



Northwest Parish Nurse Ministries

Everyone a Health Minister

After taking this class, my mindset changed. I realized I'd put my life on hold, expecting to 'get better.' When I accepted the fact that I had a chronic condition that I need to manage, I can't begin to tell you how much freedom I felt. This workshop was a life-changing event.

The above is the testimony of a participant in *Living Well with Chronic Conditions*, a class that helps the growing number of people who suffer from chronic illnesses take charge of their lives and develop to their fullest capacity. It reflects the role of health ministry in **extending, enhancing** and **saving** lives.

Lives are **extended**, when people . . .

- Get involved in walking programs, learn how to prepare and eat nutritional meals, maintain a healthy weight, and focus on prevention and wellness.
- Pay attention to their blood pressure, cholesterol, and schedule regular appointments for check-ups and screenings.

Lives are **enhanced**, when people . . .

- Discover ways to take care of themselves and take charge of their lives through support from other members/parish nurses and participation in *Living Well* and *Powerful Tools for Caregiver* classes.
- Integrate faith and health, emphasize the role of spirituality, value the importance of relationships, and see the church as a healing community, as evidenced through prayers and prayer shawls.

Lives are **saved**, when people . . .

- Heed the advice or even cajoling of a parish nurse(s) to see a doctor as soon as possible and to hear the doctor say, "*Those parish nurses saved your life.*"
- Recognize symptoms early through a health education class led or organized by a parish nurse or at a BP clinic and seeks medical help when the condition is most treatable.

Some 2009 Accomplishments

- Saved millions of dollars in healthcare costs by promoting prevention and healthy living to at least 80,000 people in the Northwest and logged well over half a million miles in walking programs.
- Trained 62 people as faith community nurses/health ministers in Basic Parish Nurse classes held in Portland, Hillsboro, Bend, Albany, and Eugene, OR, Tacoma, WA, and Anchorage, AK, totaling well over 2000 since 1992.
- Supported and nurtured over 600 faith community nurses/health ministers in 7 states as they provided a range of services that included blood pressure clinics, health fairs, health classes, walking programs, health counseling, advocacy, prayer shawls, home and hospital visits, and countless referrals.
- Provided 12 *Living Well with Chronic Condition* workshops in Oregon and Washington for 116 people suffering from one or more chronic illnesses.
- Offered 16 *Powerful Tools for Caregiver* classes to 164 family caregivers and trained 10 additional class leaders.
- Hosted 4 Regional Retreats in Oregon and Washington on *The Gift Within: Nurturing and Sustaining a Compassionate Heart*, with over 100 in attendance.
- Organized the fourth annual Humor and Health Fest attracting over 255 people with Jenny Herrick, motivational speaker, author, clown and nurse, as the featured speaker.

Together we are partners in healing. Together we **extend, enhance and save** lives.

Respectfully submitted,

A handwritten signature in blue ink that reads "Bruce Strade".

Bruce Strade, Executive Director

2801 N. Gantenbein Ave. #1072 • Portland, OR 97227 • 503-413-4137