



## Parish Nurse Network Meeting

November 19, 2020

7:00 p.m. – 8:15 p.m., Remote – Via Zoom

### 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 Dec 3rd.

7:00 pm - Program Presentation: Crystal Allison, MSN, RN, CDCES  
Diabetes Care Specialist, [Crystal.allison@meritushealth.com](mailto:Crystal.allison@meritushealth.com)

Opening Reflection: Guided Imagery at the Beach

### Program Updates

- Foundations Course – Thanks to the students, Faculty, FCNs
- Bold Goals for the Community: Lose 1 Million Pounds by 2030 (or 10,000 lbs. by the end of 2021)
  - Weight Tracker now available:  
<https://weighttracker.meritushealth.com>
  - Hub City 100 Miler: <https://www.hagerstownmd.org/810/2021-Hub-City-100-Miler>
    - Walk/run 100 miles in 100 days, starts 1/15/21
    - Registration is now open
    - \$10 registration, weekly prizes, wellness tips
  - Weight Loss Resources on Healthy Washington County Website.  
<https://healthywashingtoncounty.com/go-for-bold/>
  - Faith, Activity, Nutrition-Programs for Churches from Univ. of SC
    - <http://prevention.sph.sc.edu/projects/fantraining.htm>
    - Contact Jessica Stucker: [jstucker@mailbox.sc.edu](mailto:jstucker@mailbox.sc.edu)

### Sharing and Networking

- Free Resources: Advent Devotional + Cloth Masks w/antimicrobial
- Uptick in COVID Cases
- Church Plans for Advent/Christmas
- Other Items?

### Next Meeting

- January 14 (2<sup>nd</sup> Thursday), 2021, pm at Robinwood 142 & via Zoom
- Speaker: TBA

