

# KANSAS PARISH NURSE MINISTRY and FAITH COMMUNITY NURSING

Quarterly Newsletter  
Spring, 2018

*"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*

## **From the Desk of your District Representative**

Spring is just around the corner and it is time for planning. Planning for what, you ask. Some will be planning for a flower garden, some will plan for a vegetable garden. I will be planning for a workshop.

First, I would like to share the Blue Christmas service Pastor Buono and I offered to those hurting spiritually, emotionally and/or physically. We heard some deep hurts and prayed with each person. Many felt hope at the close of the service, knowing that God was walking along side of them on their life's journey.

Welcome Daniel Joyner into the Kansas District. He recently moved to Pratt, attending St. Paul's Lutheran Church with Rev. Paul Schotte. He is planning to increase his knowledge of parish nursing by attending an educational class. Marcene Selberg (St. Paul, Atchison) is diligently studying to complete the distant learning course.

The members of Holy Cross in Wichita are "Walking to Jerusalem" The exercise and activity program has many involved, and I am sure they are having fun with the activity, looking forward to being in Jerusalem before Easter. If you would want more information on the activity, I can share it with you. In the fall, the activity is called "Walking to Bethlehem".

Prayerfully consider attending the 26th Annual Concordia Conference for Parish Nurses and Congregational Health Ministries. The conference entitled "Steadfast Servants: Working together for Christ" will be on the beautiful campus of Concordia University Wisconsin in Mequon. Save May 23-24, 2018 to attend. For detailed information, please contact me for assistance with the conference fee and with travel expenses.

Blessings as you minister to others  
Mary Hume, Parish Nurse

## **Trauma-Informed Care, PTSD and the Parish Nurse Workshop - April 6**

Whether trauma is caused by a single event such as a natural disaster or by repeated or prolonged exposure to abuse, an individual's thoughts, feelings, and behaviors are filtered through their experience and perspective. Increasing awareness about the trauma a person has experienced and the impact it has on them can help one become anxious or disruptive. Experiencing a trauma can change how a person perceives the world.

Trauma is an event or series of events, an experience or prolonged experiences, and /or a threat or perceived threats to a person's well-being. The individual's usual coping mechanisms can be negatively impacted by trauma. Subsequent behavioral responses to daily life may be filtered through this perspective.

Trauma-informed care is a framework of thinking and interventions that are directed by understanding the profound neurological, biological, psychological, and social effects trauma has on an individual, recognizing a person's constant interdependent needs for safety, connections, and ways to manage emotions and impulses. The workshop will discuss how we can be understanding to those individuals. This CE event will be in Salina on April 6. Brochures will be mailed very soon or you can contact me for more information.

## **Herpes Zoster Shingles**

Herpes Zoster (shingles in lay terms) is caused by the varicella virus. The same virus that causes chickenpox. After a person recovers from chickenpox, the virus remains in the body in a dormant state. The virus can reactivate in later years, causing shingles. This virus is not the same virus that causes genital herpes, a

sexually transmitted disease. Shingles usually start as a painful rash on one side of the body or face. The rash forms blisters that typically scab over in 7-10 days and clears within 2-4 weeks. Before the rash develops there is often pain, itching, or tingling in the area where the rash will develop. Most commonly, the rash occurs in a single stripe around either the left or the right side of the body. The rash can also occur on one side of the face. Rarely the rash may be more widespread and looks similar to a chickenpox rash. Other symptoms of shingles can include fever, headache, chills and indigestion.

We ask how to prevent shingles? The vaccine that was available for several years was Zostavax (by Merck). It has not been effective in most cases. The new vaccine which is being introduced to the public is Shingrix (by GSK). It is thought to be 97% effective in preventing shingles in people 50-69 years old and 91% effective in those 70 and older. According to CDC Shingrix is better in preventing nerve pain that continues after a shingles rash clears. The Shingrix is given in 2 doses, 2-6 months after the initial dose. The cost of the vaccine is about the same as Zostavax, over \$200.00. But for those on a Medicare Prescription Drug Plan, it will cover some of the cost. Shingles can be very painful and the nerve pain can last several months to years. If it becomes chronic it is called Postherpetic Neuralgia. It is best to have patients check with their physician prior to making a determination to get the vaccine.

