

Faith Community Nursing Interest Group newsletter)))

Spring 2023

Issue 5

Highlights

President's Message

What I have done for nursing in the first 60 years.

Why am I a Nightingale?

Reflection on Toward a Translational Epidemiology of Religion: Challenges and Applications by Dr. Jeff Lewin

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President's Message

As FCNIG's president, I represent FCNIG at RNAO meetings including the RNAO assembly, AGM, and Queen's Park Day, as well as in the public and the media. I serve you by disseminating information on educational events and resources to support your practice as parish nurses. In addition, I provide mentorship and support as you assume executive positions within FCNIG. I produce Members' Voices reports to share the amazing work that our members do. I am a Nurse Practitioner (NP) who provides primary care services at a Nurse Practitioner Led Clinic in Oshawa Ontario. I reconnected via virtual meetings with Mary Lynne Knighten who is a Faith Community Nurse (FCN) or parish nurse and an executive member of the Faith Community Nurses International (FCNI). FCNI has an online toolkit for FCNs which include resources on Advance Care Planning and End-Of-Life, Aging and Elder Care, Mental Health and Behaviour, Fall Risk Prevention, and many other resources valuable to FCNs. Please visit the FCNI website to learn more (<https://www.fcniinternational.org/Practice-Toolkit>). FCNI would like to partner with us in providing opportunities for educational events for members of FCNIG and vice versa.

On January 28, 2023, FCNIG held an exciting and informative Education event where we had two talented speakers. Siobhan Carlin, an Advanced Care Paramedic and a trainer for The Working Mind First Responder and Applied Suicide Intervention Skills Training, presented on the topic, "What to do in an Emergency and a Review of the ICE (In Case of Emergency) sheet." Bob Parke, a Bioethics consultant, and an active member of the advisory committee to revise the federal governments Advance Care Planning framework, presented on Advance Care Planning.

We will be having a hybrid (online via Zoom and in-person) networking event during the RNAO Annual General Meeting on June 24, 2023, from 8:30am to 11am. The meeting will give you an opportunity to network with other parish nurses. Additionally, you will have an opportunity to listen and participate in the presentation by Michelle Solomon, our very own FCNIG Communications Executive Network Officer, who will be presenting her research.

Michelle Solomon is a Registered Nurse and PhD candidate at Western University. Over the past 13 years, she has practiced mental health care in both hospital and community settings, worked in mental health research, and as a nursing course instructor. Michelle is the past founder and executive director of Connect for Mental Health, a not-for-profit organization that provided peer support to individuals affected by mental illness. Michelle's research interests are in the role of psycho-social-spiritual supports in mental health promotion and prevention. Her previous research examined barriers to education in homeless youth living with mental health and addiction issues, and her current research focuses on how youth living with bipolar disorder describe their understanding of and experiences of spirituality. This research aims to provide an awareness of the spiritual dimension in youth mental health and the importance of its integration in promoting wholistic well-being.

Proposed goals for 2023

The proposed goals for 2023 include increasing our revenue and membership numbers, advancing our Interest Group (IG) profile through Social Media platforms, and developing best practice guidelines for spiritual care. We continue to make it free for students to join FCNIG.

I appreciate all you do as parish nurses (faith community nurses) and I am proud to be part of FCNIG!

Happy Nursing Week!

Respectfully submitted

Ola Babalola, Nurse Practitioner- Primary Health Care, MN, BScN, Critical Care Nursing

"What I have done for Nursing?"

The first 60 years (1963-2023) of My Professional Nursing Practice

Dot Klein RN BScN

I am a graduate of the Nightingale School of Nursing - Toronto Ontario. This school was a 5-year pilot project (1960-1965) to set the standard for nursing education and to begin the development of the standards of professional nursing practice to be endorsed and upheld by the provincial nursing governing body that was also being developed (the College of Nurses of Ontario). The Nightingale School of Nursing was opened 100 years after the opening of the first organized school of nursing by Florence Nightingale in England in 1860. The Nightingale School of Nursing was developed from the following principal advocated by Miss Nightingale and affirmed in the Metropolitan Demonstration School in Windsor Ontario from 1948-1952.

"A school of nursing is an educational institute which has a known source of income, its own governing body, a well prepared teaching staff, adequate facilities, the control of the student's time and experience in both classroom and clinical field".

