



FAITH COMMUNITY NURSING INTEREST GROUP



Annual Report 2023

Goal

To act as the voice and forum for specialized areas of the nursing profession. FCNIG supports and encourages the ministry of parish nurses in their wholistic practices.



Registered Nurses' Association of Ontario
L'Association des infirmières et infirmiers
autorisés de l'Ontario

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Annual General Meeting Agenda

FCNIG Annual General Meeting

November 25, 2023

1:00 pm – 4:00 pm EST

Location:

Holy Rosary Church Hall Toronto

356 St. Claire Avenue West

(Just one block EAST of the St. Clair Subway Station)

1.0. AGM Business

- 1.1. Welcome and Opening Prayer
- 1.2. Approval of Agenda
- 1.3. Approval of Minutes for 2022 AGM
- 1.4. President's Annual Report
- 1.5. Financial Report
- 1.6. Membership Report
- 1.7. Policy and Political Action Report
- 1.8. Communication Report
- 1.9. Social Media Report
- 1.10. Student Report
- 1.11. Reginal Report

2.0. Keynote Speakers: Claudia Janiszewski and Michelle Solomon

3.0. Members' Voices (Each person has 2 minutes to speak)

4.0. Closing Prayer

5.0. Adjournment



President's Report

President's Report

As the president of FCNIG, I provide mentorship and support FCNIG members as you assume executive positions within FCNIG. I produce Members' Voices reports to share the amazing work that our members do. I am a Nurse Practitioner (NP) who provide primary care services. I represent FCNIG at RNAO meetings including RNAO assembly, RNAO annual general meeting (AGM), and Queen's Park Day, as well as in the public and the media. I serve you by disseminating information on educational events and resources to support your practice as parish nurses. In addition, I connected with Mary Lynne Knighten who is a Faith Community Nurse (FCN) and President-Elect of the Faith Community Nurses International (FCNI) based in the United States of America. FCNI has an online toolkit for FCNs which include resources on Advance Care Planning and End-Of-Life, Aging and Elder Care, Mental and Behaviour, Fall Risk Prevention, and many other resources valuable to FCNs. Please visit the FCNI website to learn more (<https://www.fcniinternational.org/Practice-Toolkit>). We look forward to partnering with FCNI in the provision of educational events for members of FCNIG and vice versa.

On January 28, 2023, FCNIG held an exciting and informative educational event where we had two talented speakers. Siobhan Carlin, an Advanced Care Paramedic and a trainer for The Working Mind First Responder and Applied Suicide Intervention Skills Training, presented on the topic, "What to do in an Emergency and a Review of the I.C.E (In Case of Emergency) sheet." Bob Parke, a Bioethics consultant, and an active member of the advisory committee to revise the federal governments Advance Care Planning framework, presented on Advance Care Planning.

We had a hybrid (online via Zoom and in-person) networking event during the RNAO Annual General Meeting on June 24, 2023. The meeting provided an opportunity to network with other parish nurses. Additionally, there was an opportunity to listen and participate in the presentation by Michelle Solomon, our very own FCNIG Communications Executive Network Officer (ENO), Michelle is the past founder and executive director of Connect for Mental Health, a not-for-profit organization that provided peer support to individuals affected by mental illness. Michelle presented her research on how youth living with bipolar disorder describe their understanding of and experiences of spirituality. This research aims to provide an awareness of the spiritual dimension in youth mental health and the importance of its integration in promoting wholistic well-being.

Good news, please join me in welcoming our new Student Liaison ENO, Khalila Campbell-Fagan who is in her third year of the BScN program. The remaining positions (2-year term) that need to be filled are: Chair (President), Finance ENO, Membership ENO, Communications ENO, Social Media ENO, and Policy and Political Action ENO. I attended the RNAO Interest Group Chair meeting on June 23, 2023, and the President & Chair Orientation meeting on September

26, 2023. You are invited to attend the educational Zoom event titled, “The Spiritual Practice of Self-Care for the Faith Community Nurse” on November 16, 2023, at 6:00 pm CST. Please save the date for our FCNIG annual general meeting which will be held on Saturday November 25, 2023, from 12:30 pm to 4 pm at Holy Rosary parish in Toronto.

