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**THE SEVENTH EPISCOPAL DISTRICT**

# **African Methodist Episcopal Church HEALTH COMMISSION**

*The Health Commission team can make a difference!*

Commissioned to serve the people

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## **A guide to establishing and maintaining a successful Health Commission**

[Email: rswinton777@yahoo.com](mailto:rswinton777@yahoo.com)

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The current [Health Commission Plan Guide](#) manual is a statewide plan for health ministry startup as you develop this ministry for your congregation. Use this as a guide and resource as you plan your health ministry. Use the expertise of your Episcopal, Annual Conference and District Conference Health Directors.

In this site we will look at the following components of this ministry:

1. [What Is The Health Commission?](#)
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# What Is The Health Commission?

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## **COMMISSION**

A group of people who have been officially chosen to do a job.

### **The Health Commission Is:**

- Group of people interested in the health of the church
- Plan, organize and implement and evaluate the health program of the AME church
- See AME Church Discipline.
- Publishing newsletters.
- Publish educational guides & pamphlets.
- Sponsor lectures and workshops.
- Provide screening and other preventive techniques.
- Provide health fairs to address critical health issues, including AIDS.
- Collaborate with the special health program of community organizations.

# Vision

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To cause every church in the 7th Episcopal District of the AME church to have a Christ-centered health and wellness of body, mind, and spirit through congregational health ministries using the Connectional Health Commission model of the African Methodist Episcopal Church. (See AME Church Discipline).

# Mission

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## MISSION STATEMENT

The Seventh Episcopal District Health Commission is led by the vision and core values of the AME Church that health care is a right not a privilege. It is our mission to ensure that every available health care resource and service be provided to the congregations we serve. It is further our goal to dramatically improve the health and well being of the congregations in the communities we serve.

# Purpose

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1. Help the denomination understand health as an integral part of the faith of the Christian Church.
2. Promote the health concerns of its members.
3. Advocate access to health care as a right and not a privilege.
4. Challenge and work to reform the unjust structure of the health delivery system.
5. Seek to make our denomination a healing faith community.
6. Collaborate with community organizations to improve the health care system.
7. Encourage each connectional organization to include a health component in its life and work.
8. Receive and review monthly, quarterly and annual reports of the work and progress of the Episcopal Health Commission to ensure accountability.

# Goals

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## **HEALTH COMMISSION GOALS:**

1. To serve as a resource for the congregation or faith community wishing to provide a health ministry.
2. To help foster ownership of and ongoing commitment to the ministry within each congregation.
3. To provide ongoing resources for nurses and other health professionals involved in the health and wellness ministry of the church to increase knowledge, fellowship, and enhance networking.
4. To promote Parish Nursing as a ministry within the Health Commission to add credibility and enhance the health program of the church.
5. Provide continuing education opportunities for the health director, nurses and other volunteer staff involved with the planning, development, coordination and implementation of the health programs of the 7th Episcopal District through workshops, seminars, meetings and support groups.
6. To serve as a community agency resource and to facilitate access to other support and health services for the people.
7. To promote a health and wellness model based on the integration of body, mind and spirit that fosters.
8. To enhance individual responsibility for personal health, through self-care abilities, change in lifestyle and informed healthcare decision making.
9. Seek grants and other funding to provide the training and resources needed by the volunteer health commission leadership.

# Benefits Of Health Ministry

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## **BENEFITS OF A HEALTH COMMISSION:**

1. The development of a caring team of volunteers looking after the whole man.
2. The ability for people to become empowered and proactive as it relates to their health and well being.
3. The availability for the provision of services and attainment of resources.
4. The opportunity for people to increase their love and caring for one another by loving their neighbors as themselves.
5. Enhances the total ministry of the Seventh Episcopal District and the local church.
6. Partnership formation with the community resources and involvement of health care providers with the people in need.
7. People becoming a witness as they serve the people of God.

# **Organizational Chart**

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## **THE SEVENTH EPISCOPAL DISTRICT HEALTH**

### **COMMISSION**

**Preston Warren Williams, II**

**Bishop - Seventh Episcopal District of the African Methodist  
Episcopal  
Church  
Presiding Prelate**

- Appoints an Episcopal District Director of Health.
- Appoints an Annual Conference Health Director for each Annual Conference in the Episcopal District
- Annual Conference Health Director, shall coordinate health programs in that Annual Conference boundary.