The Nightingale School of Nursing in Toronto Ontario was owned by the Province of Ontario, sponsored by the Ontario Hospital Services Commission and operated by a Board of Trustees with an Advisory Committee of nursing leaders and active members of the RNAO. Mrs. M. Blanche Duncanson was the Director of the school throughout the project. The facilities of New Mount Sinai Hospital and several other hospitals and health agencies were used for the students' purposes. There was a total of 112 nursing students attending the school by the fall of 1963. The student body was divided into 2 classes - those due to graduate in the spring of 1964 and those due to graduate in the spring of 1965. I was in the class due to graduate in the spring of 1965. The nursing students came from all corners of Ontario and met university entrance requirements (Secondary School Honour Diploma in English Composition and English Literature as well as 7 other optional papers including authors and composition in a secondary language (other than English). The student nurses lived in a newly built residence adjacent to New Mount Sinai Hospital. The classrooms, labs and nursing library used by the student nurses were on the 2nd floor of the residence. The food for the nursing students met kosher dietary restrictions - the first nursing school in Canada to recognize the dietary needs of nursing students of Jewish faith.

Mrs. Duncanson and the Advisory Committee set student nursing standards based on the expected program outcome. Mrs. Duncanson wrote the following message in our 1965 graduating yearbook:

"Nursing requires a person who has the faculty to isolate critical issues, to recognize the factors that impinge upon them, to identify the resources, and to plan a program which could be used to solve them. As students of this school, you have been subjected to "principals and problems" in acquiring your education. The school does not impose upon you, the weighty responsibility of resolving the crucial issues of nursing. It does, however, expect you as an individual member of the family of nurses to ask yourself: What can I do for nursing?" If the search for the answer provides the deeply introspective analysis envisioned by the school, the answer will be found in your support of trends to improve education at all levels".

I believe that I "lived up to" the vision of Florence Nightingale, Mrs. Blanche Duncanson, the Advisory Committee, and Nightingale School of Nursing when I organized and lead the committee of Indigenous Nurses and Allies to write a nursing resolution based on the recommendations of the Truth and Reconciliation Commission Report of 2015 and the CNO Standards of Professional Nursing Practice. The resolution was to be presented to the RNAO membership at the RNAO AGM in April 2016. The resolution focused on the education of nurses and student nurses on understanding of the impact that the Canadian residential school system had on indigenous children, their families and their communities and the long-term health, social, and economic effects, and intergenerational trauma. Accepting the truth, building trust, and starting the reconciliation process is the way to healing. The resolution was passed unanimously by 43,000 RNAO members at the RNAO AGM in April 2016. We received enthusiastic applause. The outcome of this resolution is the formation of the RNAO Indigenous Nurses Interest Group and the inclusion of the Truth and Reconciliation (T&R) Commission Report of 2015 in BScN education programs. Health programs are being developed with a more

conscious effort to work with persons of Indigenous heritage, their families, and their communities to meet their health, social and economic needs. The T&R Commission Report of 2015 is not sitting on a shelf gathering dust. Nurses appreciate evidence based information to advocate any issues pertaining to their clients; and to advance their practice.

This experience led me to deepen my introspective analysis on the nurse's role in the healing process. I met Mary Lynch at an RNAO AGM after the passing of the T&R resolution and watched Elsie Millerd and Gloria Wiebe (2 RNAO Parish Nurses Interest Group members) speak about Parish Nursing at RNAO AGMs and I became curious. Mary Lynch encouraged me to enrol in the Foundations for Parish Nursing summer program at St Peters Seminary in London Ontario. I applied and was accepted. I continued into the Foundations Plus program and graduated in August 2019. Since then, I have served as RNAO FCNIG PPAN ENO and representative of region 11, served on the CAPNM Board of Directors as a member of the CAPNM bylaw committee, and liaison for CNA specialty nurses group members. I serve as nurse consultant for the Bahai community of Greater Sudbury, the Jehovah Witness Sudbury and area, the Waters Mennonite faith community, the Roman Catholic Women Priests Community Church, The Justice and Peace Committee Holy Redeemer RC church (diocese of Sault Ste Marie), CWL St John the Evangelist RC church serving Garson and Skead (diocese of Sault Ste Marie). I attend their faith services and meetings (on invitation), provide wholistic health consultation, facilitate a research bases exercise and falls prevention program Christ as Healer and the belief that all faith communities are places of health and healing and have a role in promoting wholeness in the integration of faith and health. Florence Nightingale, Mrs. Blanche Duncanson and the RNAO members that made up the Advisory Committee for the Nightingale School of Nursing pilot project of 1960-1965 embraced this same belief.

