of Hindu Life and Hindu Chaplain at Princeton University and co-author of Hindu Approaches to Spiritual Care. From the practices, insight, and wisdom teachings he showed how these traditions can give us an alternative perspective in how we see the world. From Hindu scripture, the Bhagavad Gita, he drew four principles of spiritual care; spiritual care is going through, not going around, spiritual care requires empathy, spiritual care requires non-attachment, and we are instruments of care, not givers of care. This final principle helped me to see myself as a care-giver "through a new lens." He used slides of colourful images, iconography, from the Bhagavad Gita to further our understanding. Hinduism teaches us to see ourselves as instruments, as pictured in the above slide. Krishna, the Divine is seen as a flute player, we are the instrument in the hands of God, the giver of divine care and compassion. Being the instrument, the flute, is humbling but also empowering. It gives us a healthier framework, relieving us of the burden and burn-out we can experience. During these challenging times of COVID we are assured that all is being done by Krishna/God's arrangement and plan. Our prayer is "let me be an instrument of your care".

FCNIG 19th Annual General Meeting Saturday, November 14, 2020 9:30 AM to 12:00 PM



Our 19th AGM was held on November 14, 2020 in a virtual format, which made it possible for more members to participate. FCNIG is grateful to Carrie Edwards from RNAO Membership and Services for her help in setting up this virtual meeting. As Chair, President Ola Babalola demonstrated her exemplary leadership skills in facilitating the AGM.

Lily Cugliari-Kobayashi, Parish Nurse, Yorkminster Baptist Church, Toronto, provided a reflective opening. She read the lyrics from the hymn *Brother*, *Sister*, *Let Me Serve You*. These words speak to the

practice of parish/faith community nurses; as servanthood, the grace to serve, companionship as pilgrims on a journey, support in sharing our joys and sorrows, and to emulate Christ love.

Members received reports from Ola, President, Dorothy, Policy & Political Action ENO, Ardys, Membership ENO, Gloria Communications ENO, Jeanne, Region and Newsletter Editor. Ola also gave the financial report on behalf of May and reported a balanced budget. Therefore the decision was made to keep present membership fees, \$30 regular membership and \$10 for students and retirees.

Ardys Brenneman has retired as membership ENO, as has Jeanne Lambert, from her executive position but will continue as Region 9 representative. Lily was appointed to serve a one-year term as membership ENO. Maria Lippa was introduced to the membership as the new Social Media ENO (acclaimed).

Following the business meeting we were honored to have Joy-Ann Cohen as our guest speaker. She is a Barrister and Solicitor, having practiced law for 35 years with the Law Chambers in Toronto. One of her expertise is in employment law, as well as in professional regulations, and immigration. Joy-Ann is an advocate, a teacher and mentor, a contributor to progressive policies, and a community member committed to accessible justice. She is a person of faith and nurses are among her clients, and she has advocated for employees in faith-based communities. In her presentation she gave excellent legal advice directed to the practice of nurses in faith communities. Some of these issues were the need for employments contracts, for professional liability insurance and a legal assistance plan. We learned of the Employment Standards Act, and their hotline at the Ministry of Labour. Learning that contracts can be oral or written is reassuring. Employment regulations apply whether you volunteer or are paid. We thank Joy-Ann for her time, and for sharing her knowledge and experience with us.

Reflections on the Roles of Parish Nurses in the Midst of COVID-19 Gloria Wiebe, Communication ENO

The COVID-19 pandemic has impacted the nursing profession in unanticipated ways. Not only can we see the effect on the profession, but also on the nurses in their individual practice. I have given much thought and reflection on my situation as a former parish nurse and, more recently, as coordinator of a health and foot care



clinic in a church setting. With this perspective, I would like to delve into what parish/faith community nurses in general are encountering.

Attention and acknowledgment has been given to all front-line health care providers. Nurses have been applauded as self-sacrificing, compassionate and dedicated 'heroes'. Parish nurses, even still relatively unknown, have responded in an exemplary way to the COVID-19 crisis. They bring wideranging needed skills and work-place experiences to parish nursing which, for many, comes at the end of their professional career. Having completed recognized parish nurse preparation courses, and having a mature faith experience, they are the integrators of health and faith. They face challenges with confidence and resiliency. A primary example of this is the role they play as part of the pastoral care team. This involves identifying parishioners in need, organizing, training, and supporting care teams, and following up when additional interventions are needed. At a time when personal contact is not possible, the telephone is an effective tool in the hands of a skilled nurse. Making a therapeutic telephone call to parishioners/patients with whom you already have a trusting relationship, providing a listening presence, and asking the right questions, will result in an accurate assessment to identify problems and needs. They have the evidence-based knowledge necessary for interventions and referral resources. This is not just a friendly visitor call; rather it is providing health care that meets their physical, spiritual and emotional needs. Since the lockdown, our parishioners are suffering with loneliness in their isolation, which can lead to negative physical, cognitive and mental outcomes. For the more senior members, the church is their family; it meets their needs for community and belonging. More importantly, they receive their spiritual experience by way of participation in worship, liturgy, music, and receiving the sacraments. This is the source of their faith where they will find hope, peace and comfort to face the crisis in these uncertain times.

