

## **Cynthia E. Carroll RN, Faith Community Nurse**

### 2014 Granger Westberg Leadership in Faith Community Nursing Award Recipient

Cynthia E. Carroll RN is a member and parish nurse of St. John's Lutheran Church in Sacramento, CA. Cindy was instrumental in starting their health ministry team in 1993 and has served faithfully as the ministry evolved, becoming the parish nurse in 1996. Cindy has a varied nursing background, with an emphasis in cardiovascular care.

As a faith community nurse, Cindy has developed a bereavement ministry program at St. John's, which she presented at the 2013 HMA Annual Meeting and Conference in a Poster Presentation. She has also facilitated the "Walk to Jerusalem" program three times, coordinated a "Share the Care" program for a family with a critically ill infant, and established (and coordinates) the Eucharistic Ministry program training lay members to bring communion to the homebound. She is the Stephen Leader Team Coordinator, facilitates the annual healing service and in the past three years has coordinated an annual Blue Christmas Service for those who have had a loss in the past year. Cindy has also arranged numerous health promotion/disease prevention classes and forums in her 18 years of service. She is the primary contributor to the monthly newsletter for health related topics and provides weekly health tips for the church bulletin. She participates in congregational care and coordinates the visitation schedule to hospital, homebound and others unable to participate in congregational life. Cindy works one-on-one with individuals by providing health education, counseling, advocacy, referrals and countless other nursing interventions. She has touched the lives of thousands of members in her years of service. Recently Cindy has been included on the worship team rotation to prepare and lead the congregation in the Prayers of the People during Sunday morning worship.

Cindy also serves as the President of the Greater Sacramento Health Ministries Network (GSHMN), which was established in 2010 after the local HMA chapter closed. The GSHMN has hosted three annual full day workshops called *Partners in Caring* to help faith leaders gain greater confidence in supporting people at life's end. The GSHMN holds bi-monthly meetings with speakers that include continuing education credits for nurses.

Cindy is an exceptionally caring, compassionate individual, who lives her faith in her work as a faith community nurse. She is the type of person who exemplifies faith community nursing and is an extremely deserving candidate of the Granger Westberg Leadership in Faith Community Nursing Award.