Proposed goals for 2024

The proposed goals for 2024 include increasing our revenue and membership numbers, advancing our Interest Group (IG) profile through Social Media platforms, and developing best practice guidelines for spiritual care. We continue to make it free for students to join FCNIG. I appreciate all you do as parish nurses (faith community nurses) and I am proud to be part of FCNIG!

Respectfully submitted

Ola Babalola, Nurse Practitioner- Primary Health Care, MN, BScN, Critical Care Nursing

Past President's Report

Highlights for 2023

- Continue the board of InterChurch Health Ministries Canada, (ICHM) where I serve as the Parish Nurse (PN) resource.
- ICHM AGM was held June 2023 with CEO of Sanctuary Mental Health Ministries (SMHM) as keynote speaker.
- Joined SMHM advisory team as PN/ FCN advisor in September 2023. SMHM mission is to equip and support churches with free resources that integrate theology and *mental health*.
- Attended Virtual International Westberg Symposium April 2023 and presented at FCN World Forum on behalf of ICHM Canada, and SMHM.
- Participated in developing ICHM digital resources on Dementia, Grief and Loss as part of the “Alive and Well” project funded by the United Church of Canada (UCC)
- Completed the Sanctuary Course and became an Alongside Donor to support mental health and wellbeing.
- Interviewed on UCC Edgey Conversations about grant received by ICHM that supported the production of digital resources for churches, and health ministry teams on Dementia, Grief and Loss.
- Attended Westberg International Symposium virtually and provided updates on the work of ICHM and SMHM.
- Rev. Dr. Helen Wordsworth retired as Westberg International PN Consultant. Helen is replaced by Pam Dandre as International PN consultant. Pam is a PN in Ukraine. Helen will continue as Westberg International Church Specialist.
- Attended the online Church Mental Health Summit Oct 10, 2023. This was a one-day virtual event that equips the local *church* to support *mental* health in their communities, congregations, and leaders.
- Continued my membership with RNAO FCNIG, RNAO MHNIG, CNA, CAPNM, SCA, and HPCO.

Blessings,
Anne-Marie Mohler, RN

Board of Directors 2023 - 2024

President	Ola Babalola
Past President	Anne- Marie Mohler
President Elect	Vacant
Secretary/Financial ENO	May Tao
Communications ENO	Michelle Solomon and Maria A. Lippa
Membership ENO	Lily Cugliari-Kobayashi
Policy & Political Action ENO	Dot Klein
Student ENO	Khalila Campbell-Fagan
Regional Representatives	
Region 6	Lily Cugliari-Kobayashi/Mariassunta Lippa
Region 7	Gloria Wiebe
Region 9	Jeanne Lambert
Region 11	Dot Klein

“Prayer is not the least we can do for someone; prayer is the most we can do.” –Unknown.

Financial Report

I am pleased to report that the Faith Community Nursing Interest Group (FCNIG) continues to be in a stable financial position. The financial summary below provides a detailed breakdown of the revenue and operating expenses for the fiscal year from October 18, 2022 to October 18th, 2023.

Financial Summary-October 18, 2022 to October 18, 2023	
Bank of Montreal (BMO) Chequing Account Balance (as of October 18, 2023)	\$11,412.23
RNAO Membership Fees	\$2820.00
Total Revenues + Carryover Balance	\$14,539.17
Total Expenses	
CAPMN Membership	\$100.00
CAPMN Convention Support	\$250.00
CNA Membership and IFCN Membership	\$272.43
Stamp and gift cards	\$19.53
FCNIG Networking Speaker	\$1,029.90
Education Day	\$571.20
AGM speaker	\$250.00
Total Expenses	\$2,493.06
Bank Balance as of Oct 18, 2023	\$11,739.17

The expenses were higher than last year since we started to have in person meetings,

In summary, FCNIG has been fiscally responsible in managing funds effectively to ensure expenditures are well within budget and the allocation of bursaries to support members in professional development. The FCNIG Executive will continue to oversee routine financial processes throughout the year, including the development and monitoring of the annual budget. In closing, I would like to thank the FCNIG Executive for their support and guidance throughout the year.