My Nightingale School of Nursing classmates were members of various Christian and Jewish faith communities. We came together in respect. We met every 5 years for a reunion for the 1st 50 years. These were weekend events at a resort that respected faith dietary restrictions. We sang, performed skits, reminisced, a renewed our friendships with each other. Our 55-year reunion was on Zoom because of COVID. Plans for our next reunion are incomplete. The Class of '65 is now spread across Canada and the USA. Travel and "aging issues" complicate "in-person" reunion plans. We were taught to problem solve in our student nurse training. We will do it again. We are skilled "professionals" and creative problem solvers.

Dot Klein RN BScN
RN Emeritus (RNAO designation)

Why am I a Nightingale and not just another bird like a pigeon or a vulture or a doodo?

Dot Klein RN BScN



Our well prepared nursing instructors told us repeatedly that we were special people. Someone had told us that over 800 applications were received for the 67 student nurse positions for the term 1963-1965. We never really knew the reasons we were chosen. Naturally we had grandiose thoughts. Forty Five years after our graduation from the Nightingale School of Nursing, I went back and found Mrs. Blanche Duncanson. She was living in a retirement home in London Ontario. She was over 90 years old, still impeccably dressed with her hair styled, mentally alert, welcoming and gracious as always. We spent the afternoon together talking about nursing, nursing education and life in general. I asked her the question that had puzzled myself and all my classmates for the past 45 years. I told her that we were having our 45 year reunion and I wanted to put an end to all our speculation concerning the choice of the students chosen to become Nightingale graduates.

Mrs. Duncanson looked me in the eye, with a "matter of fact look" and said:

*"It was a **pilot project**, first come first serve!! The first 67 applicants that met the university entrance requirements were accepted. It was a pilot project and everyone is equal regardless of social status, economic status, religion, age, gender etc. It just happened that all of you were female and within the same age group. We only had 67 rooms in residence for your class. All students were to have a private furnished bedroom with a common central bathroom and shower facilities on each floor."*

She held my gaze as I realized the message I had to bring back to my classmates. I knew I had to help my classmates realize that we were MADE to feel special by being told repeatedly that we were special and therefore we became special in our own eyes and in the eyes of many. Special people do not have to prove anything. They act right and are "driven" for the right reasons

I will share with you a poem written and performed by 3 of my classmates for the "skit time" at one of our reunions.

I am a Nightingale!

We remember you being green, naive, but ambitious.

We remember the orientation picnic on Toronto Centre Island.

We remember washing "things" we had never seen before.

We remember having a room to ourselves for the first time.

We remember pleated uniforms with metal shank buttons.

We remember capping from a stainless steel cart.

We remember the cream puff cap with blue velvet band.

We remember caring for only two patients at a time.

We were taught by principles not practice.

We were educated not trained.

We learned to be creative, innovative and flexible.

We learned to dress the skeleton of knowledge.

We learned the importance of lifelong learning.

We remember engraved scissors and gold-plated Maltese crosses.

We have blossomed with age.

We have worked in places that no longer exist.

We have friends and memories that will last a lifetime.



I am a **Nightingale!**



Submitted to the RAO FCNIG Newsletter to honour all nurses everywhere and thank them for the work that they do. Nursing is an art and a science - 2 disciplines of equal importance and must be practiced together in order to meet the standards of professional nursing and wholistic health care.

Dot Klein RN BScN

RN Emeritus (RAO designation)



Reflection on Toward a Translational Epidemiology of Religion: Challenges and Applications by Dr. Jeff Lewin

Michelle Solomon

For an article, today, I sat in on a Duke Spirituality and Health Research Seminar organized by Dr. Harold G. Koenig, professor of psychiatry and behavioral sciences at Duke University. The seminar was titled, "Towards a Translational Epidemiology of Religion: Challenges and Applications" by Dr. Jeff Lewin. It's all about going from "bench to bedside" in this case, from bench to pastoral, clinical, and public health using epidemiological findings. We must ask ourselves, "what are the population health outcomes of religious and spiritual exposures?", "What is the real-world application of these findings on personal and population health?" I believe Parish nurses/Faith Community Nurses are in the perfect position to tackle real world applications of epidemiological research on spirituality and religion! <https://pubmed.ncbi.nlm.nih.gov/36058543/>

