I have recently been obsessed with the concept of time. Perhaps it is just me being over the age of 70 and much closer to the end of my time than I was when I was 20. As we age, it seems the days, weeks, months, and years go past us with increasing speed (psychological time). Turns out human kind is also obsessed with the concepts of time. The history of timekeeping alone is a fascinating topic.

Time is conceptualized in different ways by historians, scientists, physicists, astronomers, philosophers, psychologists, cultural experts, mathematicians, neurologists, and theologians. Some believe time to be linear, with the ever-moving now. Even as we experience our now, that now becomes part of the past. Scientists and physicists dispute the linear concept. They see time and motion coexisting (e.g., we move through time). If we were to receive a message from a galaxy 100 light years away, that moving message would already be 100 years old. And to top it off, each faith may represent time from their own perspective (for example, Hindus believe time is cyclic with cycles of birth, death, and rebirth). Just reading about the various ways time is perceived is enough to make one’s head hurt. But I am a simple woman and will go with what makes sense to me. So, I began by drawing on some self-selected scriptures and sayings:

**Ecclesiastes 3:11:** He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end.

**Ecclesiastes 3:1:** “There is a time for everything, and a season for every activity under the heavens”

**2 Peter 3:8:** But do not forget this one thing, dear friends: With the Lord a day is like a thousand years, and a thousand years are like a day.

**Islamic saying:** How can you not make time for the one who created time?

In the end, I will go with God’s own time, which is not my time or the time of mere humans trying to make sense of it all. God’s own time…I found a song that says this beautifully. It is called *In Your Time* by Diane Ball.

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**June Health Observances**

Health topics for June include:
National Alzheimer’s and Brain Awareness Month. Here at Duet, those caring for a family member with Alzheimer’s disease or dementia can join Duet’s Alzheimer’s and Dementia support group. You can find local support and resources from the Alzheimer’s Association Desert SW Chapter; they also feature news and information on advocacy.

Men’s Health Month info from Office of Minority Health offers free promotional posters and links to sites pointing out men’s health disparities and promoting men’s health. Note: many men have put off screenings and PCP visits during the pandemic. We all can work together to get the guys back on track.

Our good friend, Fred Taylor, the executive director for the Southwest Prostate Cancer Foundation, will share information on upcoming screenings, so keep an eye out for those dates.

Aphasia Awareness Month

Networking Meetings

June 15, 2021 (12 – 1:45 p.m. and 7 – 8 p.m.): Black Nurses Association of the Greater Phoenix Area

July 20, 2021 (12 – 1:45 p.m. and 7 – 8 p.m.): The Opioid Epidemic Continues: Fred Taylor from AZ Attorney General’s office.

Fall Foundations of Faith Community Nursing Course

We are planning our next course now. It will be a hybrid course, with in-person and virtual classrooms at the beginning and end of the course, with the rest of the course being held virtually.

Tentative dates:
- Saturday, October 16, 2021, from 8 - 5 p.m. (in person/virtual)
- Tuesdays and Thursdays: October 19, 21, 26, 28, November 2 and 4, from 4 - 9 p.m. (virtual)
- Saturday, November 6, 2021, from 8 - 5 p.m. including the commissioning ceremony (in-person/virtual)

*Continuing education units for The Foundations of Faith Community Nursing Course have been approved by the Arizona Nurses Association through July 31, 2023.*

We want to hear from nurses who are eager to share their journey and their role in their congregations. To learn more, please email neff@duetaz.org.

News from the Westberg Symposium

Over the next couple of weeks, I will be emailing day-to-day summaries of the conference held in April. If you wish to have copies of the summaries, contact me at varner@duetaz.org.
**Additional Resources**

The [Arizona Faith Network](#) has several interesting meetings coming up in June.

The [Black Nurses Association of the Greater Phoenix Area](#) is accepting applications for their Loreatha Williams Scholarship until July 1, 2021.

[Arizona Attorney General's Office of Community Outreach and Education](#) offers free webinars with speakers on topics such as the dangers of e-cigarettes, human trafficking, elder abuse, suicide prevention, anti-bullying, the opioid crisis, and how to avoid scammers.

Official Medicare Information at [medicare.gov](http://medicare.gov).

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**Reporting Faith Community Nursing Hours**

Nurses, please enter your monthly FCN hours on our website reporting tool; the field to enter 2021 statistics has been updated. The information requested aligns to the data that Duet congregational health services is asked to report. The statistics are also referenced when Duet applies for congregational health-related grants. If you have questions or need another copy of our web reporting training aid, please contact Anne at [varner@duetaz.org](mailto:varner@duetaz.org).

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**Duet News**

Join us **June 4** for our next virtual Discover Duet which takes place on the first Friday of the month at 10 a.m. In our 20-minute Zoom tour, you’ll learn about our mission through facts and inspiring stories of the people impacted by our services. All too often we hear, “if only I had known about Duet sooner!” You can help us spread the word by inviting a family member, friend, or colleague to attend with you. Learn more or [RSVP](#).

Below are additional links to Duet's full calendar of service-area support groups and events, the Family Caregiver Virtual Symposium recording, and additional information regarding our kinship and family caregiver services.

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**About Duet**

*Mission*
To promote health and well-being through vitally needed, free-of-charge services to homebound adults, family caregivers, faith communities, and grandfamilies.

**Vision**
A community where every person ages with compassion, dignity, and hope.