Respectfully Submitted,

May Tao

Membership Report

By observing the graph for membership numbers over the past 6 years, one can see that overall, except for the total student membership, the other category shows that their total numbers do fluctuate yearly but general around 100 members. The total student membership relatively similar from last year (843 last year vs 723 this year). However, the total combined RN/NP membership has decreased significantly from 103 last year to 63 this year, a decrease of 40 members. We also have 10 retired nurses this year. Since we do not charge students a membership fee, this initiative has resulted in the student membership rising so high.

FCNIG Membership



Strategies to help maintain and increase our membership:

- 1.) Continue to encourage other fellow RNs, regardless of what nursing specialty they practice joining FCNIG and learn more about our role. It is a unique role which overlaps with so many other nursing roles.
- 2.) Continue to sustain any opportunities to engage nursing students in any capacity to learn more about our role.
 - a.) Work with our Nursing Student Liaison/Nursing Students Ontario Interest group to organize a talk about the role of FCN in different universities.
 - b.) Continue to work in collaboration with Schools of Nursing in providing clinical placement rotations within an actual Faith Community i.e., Churches.

FCNIG shall continue to strive to find additional initiatives to help increase our membership.

Faithfully yours in outreach,

Lily Cugliari-Kobayashi, RN, Parish Nurse

Policy and Political Action Report

RNAO has 2 annual signature events for the Policy and Political Action Network. They are the 1) Queen's Park on the Road event that is intended to connect the chapters to their local MPPs where they can establish a relationship and an open conversation with one another. QPOR event occurs in the November - December period. The RNAO nurse interest groups are to connect with their chapters or regions without chapters. RNAO wants the Political Action Network ENOs to work together. If the chapter is unable to accommodate a delegate from an RNAO nurse interest group, the chapter can approve that the delegate from the nurse interest group can approach the MPP in his/her riding(s) separate from the chapter QPOR event. 2) Queen's Park Day is the second RNAO signature event. It is held at Queen's Park and begins with breakfast with the MPPs. It is a full day event coordinated by RNAO office. Nursing and health care issues are discussed with the political leaders of Ontario. Queen's Park Day happens in February.

I was not able to coordinate with the RNAO Sudbury Chapter delegates to meet with the MPPs of Sudbury Riding and Nickel Belt Riding for QPOR in November 2022 but as a member of the RNAO Sudbury chapter, I was able to observe the meeting by Zoom. I was able to attend Queen's Park Day as the FCNIG PPAN ENO in February 2023 by Zoom

I am excited about the recent invitation from the RNAO Algoma chapter. I attended the RNAO Sudbury Chapter AGM October 2023. The Sudbury Chapter declined my request to attend the 2023 QPOR event with them but approved my request to meet with the Sudbury Riding MPP and the Nickel Belt Riding MPP separately as the FCNIG PPAN ENO. This will be done in the time frame of QPOR (Nov 1-Dec 15/2023). On Oct 25, 2023, I had the opportunity to attend the Zoom RNAO Algoma Chapter Fall Tour and AGM- Voice your opinion. Northern Ontario has very specific and very acute needs related to toxic drug supplies, accidental opioid drug overdoses and related deaths, shortage of doctors, RNs NPs, and all related health care workers. Emergency rooms are closing and ORs are locked. Doctors are closing their private practices in favour of sports medicine and private clinics. The Algoma Chapter would like to present 3 resolutions to the RNAO AGM in June 2024 concerning health care and nursing shortage in Northern Ontario. We have agreed to collaborate and work together on these resolutions. The resolutions will include authorship and support from the Algoma Chapter, the FCNIG and the Indigenous Nurses and Allies Interest Group as well as from the Canadian Association for Parish Nursing Ministry. I have reviewed the CAPNM Core Competencies and Standards of Practice and will incorporate them into this resolution. In 2015-16 I led the committee of indigenous RNAO RNs and NPs to write and present a resolution on the Truth and Reconciliation recommendations from the Federal Commission Report We presented the recommendation at the RNAO AGM 2016. It passed unanimously.

