Parish Nurse Network Meeting

February 16, 2023

12:00 am – 2:00 p.m.

Hybrid Meeting: Remote + In-Person (Robinwood 122A)

**12:00 – 12:30: Lunch**

**12:30-1:00p - Program Updates (Zoom participants join)**

**Opening Reflection: *A Prayer for Hearts***

**Resources**

* Grant Resources for any Increasing Physical Activity, Weight Loss, Health Eating Activities or Sign-Up As a Congregation on the Washington County Weight Tracker: (<https://weighttracker.meritushealth.com>)
	+ $200 stipend (check made out to the church)
	+ 1-2 Fitbits for your congregation
* Living Well Through Lent (devotional booklet from Living Compass)
	+ On-line Daily reflections-sign-up at: <https://www.livingcompass.org/lent-signup>
* Faith and Health in the Bible
* Alphabet Appetite (from Jan meeting)
* COVID Test Kits
* All packet items are available at website: <https://meritushealth.com/parishnursing>
* Activity Reports: June – December 2022

**Meritus ID Badges**

* Set up appointment with Katie Kelly: 301-790-8716 or Kathleen.Kelly@meritushealth.com

**Sharing and Networking**

**1:00 – 2:00 pm - Program Presentation** (session will be recorded and available on the “PN Secure Area” on our webpage)

* Sondra Weinzierl, MA, RN, Faith Community Nurse, Chair of FCN Course, FCN Network of Greater Twin Cities, MN
* Topic: Trauma-Informed Care in Faith Community Nursing

**Next Meeting**:

* + March 16, 2023, 7-8:30 pm, Hybrid Event: In-Person at Howell Road
	+ Topic: TBA
	+ More Resources