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Loving On a Caregiver

By Patricia D. Pearson, BA, MED, DHA

“There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers and those who will need a caregiver.” Rosalyn Carter

Can you recall the number of times that you have said to a friend or acquaintance, or they might have said to you, “I just admire the way you are caring for your spouse, Your Mom or Dad, or other relative”?

However, the caregiver might look at it as, “I am just doing what the commandments say to honor my mother and father or my marriage vows; I promised to take care of my spouse in sickness and in health. Or taking care of an ailing family member is part of the “Do unto others as you would have them do unto you!” We just follow that Nike theme -” Just do it!” except, we do not just do it; we do it with love and compassion.

Many caregivers do not realize that they are fitting the definition, because these are the things that they do; they provide essential support which might include assisting with personal hygiene, whether it is bathing, dressing, or helping the person to the toilet. They provide meals, often preparing for a special dietary requirement. Do not forget about medication management, scheduling, and transports to doctor appointments.

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Instant Pho-ish

By Angeline D. Brauer

Treat yourself to comforting Instant Pho-ish, a savory broth infused with warm spices and layered with tender noodles and fresh toppings for a quick, cozy bowl full of flavor.

[Click here or click on the photo to view the recipe details.](#)



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Walking with Faith Through Cancer: A Personal and Professional Reflection

by Christine Jackson-Fraser, RN, BSN, MBA
CHPN

In my own case, early detection allowed for timely intervention and a clear treatment plan. Education and adherence to recommended care are essential components of stewardship over our health (National Cancer Institute [NCI], 2023).

Cancer affects not only the body, but also emotional, relational, and spiritual well-being. Early detection remains critical. The American Cancer Society (2024) emphasizes that routine screenings significantly improve outcomes and survivorship.



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Spiritually, this journey has drawn me deeper into Scripture. Isaiah 43:2 (New International Version [NIV], 2011) reminds us, “When you pass through the waters, I will be with you.” I have clung to this promise in moments of anxiety. Likewise, 2 Corinthians 4:16 (NIV, 2011) assures us, “Though outwardly we are wasting away, yet inwardly we are being renewed day by day.” Faith does not eliminate fear; rather, it anchors us in God’s sustaining presence.

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The Heart and the Fire Within

by Sharon Hall Murff PhD MSN RN,
CCRN

There is such fascination with one of the major organs of the body, that is, the heart. Heart disease is the leading cause of death among Americans. Every 34 seconds, someone dies from heart disease. Between 2021 and 2022 the cost to care for people with some form of heart disease such as heart attacks, atherosclerosis, and heart failure, was approximately \$168 billion dollars (Centers for Disease Control and Prevention [CDC], 2024).

The Bible provides guidance, instruction, and solutions to everyday problems. The English-translated word “heart” appears over 700 times in the King James Version (Christian Bible Reference, ND). There are numerous adjectives in the Bible that describe the heart, such as the hardened, overwhelmed, and faint. Other adjectives to describe the heart include faithful (Nehemiah 9:8), pure (Psalms 24:4), broken (Psalms 34:18), deceitful (and desperately wicked; Jeremiah 17:9), and proud (Proverbs 16:5).

These biblical references to the heart can also help us understand actual health conditions. For example, Proverbs 28:14 indicates that a hardened heart can lead one to mischief--a lesson on atherosclerosis. Psalms 61:2 indicates that David’s heart was overwhelmed--a possible indication of stress, burnout, or depression.

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