A faith community/parish nurse promotes health, healing, and wholeness (CAPNM definition). RNAO influences, informs, advocates, connects, protects, and inspires. Change is brought

about through unity and action. I believe it is time for the RNAO FCNIG to "step out and step up" with other RNAO groups to speak on emerging issues and to influence healthy public policy.

Dot Klein RN BScN

RNAO FCNIG PPAN ENO, FCNIG Representative for Region 11

Communication ENO Report

The Executive Network Officer (ENO) for Communications, helps to spread the word about our association and our colleagues in nursing. By engaging the media, social media, and other platforms we can promote our interest group events to ensure that our voices as Faith Community Nurses are heard - *“Speaking out for Health, Speaking out for Parish Nursing.”*

I joined the Faith Community Nursing Interest group as Communication ENO in October of 2022 after Gloria Wiebe had served for several years. It was my interest in spiritual health and the sense of urgency needed to focus on the spiritual dimension in mental health care that propelled me to join the FCNIG. Thank you, Gloria, for mentoring me, showing me how dynamic the Faith Community Nursing Interest group is, and for sharing our history and plans to advance nursing policy and practice with integration of spiritual health. After witnessing how the FCNIG works, I can second that we truly work as a team. Being new to the role, I have witnessed how FCNIG stays current with the needs of the community and takes action to help and be present through prayer, advocacy at Queens Park, and showing up to provide spiritual care to individuals, families, and communities across the province.

Activities of 2023

October 2022, I joined FCNIG, and with advisement from the execs, created an information flyer on FCNIG, Faith Community Nursing education, CAPMN standards of practice, and the CNA position statement on spirituality. I connected with the senior academic counsellor at Western University (where I am completing a PhD in nursing on spirituality in youth and mental health) and sent this information to all the undergraduate nursing students informing them of the FCNIG interest group, membership opportunities, and the November 2022 AGM. I shared a database of post-secondary schools in Ontario to the Exec and planned to use this to recruit new members from nursing schools across Ontario.

November 18, 2022, Reached out to Anakul Thakur, web and social media editor at RNAO, to inquire about any special considerations and permissions needed before posting to FCNIG’s social media; and to receive guidelines.

January 10, 2023, Met with Madison Scaini to discuss the Communication ENO role and topics I could address with the media.

January 28, 2023, Attended the Educational day in Toronto “What to do in an Emergency”. How the pandemic has affected the delivery of emergency services, how nurses and health care providers have been impacted, and how Faith Community Nurses can disseminate all that we have learned to provide health services and spiritual care! I shared my first update on activities as Communication ENO.

January 30, 2023, Maria Lippa (social media ENO) and I met to create a plan to connect with FCNIG members and learn more about their needs as well as use social media platforms to share information about faith community nursing, FCNIG events and community faith-based events, news, and inspiration regarding what members were doing in spiritual care. Maria designed a “Pulse survey” to send out to FCNIG members to learn more about their needs including: if they were practicing as a nurse, how long they were practicing nursing, their areas of practice, if they worked as faith community nurses and in which communities, what they took away from FCNIG, what they would like to see more of, and areas of practice they wanted FCNIG to address.

February 6, 2023, Created Instagram, Facebook, and Twitter social media accounts for FCNIG. Created and shared a Google file with the executive members for us to be able to plan and contribute content to the social media posts.

February 9, 2023, Met with the communications officer/writer, Madison Scaini to go over the Communication ENO role. I learned about connecting with reporters, creating letters to the editor, and creating Op-Eds.

March 14, 2023 Sent mass email to members asking them to complete the “Pulse Survey” between March 17th and April 28th. Maria and I received the results at the beginning of May 2023 and the exec will plan to follow up on the results of the survey in the 2023-2024 term.

March 15, 2023, Mass email sent to FCNIG members regarding the Suffering & Spirituality: Workshop on clinical practices that promote healing in June.

March 19, 2023, Attended provincial communications ENO meeting with RNAO’s communication team, Madison Scaini, Victoria Alarcon, and Marion Zych along with communication ENOs across the province to learn about the communication ENO role. Received FCNIG’s profile picture for social media posts.

