Reflections from Anne Varner, RN, MSN
Director of Congregational Health

Music and Meditation.

For myself and many others, music is our preferred form of meditation. Sitting still in deep thought is a practice that is difficult for me. But I find I can sing my prayers, my thoughts, my feelings effortlessly. As we all have been living through this pandemic, our congregations have had to close down and move to virtual services. One of the devotional pieces missed by so many was the music - our communal prayers lifted in music and song. Even as we worked to reopen, we struggled with returning to our music, which is thought to be a high-risk activity. We learned about special masks for vocal musicians, found out how to put together virtual choirs, and learned how to sing though masks utilizing social distancing. We all needed our music.

The making of music is an innately human activity. We experience music from earliest infancy and even within the womb prior to birth. Persons who are deaf are attuned to the vibrations and cadence of music, utilizing the same area of the brain where music lives in all of us. Many choirs are accompanied by lyrical sign-language interpreters. Music is universal. The following are some thoughts on music’s universality from At Ozspirit, a website offering daily meditations:

A Meditation for August 2

Music expresses the harmony of the universe, while rituals express the order of the universe. Through harmony all things are influenced, and through order all things have a proper place. Music rises to heaven, while rituals are patterned on the earth...Therefore the Sage creates music to correlate with Heaven and creates rituals to correlate with the Earth. When rituals and music are well established, we have Heaven and Earth functioning in perfect order. - BOOK OF RITUAL (CLASSICAL CONFUCIANIST TEXT)

Make a joyful noise unto the Lord, all ye lands. - PSALM 100 (HEBREW SCRIPTURES) In the cosmic Void is He absorbed, Where plays the unstruck mystic music — Beyond expression is this miraculous wonder. - ADI GRANTH (SIKH SACRED TEXT)
MEDITATION: The world music phenomenon of today is unique only in its scope. As far back as we can trace, drum rhythms, chants, melodies, and songs have spread from one village to another and one culture to another far more easily than religious ritual or doctrine. Music has two basic dimensions, the personal/communal and the sacred, and it has always been used to serve human and divine purposes. David, before he became king of Israel, played soothing harp music to console the anxiety-ridden King Saul. According to legend, the same shepherd lad, David, composed many magnificent psalms, both the poetry and the accompanying music. Certain woodland Native American tribes, in this mid-summer period, gathered for festivals of music.

Not only were traditional sacred songs and melodies (the equivalent of Christian hymns) shared, but also awards were given to the creators of the best new popular songs of humor or love. Whatever the music in your heart today, be it silly or soulful, sing it out!

So, as for me, “How Can I Keep From Singing”

August Health Observances

Health topics for August include:

- Children’s Eye Health and Safety Month
- Gastroparesis Awareness Month
- National Breastfeeding Month with the US Breastfeeding Committee
- National Immunization Awareness Month with the CDC
- Psoriasis Action Month with the National Psoriasis Foundation
- Summer Sun Safety Month with the American Cancer Society
- International Overdose Awareness Day (August 31) with the Penington Institute

Virtual Networking Meetings

August 17, 2021, 12 – 1:45 p.m. and 7 – 8 p.m.
Speaker: Kinsey McManus from the Arizona Alzheimer's Association

The Zoom link is sent the Friday before each meeting. If you have not attended a networking meeting before, please contact Anne at varner@duetzaz.org.

Upcoming Events Sponsored by FCNs

The following is from Kathy Veprek:
Just a reminder about an in-person Medicare 101 class I am hosting at my church coming up Saturday, September 11, at 10 a.m. with Ms. S. Howard, Account Manager/Agent of Phoenix Health Insurance. Anyone, any age is welcome.

North Valley Baptist Church
2109 E. Rose Garden Lane (Cave Creek Rd. & L-101)
Phoenix, AZ 85024
Classroom B8
Saturday, September 11, at 10 a.m.
Fall Foundations of Faith Community Nursing Course

Our next course will be a hybrid, with both in-person and virtual classrooms at the beginning and end of the program, with the rest of the course being held virtually. Tentative dates:

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

Fall Foundations of Faith Community Nursing Registration

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

Additional Resources

Westberg Institute for Faith Community Nursing

The Arizona Faith Network has several interesting meetings coming up for August.

The Black Nurses Association of Greater Phoenix

Arizona Attorney General’s Office of Community Outreach and Education offers free webinar 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.

Health Ministries Association: Denise Viker is on their Executive Board. They have an upcoming conference for Faith Community Nurses in October 2021.

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.

Report Hours
Duet News

Join us on August 13 at 10 a.m. for Discover Duet, a 20-minutes informational Zoom tour. You’ll learn about our mission through facts and stories of the people we serve. Discover Duet is designed to help us build community connections, so feel free to invite a friend or colleague. For more information about the tours, contact Lori Appleby Hoke at (602) 274-5022, ext. 132, or applebyhoke@duetaz.org.

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.

- **Duet Calendar**
- **Kinship Services**
- **Family Caregiver Virtual Symposium recording**
- **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.

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**Donate**

**Volunteer Opportunities**

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