

KANSAS PARISH NURSE and FAITH COMMUNITY NURSING

Quarterly Newsletter Fall, 2017

"As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God."

1 Peter 4:10

From the Desk of your District Representative

Happy Fall to each of you. As the leaves begin to turn later this month and the days grow shorter, it is time to plan fall and winter activities and events. Will it be organizing a "Walk to Bethlehem" (an activity for the congregation), or give pink ribbons to all members of the congregation, recognizing Breast Cancer month or making baskets for the shut-ins at Christmas time? There are many resources to help with planning and developing your designs. In my congregation, I am planning to make gift baskets for the many shut-ins and those over 90 years old in the congregation. Another goal is to go on the LPNI annual study tour to Canada (read this article concerning the opportunity), to join other parish nurses to learn what the Canadians are doing in their congregations. Each year, a study tour is planned, and each year Marcy Schnorr (the educational coordinator for LCMS parish nurses) leads a group to Bethlehem "Mission and Ministry" to assist Raeda in her ministry. (She has space available, contact Marcy if you are able to go. We always have room for learning more information! My pastor and I will also have our annual Blue Christmas service during the Advent season. Blue Christmas recognizes those who have a difficult time, while others are excited about Christmas and the activities. The ministry at my local congregation continues to grow and serve more of the members. Praise the Lord.

Mary Hume, Parish Nurse

Kansas LCMS District Representative.

Regional Parish Nurse Meeting

There will be a meeting of the parish nurses in the Wichita-Winfield area on September 9th from 9:30 – noon. All Parish Nurses and health care ministers are invited. We will discuss parish nurse ministry, share

ideas, nourish our souls with the love of God and nourish our bodies with lunch. The gathering will be at Holy Cross Lutheran Church, 600 N Greenwich Rd. in Wichita. Enter the church on the north/west side, under the bell tower. We will be meeting in the parlor. Please RSVP by September 6 to Mary Hume (785-272-5905) or maryhume29@cox.net.

Annual Study Tour

The ninth annual LPNI (Lutheran Parish Nurses International) study tour is schedule for September 13-20, 2018. The trip will begin in Winnipeg, the capital of the province of Manitoba, and go through a portion of the Canadian Prairies. Parish Nurses and others from around the world will have the opportunity to learn, network and support one another, share experiences and models of practice, meet with pastors, deaconesses, Parish Nurses and others and enjoy fellowship with like-minded people. The weeklong tour of Canada will end in Saskatchewan with a visit to the Royal Mounted Police Heritage Center and Museum. The event is affordable and it will be interesting and educational. Go to www.lpni.org for more details and the registration form. I am getting my passport renewed and would like a roommate.

Fidget Spinners

Fidget spinners are the latest craze to hit the market. You see them everywhere; supermarkets, hardware stores, hobby shops and more. A recent article from "Medscape" reports kids of all ages are playing with them. They are purported to help with everything from boredom to attention-deficit, hyperactivity disorders and stress, the manufacturers claim that they improve focus and concentration. No research has been done to prove their effectiveness but some children with ADHD have shown some improvement

in memory and cognitive performance with slight gross motor activity. There are precautions to take. There have been reports that the overuse of the item can cause stress injuries and the bearings can dislodge and young children have swallowed them. They are colorful and very tempting; the stores usually place them near the checkout area to catch the eye of the child.

Diabetic Medications

Blink Health is offering a one-year supply of three of the most commonly prescribed generic medications for Type-2 diabetes – metformin, glipizide and pioglitazone – in their common dosages, free of charge. A prescription for any or all of these three medications is needed. Register by going to the website: www.blinkhealth.com. There is no cost to become a member of Blink Health, or to receive the medication. The offer expires September 11, 2017.

Prescription Drug Plans

Open enrollment is fast approaching. Those who are on Medicare and have a prescription drug plan can check for changes in the plans or change to a new plan. Find an agent, like the Area Agency for Aging, in your community that can help or go on www.medicare.gov and enter your medications to learn of the best plan for 2018.

