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The Illuminator is a publication of the Adventist Association of Faith Community Nursing -- a ministry of the Seventh-day Adventist Church in North America.

## Active Shooter... WHERE?!

by **Ginnie Kim, RN, MSN**

As nurses, we have been told for some time that healthcare workers and nurses in particular are at risk for workplace violence including gun violence. We may have nervously watched our employer's active shooter video clips, or we may have reviewed workplace violence policies and updated our department's procedures, or perhaps even participated in or conducted active shooter safety drills on our units.

Even if all this generates apprehension at some level, most of us are now quite good at sliding 'active shooter' in with other safety issues at work that we've dealt with since nursing school-- like 'Standard Precautions,' fire safety's 'PASS', and others.

But! What many of us may not have prepared for, psychologically or otherwise, is the possibility of some Sabbath morning an armed individual to come striding through the church foyer, burst into the sanctuary, and open fire!

Disturbingly, two recent incidents underscore the changing times we find ourselves in (news briefs linked in blue box). These events are highly relevant to all Faith Community Nurses (FCNs) as gun violence is not only a safety issue but also a health issue affecting both the safety and health, of our congregations.

But... what can we do?  
What do we do?  
Is any of this even preventable?

*Click to continue reading*

Click the links below for news briefs.

[Collegedale SDA Church Evacuated](#)

[Shooting at an SDA Camp meeting](#)

## Additional Resources



Join us on September 24 for a crucial webinar with Officer Karl Burnett on Emergency Safety Planning and Active Shooter Awareness.

Discover how to create effective safety plans, recognize threats, and prepare your community for emergencies with practical strategies and drills.

1.25 Contact hours for Nurses provided through Adventist HealthCare.

[Click Here for details](#)

# Hydration: An Important Key to Health

by Sharon Hall Murff, PhD, MSN, RN, CCRN

It is critical for an individual to stay hydrated, especially during the hot summer months. Drinking water at regular intervals is a healthy habit to adopt. By the time a person feels thirsty they could already be dehydrated, and dehydration can lead to heat exhaustion (CDC, 2024).

The intake of water is key to helping a person to maintain hydration. If a person works in the heat or if they engage in recreational exercise, they may sweat, which can result in dehydration. When a person sweats, they are prone to the loss...

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# Disaster Preparedness: A Call to Action!

by Rosalyn Saunders, DNP, FNP-C, RN, MSN, AFCN

September is National Preparedness Month.

This is a call to action! A call to Adventist Faith Community Nurses (FCNs) to be prepared to respond when disaster of any kind or any magnitude strikes. What is preparedness? It is a set of actions that are taken as precautionary measures in the face of potential or actual disasters. Being prepared helps to save lives.

Our goal is to take a wholistic approach and be adequately positioned to address the physical, emotional, and spiritual needs of those affected by disasters. We must be prepared to lend a helping hand and a caring heart. The tragedies of yester-year are behind us. Today and the future lie ahead. In the wake of so many reoccurring natural and man-made disasters, the question might be asked, what, how and why should we prepare?

We should be prepared for any form of (natural or man-made disasters) such as hurricanes, floods, fires, mudslides, just to name a few. In such circumstances, FCNs have the unique opportunity to be involved and make a difference. These opportunities also present many pathways for us to demonstrate God's amazing love.

Here is a recent example of a natural disaster...

*Click to continue reading*

## Upcoming Events

### 2024 Annual Members Meeting

Our Adventist Association of Faith Community Nursing's Annual Meeting will take place on Tuesday evening, September 17, 2024.

*\*Current Members Only*

### Adventist Nurses Conference

Please plan to attend the first Adventist@ Nurses Conference! This event will provide contact hours for nurses, networking and friendship building, and inspiration for the Ministry of Nursing. Don't Miss it!

Dates: April 3 – 6, 2025

Location: North American Division Headquarters, Columbia, MD

*\*ALL NURSES WELCOME!*



Seventh-day Adventist Church  
NORTH AMERICAN DIVISION | ADVENTIST ASSOCIATION OF  
FAITH COMMUNITY NURSING

### Annual Members Meeting

Tue, Sept 17, 2024 | 7pm ET | 4pm PT

Virtual on Zoom

Scan the QR code to log into your account and access the Zoom link and documents



ADVENTIST ASSOCIATION OF  
FAITH COMMUNITY NURSING

### Adventist<sup>®</sup> Nurses Conference

SAVE THE DATE

**April 3 - 6, 2025**  
North American Division Office  
Columbia, MD USA

Contact Hours Available for Nurses  
AdventistNurse.org

ALL NURSES WELCOME!

