

# KANSAS PARISH NURSE MINISTRY and FAITH COMMUNITY NURSING

## Quarterly Newsletter

Fall, 2018

### From the Desk of your District Representative

*"Whatever you do in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him."*

*Colossians 3:17*

This has been a very busy year with the annual District Representative meeting, annual conference, a workshop on PTSD, the District convention and finally my trip to Canada to see other parish nurses and their activities.

There will be 19 parish nurses from across the United States and Australia traveling to Canada. Those from the US will be meeting in Chicago to travel to Winnipeg. The trip is well planned so we will be sharing ideas and seeing many of the sites in the area. I will let you know the fun we experienced. The study tour for 2019 is planned for Singapore and in 2020 Alice Springs, Australia is the planned destination. Watch for more information on the Lutheran Parish Nurse International (LPNI.org) web site.

What are your plans to acknowledge St Luke's Day – October 18? Luke was a physician, a disciple and a writer of the gospel of Luke. Suggestions for the Sunday to observe St. Luke Sunday is to serve healthy snacks, show appreciation to all who serve in health care and let members know of the parish nurse ministry. Share your events through the newsletter.

It is said that "you cannot pour from an empty cup" thus, take care of yourself first!

Blessings as you minister to others  
Mary Hume, Parish Nurse  
Kansas LCMS District Representative.

### Making a Home or Care Facility Visit

Visiting members in their home or in a care facility has many benefits not only to them but to you as the parish nurse. Some parish nurses may not be comfortable making home visits. Being a guest in a

member's home is like visiting a friend. There are a few things to remember, but are not "cut in stone".

- If you are visiting in the home, call or make arrangements first. Ask if the time you desire to visit is good for them. (I have one lady who has a major hearing problem and we schedule a visit by texting). It is usually not necessary to phone ahead for those in the hospital or in a care facility.
- Pray before making the visit. Ask God's guidance as you talk with the individual for the appropriate words to share. Most of the time, the personal contact is the most important part of the visit.
- Do not rush your visit and take notice of what is going on in the room, with the person and around you. It is best to be at the individual's eye level. Do not sit on the bed but you might ask if it is okay to pull up a chair close to the person but do not invade the person's space. Your visit can start with small talk, be attentive to non-verbal cues of the individual as to the direction of your conversation. You can initially direct the conversation but let the person lead as the visit is for his/her benefit. If there are others in the room, consider how you can involve them into the conversation.
- The visitation time should not be too long. The situation can dictate the length of the visit. Shorter is better. Home visits are usually longer than in the hospital. Be sensitive when it is time to start bringing closure to the visit.
- Concluding your visit with a prayer. Ask if they have requests and if there are others in the room, invite them to be included in the prayer. If it is comfortable for all, ask if we can hold hands (touching is very important to many people). If you are not comfortable with praying a prayer from the heart, use a prayer book, (Portals of Prayer, Lutheran Book of Prayers or other good devotional literature available.) The Lord's Prayer is always appropriate and encourages those present to pray together.

- You have been their guest, thank them for allowing you to visit. Ask if they would like to be put on the prayer list at the church for more prayers.

Pointers:

Do not underestimate the power of your caring presence.

If they have been in the hospital or in a care facility, ask them if you can be of help to them, (with meals, transportation to medical appointment, etc.)

It is helpful to take the Stephen Ministry training which has modules in the curriculum that can answer other questions you might have for visiting.

After leaving the individual, reflect on your visit and thank God for the opportunity to minister to the person. Make a note of your reflections for later reference.

### **Stephen Ministry**

An often asked question is “We have Stephen Ministry, do we need a parish nurse?” A Parish Nurse is a professionally educated individual, an RN, who assesses the health of the person, with health being physical, emotional or spiritual. A Stephen Minister is a good listener and companion. The education enables an individual to assess the emotional or spiritual health of the individual but listens, allowing the care receiver to put voice to the problems and concerns that are happening in his/her life. A parish nurse can be a Stephen Minister but a Stephen Minister is not a parish nurse. If you have the opportunity to take the Stephen Ministry course, it is good to do so, even though there is minor overlap in some of the areas. There are workshops available for you to learn of the ministry by going to [www.StephenMinistry.org](http://www.StephenMinistry.org) to learn of their locations. (There will be an introductory workshop at Prince of Peace, Topeka, on October 20<sup>th</sup> 9 a.m. – 1 p.m.). For more information, please contact me.

### **Durable Medicare Equipment**

Do you have an excess of medical equipment and you do not know what to do with it? There is a company that will take it off your hands (or out of your storage unit). Rosemary Helms will gladly pick it up. It will be cleaned and shipped to 3<sup>rd</sup> world countries. For assistance please call Rosemary at 785-844-0954.

### **Flu Vaccine time**

Remind your members that Fall is the time to get the flu vaccine. Although it is not 100% sure, it has been proven to help the young, the frail and those prone to respiratory problems by preventing the flu or dying from the flu.

### **Who are The Best Doctors**

The 6 best “doctors” are:

Drs. Sunshine, Water, Rest, Air, Exercise and Diet.

