

KANSAS PARISH NURSE MINISTRY

and

FAITH COMMUNITY NURSING

Quarterly Newsletter

Winter, 2017

"Teach me your way, LORD, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name."
Psalm 86:11

Please pray for Jamie Spikes as her husband Frank was taken to be with his Lord and Savior on Nov. 8th. A service of Victory and Thanksgiving to God was held Nov. 18th at St. Luke in Manhattan.

"Blessed are those who mourn, for they will be comforted." Matthew 5:4

From the Desk of your District Representative

I will miss Frank. He was a great support for Jamie and for Parish Nursing.

This is the season that finds us scurrying around, getting ready for the Christmas season. We each have a bucket list of things to do and places to go, dinners to prepare and people to invite. Oops, what should be at the top of our list? STOP! What is the very most important part of this season? Do you need to make a list of whom to invite, what you will be serving, OR how about listening to the Christmas story and singing Silent Night once again?

Plan for Spring time and how to share health issues, maybe a health fair, display boards or literature on a specific topic or topics. I have been giving you ideas for topics (see "Ideas for Health Articles" on page 3)

I write this newsletter with a 2-fold purpose. The first is to share information which I receive from the Synodical level of parish nursing. The team of Marcy Schnorr and Karen Hardecopf work hard to be the go-between for the District Representatives and the synodical office of health ministry, keeping us informed of changes and happenings. The second purpose of the newsletter is to give you information you can share with your congregational members. I know several of you have means of sharing information, such as your congregational newsletter or bulletin boards. Keep up the good work. I am

always open to suggestions of what to include in newsletters. Please let me know what your needs are.

There is time to join the parish nurse study trip to Canada (LPNI.org/study tour).

Program Alert: There is a workshop in the planning stage for the springtime. Watch for more information.

Regional Parish Nurse Meeting

Although we had a small attendance, we had a great time at Holy Cross in Wichita on September 9. We shared ideas and thoughts of Parish Nursing/Faith Community Nursing and how we are ministering to members in our congregations. I would like to meet with other nurses in the circuits of the Kansas District. Give me a call and we can schedule a mini-conference.

Seasonal Affective Disorder

Seasonal Affective Disorder (SAD) is a type of depression that is related to changes in the seasons — SAD is more prevalent in the late fall and winter months, as the daylight time is shorter. SAD can sap energy and make one feel moody. Less often, SAD causes depression in the spring or early summer. Treatment for SAD may include light therapy (phototherapy), psychotherapy and medications.

Don't brush off that yearly feeling as simply a case of the "winter blues" or a "seasonal funk" that you have to tough out on your own.

Symptoms specific to winter-onset SAD, sometimes called winter depression, may include:

- Irritability
- Tiredness or low energy
- Problems getting along with other people
- Hypersensitivity to rejection
- Heavy feelings in the arms or legs
- Oversleeping
- Appetite changes, especially a craving for foods high in carbohydrates

- Weight gain

The specific cause of Seasonal Affective Disorder remains unknown. Some factors that may come into play include:

- **Your biological clock (circadian rhythm).** The decrease in sunlight may disrupt your body's internal clock and may lead to feelings of depression.
- **Serotonin levels.** A drop in serotonin, a brain chemical (neurotransmitter) that affects mood, might play a role in SAD. Reduced sunlight can cause a drop in serotonin that may trigger depression.
- **Melatonin levels.** The change in season can disrupt the balance of the body's level of melatonin, which plays a role in sleep patterns and mood.

In addition to your treatment plan for Seasonal Affective Disorder, try the following:

- Make your environment brighter by letting the sunlight in.
- Get outside, even though it might be cold or dark, spending a couple of hours outside can improve your feelings.
- Exercise regularly, whether a walk in the mall or outside. Increasing the activity of the heart stimulates the flow of blood.

Lutheran Early Response Team

L E R T

The Mission of LERT is to provide teams of trained volunteers, serving our churches and communities as part of a disaster outreach ministry, assisting in a collaborated and coordinated response in cooperation and communication with the District Disaster Response Coordinators. The goal is to provide churches with sponsor trained and equipped volunteers who will work in disaster outreach ministries. To learn more of the ministry, or to become trained to be on a team, contact Donna Williams 316-283-1441 or at (youthworker@zionnewton.com) .

What's in a Name?

For several decades, we have known the health ministry in the church as 'Parish Nursing Ministry'. It can also be called 'Faith Community Nursing' or 'Health Care Ministry'. The title is not so important,

but it is the ministry that is important. As nurses and health care workers, we are using the gifts that God has given to us to serve others, invite other health care workers to visit the shut-ins, take the altar flowers to someone who is lonely, take a meal to someone in need and the list can go on. Pray for God's direction in the ministry, and He will give you the strength and direction to do His work.

Osteoporosis

Reprinted from LPNI.org. – October 2017

There is an old spiritual song with the topic found in Ezekiel 37:1-14 about the Valley of Dry Bones. The song goes something like, "Dem bones, dem bones, dem dry bones ... now hear the word of the Lord". The song was written by James Weldon Johnson and first recorded in 1928. The verses speak to the bones coming to life upon hearing the voice of God.