**Rosetta Swinton, FCN, RN**

### **Seventh Episcopal District Director Of Health**

Coordinates all health programs of the 7th Episcopal District.

### **Annual Conference Health Directors (6)**

Palmetto - Mrs. Earline Kinloch  
Northeast - Reverend Berletha Taylor  
Columbia – Mrs. Jannie Collier  
South Carolina - Reverend Albertha Cook  
Piedmont – Reverend Helen Washington  
Central – Mrs. Gayle Stukes

### **Presiding Elder Health Director Districts (17)**

**Local Health Ministries**

**609 LOCAL PASTORS & 609 LOCAL HEALTH DIRECTORS**



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# Role Descriptions

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## **EPISCOPAL DIRECTOR OF HEALTH**

Rosetta Swinton, FCN, RN

The Episcopal Director of Health coordinates the health program of the 7th Episcopal District of the Nation State of South Carolina.

The Episcopal Director of Health serves as a resource on health and wellbeing matters for the congregations in the communities we serve of Seventh Episcopal District and where deemed necessary by the Bishop.

The Episcopal Director of Health works with each Annual Conference Health Director in the planning, development and implementation and evaluation of health programs to be provided in each local church through the formation of a Health Commission where there is none.

The Episcopal Director of Health will meet with pastors and Health Commissions to provide direction, resources and educational programs in the form of presentations/lectures or as identified by the Episcopal Director of Health.

Each congregation defines and operates its own program. In addition, there are no costs for participating churches.

The Episcopal Director of Health will provide a health needs assessment tool to the Health Directors to aid in determining what resources and services are needed by the congregation and help them obtain the resources to meet the identified needs.

The Director will meet regular and receive reports from all Health Directors through the Annual Conference Health Director and will provide monthly and quarterly reports to the Presiding Prelate.

The Director plans and coordinates an annual Health Commission Retreat for all Health Directors of the 7th Episcopal District for education update, planning, implementation continuation and evaluation of the health ministry.



## **ANNUAL CONFERENCE HEALTH DIRECTOR**

The Annual Conference Health Director for each Annual Conference appointed by Bishop and coordinates health programs in that Annual Conference boundary.

The Annual Conference Health Commission works in partnership with the Episcopal Director of Health to plan, develop and implement and evaluate a health program for the Annual Conference.

Each Annual Conference shall have a health commission consisting of the Annual Conference Health Director and 3-5 persons interested in health.

The Annual Conference Health Director must have experience in the health field.

Annual Conference Health Director plans, develops and implements a Health Commission at every local church in their annual conference and enhance health ministry in partnership with the Presiding Elder District Health Directors.

Annual Conference Health Director will assist the Presiding Elder District Health Director to startup and maintain the health commissions of their Annual Conference.

Annual Conference Health Director provides monthly, quarterly and annual reports to the 7th Episcopal District Director of Health of all health programs, services, and identified needs and projected activities.

## **DISTRICT CONFERENCE HEALTH DIRECTOR**

The District Health Director is appointed by the Presiding Elder and has experience in the health field.

Works with the Pastors and the other members of the Health Commissions of the District to plan and implement a health program in the local churches.

Whatever activities are needed in the congregation, the District Health Director will facilitate the use of available resources in the congregations and the communities.

The District Health Director will not duplicate other available nursing or medical services, but seeks to creatively bridge the gaps identified in the health education and care delivery system and coordinate and utilize these services for the congregation.

The District Health Director along with the Pastors and the Health Commissions of the District will develop, plan and implement and evaluate programs to help enable and empower people of the congregation and the community to attain, maintain, and/or regain optimal health.

District Health Director will provide monthly and quarterly reports to the District Conference Director of Health of all health programs, services, and identified needs.

The District Health Director does not function as a home health nurse or home health aid. The District Health Director can however, locate the resources needed for a home health nurse or a nurse's aide.

## **LOCAL HEALTH DIRECTOR**

The Local Health Director is appointed by the Pastor of the local congregation and has experience in the health field.

