

Caring for One Another

One of the strengths of a faith community lies in having a supportive place to ask for help and to respond to one another with small or large helpful gestures and tasks.

On occasion, you or another church member may need a ride to a doctor's appointment, a few meals when first home from the hospital, friendly visits when in a facility or home alone, or a thoughtful phone call or card when you have suffered the loss of a loved one. These are the simple things that can make a difference and forge a community that is genuinely loving, welcoming and transformative.

We are now using the *Community Matters* email forum to notify one another of these occasions and count on each other to respond whenever possible. Each member of MLUC is a "Pastoral Associate" and can minister in a unique way. To sign up for *Community Matters*, email changes4communitymatters@gmail.com.

Getting Started

To offer a hand or request some help, please contact the Parish Nurse.

General Office Hours:

Mondays, 10:00 a.m. to 4:00 p.m.

Thursdays, 10:00 a.m. to 4:00 p.m.



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Meet Your Parish Nurse



Whether you are managing a physical or mental health issue, experiencing a life transition, or simply wanting to improve your overall health, your Parish Nurse can provide much-needed support and guidance. By forging connections within families, healthcare networks, and our faith community, the Parish Nurse tries to ensure that you are not alone during challenging times.



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“The best way out is always through.”

Parish Nurses are registered nurses who offer their support and expertise to cultivate physical and mental health within a congregation. Under the American Nurses Association, parish nursing is a quickly growing specialty with over 10,000 currently practicing in the United States.

Parish Nurses offer a variety of services to a congregation. Here are a few ways in which your parish nurse can assist you.

Advocating Within Your Healthcare Network

A major part of the Parish Nurse’s role is to build a bridge of communication between you and your doctors, your family, the ministers, and this faith community.



Managing Health Challenges

Contact the Parish Nurse if you are:

- living with a chronic illness
- receiving a new diagnosis
- preparing for a surgery or procedure
- downsizing/moving to a retirement community, or helping a parent/relative to do so.
- seeking information or support

One of our Parish Nurse’s strongest skills is helping to evaluate whether it is time for palliative or hospice care, and helping people navigate their end-of-life care choices. If you are in need of direction in dealing with illnesses like dementia or Alzheimer’s, the Parish Nurse can help you identify community resources, events, and educational workshops. Supporting caregivers in an important part of Parish Nursing.

Support in Times of Grief

Grief, anxiety, and depression impact our overall health, and are also important reasons to reach out to the Parish Nurse. Short-term counseling, support groups, and visits can help give you an advantage as you work through the healing journey of grieving. Connecting with others can keep you from feeling isolated during times of loss.

Improving Mental Health

The Parish Nurse provides support and guidance to long-distance caregivers of aging parents. You may also want to contact the Parish Nurse if you are experiencing any life transition, such as a new baby, new diagnosis, or the flare-up of a chronic illness.



Advice on General Wellness

The overall goal of the Parish Nurse is to support you in mind, body, and spirit, and to partner with you in achieving your health goals. The Parish Nurse can provide guidance on how you can improve your health in each of these areas.