### **Sleep**

LPNI Health Topic – July, 2018

*A little sleep, a little slumber, a little folding of the hands to rest. Proverbs 6:10 (ESV)*

*In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety. Psalms 4:8 (ESV)*

As the seasons change, it seems we have our circadian rhythm patterns challenged with sleep issues. Healthy sleep habits can make a big difference in the quality of life.

Some tips to help achieve better and healthier sleep habits might include:

- \* Maintain a consistent bedtime and wake time to help keep the body’s clock regulated.
- \* Exercise daily but not at bedtime! Practice a relaxing bedtime routine to help separate sleep time from activities that can cause stress or anxiety.
- \* Make sure the room environment is the right temperature, free from excess light and noise. Some people benefit from blackout shades, ear plugs, eye shades and other ways to create the conditions needed to achieve good sleeping conditions.
- \* Make sure the mattress is comfortable and supportive. The pillows also need to be free of allergens.
- \* Avoid alcohol, smoking and heavy meals near time for sleep. Try to finish eating at least two-three hours before bedtime. Eliminate caffeine products before bedtime.
- \* Spend the hour before bedtime doing some type of calming activity such as reading or listening to soothing music. Definitely avoid using electronics such as a laptop because the type of light emanating from the screens of these devices is activating to the brain.

- \* If sleep does not come immediately, try getting up and going to another room or area to do something relaxing until a tired feeling comes.

Sometimes keeping a “sleep diary” will help one see patterns of good sleep vs. poor or restless sleep, and this awareness can help to make some changes to improve sleep. No matter where we live we all need sleep. I especially like the simple words of Proverbs quoted at the beginning of this topic. It ends with “a little folding of the hands” and that is the way to end each day. Take it to the Lord in prayer! May God bless your slumber and bring you his peace and good health.

Cynthia Rutan, RN  
LCMS Parish Nurse Representative  
for the Northwest District States, USA

## Thanksgiving

This is called the *hidden holiday*. Join with your family or be with others to celebrate all that God has given to us to sustain body and soul.

## Video Series

The special topic video series continues for the second year on [www.lcms.org/health](http://www.lcms.org/health). To view click on the title of the video under “recent news”. The list of videos for the remainder of the year includes:

AUGUST: Ronda Anderson, R.N. (parish nurse at Bethany Lutheran Church in Cedar Rapids, Iowa), and Janet Hitzeman, M.S.N., R.N. (parish nurse at Faith Lutheran Church in Bloomington, IN), will team to 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,

IL) 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.

## Pastoral Changes in Kansas

Rev. John Einem – Grace, Eldorado

Rev. Kent Peck – St John, Meade

## 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.

- \* **September** – Health Aging; Prostate Cancer Awareness; Ovarian Cancer Awareness
- \* **October** – Breast Cancer and Pink Ribbon Sunday; Eye Injury Safety; National Dental Hygiene; (7-13) Mental Illness Awareness
- \* **November** – Bladder Health; Diabetic Eye Disease; National Hospice and Palliative Care Awareness
- \* **December** – Safe toys for Christmas; National Handwashing Awareness; (1) National AIDS Day

## Pink Ribbon Sunday

Plan a “Pink Ribbon Sunday” in October to recognize Breast Cancer victims and survivors and the importance of mammograms and breast self-exams.

## Educational Opportunities

- LCMS Health Ministries offers a seven-module course using videos, a printed curriculum guide and personalized mentoring. To register for the course and to view the videos go to [www.lcms.org/health/parishnursing](http://www.lcms.org/health/parishnursing) for details.
- Concordia University Wisconsin (Mequon, WI) offers a 4-day intensive course on campus. The next course will be June 4-7, 2019. Contact Carol Lueders-Bolwerk PhD RN at 262-243-4233 or [carol.lueders.bolwerk@cuw.edu](mailto:carol.lueders.bolwerk@cuw.edu) for more information.

## 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/resources](http://www.lcms.org/health/resources) site? The Fall 2019 edition will be on the website soon.

- ◇ A Bible Study, a Devotion, and a Health Topic all appear monthly on [www.LPNI.org](http://www.LPNI.org) for your use.
- ◇ Pew Sisters by Katie Schuermann (CPH, 2013) is not specifically for parish nurses, as it is a book intended for women's small group Bible study, but it can be useful for small group discussions among parish nurses. With minimal additional guidance the issues discussed in the book are common to parish nurses (e.g. postpartum depression, grief, alcoholism, macular degeneration and others). A study guide that focuses on basic spiritual care accompanies each short chapter. Clergy responses to the questions are available for reference. To order, visit [www.cph.org](http://www.cph.org).

### **Prescription Drug Plans Renewal Time**

Encourage your seniors to check with their local Area Agency on Aging about their drug plan. They change each year so do not assume the current plan will be good for the coming year.

*"The Grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you."*

*2 Cor 13:14*

Mary Hume, KSLCMS District Representative  
Parish Nurse Ministry  
2633B SW Arrowhead Rd  
Topeka KS 66614

### **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) 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)