Works with the Pastor and the other members of the Health Commission of the local church to plan and implement a health program in the local church and community.

Whatever activities are needed in the congregation, the Local Health Director will facilitate the use of available resources in the congregations and the communities.

The Local Health Director will not duplicate other available nursing or medical services, but seeks to creatively bridge the gaps identified in the health education and care delivery system and coordinate and utilize these services for the congregation.

The Local Health Director along with the Pastor and the Health Commission of the local church will develop, plan and implement and evaluate programs to help enable and empower people of the congregation and the community to attain, maintain, and/or regain optimal health.

Local Health Director will provide monthly and quarterly reports to the District Conference Director of Health of all health programs, services, and identified needs.

The Local Health Director does not function as a home health nurse or home health aid. The Local Health Director can however, locate the resources needed for a home health nurse or a nurse's aide.

## **FAITH COMMUNITY NURSE/ PARISH NURSE**

Will work in partnership with the Pastor and Health Commission on all levels as:

### **Health Educator**

Through classes, seminars, and conferences, the Parish Nurse seeks to raise the awareness of the parish community and to foster an understanding of the relationship between lifestyle, personal habits, attitudes, faith and well being. The educational efforts may include such subjects as stress, grief, diet, and weight control, exercise, and family relationships.

### **Health Counselor**

The Parish Nurse is available to discuss physical, emotional, spiritual concerns and to make home, hospital and nursing home visits, as indicated.

### **Referral Source**

The Parish Nurse serves as a liaison to a variety of community resources and services. These include clergy, physician referrals, self-help groups, etc.

### **Facilitator**

The Parish Nurse helps to organize support groups with the congregation to recruit, train and supervise volunteers who broaden and extend the sources of help within the parish. Volunteers may reach out to individuals who have recently sustained a loss, or to families attempting to care for a loved one recently discharged from the hospital.

## **PASTOR'S ROLE**

- Oversees the total health ministry of the Commission
- The Pastor is critical to the success of the Health Program
- The most important link between the Health Commission, Parish Nurse and the congregation
- Sets the pace. Sets the tone for the health ministry at the local church.
- Motivator
- Facilitator
- Advisor
- Educator
- Works with the Parish Nurse and the Health Commission to plan the health ministry.
- Provide space and locked file cabinet for confidentiality for the ministry in the local church.
- Provide opportunity for Parish Nurse to educate the congregation. (Health Tip, Health Minute or Parish Nurse Moment on Sunday mornings.)

## **SECRETARY'S ROLE:**

- Performs all secretarial duties as needed.
- Maintain all records of the Health Commission's education & service programs
- Prepares necessary reports with the Health Director for submission as scheduled.

## **HEALTH COMMISSION VOLUNTEERS**

- Very important member of the health ministry team
- Volunteers to work with the Pastor, Health Director and/or Parish Nurse to carry out the goals of the local church.
- Ensures that the health surveys are completed and returned to ensure proper coordination of activities & resources.
- Helps to coordinate the dates for education, screening and other health events at the local church.
- Ensures that all faith communities are invited to participate with the local church health ministry activities.
- Will notify the Pastor, Health Director and/or the Parish Nurse of health issues identified by the congregation.
- Is responsible to maintain confidentiality of all records and information of the members as it relates to health information.
- Will serve where needed to promote good health at the local church and in the community.



# **Resources**

This list of resources was compiled for the Health Directors on all levels in the Seventh Episcopal District Health Commission Ministry - Episcopal, Annual Conference, Presiding Elder District and the local church.

The resources listed are a selection from the many, many excellent resources that are available which relate to a health ministry and parish nursing. It is not intended that this list should be viewed as a comprehensive listing or as resources selected in preference to other resources.

**If you know of other resources that you would like added, please e-mail [rswinton777@yahoo.com](mailto:rswinton777@yahoo.com)**

## **I. HEALTH MINISTRY and PARISH NURSING RESOURCES**

Scope and Standards of Parish Nursing Practice. The Practice and Education Committee of the Health Ministries Assoc., Inc. P.O. Box 7187, Atlanta, GA 30357-0187. 1-800-280-9919.1997

Beginning a Health Ministry: A How-To Manual. plus 2 booklets: "Health Ministries: The Basics" and "Health Committees: A Primer". The Health Ministries Assoc. (see above)

A Catalog of Resources from the International Parish Nurse Resource Center, Inc. 205 W. Touhy Ave, Ste 124, Park Ridge, IL 60068. 1-800-556-5368

A catalog of denominational resources and information (fee.) Contact Connie Gates at the National Council of Churches: 1-919-929-0650 or [connie.gates@ecunet.org](mailto:connie.gates@ecunet.org).