Pink Ribbon Sunday

October is National Breast Cancer Month. Each of us knows of one or more women (and men) who have been diagnosed with breast cancer. Although research and medicine have come a long way in detection and treatment of the disease, we still continue to educate our society on the importance of regular breast exams and mammograms. Have a “Pink Ribbon” Sunday during October. Information and ideas are available on www.fda.gov/pinkribbon.

Worry

Reprinted from www.LPNI.org August 2017

We all worry. Worry is feeling uneasy and concerned about a situation or problem. A little worry is normal and even helpful in some situations. It can spur us on to study harder for a test, prepare better for an upcoming interview or be more cautious in potentially dangerous situations. These are just a few examples.

There are numerous physical, mental, emotional and even spiritual effects of anxiety, distress and stress brought on when worry becomes unrealistic, excessive and chronic. Chronic worrying can affect daily life; interfering with appetite, lifestyle habits, relationships, sleep, job performance, and more. It can lead to harmful habits such as overeating, or excessive use of alcohol and drugs; also to generalized anxiety disorders, panic disorder, social anxiety, irrational and impaired thinking, depression and many other illnesses.

Let’s look at what happens in our bodies as a response triggered by worry, anxiety and stress. The response is complicated and ultimately involves the “whole person” in a mind-body cycle. Three systems directly involved in the physiology of stress are the nervous, endocrine and immune systems working together and in sequence in response to worry and stress. Messages sent from the hypothalamus, through release of corticotropin, activates the pituitary to release adrenocorticotrophic hormone (ACTH), which stimulates adrenal glands to release cortisol and aldosterone. This flood of hormones into the bloodstream, when stress is prolonged, has an effect on every system. This includes increasing metabolism; affecting body fluids, blood sugar levels, blood pressure; causing suppression of immune system, digestive system issues, muscle tension, twitching, memory loss, headaches, irritability, pain; also pulmonary and cardiac changes leading to coronary artery disease, heart attack and numerous other imbalances. The extent of damage is greatly influenced by each individual’s coping style.

There is hope for better health! Awareness of worries and its consequences and a network of support through family and friends are both important. Professional care for depression and chronic anxiety, medications or counseling may be necessary. Healthy lifestyle with a balanced diet, exercise and relaxation are crucial. The simple words of the song title, “Don’t Worry, Be Happy” give great advice. Focusing on the positive, on gratitude and joy, is healing, as Proverbs 17:22 says *A cheerful heart is good medicine.* As Christians, through God’s word, we have abundant resources for hope, strength and true joy. From Nehemiah 8:10, *The Joy of the Lord is our strength.* We are told to give our worries to our loving, caring Lord in 1 Peter 5:7 *Cast your anxiety on Him because He cares for you.* Through His promises

we are assured of His love, care, forgiveness; His peace in our lives. We pray and are confident of His continual presence to calm us. Jesus says in John 14:2, *Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.* Thanks be to God for our Hope in Him!

Dottie Simon, Texas District Health Ministry/Parish Nursing

Worry traps our hearts, Worship sets them free.

Video Series

The special topic video series continues for the second year on www.lcms.org/health and click on the title of the video under “recent news”. The list of videos for the remainder of the year includes:

- August – Rev. Rocky Mease, “Spiritual Vital Signs”.
- October – “Supporting People and Families Experiencing Developmental Disabilities” by Mona Fuerstenau.
- November – Rev. David Muench will discuss the value of working as a team in the church.
- December – “A Military Family’s Service” will be presented by Lt. Eduardo Garza Jr.

Previous videos are archived

Ideas for Health Articles

Health topics vary each month. Check the website (www.healthfinder.gov or CDC.gov) to find more ideas, and to follow links to articles and information. Many of the health organizations have literature and posters available at little or no cost.

- * **September** – Childhood Cancer Awareness; Healthy Aging, National Head Lice Prevention Month; Celiac Disease; Fall Prevention
- * **October** – Domestic Violence Awareness; Health Literacy; Bullying Prevention; Breast Cancer Awareness; Depression Screening
- * **November** – American Diabetes; COPD Awareness; Family Caregivers
- * **December** – Handwashing Awareness; World AIDS Day; Safe Toys & Gifts



Deb Apfel has joined the health care ministry at Trinity, Fort Scott

You can't pour from an empty cup, take care of yourself first.