Websites for additional information: [www.CDC.gov](http://www.CDC.gov); [www.vaccines.gov/diseases](http://www.vaccines.gov/diseases) and [www.singlesfiercepharma.com](http://www.singlesfiercepharma.com).

## Every Kid Healthy Week

April 23-27, 2018

What is more important than to raise healthy children? Every Kid Healthy Week is an annual observance created to highlight children, their health and wellness. Work with the school in your area, from preschools to public schools, to improve the health and wellness of children. For ideas how your ministry can involve the school, go to the website for many great ideas; [www.everykidhealthyweek.org](http://www.everykidhealthyweek.org)

## Ideas for Health Articles

Health topics vary each month. Check the website ([www.healthfinder.gov](http://www.healthfinder.gov) or [CDC.gov](http://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.

- \* **March** – National Nutrition Month; Problem Gambling Awareness; (4-11) National Sleep Awareness Week; (6-10) National School Breakfast Week
- \* **April** – National Donate Life; (7) World Health Day; (23-29) World Immunization Week
- \* **May** – Healthy Vision Month; Mental Health Month; (13-19) National Women’s Health Week; (21-25) Healthy and Safe Swimming Week
- \* **June** – Men’s Health Month; National Safety; (3) National Cancer Survivors Day

## Activity Calendar

With a Parish Nurse Presence

**April 20-22, 2018:** KS District LWML 2018 Convention in Hutchison.

**May 23-24, 2018:** 26<sup>th</sup> Annual Concordia Conference at Concordia University, Wisconsin

**June 6-8, 2018:** District Convention in Topeka

## Videos Lecture Series -2018

Reprinted from Parish Nurse Newsletter Winter 2017  
*The videos will be available middle of the month through [www.lcms.org/health/parishnursing](http://www.lcms.org/health/parishnursing)*

**JANUARY:** Rev. Dan P. Gilbert, President of Northern Illinois District, will present on “Confidentiality, Proverbs 11:13b.

**FEBRUARY:** Jennie Johnson, R.N.- B.C., Ph.D., parish nurse at Shepherd of the Hills, Rathdrum, Idaho, will present helpful information on heart health that parish nurses can use in their ministry.

**MARCH:** Rev. Dr. Daniel Paavola, theology professor at Concordia University Wisconsin, will present ideas from his book on the Lord’s Prayer, *Our Way Home (A Journey Through the Lord’s Prayer)*.

**APRIL:** Janice (Jamie) Spikes, R.N., Ph.D., parish nurse at St. Luke Lutheran Church in Manhattan, KS. and member of the LCMS Parish Nurse Council, will present information on providing cancer support in the congregation.

**MAY:** No video lecture. Please attend the Concordia Conference for Parish Nursing at Concordia University Wisconsin.

**JUNE:** Dr. John Echrich, a retired practicing physician and the founder of Grace Place Wellness Ministries, will present “Fear, Anxiety, and Wellness: Journey to a Heart at Peace.”

**JULY:** Rev. Dr. Steven Hokana, Chaplain, Lt. Col., USA (Ret.), D. Min., BCC, Assistant Director, Ministry of

Armed Forces for the LCMS, will present “Reaching Out and Caring for Veterans.”

AUGUST: Ronda Anderson, R.N. (parish nurse at Bethany Lutheran Church in Sioux Falls, Iowa), and Janet Hitzeman, M.S.N., R.N. (parish nurse at Faith Lutheran Church in Bloomington, Ind.), will team present helpful information for the parish nurse who wishes to include an exercise program in the congregation. Both serve their districts as representatives for LCMS parish nursing.

SEPTEMBER: A clergy will present on the two Kingdoms and the implications for parish nursing.