Journals such as: AJN, Home Health Nursing, The Journal of Christian Nursing, Community Health Nursing, The Journal of Holistic Health, etc.

McClosky Joanne & Bulechek, Gloria. Nursing Interventions Classification 2nd ed. and Nursing Outcomes Classification. Mosby-Year Book, 1996

## EDUCATIONAL

Global Ministries of the United Methodist Church. Health Ministry. <http://www.umc.org/>  
1-800-305-9857.

Houts, Peter and Bucher, Julia. Helping Families Cope with Illness: a course for home visit volunteers in how to be a problem-solving coach. The Pennsylvania Dept of Health: contact on the internet at <http://www.hmc.psu.edu/copelink>. 1998.

Instructional modules developed by the St. Francis Health Ministries of Greenville, SC. All 4 modules are complete and contain information, instructional outlines, handouts and masters for overheads.; they are also appropriate for independent learning. For additional information, contact the project manager and editor, Sybil Smith PhD, RN, at [Sybilgroup@aol.com](mailto:Sybilgroup@aol.com). For the first 3, contact Doris Street at 1-864-675-4000 (Bon-Secours St. Francis Women's and Family Hospital: 125 Commonwealth Dr, Greenville, SC 29601.)

Understanding God's Families: by Virginia M. Wepfer, MSN, [RN.wepfer@neosplice.com](mailto:RN.wepfer@neosplice.com) Three 4-hour sessions, or 9 sessions. Includes nursing contact hours application and forms.

Introduction to Community Development Concepts by Carol Clark, MSN, RN. Four 2-hour sessions.

Sensitivity to Cultural Diversity by Karen Brown, MSN, RN. Five 2-hour sessions.

Sunderland, Ed D, Ronald H. Coping with Grief and Loss: A Pastoral Response. An 8 session instructional module developed to provide a resource kit for educating pastoral care ministers; an excellent resource for all health ministers and parish nurses. For this module, contact Dr. Sunderland at Equipping Lay People for Ministry/ P.O. Box 20392/ Houston, TX 77725-1392.

Concordia University College of Alberta: Parish Nursing: a Professional Nursing Education Course. A ten week, 5-module education course; can also be used in a home-study format. University credit may be obtained. For more information, call 403-479-9348 or e-mail [jporter@concordia.ab.ca](mailto:jporter@concordia.ab.ca).

Religious Tradition: Religious Beliefs and Health Care Decision handbook series." Booklets for multiple denominations and faiths, such as Catholic, Lutheran, Presbyterian, etc. From the Park Ridge Center for the Study of

Health, Faith and Ethics/ 211 E. Ontario, Ste 800/ Chicago, IL 60611-3215.  
<http://www.parkridgecenter.org/Page677.html>

Assoc. of Brethren Caregivers. Lafiya: A Whole Person Health Ministry. 1-800-323-8039.

Blattner, Barbara. Holistic Nursing. Englewood Cliffs, NJ: Prentiss Hall, 1981.

Cousins, Norman. Anatomy of an Illness.(1979) and The Healing Heart.(1983). New York: W. W. Norton and Co., 1979.

Coleman, Lyman. Wholistic health: He Touched Me. Nashville TN: Arlington Press.

Danielson, Hamel-Bissell and Winstead-Fry. Families, Health and Illness. St. Louis: Mosby Year Book, 1993. This book should be on the must-read list for parish nurses.

Dossey, Barbara, Guzzetta, Cathie, Keegan, Lynn and Kolkmeier, Leslie. Holistic Nursing: A Handbook for Practice. 2nd ed. Gaithersburg, MD: Aspen Publishers, Inc, 1995. [www.aspenpublishers.com](http://www.aspenpublishers.com)

Dossey, Larry. Reinventing Medicine: Beyond Mind-Body to a New Era of Healing. Harper-Collins Publishers, 1999.

