



2022 ANNUAL REPORT

Dear Friends,

What an exciting year of growth, fresh ideas, new leaders, new partnerships, and tremendous expansion at the Faith Community Nurse Network! We are so grateful to recover stronger than ever post COVID.

The University of Minnesota School of Nursing and the University of Northwestern have both formalized nursing student clinical collaborations with FCNN to extend and integrate student service to the community. The Minnesota Department of Human Services and the Minnesota Board on Aging awarded FCNN major grants to bring whole person wellness resources to faith communities within the Twin Cities and surrounding counties. New services include a whole person wellness screening; a highly regarded depression coaching program, PEARLS; and early risk, detection, and supportive resources for those experiencing cognitive changes as well as for their care partners. Our collaborative community partnerships with Presbyterian Homes and Services, MHealth Fairview, Benedictine, Ecumen, and Lyngblomsten anchor this work to flourish and grow population health efforts.

Our Education Programs continue to grow and thrive. Nearly 319 attended our quarterly symposiums this year. Our Foundations of Faith Community course, offered twice annually, graduated 22 nurses in 2022. We certified 37 new leaders among faith community nurses and FCNN affiliates in Matter of Balance, Stepping On, and Living Well with Chronic Conditions. We developed 5 new Master Trainer level certifications and 5 new certified PEARLS coaches. Through collaborative community efforts, we were able to reach 601 older adults with 3,614 participant sessions of quality evidence-based falls prevention, chronic condition, and caregiver support programming. Moreover, we were able to kick off the PEARLS Program with 83 one on one mental health coaching sessions.

As we enter 2023, we are excited about the future. We are particularly blessed with the addition of three new leadership positions added in 2022 now held by Sondra Weinzierl, Chair of Education, Cheryl Lanigan, Chair of Evidence-based Programs, and Carolyn Orttel, Coordinator of the Stepping On Program. Abby Jessen has transitioned from Executive Director to a part-time volunteer fundraising role. With this change, we have added two more talented staff, Sam Sleeman, Director of Operations and Erin Trobec, Administrative Assistant. With your continued support, we look forward to furthering our growth and service to the community in the coming years.

With Thanks,



Susan O'Conner-Von, PhD, RN-BC, CNE, FNAP
FCNN Board Chair



Jessica Drecktrah, MHA, MN, RN, FCN
FCNN Chief Nursing Officer



Our Mission

Our mission is to advance faith community nursing by providing a whole-person approach to individual and population health.

Our Vision

Our vision is to bring faith community nursing to every community.

Who are Faith Community Nurses?

Faith community nurses (FCN), also known as “parish nurses” are experienced, actively licensed nurses with specialized training. Faith community nursing is a professional nursing practice focusing on intentional care of the spirit, whole-person health promotion, and disease prevention. FCNs practice in faith communities and other community settings and serve thousands of individuals and families. They maintain trusting relationships and are crucial liaisons to community services.

What do Faith Community Nurses do?

- FCNs in Minnesota average 39 years of nursing experience and reach over 130,000 individuals. Our network touches more than 400 FCNs.
- While FCNs spend the majority of their time providing care to their congregation, nearly 20% of their time in their role is spent serving their neighborhood or community at large.
- FCNs offer a wide range of services within their practice:
 - Home and hospital visits
 - Health education
 - Support group facilitation
 - Community resource referrals
 - Personal health counseling
 - Sharing scripture
 - Organizing blood pressure screenings, flu shot clinics, health fairs
 - And much more.



2022 Highlights

Foundations for Faith Community Nursing

In 2022 we prepared twenty-two RNs from across the U.S. to become faith community nurses. We're proud that our course is ANCC accredited and provides approved continuing education credit for nurses in all 50 states. One of our students wrote in his evaluation: "After this course I finally feel like a 'complete' nurse. Before this, the spiritual piece was missing." Our course addresses FCNN's vision to bring faith community nursing to every community.

Continuing Education Symposiums

In-person symposiums returned in June 2022 after a pause due to the pandemic.