March 21, 2023, Posted FCNIG’s first social media posts to Instagram and Facebook.

April 13, 2023, Initiated a meeting with the executive team to decide what type of information and events we wanted to share with FCNIG members and the public on social media, as well as to decide who would have access to the social media accounts and be responsible for posting events.

April 21, 2023, Updated the FCNIG website and added FCNIG’s Twitter feed to the web page.

May 5, 2023, May Tao sent the spring newsletter out to members.

June 2, 2023, Mass email sent to FCNIG members regarding the June 24 networking event at the RNAO AGM.

June 22, 2023, Created Instagram and Facebook posts for Sanctuary Mental Health Ministries and The Porter's Gate's newest album.

June 24, 2023, Attended the networking event in Toronto. Was a key-note speaker sharing my preliminary PhD research findings, "A Picture of Spirituality in Youth Living with Bipolar Disorder" with FCNIG members. First public presentation of research findings.

August 28, 2023, Sent mass email to FCNIG regarding part-time position-Faith Community Nurse-Fall.

August 2023 - October 27th, 2023, Mass emails were sent to FCNIG members along with Instagram and Facebook posts regarding the following events:

- August 11, 2023 Faith Community Nursing International (FCNI) Virtual Conference. Exploring Dimensions of Grief and Bereavement.
- August 11 2023, Presentation: Gray Matters: Understanding Substance Use Disorders in Older Adults, hosted by FCNI.
- Sept 7, 2023, FCNI "Aspiring Authors Artistic Space."

The plan for the next term is to address the needs of FCNIG members that were communicated to our executive team through the "Pulse Survey"; continue to grow membership; continue to support the capacity for nurses to integrate the spiritual dimension into their care; faith community nurses in providing evidence-based practice for spiritual care; and to serve the Ontario community holistically.

Communications ENO Office Resource: Victoria Alarcon, valarcon@RNAO.ca, and Madison Scaini mscaini@RNAO.ca

Other tools to assist in getting the word out:

- Speaking out: A guide to the communications executive network officer role.
- Media relations toolkit: Understand how to work with the media to get your message out, including interview tips and a media advisory/release template.
- Quick tips for better writing developed by home office staff, these tips and tricks will help you write in the RNAO style, following the Canadian Press style guidelines.
- RNAO logo guide: Learn the proper use of RNAO's logos to ensure brand consistency.

Michelle Solomon, RN, PhD (c)

Minutes of 2022 AGM

21th Annual General Meeting, Faith Community Nursing Interest Group

November 5, 2022, 9:00 a.m. – 12:00pm.

Virtual Meeting via Zoom

Minutes

Present: Marianne Cochrane, Elsie Millerd, Gloria Wiebe, Michelle Solomon, Nancy Truscott, Anne Marie Moher, Beverley Blair, Louise Trapp, Ning Gao, Jeanne Lambert, Oluwapeluni Favour Adekaunsi, Maria Lippa, Lily Cugliari-Kobayahi, Ola Babalola (Chair), May Tao (Minutes)

Guest Speaker: Jeanne Lambert, Elsie Millerd and Dr. Immanuel Joseph

Guests: Maureen Cassidy and Sus Lantz

Sun yan hui Liu and Wen Jing, Dongzhimen Hospital, China, Mary Lynne Knighthen

9:00am- 9:05am WELCOME - Olayinka (Ola) Babalola (FCNIG President)

Land Acknowledgment and Opening Prayer/Devotional by Ola

9:05am – 10:00 am Business Meeting

Agenda item	Discussion/Report	Actions
1.0 Review of Agenda as circulated	Agenda reviewed	
1.01 Additions to the Agenda	No additions to the Agenda	
2.0 Review of the MINUTES from October 23, 2021 AGM	Minutes Reviewed	
2.01 Approval of agenda and minutes from 2021 as circulated	Motion by: Ola Babalola Seconded by: Lily Cugliari-Kobayahi All approved	
3.0 President's Report (Ola Babalola)	Ola attended the '2022 Caring for the Human Spirit Conference & International Westberg Symposium' which was a virtual seminar. The Keynote speaker is Ira Byock, M.D., FAAHPM Founder and chief medical officer of the	