Reflection on the FCNIG Educational Day

Michelle Solomon

The FCNIG Educational Day was held on Saturday January 28, 2023. The topic was "What to do in an Emergency". We explored how the pandemic has affected the delivery of emergency services, how nurses and health care providers have been impacted, and how Faith Community Nurses can disseminate all that we have learned to provide health services and spiritual care! We welcomed two very special guest speakers to guide the conversation: Ms. Siobhan Carlin-Advanced Care Toronto Paramedic, and Mr. Bob Parke -bioethicist and member of the Clinical Advisory Committee at Ontario Palliative Care Network (OPCN) delivered timely content and were both excellent in presentation style and delivery). Education day was a time to connect with one another, learn how to strengthen ourselves, our practice, and faith in a time of emergency! We were also encouraged by "[Uncover Your Light](#)", a collection of inspiring stories of resilience, self-love, and faith.

RNFOO Awards



Michelle Solomon is the recipient of the Research in Mental Health Nursing Award-Mental Health Nursing Interest Group from the Registered Nurses' Foundation of Ontario (RNFOO). She received this award for her novel research on spirituality in youth living with bipolar disorder at the RNFOO Gala on May 3rd. Congratulations Michelle and all the RNFOO award recipients!

Important Resources and Inspirations



InterChurch Health Ministries Canada has released its **Grief & Loss** Theme Pack. These packs are intended to support Church health ministry, caregivers, and pastoral care providers. The Grief and Loss pack is now available at the [ICHM Shoppe](#), and includes a promotional ad, video clip, poster and presentation video and resource/discussion guide. More theme packs are planned to address a variety of common health conditions. Each pack retails for \$25 dollars and can be downloaded upon completion of sale. Each discussion guide explores interrelated aspects of being and activities that promote well-being and resiliency.

[Theme Pack](#)

I had the opportunity in February to meet with Daniel Whitehead CEO of Sanctuary Mental Health Ministries to learn more about how they equip churches to support mental health and wellbeing.

Anne Marie Mohler

Parish Nurse



About Sanctuary Mental Health Ministries

Sanctuary Mental Health Ministries equips the Church to support mental health and wellbeing. We provide free resources that meaningfully engage the topics of faith and mental health. Our content is developed in collaboration with theologians, psychologists, and people with lived experience of mental health challenges. These resources prepare communities of faith around the world to raise awareness, reduce stigma, support mental health, and promote mental wellbeing. All of our resources are accessible for free through our online resource portal.

Sanctuary is a registered non-profit in Canada, the United Kingdom, and the United States.

Learn more: sanctuarymentalhealth.org

The Sanctuary Course

How can a church become a sanctuary—a place where individuals living with mental health challenges feel safe, supported, and a sense of belonging? *The Sanctuary Course* was created to inspire and equip communities of faith that are asking this important question. Developed in consultation with mental health professionals, theologians, and people with lived experience, this eight-session study guide explores key mental health topics and examines meaningful ways to offer companionship, support recovery, and promote wellbeing.

Learn more: <https://sanctuarymentalhealth.org/sanctuary-course/>

ICHM Online AGM

The poster features a blue background with a red horizontal band across the middle. In the top left, the InterChurch Health Ministries Canada logo is shown. The central text 'ICHM ONLINE AGM' is in large white letters on the red band. To the right, event details are listed with white circles. At the bottom, a photo of Daniel Whitehead is shown, and a call to action is written in white text.

InterChurch Health Ministries Canada

Wednesday
June 07
6:30 pm - 8:00 pm EDT

Keynote Speaker
Daniel Whitehead,
CEO of Sanctuary
Mental Health
Ministries

Plan to attend this special event
Members free, Non Members \$25

Connect with fellow Canadians who support
Church Health Ministry and Parish Nursing

InterChurch Health Ministries Canada is pleased to have Daniel Whitehead, CEO of Sanctuary Mental Health Ministries as its keynote speaker. Daniel spearheads the movement to equip churches to support mental health and wellbeing in their community. Daniel's other roles include adjunct faculty at Regent College; member of the International Initiative for Mental Health Leadership; committee member on the International Network on Theology and Mental Health; and member of the advisory group for the Centre of Spirituality, Health and Disability. Previously, he spent ten years in full-time vocational ministry, serving as senior pastor of a church for eight years. Daniel hails from the UK, but now resides in Vancouver, BC.

He is married to Annie, and has two young children. He is also a certified mediator and a double theology graduate of Regent College (MA 2017, ThM 2021).

The ICHM Annual Meeting will also feature a time for worship fellowship, and review of officer reports and current projects.