Activity Calendar

With a Parish Nurse Presence

October 8-10: Professional Church Workers will meet in Topeka.

April 20-22, 2018: KS District LWML 2018 Convention

May 23-24, 2018: 26th Annual Concordia Conference at Concordia University, Wisconsin

June 6-8, 2018: District Convention in Topeka

Intersections of Faith and Health

Mobilizing Faith-based assets,
Public Health and Communities

JoVeta Wescott will be facilitating a workshop on October 18th and 19th at Kansas Wesleyan in Salina. The Pre-conference (October 18th) will feature health ministry basics, health ministry team development, and parish nurse topics. The conference on October 19th opens with a keynote by Gary Gunderson followed by 7 workshops discussing various health topics. Visit www.healthfund.org/ifh17 for complete details. CEUs will be offered.

Educational Opportunities

- **Ongoing:** LCMS Health Ministry offers a basic course “Introduction to Parish Nursing”, available through distant learning. Videos are available for on-line viewing. Registering for the course leads to a Certificate of Completion. Go to lcms.org/health/education for complete details.
- **Christian Caregiving:** A professional development conference/course for RNs, clergy, and others interested in parish nursing and congregational health ministries will be June 4-7, 2018 at Concordia University, Wisconsin. Contact Carol A Lueders-Bolwerk PhD RN at 262-243-4233 or carol.lueders.bolwerk@cuw.edu to register.

Resources

- ◇ Kansas District information is available at www.kslcm.org. Click on *Caring Ministry* and then *Parish Nurse*. The history of parish nursing in Kansas and past newsletters are available.
- ◇ What is on the www.lcms.org/health/resources site? The Summer 2017 newsletter is online. The topics include articles on intergenerational relationships highlighting the importance of encouraging intergenerational relationships within the family of faith.
- ◇ A Bible study, a Devotion, and a Health Topic appear monthly at www.LPNI.org.

Cancer—Now What?

by Kenneth C. Haugk, Ph.D.,

A new resource book from Stephen Ministries offers a practical guide for those with cancer and their loved ones. This book is a practical, thoughtful guide for the parish nurse to give to someone with a cancer diagnosis. It is written in an organized, easy-to-read format that can offer hope for the cancer journey. Parish nurses who are familiar with the book can offer specific references to reinforce and supplement their visit. It is available from www.CancerNowWhat.org.

Scope and Standards of Faith Community Nursing

The 3rd edition of the *Scope and Standards of Faith Community Nursing* is scheduled to be available this fall. You can purchase it through ANA.

“May the peace of God, which surpasses all understanding, guard your hearts and your minds in Christ Jesus.” Phil. 4:7

Mary Hume, Parish Nurse
Kansas District LCMS Representative
2633B SW Arrowhead Rd
Topeka KS 66614

KANSAS DISTRICT-LCMC

PARISH NURSE REPRESENTATIVE

As your representative, I am available to assist you with information such as the newsletter, printed materials about the ministry and much more. Please keep me informed of changes in your life, such as address change, email address change, status of the ministry in your congregation, etc. If you know of others who would like the newsletter and other information please let me know. If you prefer to receive the newsletter electronically, let me know.

Mary Hume - 2633B SW Arrowhead Rd - Topeka, KS 66614 - maryhume29@cox.net - (H) 785-272-5905 (Cell) 785-580-6650

Additional contacts:

- Dr. Jamie Spikes -Member of the LCMS Parish Nurse Council and Parish Nurse at St. Luke, Manhattan, KS – jamiespikes@gmail.com
- Dr. Marcia Schnorr, Education Coordinator for Parish Nursing – marcyschnorr2009@gmail.com
- Karen Hardecopf, LCMS Parish Nursing Program Coordinator - khardecopf@juno.com