Friedman, Marilyn M. Family Nursing: Research, Theory and Practice. 4th ed. Stamford CN: Appleton & Lange, 1998. An excellent education and resource book for parish nurses!

Gatley, Edwina. Psalms of a Laywoman, I Hear a Sees Growing, and other books and audiotapes. Contact Maureen Donnelly, Grand Rapids MI, 1-616-456-83 89.

Guzzetta, Cathie. Essential Readings in Holistic Nursing. Gaithersburg, MD: Aspen Publishers, 1998.

Kretzmann, John.P. And McKnight, John L. Building Communities from the Inside Out: A Path Toward Finding and Mobilizing Community Assets. ACTA Publications, 1993.

Kubler-Ross, Elisabeth. Death: The Final Stage of Growth. Englewood Cliffs, NJ: Prentiss Hall, inc. 1975.

Kushner, Harold S. When Bad Things Happen to Good People. New

York: Schocken Books, 1961.

Larson, Bruce. There's A Lot More to Health than Not Being Sick. Waco, TX: Word Books, 1981

Remnet, Valerie. Understanding Older Adults: An Experimental Approach to Learning. Lexington, MA: Lexington Books, 1989.

Reisser, Paul C., Terik and Weldon. New Age Medicine: A Christian Perspective on Holistic Health. Downers Grove, IL: Intervarsity Press, 1987.

Satir, Virginia. The New Peoplemaking. Mountain View, CA: Science and Behavior Books, Inc., 1988. Out of print, but an excellent resource for understanding families. Universities who provide family studies and many church resource centers often have a copy.

Shelly, Judith A. and Miller, Arlene. Called to Care: A Christian Theology of Nursing. Intervarsity Press, 1999.

Starting Point: a resource for starting health ministries. From the Carter Center: [www.cartercenter.org](http://www.cartercenter.org)

Tubesing, Donald and Tubesing, Nancy. *The Caring Question*. Minneapolis: Augsburg Press, 1981 (plus other resources from this author.)

Wepfer, Virginia. *A Parish Nurse Ministry Policy Book*. Wendan Health Ministries Resource Center, Inc. 256 Mahoning Ave, NW. Warren, OH 44483. 2000. 1-330-654-4517.

Wright, Lorraine and Leahey, Maureen. *Nurses and Families: A Guide to Family Assessment and Interventions*. F.A. Davis Co, 2000.

## **II. HEALTH COMMISSION MINISTRY PROGRAM RESOURCES**

### **HEALTH**

*Body and Soul: A disciplined Approach to a Health Lifestyle*. A 5 unit complete program (=50 weeks.) From Cokesbury 1-800-672-1789

Heartpower. Three programs for school-aged children. Includes posters, leaders guide, tapes, etc. Also “Doin’ the Right Thing”: an 8 week healthy heart program for adults. From the American Heart Assoc. (see website)

Benson, M.D., Herbert. *The Relaxation Response and Beyond the Relaxation Response*. New York: William Morre and Co., 1976 and 1984.

Benson, Herbert and Stuart, Eileen. *The Wellness Book*. NY: Birch Lane Press, 1992.

Byers, Sandra and Pape, Linda. *Medication Education in the Congregation: Impacting Participant Outcomes*. Columbus, OH: Whetstone Center. Request information from Linda Pape: 614-566-4023

Boston Women’s Health Book Collective. *The New Our Bodies, Ourselves, Ourselves and Our Children, and Ourselves, Growing Older*. New York: Simon and Schuster, Inc., 1984.

Crichton, Jean. *The Age Care Source Book- a Resource Guide for the Aging and Their Families*. New York: Simon and Schuster, Inc., 1987.

Dossey, Barbara M. et al. *Holistic Nursing: A Handbook for Practice*. (And other books by this author.) Rockville, MD: Aspen Publishers, 1988.

Edelman, Carol. Et. Al., ed. *Health Promotion Throughout the Life Span*. St. Louis: Mosby Yearbook, 1997.

Ettinger, Walter, Mitchell, Brenda and Blair, Steven. *Fitness After 50*. St. Louis: Beverly Cracon Publications, 1996.