	<p>Institute for Human Caring, a component of Providence St. Joseph Health. Ira Byock will be discussing, 'Evidence Of Spirituality In Healthcare Is Everywhere (When We Know How To Look)'. Attended the Faith Community Nurses International (FCNI) Research BOD meetings in June and September 2022. FCNI is an all-nurse specialty nursing organization for faith community nursing that is based in the United States of America. FCNI has created a practice tool-kit for faith community nurses (FCNs) on topics such as Advanced care planning and end-of-life, falls' prevention, aging and elder care, mental and behavior health resources. attended the RNAO meetings on June 9th and 10th for Consultative Representatives Contacted with Michelle Solomon who is an Advanced Practice Nurse and has her MScN in nursing health promotion. Michelle joined our executive as communication ENO. Also contacted with Jeanne Lambert, Jeanne, Elsie Millerd and Dr. Immanual Joseph will be presenting at this AGM. RNAO AGM will be in person next year. Also connected with Maureen Cassidy about the promotion of the webinar on more options, more choice: Aging your way virtual event on November 28, 2022.</p>	
<p>4.0 Past President's Report (Anne-Marie Mohler)</p>	<p>Anne Marie had a bit of a sore throat. May Tao read her report. Highlights for 2022</p> <ul style="list-style-type: none"> • Joined the board of Interchurch Health Ministries Canada, (ICHM) where I serve as the Parish Nurse (PN) resource. ICHM promotes and supports Church Health Ministry and Parish Nursing provided through faith communities. • Continue as social connector and committee member for Stone Soup Network, a ministry at Windermere United Church (WUC) where I was PN for 7 years. • Attended Westberg Symposium keynote 	<p>Anne Maria has organized a webinar on mental health including compassion fatigue. Anne Maria to connect with Lily about the name of the keynote speaker and the mental</p>

	<p>speakers as well as workshop on end-of-life care.</p> <ul style="list-style-type: none"> • Attended World Forum for PNs’ where 50 countries were represented. Presented an overview of ICHM projects “Alive and Well”, “Join the Talk”, and ICHM community platform. • Hosted a podcast with Rev. Dr. John Swinton February 2022 on Dementia: Living in the Memories of God. • Organized webinar September 2022 on Grief with Canadian Virtual Hospice as part pf ICHM “Alive and Well” project. • Completed the Sanctuary Course on Faith and Grief. • Attended two webinars by Pathways to Promise (formerly Mental Health Ministries) on Companionship and Mental Health Justice. • Continued my membership with CNA, CAPNM, SCA and HPCO. • Celebrated 10 years as PN in 2022. 	<p>health first aid course.</p>
<p>5.0 Finance Report (May Tao)</p>	<p>FCNIG has been fiscally responsible in managing funds effectively to ensure expenditures are well within budget and the allocation of bursaries to support members in professional development. The FCNIG Executive will continue to oversee routine financial processes throughout the year, including the development and monitoring of the annual budget.</p> <p>Bank Balance as of November 5, 2022: \$11,412.23</p>	
<p>6.0 Membership Report (Lily cugliari-kobayashi)</p>	<p>There is fluctuation in FCNIG membership over the past six years. One highlight is that the student membership has currently increased due to the offer of free membership. We currently have 849 students joining FCNIG. Lily consistently talks the students from Humber College about FCNIG. We will attach a letter to change the letter from Westberg Symposium to CAPNM. Distribute the letter to school in Ontario</p>	<p>Michelle to connect with Elsie to learn more about CAPNM Michelle and Lily to connect and plan the process to distribute letter to the universities.</p>

