



February is National Cancer Prevention Month

Social commerce is a part of the greater e-commerce market, which has seen a significant uplift in the past few years. In 2020, amid the COVID lockdown, social commerce got a big boom while people were confined to their homes. The volume of buyers on social media platforms has increased from 18 million buyers in 2018 to 80 million buyers in 2020. However, after mid-2021, the count decreased to 56 million buyers due to lockdown relaxations and the opening of malls and shopping centers. In 2022, experts estimate 70 million buyers through social commerce owing to the introduction of in-app shopping features.

A new development in social commerce is the collaboration between product manufacturers and social media influencers. Influencers generally have a loyal fan following and can manipulate the likes and dislikes of their followers. Manufacturers targeting social customers collaborate with popular influencers to advertise their products.

The NCI is a federal agency that is part of the National Institutes of Health, established and signed into law by President Franklin D Roosevelt as the National Cancer Institute Act of 1937. Part of their mission "is to lead, conduct, and support cancer research across the nation to advance scientific knowledge and help all people live longer, healthier lives" as they focus on cancer research, and training and support for researchers. Several Divisions and Centers are part of the NCI Research Programs, one of which is the Division of Cancer Prevention that leads in research "to determine a person's risk of developing cancer and to find ways to reduce that risk." In November 2022, they announced the establishing of a Cancer Screening Research Network (CSRN) for conducting trials and studies specifically for cancer screening, along with a few funding opportunities.

Learn More!

Click the arrows to access
these resources.



Milestones in
Cancer
Research



Cancer Screening
Research
Network



Take the Cancer
Prevention Quiz

Join the next FCN Class!

Do you need to learn (or refresh) your knowledge & practice skills as a Faith Community Nurse, or know someone who does? Registration for our next class closes on February 17!





Member Spotlight



Sister Winston was born and lived the first 5 years of her life in rural Burlington, NC where her father was a tobacco farmer. By the time she started school, the family moved to the incorporated city of Burlington, where she attended the segregated public school system through her high school years. While in high school she participated in both cheerleading and the Glee Club. Eula met her beloved husband (William) while she was a nursing student. He was an SDA, and it wasn't until sometime after they married that she became a Seventh Day Adventist.



Read More of Eula's Story



Nurses Health & Self-Care



In this month of February, we chose to focus on the health of AAFCN's in general and what it takes to keep us functioning optimally and to the best of our abilities.



Read More on the Practice of Self-Care

February is National Cancer Prevention Month Cont.

Funded research studies tend to focus on improving cancer treatments, proper identification of cancer type, the development of new medications to treat and try to target the cancer in such a way to keep it from spreading, and the need for clinical trials. Rarely do we see cancer cure breakthroughs and when we do, they are often short-lived. This means that more efforts must be placed on what can be done regarding prevention and reducing risk.

According to the ACS, "There's no sure way to prevent cancer, but you can help reduce your risk by making healthy choices like eating right, staying active, and not smoking." They emphasize the importance of following medically recommended screening guidelines which can help with early detection of certain types of cancers. In some cases, a second and even a third opinion for diagnosis will help to give peace of mind and help to make a better decision for treatment choice.

"Make Healthy a Habit" and let it be the first dose or doses of medicine where possible. Avoid whatever is going on in life that is known to be harmful while practicing the principles of healthy living and be sure to follow the instructions of your trusted team of medical physicians and professionals. A healthy diet and not smoking are general recommendations for cancer prevention, and we do well to keep in mind the other components of a healthy lifestyle, including:

- A whole foods plant-based diet that includes fresh fruit, vegetables, nuts, and grains
- An active lifestyle consisting of regular physical activity and/or exercise
- Hydrate your body with plenty of water – half the body weight most recommended
- Get a daily dose of sunshine early or later in the day, careful not to get too much by staying too long in the sun when it then becomes dangerous and harmful in the heat of the day
- Practice self-control in all things – eating, activity, working, etc.
- Breathe in the open air – spend some time outdoors if only for a few minutes
- Get proper rest – essential for good health of brain and body
- Trust in God, the Creator of all things, the One who holds all power and healing in His Hand

God created the human body to function in a way that is orderly and when that order is altered, the body is weakened and often manifests by some form of illness. The good news is that by the Lord's mercy, many illnesses can heal when the human body is supported on a healing journey. Even with a diagnosis of cancer there are many who have survived and are now in or have been in remission. For example, the overall five-year relative survival rate for breast cancer is 99% for localized disease, 86% for regional disease, and 30% for distant-stage disease, which are significant increases since 1975. This is no doubt a testament to the mercy and power of God.



Practice some self-care of your own by enjoying this delicious cheesecake recipe.

Click the photo to view the recipe details!