- January 2022 - Early Childhood Development - 75 Attended
- March 2022 - Mental Health - 81 Attended
- June 2022 - Spiritual Care - 88 Attended
- October 2022 - Health and Healthcare Disparities - 75 Attended

In late- 2022, we surveyed faith community nurses regarding their platform preferences around the symposiums. Afterwards, based on results, it was determined that there would be two virtual symposiums in 2023 with the remaining two being either hybrid or in-person.

Evidence-Based Programming

2022 was a busy year for EBP programs. Three new programs (Tia Ji Quan: Moving for Better Balance; Powerful Tools for Caregivers; and P.E.A.R.L.S) were added to our established programs. We delivered or assisted delivering 50 programs, with 3,614 participant sessions to 601 participants and had 453 completers for an overall completion percentage of 75%.

Details to follow:

- 5 LWCC workshops (210 participant sessions)
- 2 LWCP workshops (25 participant sessions)
- 2 TJQMBB workshops (592 participant sessions)
- 14 SO workshops (1056 participant sessions)
- 23 MOB workshops (1586 participant sessions)
- 4 PTC workshops (145 participant sessions)
- 83 one-on-one PEARLS coaching sessions

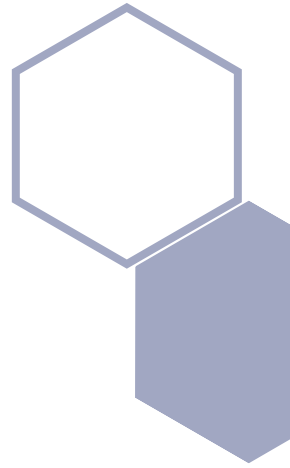
"I went from being fearful of falling to not needing to use my cane in three months!"

~ Tai Ji Quan Program Participant ~



Wellness Screening

Engaged 8 students from University of Minnesota School of Nursing to complete 108 community wellness screenings through hosting a total of 10 events in the fall of 2022.



Summary of 2022 Findings

- Number of Screenings Completed: 108
- Average Age Served: 80
- Early Risk Detection
 - Accepted Cognitive Screening: 82%
 - Showed Signs of Cognitive Decline: 21%
 - Accepted Depression Screening: 66%
 - Showed Signs of Depression: 28%
- 70 % of individuals screened were hypertensive, 44% of those being in Stage 2.

"Very Insightful!"

~ Wellness Screening Participant ~

"It was the conversation I never knew I needed"

~ Wellness Screening Participant ~

Top Four Wellness Dimensions Prioritized

1

Physical



2

Emotional



3

Social



4

Spiritual



Top Wellness Goal Themes

35% Stay Active and Independent

31% Increase amount of Exercise

14% Healthcare, Mental Health,
& EBP Follow-Up



Support

State, Federal, Other

- State of Minnesota
 - Department of Human Services
 - Board on Aging
- Trellis, Title III D Federal Funding
- Juniper

Collaborative Partners

- M Health Fairview
- Presbyterian Homes and Services
- Benedictine
- Lyngblomsten
- Ecumen

Program Partners

- Mendota Health
- Ebenezer

Program Sponsors

- Sholom
- Above and Beyond Senior Services
- Catholic Eldercare
- Home Care Solutions
- Interim HealthCare
- Metro Elder Services Association
- Our Lady of Peace Hospice
- Safe Harbor Estate Law
- Tamarisk
- Emerald Crest Memory Care, Cassia

Friends of Faith Community Nurse Network

We're so grateful for your financial gifts to FCNN.

*Your gifts are used to support our education
programs for those we serve.*

- | | |
|----------------------|----------------------|
| • Gregg Abram | • Barbara Leonard |
| • Brett Anderson | • Kathleen Luckmann |
| • Lori Anderson | • Barbara Malmo-Hunt |
| • Geoffrey Beebe | • Barbara McGlennen |
| • Jean Bendt | • Julia Nordling |
| • Patti Betlach | • Susan O'Conner-Von |
| • Margaret Boland | • Carol Oldowski |
| • Phyllis Bruce | • Muriel Olson |
| • Gloria Christensen | • Carolyn Orttel |
| • Renee Compo | • Kathryn Otterness |
| • Luther Dale | • Dorothy Phelps |
| • Kay Davies | • Yvonne Salmonson |
| • Mary Ann Dols | • Elaine Savick |
| • Jessica Drecktrah | • Nancy Shatek-Suek |
| • Yvette Dulohery | • Janelle Shearer |
| • Beth Hansen | • Mary Thompson |
| • Muriel Hanson | • Peggy Verkuilen |
| • Kathleen Hayden | • Gayle Vogel |
| • Roland Hayes | • Connie Volling |
| • Sarah Hicks | • Washburn-McReavy |
| • Edward Holland | • Sondra Weinzierl |
| • Bob & Judy Horn | • Sharon Williamson |
| • Deborah Jewett | • Katy Wortel |
| • Maureen Juarez | |