7.0 Policy and Political Action Report (Dot Klein)	Dot is not present at the AGM. Ola report the policy and political work. Refer to the annual report.	
8.0 Communication Report (Gloria Wiebe)	<p>The Executive Network Officer (ENO) for Communications helps to promote awareness of our Interest Group and our colleagues in nursing. By engaging the media, social media, and other platforms we can promote our unique nursing practice and activities to make sure that our voices are heard - <i>“Speaking out for Health, Speaking out for Parish/ Faith Community Nursing.”</i></p> <p>For the past two years, we have no communication ENO Gloria filled in as acting Communication ENO. We are delighted to have Michelle joining us as Communication ENO and will work closely with Maria Lippa for this position and look forward for your work, Michelle</p> <p>Gloria will be in region 6, but won't be in region 7 due to the new boundary set up by the RNAO.</p> <p>Make notice to the RNAO Home office that Michelle Solomon will be the Communication ENO</p> <p>Parish Nurse Network led by Linda Hopkins. Shared resources and support with each other.</p> <p>Attended NCF International Conference on Saturday October 15, Evidence-Based Spiritual Care in Nursing Practice, and the Values Based Teaching Taster Course.</p> <p>Dr. Tove Giska, VID Specialized University, Bergen, Norway. Faculty of Health Sciences also published a book called Nurses Handbook on Spiritual Care, Wiley Blackwell Pub</p> <p>Welcome to Michelle to the Communication ENO. Michelle has heard from Carrie Edwards from the RNAO already</p>	
9.0 Social Media Report (Maria Lippa)	Maria would like to recruit stories from our PNs focusing on "A day in the life of a Parish Nurse".	Contact with Maria if you have stories

		Maria will contact with Michelle Solomon and work together
10.0 Student Report	Dominic is not present. Ola reported his work. Also this position is opened for 2022-2023	
11.0 Region 11	Dot is not present at the AGM. Ola reported work by Region 11. Refer to the annual report.	
12.0 Approval of All the Above Reports	Motion by: Ola Babalola Seconded by: May Tao All Approved	
11.0 Nomination/ Appointment results	No nomination received. President Elect: vacant Communication ENO: Michelle Solomon Political action and student position need to be filled. The FCNIG board will appoint to these positions as appropriate.	
11.01 Approval of the Appointment	Motion by: Ola Babalola Seconded by: Gloria Wiebe All Approved	
10:00 am -10:40 am: Keynote Speaker		
12.0 Presentation by Jeanne Lambert and Elsie Millerd	Gloria introduced and thanked the speaker Jeanne and Elsie. Jeanne and Elsie presented a scoping review research of the role of Parish Nurses.	
13.0 Keynote Speaker: Dr. Immaual Joseph	Ola introduced and thanked Dr. Immaual Joseph Healing the healers Three factors we forget to nurture ourselves: Emotional exhaustion Depersonalization Personal Accomplishment Prolonged stress is caused by: # of patients Long shifts Stressful specialties 16% have diagnostic criteria for PTSD 18% experience depression 33% experience high burnout 50% consider leaving the profession	

	<p>Stress and Burnout Factors</p> <p>Systems issues</p> <p>Professional Hazards</p> <p>Interpersonal Challenges</p> <p>Individual challenges</p> <p>Creating mindset to reduce stress and burnout</p> <p>Acknowledge your suffering</p> <p>The first step in helping a suffering person is acknowledge that the pain is valid and worthy of a sympathetic response</p> <p>When we learn to acknowledge, embrace, and understand our suffering, we suffer much less.</p> <p>Thich Nhat Hanh</p> <p>Understand your triggers</p> <p>What triggers my stress and burnout....what to do.</p> <p>Choose to nurture yourself</p> <p>Start by creating a space</p> <p>Fill it with good choices</p> <p>Everything can be taken from a man but one thing: the last of the human freedoms- to choose one's attitude in any given set of circumstances, to choose one's own way.</p> <p>Viktor Frankl's book Man's Search for meaning</p> <p>Self-compassion</p> <p>What is compassion? What it is not.</p> <p>(Apathy, Sympathy, Empathy and compassion)</p> <p>Empathy is the feeling part of compassion.</p> <p>Able to know the suffering. The ability to feel the person and care in action.</p> <p>Compassion is passed the feeling part and asking what can I do for the suffering.</p> <p>What is self-compassion? What it is not.</p> <p>(Self-pity, self-indulgence, selfishness)</p>	
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	<p>You are the person suffering Remove the judgement, and ask what can I do to relieve myself about it? Self-compassion is not self-pity. Self-indulgence and selfishness. Ways to nurture yourself examples Treating yourself, have a cup of coffee, singing, bird watching, laughing, connecting with people and families, learn theology, meditation, be still and enjoy God's creation, walking. And you are not alone and that you have a community to support you. Have a successful relationship is the ones that can live the longest and against stress and burnout. Self-Compassion micro-habits Reminders Taking personal time Stepping away from triggers Creating mental escape spaces Exercise and hydration Forgive self and others. (Travel light!)</p> <p>End with a perspective of gratitude You are more than your circumstances The gifts outweigh the hurts if we look enough.</p> <p>Thank you, Dr Immanual Joseph for his valuable presentation.</p>	
<p>10:40 am -11 am: Members' Voices and Meeting adjourned</p>		
<p>14.0 Members' Voices</p>	<p>Maureen Cassidy and Sue Lantz introduced the virtual event on More options, more choice: Aging your way by University Women's Club, North York on November 28. www.collaborativeaging.com</p> <p>Mary Lynne Knighton (President Elect for Faith Community Nurses Group) introduced herself to the group Way to recruit students: Offer free student membership Student to sit on the executive</p>	

