



## Celebrating Nurses' Sabbath

by **Ginnie Kim, RN, MSN**

For over 40 years, the beginning of May has been a time designated for acknowledging nurses. For many workplaces it's now a week-long celebration concluding on May 12, the birthday of Florence Nightingale, who is long considered to be the founder of modern nursing. This year, the Medford Seventh-day Adventist Church in southern Oregon designated May 4th as


"Nurses' Recognition Sabbath," an idea strongly supported by church members and leaders alike. In preparation for the special program, organizers were astonished to discover the church had 33 nurses! When including retired nurses, CNA's and MA's, the number of recognized individuals jumped to over 40.



As soon as members arrived in the morning, it was evident that this was a special Sabbath! Two RNs were stationed at tables in the lobby to welcome members and take vital signs (BP, P, O2 %). After completing blood pressure screening, church members were gifted a decorative notecard with printed Bible promises addressing fear and anxiety.

Upon entry to the sanctuary, members viewed the listed names of nurses, retired nurses, CNAs and MAs projected on the big screen. When scanning the bulletin, applicable participants were designated in the order of service with 'RN' after their names. Further demonstrating their commitment to a life of service both professionally and personally, the musical accompaniment, children's story, nurses' recognition, and invocation were all performed by RNs.


Donita Jensen, an advanced practice nurse spoke briefly about her call to nursing which went back to when she was a little girl in the mission field where her parents were serving in Malawi, Africa...




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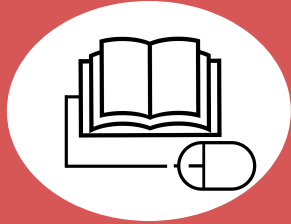
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## Online Course Has Launched

AAFCN has launched our new mode for the Foundations of Faith Community Nursing Course. The first few modules are now available online for self-study. The course is then completed with several in-person modules. Contact hours available for each module.

Learn more at

<https://nadhealth.org/aafcnc/foundations/>



## Newly-Qualified Faith Community Nurses

Faith Community Nursing (FCN) has also been called Parish Nursing. Faith community nursing involves a wholistic and caring approach that focuses on the care of individuals and groups, usually within a faith-based setting (Clarke & Hunter, 2019).

Human beings have several needs that contribute to wholeness, such as physiological, psychological, emotional, and spiritual needs...[click here to continue reading](#)



## Embracing Mental Health Awareness: A Guide for Adventist Faith Community Nurses

by Rosalyn Saunders, RN, FNP-c, DNP, AAFCN

The Month of May has been recognized as Mental Health Awareness month since its inception in 1949. Faith Community Nurses (FCNs) within the Seventh-day Adventist Church are in a unique position to recognize and assist individuals who may be experiencing mental health challenges. We recognize the importance of caring from a wholistic perspective.

Individuals and communities can benefit from our knowledge of addressing the physical, mental, and spiritual aspects of health. As we consider our profession, it is incumbent upon us to strategically position ourselves to be of service to this unique segment of our population, within and without our churches.

For Adventist FCNs, integrating mental awareness into our practice should not only be seen as a professional responsibility but also a spiritual calling. Jesus said in Matt 25:40 "truly I say to you, as you did not do it to one of the least of these you have not done it to me". When we see people as wholistic beings, we should therefore treat them as such. Many individuals with mental health challenges are usually under-diagnosed, undiagnosed, or ignored in society. It is not until we hear of mass shootings, or other tragedies that awareness is promoted. FCNs should not and cannot wait for tragedies to occur. We must be ready to meet the challenges at hand.

There are practical strategies that we should employ to identify individuals who perhaps may be experiencing some aspects of mental challenges.

As Adventist FCNs, we act as conduits to refer individuals to the appropriate professionals who can further assist them in their respective conditions. We realize the importance of mental health in wholistic care. The Adventist health message emphasizes the importance of a balanced lifestyle, incorporating physical, mental, and spiritual well-being. Mental health, often overshadowed by physical health, is essential for maintaining a balanced life. Conditions such as depression, anxiety, and stress can significantly impact physical health and spiritual vitality.

Understanding and addressing mental health issues are crucial in promoting wholistic well-being among individuals and communities served by Adventist FCNs. We promote a safer environment when individuals receive the needed attention they deserve.

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### Vegetable Paella

By Gemalli Austin, DrPH, RD

Savor summer with our vibrant Vegetable Paella! This colorful dish features saffron, chickpeas, and roasted vegetables. Easy to prepare and perfect for warm evenings, it's a true seasonal delight!