*Please note that this listing does not
include contributions made through our
Cost-Share Program.*

Leadership and Staff

2022 Board of Directors

Executive Committee

Susan O'Conner- Von, PhD, RN | *University of Minnesota* | **Chair**

Patti Betlach, RN, BSN, PHN | *Park Nicollet Methodist Hospital* | **Vice-Chair**

Roland Hayes, M.Div. | *Retired* | **Treasurer**

Edward Holland, M.Div., BCC, LMFT | *Retired* | **Secretary**

Directors

Laura Campbell, MS | *Benedictine Health System*

Ann Ellison, MA | *Fairview Health Services*

Mary Martin, MSN, RN, FCN | *Cassia*

Mary McCoy, BSN, PHN, LSN, CHPN, FCN | *Park Nicollet Methodist Hospital Hospice*

Susan O'Connell, MA, BAN, FCN | *Normandale Lutheran Church*

Carolyn Orttel, RN, BSN, FCN | *Waite Park Church*

Julie Pfab, BA | *Lyngblomsten*

Mary Springer, RN | *Presbyterian Homes and Services*

FCNN Team

From Top Center, Clockwise:

- Jessica Drecktrah,
Chief Nursing Officer
- Sam Sleeman, Operations
Director (Arrival August 2022)
- Erin Trobec, Administrative
Assistant
- Cheryl Lanigan, Chair of Evidence-
Based Programming
- Abby Jessen, Executive Director
(Departure April 2022)
- Sondra Weinzierl, Chair of
Education
- Carolyn Orttel, Evidence-Based
Program Coordinator



Volunteers



175 volunteers

Led workshops; served as guest experts in the areas of therapy, pharmacy, vision, and public safety; helped with administrative tasks; performed data entry; tended to our garden; helped at events; helped with fundraising and grant writing; ...



4,305 hours



\$221,620

Value of volunteers is calculated by using the market rate for skills-based professional volunteers donating their time. And the remaining of volunteers were calculated using the volunteer rate calculated by the Independent Sector on an annual basis.

"Spirituality is the heart of faith community nursing."

-Valborg



2022 Financials



INCOME

Government Grants - Restricted	174,187
Collaborative Partners	72,500
Business - Prog Ptnrs/Spnsrs	5,650
Individual Donations	8,080
Special Events	150
Program Revenue	100
Foundations Course	8,350
CEU Symposium	9,862
Evidence Based Programs	68,030
Investment Revenue	(5,884)
Other Revenue	5,635
<hr/>	
Total Revenue	\$346,660

EXPENSES

Salaries & Wages	198,917
Tax & Benefits	22,862
Contracts	56,232
General/Office Expenses	16,354
Information Technology	8,665
Occupancy	16,877
Travel	4,623
Programming	18,024
Insurance	1,026
Other Expenses	6,925
Program Expenses	18,437
<hr/>	
Total Expenditures	\$368,941

Net Revenue (\$22,281)

"Please convey my gratitude to everyone involved in order to provide the Wellness Screening. Activities like that don't "just happen."

The nursing students were professional. The nurse who spoke with me gave me sound advice which I am following up on. Without the explanation and advice she provided, I would not have taken a needed step. So please share a huge THANK YOU with the entire team, those up front and those I'll never see.

I needed the clarity of that Q&A and advice at this time in my life. "

~ Boutwell's Landing Resident ~

Note: Most of our grant funding is reimbursement based, reimbursements for Q4 were not remitted until Q1 of 2023.





FAITH COMMUNITY
NURSE NETWORK
of the Greater Twin Cities



Bridging Faith & Health

Prepared by: Sam Sleeman, CVA