For ICHM Annual Meeting Registration 2023, please refer to

<https://www.ichm.ca/events/2023-ichm-annual-meeting/>

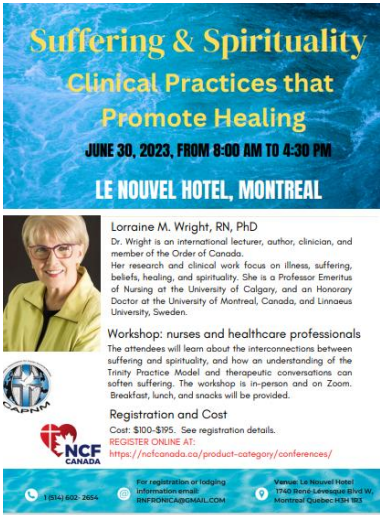
Suffering & Spirituality: Clinical Practices that Promote Healing Workshop

Suffering & Spirituality: Clinical Practices that Promote Healing is a timely workshop for nurses and healthcare professionals. It will be led by internationally renowned nursing clinician, author and speaker, Dr. Lorraine Wright. The workshop will be held in Montreal, Quebec on Friday, June 30, 2023, the day before the International Nurses Congress starts in Montreal. The workshop is sponsored by the Canadian Association for Parish Nursing Ministry and Nurses Christian Fellowship Canada. A hybrid presentation format will be used. You may attend on-site or by Zoom. Please see the attached poster and share it with colleagues and friends. **Early Bird registration is available until April, 21, 2023.** To assure that you can find accommodation in Montreal, it is suggested that you book early.

More information about the workshop and the registration form can be found in the attached brochure and at

<https://nfcncanada.ca/product-category/conferences/>

Here is a QR code to register for those who can use it on their phone.



Suffering & Spirituality
Clinical Practices that Promote Healing
JUNE 30, 2023, FROM 8:00 AM TO 4:30 PM
LE NOUVEL HOTEL, MONTREAL

Lorraine M. Wright, RN, PhD
Dr. Wright is an international lecturer, author, clinician, and member of the Order of Canada.
Her research and clinical work focus on illness, suffering, beliefs, healing, and spirituality. She is a Professor Emerita of Nursing at the University of Calgary, and an Honorary Doctor at the University of Montreal, Canada, and Linnaeus University, Sweden.


Workshop: nurses and healthcare professionals
The attendees will learn about the interconnections between suffering and spirituality, and how an understanding of the Trinity Practice Model and therapeutic conversations can soften suffering. The workshop is in-person and on Zoom. Breakfast, lunch, and snacks will be provided.

Registration and Cost
Cost: \$100-\$195. See registration details.
REGISTER ONLINE AT:
<https://nfcncanada.ca/product-category/conferences/>

1 274 632-2654 For registration or teaching information email: INFO@NFCNCANADA.COM 1740, Le Nouvel Hotel, 1740, Rue Université Blvd W, Montreal, Quebec H3H 1B3

**Hymn #635:
Brother, sister, let me
serve you**

- 1. Brother, sister, let me serve you;
let me be as Christ to you;
pray that I may have the grace to
let you be my servant too.*
- 2. We are pilgrims on a journey,
and companions on the road;
we are here to help each other
walk the mile and bear the load.*
- 3. I will hold the Christlight for you
in the nighttime of your fear;
I will hold my hand out to you,
speak the peace you long to hear.*
- 4. I will weep when you are weeping;
when you laugh I'll laugh with you;
I will share your joy and sorrow,
till we've seen this journey through.*
- 5. When we sing to God in heaven,
we shall find such harmony,
born of all we've known together
of Christ's love and agony.*
- 6. Brother, sister, let me serve you;
let me be as Christ to you;
pray that I may have the grace to
let you be my servant too.*



Cecilia, the patron saint of music.
V.P.B.C. Memorial Window | Henry Regier

THANK YOU



**FOR ALL YOU DO
HAPPY NURSING WEEK!**

FCNIG Executives: 2022-2023

President/Chair: Ola Babalola
Finance Executive Network Officer (ENO): May Tao
Membership ENO: Lily Cugliari-kobayashi
Communication ENO: Michelle Solomon
Social Media ENO: Maria Lippa
Policy and Political Action ENO: Dot Klein
Student ENO: Dominic Stewart

Regional Representatives

Lily Cugliari-Kobayashi/Maria Lippa/Gloria Wiebe
(Region 6),
Jeanne Lambert (Region 9), Dot Klein (Region 11)