Recently faith communities are opening their doors for personal attendance. They are required to follow complex and ever-changing protocols. Parish nurses can offer clarification to church authorities; and provide a safe worship experience and to prevent transmission.

RNAO and the Faith Community Nursing Interest Group gives us a voice to

"speak out for health." Through participating in "Action-Alerts" and the Queen's Park on the Road, we raise our concerns on issues such as the urgent need for regulations in our long term care facilities, and the increasing incidence of opioid overdoses and deaths. Our political voice can affect health care policy and delivery. Information from the RNAO's webinars and blogs have helped us to be current, and prepared to practice during the pandemic.

Parish nurses fully participate in shaping and delivering health services to our faith communities. They support the health and well-being of individuals and families by representing our public health care system in a community-based setting. They view health as a dynamic process of physical, mental, spiritual and social well-being.

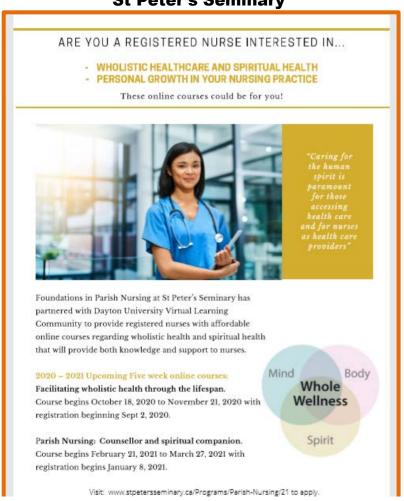
Image by Clare Schneider/NPR Reference of the Image:

Meraji, S.M. & Hodges, L. (2020, April 6). How do you get therapy when you can't leave the house? Retrieved from

https://www.npr.org/2020/04/03/826726628/how-to-get-therapy-when-you-cant-leave-the-house

Important Resources and Inspirations

Foundations in Parish Nursing Courses St Peter's Seminary



Healing in the World

Lord, as we pray for the many needs of the world, I also want to thank you for the wondrous gifts of your love.

I know that you bless us with more than we could ever think to ask for, and we pray for you guidance that we

May use your gifts wisely.

Thank you, lord, for the earth, the sun, the moon and the stars.

Your love in the presence of nature is all around us.

Thank you for our family of the world.

The presence of your love in all our brothers and sisters makes each of us whole.

Thank you, lord, for the warmth and shelter of our homes, for the good food you provide us

And for all the comforts in our lives.

Prayer for a Healer Who is Overwhelmed!

Too much, O God! Too much! Even Jesus, who could heal with a word, or the touch of his hand, got into a boat to escape.

Even he felt, at times, overwhelmed by the needs of the poor, the hungry, the suffering, and the sorrowing. Help us, O God!

Help us to turn away in self-defense, but help us to turn people toward other sources of healing, include the healing power of a natural death, when all other paths have ended. Give us the courage to stay with the dying.

Remind us of our roots in you, as healer and guide to the afflicted. Heal and guide us, as well, O God, for we also are in need of the touch of your gentle and comforting Spirit.

Please encourage us – the fields are white unto harvest with work to be done, but we cannot harvest every day. Send relief: Send workers out into the field to labor with us. Repair the breaches in community that place such a heavy burden on all the healers.

Help us to remember that, ultimately, you are the source of healing.

An antibiotic only stops the bacteria from spreading so that the body can win.

A scalpel can remove a growth, but then the body must heal itself. A clergy can bring a work of hope, but you are the One who opens hearts. As a healer, we can make a contribution; then we must leave the rest to you. And then we can rest in you.

Heal our weary bones and spirit, heal our weary heart. We can't see you! Too many people suffer — too many people die. Too few people take care of themselves — too few people live as they should. We grow tired of hearing their stories. Do you feel like that, too?

Relieve us from being God, my God. Remind us again how to minster and be ministered to as a sacred healer of your beloved people. We pray in your Precious Name, Amen.

Reference:

Patterson, D.L. (2005). *Healing Words for Healing People*. Cleveland OH: The Pilgrim Press.

