

KANSAS PARISH NURSE MINISTRY

FAITH COMMUNITY NURSING

Quarterly Newsletter

Winter 2018

"Bring joy to your servant, Lord, for I put my trust in you." Psalm 86:4

From the Desk of your District Representative

And Mary treasured all these things pondering them in her heart." Luke 2:19. This is one of my favorite verses in the story of the birth of Jesus. I have been told that when I was born, my mother asked my brother 'what shall we name her?' and he replied "Mary". I never asked how he decided as he was 4, name is Larry and I was born in August, I do not think he was thinking of Christmas at that time. It has been special to me and he and I are very close. I have treasured this story, especially in my later years. What do you treasure (ponder) in your heart this time of the year?

The LPNI Study Tour to Canada was spectacular. We heard the President of the Lutheran Church of Canada (LCC) discuss the history of the Lutheran church in Canada, we toured the "Human Rights" museum. After worshipping in the church of our hostess, we heard other parish nurses share their ministries; the opportunities are many from prison ministry, to schools and to the Muslims in Bethlehem (Palestine). We toured the Canadian Lutheran World Relief offices where we learned of the services they provide to other countries. A day to relax and refresh took us to Manitou Beach where we floated in an indoor mineral spa. We shared many great meals and laughs. What a blessing to have common bonds with other nurses working in the faith.

I appreciated the opportunity to travel to Canada for a great learning experience. I am anticipating the next Study Tour to Singapore in 2019. Full details are on the LPNI.org site.

I have included an article on Opioid addiction. Working with members in our congregations and having family members, it is good to have knowledge on one of the latest health concerns.

May your Christmas time be filled with joy and love and that you carry it throughout the coming year.

Blessings as you minister to others

Mary Hume, Parish Nurse

Kansas LCMS District Representative

A Brief History of Heroin

(Reprinted from the "Concordian", Fall/Winter, 2018)
While opium has been in the United States since the early 1800s, the heroin compound was created in the late 19th century. It was thought to be more powerful, non-addictive pain reliever, and its usage was widely embraced by the military to manage pain from war related injuries. Upon discovery of the devastating effect, heroin was banned in the U.S. under the Anti-Heroin Act of 1924. That set the black market in motion and the drug has been making its way illegally into the country ever since. Between 1965 and 1970, there were an estimated 750,000 heroin addicts in the country, prompting President Nixon to create the Drug Enforcement Administration (DEA) in 1973 to consolidate resources to fight the heroin problem. Though initially effective in slowing heroin and opium abuse, other recreational drugs began to emerge, including powder and "crack" cocaine in the 1980s. When heroin and prescription opioid abuse roared back in the 1990s, it filtered through all forms of culture, and its usage has been on the rise ever since. According to the U.S. Centers for Disease Control and Prevention, opioids killed a record 42,000 people in 2016. In 2017, President Trump declared that our national opioid crisis is a public health emergency. The U.S. Department of Health & Human Services unveiled the Five-Point Opioid Strategy that focuses on improved access to prevention, treatment and recovery support services, as well as improving data and research.

Opioid Epidemic by the numbers*

116 people a day die from opioid-related overdoses

11.5 million people misused prescription opioids
42,249 people died from overdosing on opioids
17,087 deaths attributed to overdosing on commonly prescribed opioids
948,000 people use heroin
170,000 people used heroin for the first time
15,469 deaths attributed to overdosing on heroin
\$504 billion in economic costs

*According to a 2016 national survey on drug use and health as reported by the U.S. Department of Health & Human Services.

Blue Christmas

Reprinted from LPNI.org

Many of us, especially those of us in the USA, remember an Elvis Presley song from 1957 entitled *Blue Christmas*. The lyrics were written by Billy Hays and Jay Johnson. They go:

I'll have a blue Christmas without you,
I'll be so blue just thinking about you,
Decorations of red on a green Christmas tree,
Won't be the same dear, if you're not here with me.

And when those blue snowflakes start falling,
That's when those blue memories start calling,
You'll be doin' all right with your Christmas of white,

But I'll have a blue, blue, blue, blue Christmas.

At this time of year when many people are celebrating in red, green, gold and silver, others can only see and feel "blue", sad, depressed, lonely, isolated, and forgotten.

Blue Christmas symptoms are similar to those of depression, grief and mourning. There is a fatigue not relieved by rest, low energy and flat affect, maybe a craving for sweets and the subsequent weight gain, feelings of isolation, helplessness and hopelessness. There may also be a heartfelt longing for people, relationships and times all passed. The fact that there is decreased sunlight, and thus less vitamin D assimilation, contributes to the depressed feelings. This is also the same time of year as an increase in SAD—Seasonal Affective Disorder—which has a similar type of physiological and psychological response in individuals.

For those churches that conduct a Blue Christmas service, this is usually done on the evening of December 21st. This day is selected because, in the northern hemisphere, it is the shortest day and longest night of the year, which further contributes to

dark feelings. When individuals and families have lost loved ones during the year, the joyful and glorious spirit of Christmas is muted because of the loss. The service provides people with an opportunity to worship with others who share their same feelings. Generally there is a candle lighting ceremony as well as a prayer component and hymn sing which brings some light to the body, joy in the heart and peace to the soul of the survivors.