	<p>Lily to collaborate with Humber College students to complete a 12-week rotation https://www.fcinternational.org</p> <p>Elsie: involved in the pre-development of the ICN in Montreal. We are going to have one day Christian conference in Montreal on June 30. We are looking for others to be involved in the conference.</p> <p>We have a keynote speaker: Dr. Lorraine Wright: Suffering and Spirituality: The Path to Illness Healing</p> <p>Lily:</p> <p>1.) Save the Date Saturday Nov. 26th @ 11AM up to about 4 hours, depending on class size BASIC LIFE SUPPORT CPR workshop/class held @ YORKMINSTER PARK Baptist Church 1585 Yonge Street, Toronto Taught by instructors from the LIFE SAVING Company. If interested, please contact: parishnurse@yorkminsterpark.com OR 416-9221428 (first come first serve) FEE \$40.00 per person</p> <p>2.) Humber College/University School of Nursing/3rd Year Community Student Nursing Placement Population Health Science/Health Promotion Project Presentation Clinical Instructor Theresa Santos, Facilitator for the Faith Community of Holy Rosary Church In total 8 Students/7 female/1 Male Presentation topics: Mental health effects of the pandemic, across the lifespan, coping strategies and resources</p> <p>3.) The Catholic Register featured an article on the Health Care Crisis in Toronto Ontario Written by reporter Michael Swan January 13th, 2022/ Several professionals interviewed. Lily interviewed on behalf of Faith Community Nursing</p>	
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	<p>https://www.catholicregister.org/item/33918-catholic-health-feeling-pandemic-pain</p> <p>4.) My role as Parish Nurse/Faith Community Nursing Practice is evolving to a greater extent in the domains of Health Care Advocacy and Health Care System Navigation, particularly as a result of our Health Care Crisis, Nursing Shortage, untimely access to Health Care Services both in Primary Health Care and Specialty Practices.</p> <p>Nancy congratulates FCNIG for their hard work on planning this AGM.</p>	
15.0 Closing Prayer	Lily closed with prayer and the Lord's prayer.	
15.0 Adjournment of the Business Meeting.	<p>Ola showed a video how RNAO make a difference in being a member before adjourning the meeting.</p> <p>Motion by: Ola Babalola</p> <p>Seconded: May Tao</p> <p>All approved</p> <p>Meeting Adjourned at 12:21 pm.</p>	



Photo Courtesy of Lily Cugliari-Kobayashi Circa 2018, St.Michael's College Garden/Bathurst Street Site/Toronto. (Parent Alumni)

The purple Irises represent, historically and still **TODAY** in modern times, royalty first and foremost.
Then, the upright petals symbolize: **WISDOM, FAITH AND BRAVERY**.
How suitable it could become the floral emblem for the Faith Community Nurses!!