OCTOBER: Karen Hardecopf, R.N., is a Certified Lay Minister and a parish nurse, with experience in the congregation, district, and synod. She currently serves as Coordinator for Programming for Parish Nurses (LCMS Health Ministry). She will present on ministerial health and opportunities for parish nursing.

NOVEMBER: A clergy will present on the Office of the Keys and the implications for parish nursing.

DECEMBER: Marcia (Marcy) Schnorr, Ed.D., R.N.-B.C., is a Certified Lay Minister and parish nurse who serves her congregation (St. Paul Lutheran Church, Rochelle, Ill.) and is the Coordinator for Parish Nurse Education for the LCMS. She will present “Parish Nurses — Service to, by, and with Seniors” based on her thirty years of service to the seniors in her congregation.

## 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-ministry/parish-nursing](http://lcms.org/health-ministry/parish-nursing) 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 Ph.D., R.N. at 262-243-4233 or [carol.lueders.bolwerk@cuw.edu](mailto:carol.lueders.bolwerk@cuw.edu) to register.

## Resources

- ◇ Kansas District information is available at [www.kslcms.org](http://www.kslcms.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-ministry/parish-nursing](http://www.lcms.org/health-ministry/parish-nursing) site? The Spring, 2018 Newsletter will focus on Mental Illness.
- ◇ Bible study, a Devotion, and a Health Topic appear monthly at [www.LPNI.org](http://www.LPNI.org).

## Literature Resources

Reprinted from Parish Nurse Newsletter Winter 2017

***Hope When Your Heart Breaks: Navigating Grief and Loss*** by Michael Newman is a newly released book from Concordia Publishing House. Grief is the normal response to a loss. Many, if not most, grief books are for those grieving the death of a loved one. This book considers many of the griefs that are experienced in life following a loss, regardless of the type of loss. It could be loss of a loved one, but it could also be loss of a job, a lost friendship, a broken dream, a loss of valued possessions, or any other significant loss. This book would be useful to anyone who ministers to grieving people individually or in a group setting. (Available through Concordia Publishing House)

***Our Way Home (A Journey through the Lord’s Prayer)*** by the Rev. Dr. Daniel E. Paavola, recently published by Concordia Publishing House, is written in Paavola’s well-known storytelling style and can be useful for those for whom the Lord’s Prayer is well known, and those who have just been introduced to this model prayer. Parish nurses will appreciate this read for their own enlightenment and to gain a new insight that could be shared with others. (Available through Concordia Publishing House.)

***Fear, Anxiety, and Wellness (Journey to a Heart at Peace)*** by John D. Eckrich, M.D., was recently published by Tenth Power Publishing. Eckrich is a Christian physician (LCMS) who is well known for his emphasis on the spiritual component to wellness and frequently has described the interaction between the physical and the spiritual. Dr. Eckrich is the Founder of Grace Place Wellness, a ministry that especially focuses on the wellness of church workers. The easy style and the insights shared make this a valuable resource for parish nurses and others who are concerned about wellness of all people — clergy and laity. (Available by emailing [jeckrich@graceplacewellness.org](mailto:jeckrich@graceplacewellness.org) or through Barnes & Noble)

Daffy nition: Detail -- Removal of animal’s hind extremity.

## **LWML Convention**

**April 20-22, 2018**

If you plan to attend the convention, stop by the Parish Nurse display table and say "Hi". If a member of your congregation puts your name in the pretty box and your name is drawn, you will receive a special gift. Talk to your congregational members that they are alerted to the drawing.

## **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](mailto:maryhume29@cox.net) - (H) 785-272-5905 (Cell/text) 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](mailto:jamiespikes@gmail.com)

-Dr. Marcia Schnorr, Education Coordinator for Parish Nursing – [marcyschnorr2009@gmail.com](mailto:marcyschnorr2009@gmail.com)

-Karen Hardecopf, LCMS Parish Nursing Program Coordinator - [khardecopf@gmail.com](mailto:khardecopf@gmail.com)

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