It is the role of the parish nurse and pastor to be cognizant of the members of the congregation and community who have lost loved ones, and to provide this service of healing for them. The Bible reminds us (Matthew 18:20): ***Where there are two or three gathered together in my name, there am I in the midst of them.*** Hopefully, then, with this assurance, individuals and families who may be feeling 'blue' will be able to feel more comfortable contributing to the Christmas festivities.

Jamie Spikes, PhD, RN
St. Luke Lutheran Church
Manhattan, KS, USA

Benefits of Almonds

Almonds have been considered the close to perfect food. They are high in vitamin E, magnesium, antioxidants, monounsaturated fats, fiber, and protein, to name a few. Eating a handful of Almonds each day can lower LDL, enhance weight loss, help control type-2 diabetes, and protect cells from damage due to oxidation which is a major contributor to aging and much more. Snack on the almonds and feel good at the same time.

Healthline .com newsletter; October 2018

Looking at 2019

It is not too early to make plans for 2019. Make this a good year to take time for yourself, set measurable goals that have almost immediate results: exercise a half-hour every day, swap fast food for fresh foods, fruits and veggies, stop smoking and get adequate sleep. Don't put off checkups and recommended screenings. Keep God first and foremost in your daily life. You will be healthier and happier!

Also, as we look ahead, we are planning another workshop. Stay tuned for more information.

Women's Retreat

"Connecting to the True Vine to Bear Fruit that Lasts" is the title of the Women's Retreat which will be held at Holy Cross Lutheran Church, 600 N Greenwich, Wichita, KS. Donna Pyle will present a heartwarming study of John 15:5. The event will be January 26th from 8:30 a.m. – 2:30 p.m. The cost will be \$20.00. To register, go to HolyCrossLutheran.net/LWMLretreat.

Annual Conference

The annual Concordia Conference for Parish Nursing and Congregational Health Ministry for 2019 will be May 22–23. This will also be the thirtieth anniversary of LCMS Parish Nurse Ministry.

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, National Glaucoma Awareness
- * **February** – National Heart Month, on the 2nd - Wear Red Day, National Children's Dental Month; Teen Violence Awareness
- * **March** – National Colorectal Cancer Awareness, National Nutrition Month

Additional Health Information

Additional useful websites that give information for your newsletter, health notes or bulletin inserts include Everydayhealthgroup.com – a Mayo Clinic publication and Dailyhealth.com is a newsletter on a variety of topics: diabetes, heart, mental health, and much more. Your daily horoscope is also available!!

"Diabetes Made Easy" is a 4 minute video on YouTube.com. It is very informative for your members.

Children's health is important to all. Access information on gameon@actionforhealthykids.org.

Activity Calendar

With a Parish Nurse Presence

May 21, 2019: Annual District Representative meeting at Concordia University, Wisconsin.

May 22-23, 2019: 27th Annual Concordia Conference at Concordia University, Wisconsin

July 22-24, 2019: Saints Alive, Wichita.

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.
- Concordia University Wisconsin offers a four-day on-site intensive course on a professional development conference/course for RNs, clergy, and others interested in parish nursing and congregational health ministries. Contact Carol A Lueders-Bolwerk PhD RN at 262-243-4233 or carol.lueders.bolwerk@cuw.edu for complete information.

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.
- ◇ What is on the www.lcms.org/health/resources site? Fall 2018 features articles on Spiritual Care.
- ◇ A Bible study, a Devotion, a Health Topics and information on the upcoming Study tour appear in www.LPNI.org. Some of the recent health articles on LPNI.org include: "Immunizations: World Wide", "Sleep" and "Falls". This is a good resource for information for your congregation; newsletter, bulletin board or as an insert in the bulletin.

Literature Reviews

"**My Two Elaines**" (2018) by Martin J. Schrieber, with Cathy Breitenbucher, is available from Book Publishers Network, Bothell, WA (bookpublishersnetwork.com). This book is written by Martin Schrieber, former governor of Wisconsin, who shares his personal experience as a caregiver for his wife as they journeyed through Alzheimer's disease and the impact it had on patient and caregiver. The book will be useful to parish nurses who serve the patient and family caregiver of a person who has Alzheimer's Disease.

"**Letters from Home**" (2017) by Barry K. Free is a book written from the perspective of the grieving husband. The book is a touching reflection of the thoughts and feelings experienced by many men who are grieving.

For more information or to purchase the book, contact LettersFromHome2016@gmail.com.
“Walking with Jesus Through Cancer” by Michael Kelley. The 30-day devotional book was written to help guide one through devastating news and leaning on God for support and growing in faith. This book will be in the stores soon, but it can be preordered through Lifeway.com.

New Year Resolution

What is your resolution for the coming year? Mine will be as in the past. Stay steady in Christ, attend services weekly and serve others as Jesus serves us.

“May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all.” 2 Corinthians 13:14

BLESSED CHRISTMAS TO YOU AND YOUR FAMILY

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 - (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@gmail.com