Presbyterian Church Whole Health Catalog. Includes program resources on mental illness, alcohol-drug awareness, , etc. Presbyterian Distribution Management Services. 1-800-524-2612.

Ryan, Regina and Travis, John. The Wellness Workbook. Berkeley, Ca; Ten Speed Press, 1981.

Sehnert, MD, Keith W. Stress/Unstress. And Self-Care-Wellcare. Minneapolis: Augsburg. 1981.  
Lends itself easily to an education series related to stress reduction.

Tubesing, Nancy and Christian, Sandy. Structured Exercises in Wellness Promotion.  
Whole Person Assoc, Inc., 1995. (Plus other books in this series.) 1-800-247-6789.

Any one of numerous health and medical letters, such as the Berkeley, Harvard, Johns Hopkins or Mayo  
Wellness newsletters, or the Tufts Diet &  
Nutrition newsletter.

## **PATIENT EDUCATION MATERIALS**

National Health Information Center, a service of the Office of Disease Prevention and Health Promotion, Public Health Service, U.S Dept of HHS. They maintain a database of over 1,100 information resources. 1-800-336-4797 or on-line: [nhic-nt.health.org](http://nhic-nt.health.org)

### **Local and National special interest groups such as the:**

American Heart Assoc.

American Cancer Assoc.

AARP

American Academy of Family Physicians

American Institute for Preventive Medicine

National Institute on Aging

National Wellness Association

New Beginnings Support System

Organ Donor program

AJN etc.

Guidelines and patient education information from the Agency for Health Care Policy and Research (AHCPR). These are free. 800-358-9295 or web site.

Local Cooperative Extension Services- a service of land-grant universities. Have resources and speakers.

Depression Awareness: 1-800-421-4211. Recorded message helps callers order publications on many forms of depression and their treatment.

## **COMMUNICATIONS/SMALL GROUPS**

“Apples of Gold” educational program, plus additional programs: an excellent resource for developing communication skills and “prayerful listening” skills in congregational members. From Equipping Ministries International: Cincinnati: 1-800-EMI-GROW.

“Books Aloud”. A non-profit organization that records and circulates unabridged audio books. Free. Call 1-408-277-4878 (San Jose, CA).

Dinkmeyer, Don Sr, McKay, Gary and Dinkmeyer, Don Jr. S.T.E.P.: Systematic Training for Effective Parenting. Circle Pines, MN: The American Guidance Service, Inc. 1997. An excellent seven-part program, complete with handbooks, leaders guide, multiple handouts and videos. Also available: Early Childhood S.T.E.P. and S.T. E.P. Teen; a guide for incorporating biblical principles, and other resources. For a catalog: 1-800-328-2650 or <http://www.agsnet.com/>.

## **SPIRITUALITY**

Bakken, Dr. Kenneth. The Journey into God: Healing and the Christian Faith. Augsburg Press. 2000

Barnum, Barbara S. Spirituality in Nursing: From Traditional to New Age. New York: Springer Publishing

Co, Inc., 1996.

Buscaglia, Leo. Loving Each Other (plus other books by this author.) Tharofare, NJ: Slack, Inc, 1984.

Carson, Verna Benner. Spiritual Dimensions of Nursing Practice. Philadelphia: W.B. Saunders Co., 1989.

Coleman, Lyman. Wholistic Health-He Touched Me. Nashville, TN: Serendipity House; Abington Press.

Droege, Thomas. The Healing Presence: Spiritual Exercises for Healing, Wellness and Recovery. (Plus other books by this author.) Minneapolis: Youth and Family Institute of Augsburg College, 1996.

The Park Ridge Center for the Study of Health, Faith and Ethics: Aging and Spirituality: a workshop. 3 books. (Plus other excellent resources).

Shelley, Judith A. Spiritual Care: The Nurses Role and Caring in Crisis: Bible Studies for Helping People. Downers Grove, IL: Intervarsity Press, 1983 and 1979.

Short, Robert L. The Gospel According to Peanuts. Westminster John Knox Press, 1999. 1-800-227-2872.

Siegel, MD, Bernie. Love, Medicine and Miracles. New York: Harper and Row Publishing, Inc., 1986.