Indigenous Canada



Image: "A Tribute to Aboriginal Women," by Leah Dorion Indigenous Canada, an excellent free online course from the Faculty of Native Studies, University of Alberta that explore Indigenous histories and contemporary issues in Canada from an Indigenous perspective. https://www.coursera.org/learn/indigenous-canada

Haudenosaunee Thanksgiving Address Greetings to the Natural World



Image Source: Dance for All People

In the Haudenosaunee language, the Thanksgiving Address is called Ohén:ton Karihwatéhkwen pronounced 'Oh hon don Gar ee wah day kwon,' which translates to "What we say before we do anything important." In English, it is commonly known as the Opening Prayer, the Greetings ("giving greetings to the natural world"), and most commonly, the Thanksgiving Address.

In traditional Haudenosaunee culture, the Thanksgiving Address is spoken at the opening and closing of important cultural events, including traditional Haudenosaunee ceremonies, meetings and gatherings.

The Thanksgiving Address acts as a traditional thanksgiving by acknowledging the Haudenosaunee people, the earth, the animals, and the Creator. Through this process of thanksgiving, the Haudenosaunee worldview is expressed and defined, presenting interconnectedness and interdependence with nature, the earth and human beings.

https://americanindian.si.edu/environment/pdf/01 02 Thanksgiving Address.pdf

Reference:

Engage for change. (2020). *Ohén:ton Karihwatéhkwen - Thanksgiving Address in Haudenosaunee Culture*. Retrieved from

https://www.engageforchange.ca/blog/oh%C3%A9ntonkarihwat%C3%A9hkwen-thanksgiving-address-haudenosaunee-culture

Poetry from John Fenton, Member of Yorkminster Park Baptist Church



Throughout decades of volunteering and philanthropy, John K. Fenton, a Toronto accountant, has offered time, expertise and financial support to a diverse group of organizations. This amazing, kind and generous 90 years old gentleman has had a rich career as an accountant and was recently recognized as a Fellow by CPA Ontario for his achievements and contributions in his career and in the community, rendering exceptional service to the profession. He

has served on a number of boards, including Humber College, the Elmer Iseler Singers, Yonge Street Mission and The Dalton School. Over the past 20 years, he has supported dozens of students in Humber College to pursue their dreams. "Anyone can make a difference," says Fenton. "It's not about giving millions — it's about giving what you can. Knowing you can make an impact is worth more than any amount you can give." During this COVID period The pandemic has ironically, somehow motivated him, and inspired him to write poetry. Fenton is determined to write up to 100 poems during this COVID period. He is in his Poem #45!! FCNIG is immensely grateful to obtain permission from him to share two of his poems with the members.

COVID-19 - A NEW WORLD

May 4/20

Who would have thought virus could change us, but God knew it was coming!!

Sending us running apart, Family friends to start

But of all things, Church, God calls us to search Webcast to the rescue!!

Peter Dale John Paula just a few Ministers in a unique way,

To keep us from going astray, Deep grief at loss of friends.

In hands of God as life here ends, We must go on together!!

With God, life will be better. A new world for sure!

With faith we will endure. Thoughts from separation.

God getting our attention.



With a grateful heart to all Keep safe, healthy and stand tall, Miss you - John Image by Lily Cugliari-Kobayashi

WHEN LIFE CHANGES

October 27/20 (No. 37 of 100)

All of our lives have changed in a way never expected

Illness and deaths dominates
So does the fear of COVID-19
For most of us it stings
Worries it brings
Leaders doing their best
To guide us thru this virus
Relying on them is not enough
We must do our part though tough
Weary of all this stuff
Persevere we must
I think of my Dad at 17 going to war
Greater danger by far
Freedom to do our part
Hard work we face



Defeating nasty virus Count on God to bless. Give thanks when our world change. Image by Lily Cugliari-Kobayashi

ChristmastideChristina Rossetti (1830-1894)

Love came down at Christmas, Love all lovely, Love Divine; Love was born at Christmas, Stars and Angels gave the sign.

Worship we the Godhead, Love Incarnate, Love Divine; Worship we our Jesus: But wherewith for sacred sign?



Love shall be our token,
Love be yours and love be mine,
Love to God and all men,
Love for plea and gift and sign.

Reference:

Poet.org (n.d.). *Christmastide*. Retrieved from https://poets.org/poem/christmastide Image from Common Flickr. Retrieved from https://www.flickr.com/photos/applepie72/5191325163/sizes/q/

THREE WAYS TO KEEP SAFE









#Maskathon #TogetherWeCanDolt

FCNIG Executives: 2020-2021

President/Chair: Ola Babalola

Past-President: Anne-Marie Mohler

Finance Executive Network Officer (ENO): May Tao

Membership ENO: Lily Cugliari-kobayashi
Communication ENO: Gloria Wiebe
Social Media ENO: Maria Lippa

Policy and Political Action ENO: Dot Klein

Member At Large:

Lily Cugliari-Kobayashi/Maria Lippa (Region 6),