Bones that make up the skeleton, the framework of the body, are essential to good health. The function of bones is to support soft tissue and protect vital organs. One of the more common diseases of bones is osteoporosis. This is an ailment that is more common in women than in men, and more frequently found in Caucasian and Asian populations; however, African Americans are also prone to osteoporosis.

What causes osteoporosis? The exact cause is unknown, although bones are in a constant state of renewal. New bone is made and old bone is broken down which causes a loss in bone mass. When one is young, the process of bone growth is faster than bone break down, thus the bone mass increases. Later in life as one ages, the bone loss is greater than growth, thus the bone mass decreases. Because of the lack of bone density, in Americans there are approximately two million fractures per year due to osteoporosis.

Once bones are weakened by osteoporosis, symptoms that may become apparent are back pain, loss of height, stooped posture, and fractures. Risk factors for osteoporosis are gender, age, race, family history, body frame size (the more petite the more at risk), nutrition, lifestyle (inactivity), medications, smoking, alcohol intake, and decrease in hormones.

Some of the various medical conditions that are risk factors that contribute to bone weakness include overactive thyroid, parathyroid and adrenal glands, history of weight loss surgery, organ transplant, celiac disease, inflammatory bowel disease, multiple myeloma and rheumatoid arthritis.

What are some things one can do to decrease the risk of osteoporosis? A diet rich in calcium can help. Foods that are calcium rich are dairy products, salmon with bones, sardines, kale, broccoli, dried figs, and calcium-fortified foods such as breads and juices. Calcium can also be taken as supplements. The Cleveland Clinic recommends 1000 mg a day for those between the ages of 19 to 50, and 1500 mg for those over 50. Vitamin D is necessary for the absorption of dietary calcium. Daily exercise is important to maintaining good bone health. These activities include walking, jogging, aerobics and weightlifting -- all good for strengthening bones. Avoiding smoking and alcohol will also help to decrease the risk of bone impairment. Bone density examinations are important. An examination called a DXA Scan is pain free and can be done relatively quickly. It looks at the wrist, hip and spine. If weaknesses are found, more bone health promoting behaviors can be initiated.

Pat Couch, RN, BSN, Parish Nurse,
St. John Lutheran, Country Club Hills, IL, USA

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 Blessings of Synergy in Team Ministry", Rev. David Muench, Director of Ministerial Care for Concordia Plan Services and Chairman of Ministerial Care Coalition.

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.

- * **December** – Handwashing Awareness; World AIDS Day; Safe Toys & Gifts
- * **January** – Cervical Health Awareness, Thyroid Awareness,
- * **February** – National Heart Month, (2/2)Wear Red Day, (2/4) National Donor Day, (2/26 - 3/3) National Eating Disorder Week
- * **March** – National Colorectal Cancer Awareness, National Nutrition Month, Problem Gambling Awareness

Activity Calendar

With a Parish Nurse Presence

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

Peace and Joy in the World

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.kslcms.org. Click on *Caring Ministry* and then *Parish Nurse*. The history of parish nursing in Kansas and past newsletters are available. Check out the new look.
- ◇ What is on the www.lcms.org/health/resources site? The Winter 2017 newsletter will be available soon.
- ◇ A Bible study, a Devotion, and a Health Topic appear monthly at www.LPNI.org. Older items are archived.
- ◇ *Soul of the Caring Nurse: Stories and Resources For Revitalizing Professional Passion* "is an inspiring collection of stories that capture the extraordinary stories of ordinary nurses with the idea that their triumphs will help build bridges and understanding and inspire other nurses to revitalize their own passion for the profession." This book is available at www.nursesbooks.org.
- ◇ Do you want promotional materials or gifts? Visit CPH.org or www.positivepromotion.com or CTAinc.com or Channing Beta at faithguides.com websites.

Care Notes

Abbey Press had gotten many phone calls, decrying that Care Notes would no longer be offered. The company has decided to continue to print the booklets but downsizing them. Call 1-800-325-2511 for a recent catalog.

She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins." Matthew 1:21

Scope and Standards of Faith Community Nursing

The 3rd edition of the *Scope and Standards of Faith Community Nursing* is available. You can purchase it through American Nurses Association. Member price is \$27.95/non-member price is \$32.95. Access the information to order through [www.American Nurses Association.org](http://www.AmericanNursesAssociation.org).

Seed Money

Thrivent will support a cause to help others. If you are a Thrivent Fraternal member or members of your congregations are members, request a VISA card with a value of \$250. Talk with your Thrivent Representative to learn the details to obtain a card and support your cause or visit www.thrivent.com/actionteam.

"Glory to God in the highest, and on earth peace, goodwill toward men!" Luke 2:14



Mary Hume, KSLCMS District Representative
Parish Nurse Ministry
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KANSAS DISTRICT-LCMS 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

**MAY THE PEACE AND JOY
OF CHRISTMAS BE WITH YOU**