Sweet, Leonard. The Jesus Prescription for a Healthy Life. Nashville:  
Abingdon Press, 1996.

Thompson, Marjorie. Family: The Forming Center. Nashville, TX: Upper Room Books, 1996.

### III. VIDEOS

“A Call to Wholeness”. A 12-minute video to introduce Health Ministry and Parish Nursing. Presbyterian Distribution Services: 1-800-524-2612. \$5.00

“The Healing Team: An Introduction to Health Ministry and Parish Nursing”. 22 min. Bay Area Health Ministries/ 70 West Clay Park/ San Francisco, CA 94121. Fax: 415-221-8835.

“The Journey Toward Wholeness”. Seraphim Communications: 800-733-3413. \$12.00 Has a companion book: Healing and Transformation by Baaken (see Books).

Ecufilms. An ecumenical film/video distribution service. Has VeggieTales, plus other excellent videos. [www.ecufilm.org](http://www.ecufilm.org)

Geriatric video productions. [www.geriatricvideo.com](http://www.geriatricvideo.com)

The Home Care Companion Video Series. Educates families and others who are caring for someone at home. 4 [videos. healart@cdsnet.net](mailto:healart@cdsnet.net)

“Body, Mind and Spirit”. Explores the link between spirituality and health. 20 min. and

“The Faith Factor”: Scientific evidence of the link between spirituality and good health by Dr. Dale Matthews. 50 min. Both are from NIHR (National Institute for Healthcare Research) 1-800-580-NIHR

“Walk Me To The Water”. intimately portrays the experiences to 3 terminally ill cancer patients being cared for at home. 30 min. 1-518-794-8081 (New Lebanon, NY)

Willowgreen: Books, videos, audiotapes and workshops. Focus is on loss and grief. 1-219-424-7916 (Ft. Wayne, IN)

“Healing and the Mind”. Four 2-hour episodes from PBS by Bill Moyers. Can be used for educating health ministers or for healing and wholeness presentations. Available at most libraries.



#### **IV. NURSING SPECIFIC RESOURCES**

Patient Care Guidelines for Nurse Practitioners from Little, Brown and Company (Waltham, Mass.) (Recent edition) or

Simonsen, Sandra. Telephone Health Assessments: Guidelines for Practice. St. Louis: Mosby-Yearbook, 1996 (or a similar guideline for nurses for answering parishioner symptom questions.)

Snyder, Marish. Independent Nursing Interventions. Albany, NY: Delmar Publishers, 1992.

Thompson, McFarland, Hirsch, Tucker and Bowers. Clinical Nursing. 4th ed. St. Louis: Mosby Yearbook. 1997.

A recent drug reference book such as Nursing, Mosby, or Drugs and Nursing Implications by Govoni and Hayes (Appleton & Lange)

A reference book on non-prescription drugs (can usually be found at a bookstore)

Family Medical Guide such as the ones published by the American Medical Association or Columbia University (in bookstores). A good resource for lay presentations also.

A current Merck manual or a book on current medical therapy

## **WEB-SITE RESOURCES:**

**Aging** <http://www.aoa.gov> Agency on aging website

### **Arthritis**

<http://www.aoa.gov> Arthritis Assoc.

### **Advance Directives**

<http://www.agingwithdignity.org> Advance directive info. Includes “5 Wishes” concept and forms

### **Children’s Health**

<http://www.circsol.com/mch> National Maternal and Child Health Clearinghouse

<http://www.zerotothree.org> Zero to Three: National Center for Infants, Toddlers and Families

### **Continuing Education (Self Directed)**

<http://ncce@worldnet.att.net> CED-National Center of Continuing Education– does self-directed learning articles

<http://www.netce.com> CME Resource –Sacramento-self-directed. CE

### **Drug/Medication**

<http://www.fda.gov> Includes drug reaction/interaction reports [http://pharminfo.com/pin\\_hp.html](http://pharminfo.com/pin_hp.html). Pharmaceutical Information net

### **Drug Abuse**

<http://www.health.org>. Site maintained by the Center for Substance Abuse Prevention’s national Clearinghouse of Alcohol and Drug Information. Easy to use search engine for the topic.