Raw Layer "Lime" Cheesecake By Gemalli Austin, DrPH, RD





**POWER TO HEAL
HEALTH SUMMIT
2023**

April 2-8, 2023
Lexington, KY



"The power of the Lord was with Jesus, enabling him to heal." Luke 5:17



nadhealth.org/events

Dear AAFCN Member,

We hope you are getting as excited about the upcoming NAD Health Summit as we are! Registration is now open, and we need you to sign up as soon as possible. As a current member of AAFCN, you receive a 15% discount on registration, which is available on our website: <https://nadhealth.org/summit/>.

We will also have a special meal for members at the Summit, so please stay tuned for those details.

Join us as we release new resources on burnout prevention, grief support, and trauma-informed ministry. Numerous other classes are available, which you will find listed on the website. There will also be special trainings for leadership development, networking sessions aimed at meeting needs of specific population groups, dedicated prayer time, and much more. The hotel also hosts a golf course and spa, and yes, you will have time to enjoy these too. And don't miss the Commissioning service Friday evening and the Sabbath outing.

To receive the 15% discount, log into your account on the website before registering. Here is the account login page: <https://nadhealth.org/login>. If you are having trouble logging in, click the "Forgot your password" link on the page or email us at health@nadadventist.org.

We look forward to seeing you at the Summit!

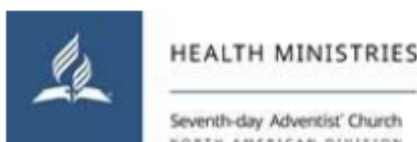
Angeline D. Brauer, DrPH, MHS, RDN

Health Ministries Director

North American Division of Seventh-day Adventists

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Sharing hope and wholeness through the healing power of Christ.

And Jesus went forth, and saw a great multitude, and was moved with compassion toward them, and he healed their sick. Matthew 14:14

Registered Nurses

2023
DATES

COMBINE YOUR PROFESSIONAL NURSING SKILLS WITH YOUR SPIRITUAL INSIGHTS
AND MAKE A DIFFERENCE IN YOUR HOUSE OF WORSHIP AND COMMUNITY.

WHO SHOULD ATTEND? Registered Nurses

WHAT? Foundations of Faith Community Nursing training (40 Contact Hours)

WHEN?

Orientation: March 5

Class Dates: March 12, 19, 26 (online),
April 2-7 (in person at the NAD Health Summit).
You are required to attend all sessions in order
to complete the training.

Commissioning: April 7

Times: Sundays in March (3:30-7:30 pm ET) and all-day during the Health Summit

WHERE? Online, with live Zoom sessions

COST? \$560 (includes course material and Health Summit registration)

FOR MORE INFORMATION AND TO REGISTER
NADHEALTH.ORG/EVENTS OR EMAIL US: AAFGN@NADADVENTIST.ORG

*The Foundations of Faith Community Nursing is based on the curriculum developed through the Westberg Institute for Faith Community Nursing, and owned by Spiritual Care Association 505 8th Ave., Suite 900, New York, NY 10018
This course is Jointly Provided by Adventist Association of Faith Community Nursing and Adventist HealthCare: Adventist HealthCare is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.



ADVENTIST ASSOCIATION OF
FAITH COMMUNITY NURSING

Seventh-day Adventist Church
NORTH AMERICAN DIVISION





FOUNDATIONS OF FAITH COMMUNITY NURSING

(40 CONTACT HOURS)

Faith Community Nursing (FCN) is a specialized practice of professional nursing, sanctioned by the American Nurses Association. It is a growing specialty, formerly referred to as Parish or Congregational Nursing. FCN focuses on the intentional care of the spirit, promoting whole person health and acknowledging the close connection of body, mind and spirit. In practice, Faith Community Nursing serves members within the body of faith and its surrounding community. The Faith Community Nursing course is open to all faith traditions.

The Foundations of Faith Community Nursing course focuses on applying the nursing process in a leadership role of health ministry in a community of faith. This course examines the four major concepts of Faith Community Nursing: spirituality, professionalism, 'wholistic' health, and community and cultural diversity. Nurses will identify the key components of the "intentional care of the spirit as part of the process of promoting wholistic health and preventing or minimizing illness in a faith community" as defined by the ANA. This course affords the nurse the opportunity to identify ways to facilitate the whole-person health of a congregation, which helps reclaim the healing ministry of the faith tradition. This is a time of learning, worship, personal reflection, spiritual growth and communal fellowship with other professional registered nurses. The Faith Community Nursing course prepares nurses to establish and/or grow a health ministry within their faith community.

Course Highlights

- Nurses must participate in all classes and complete all assignments and program evaluations prior to the deadline to receive the Westberg Institute's Certificate of Completion and 40 contact hours.
- This course will be taught in person and via Zoom based on the curriculum developed through the Westberg Institute for Faith Community Nursing.*

Note: that this course may be cancelled or postponed for insufficient qualified applicants. In that event, registered participants will be fully refunded.

QUESTIONS?

Contact Joan Payne, MSN, BSN, RN, NP,
Lead Instructor, at jjpayne003@twcny.rr.com
or 315-430-1378.

FOR MORE INFORMATION AND TO REGISTER GO TO:

NADhealth.org/events or email us: aafcn@nadadventist.org

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