

Parish Nurse Network Meeting  
October 15, 2020 ~ 7:00 p.m. – 8:15 p.m.  
Robinwood Professional Center, Suite 142

Zoom Logistics

- Mute your device using the microphone icon, or \*6 on your phone
- Chat box is available – using the “bubble” icon
- Power points/handouts available at: <https://meritushealth.com/parishnursing> - monthly resources
- ANCC credit (0.75 hrs): Jodi will send a link to complete the evaluation – once completed, Jodi will send certificate of attendance
- Session will be recorded – available for viewing until Oct 29<sup>th</sup>.

Opening Prayer: Fall Reflection – Burning Bush

7:00 pm - Program Presentation: *Nutritional Update: Anti-Inflammatory Nutrition and Intermittent Fasting*  
Cheryl Frushour, RD, LDN, Bariatric Surgery Care Specialist

Program Updates

- Foundations Course – Sept. 25, 26 and Oct. 23, 24.
- Bold Goals for the Community: Lose 1 Million Pounds by 2030 (or 10,000 lbs. by the end of 2021)
  - Oct 6<sup>th</sup> event at Robinwood Atrium: 5:30-7:30p
  - Weight Tracker now available: <https://weighttracker.meritshealth.com>
  - FAN: Faith, Activity, Nutrition: Programs for Churches from Univ. of SC
    - Information session – 11/13/2020, 3:00 pm (EST) contact Jessica Stucker: [jstucker@mailbox.sc.edu](mailto:jstucker@mailbox.sc.edu)
    - Interested in more information in FAN or attending a Zoom information session contact Wendy

Sharing and Networking

- Church Plans for Advent/Christmas
- Unmet Needs in Your Congregations
- Other Items?

Next Meeting

- Thursday, Nov 19, 2020, 7-8:15pm at Robinwood 142 & via Zoom
- Program at 7:00 – 7:45 pm – Diabetes Update
- Speaker: Crystal Allison, BSN, RN, CDE