**Fibromyalgia** <http://www.fmnetnews.com> Fibromyalgia

### **General Health Topics**

<http://www.eGroups.com> One line groups for a wide variety of medical conditions.

<http://www.cartercenter.org> Interfaith Health Program of the Carter Center. Multiple resources; web site discussion, etc <http://www.nih.gov/niams.healthinfo> On-line health information

<http://www.uhs.wisc.edu/hom.html> Health information for the consumer <http://www.About.com> Multiple topics, including health topics <http://www.drkoop.com> Dr Koop

<http://www.best4health.org> Best Health practices

<http://www.gpo.gov> Gov’t printing office: (multiple free booklets) <http://www.nih.gov/health> **National**

**Institutes of Health info** <http://www.nih.gov/health/consumer/conied.htm> NIH consumer Health Info. Link to individual health institutes

<http://nhic-nt.nih.gov> National Health Information Center <http://nhic-nt.health.org> Health information referral source: links to more than 1200 federal and diverse health organizations in the US. Includes those with toll-free numbers.

<http://chid.nih.gov> Combined health information database. Includes info from Complementary and Alternative Medicine at the NIH. <http://www.nlm.nih.gov> Nat’l Library of Medicine

<http://www.familydoctor.org> A searchable library from the American Academy of Family Physicians

<http://www.nih.org> National Institute for Healthcare Research (Focus: bridging the gap between spirituality and health.) <http://www.HealthAtoZ.com> Health A to Z: search engine for health and medicine

<http://www.ihpnet.org/4index.htm> Interfaith Health Program: The Carter Center. MAJOR gateway  
<http://www.wellweb.com> A wellness site  
<http://www.aafp.org/patientinfo/> Patient Information from the Academy of Family Physicians  
<http://www.healthscout.com> Helps individuals identify the better health websites  
<http://www.graylab.ac.uk/omd> Medical dictionary: 65,000 plus definitions  
<http://vlib.stanford.edu/Overview.html> WWW virtual library  
<http://www.geocities.com/Hotsprings/1505/guide.html> A Guide to Medical Information and Support on the Internet  
<http://www.noah/cuny.edu/resources.html> Internet Health Information resources  
<http://www.newschool.edu/library/health.htm> Health Resources on the Internet  
<http://www.columbia.edu/cu/healthwise> Post any question; will be answered by Columbia Univ.  
<http://hka.online.edu/newpages/health.htm> Univ. of Iowa Health Information network  
<http://www.aipm.healthy.net> American Institute for Preventive Medicine <http://www.healthfinder.gov>  
An excellent site for finding health info. Includes JAMA info.  
<http://www.med.nav> Illnesses, conditions:  
<http://www.ncbi.nlm.nih.gov/pubmed> **Medline**

### **Grief & Bereavement**

<http://www.psychwatch.com> Multiple website resources, including grief and bereavement resources  
<http://www.thesometimesline.com> The Sometimes Line. Verses developed into cards and other items that give voice to people's pain during suffering and bereavement

### **Heart Disease**

<http://www.amhrt.org> American Heart Assoc:

**Medicare** <http://www.medicare.gov> and/or

<http://www.aarp.org/hcchoices/medicare/basics/home/html> Medicare information (AARP has many additional resources) Nursing <http://www.NursingWorld.org> Excellent nursing site: from ANA & Lippincott

<http://www.nursingcenter.com> Home healthcare nursing site <http://www.HolisticNursingInstitute.org>  
Website for the National Holistic Nursing Association

<http://www.slackline.com/allied/allnet-x.htm> slackline.com/allied/allnet-x.htm  
Nursing and Allied Health Profession: internet directory

<http://www.nursingworld.org> Online Journal of Issues in Nursing

### **Nutrition**

<http://www.navigator.tufts.edu>

### **Parish Nursing**

<http://www.partners-parishnursing.org>

### **Teens & Preteens**

<http://www.theantidrug.com> Aimed at parents and other adults: tips on how to talk to kids about drugs, counter the influences of drug culture. <http://www.freevibe.com> Site for teens and pre-teens to get the straight facts about drugs, communicate with other teens, and even play online games with positive messages.

### **Wound**

<http://www.wocn.org> Information on wound, continence and ostomies (nursing site)

# Health Director Report

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