

# KANSAS PARISH NURSE MINISTRY FAITH COMMUNITY NURSING

## Quarterly Newsletter Summer 2019

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

### From the Desk of your District Representative

Summer is here. We praise God for the rains, and we pray for those who had experienced devastating damages from the severe winds. We ask the Lord to be with those who experienced loss of life or property.

We have just returned from another great District Representative meeting and Parish Nurse Conference on the beautiful campus of Concordia University Wisconsin. It is always great to be with other parish nurses to share ideas, thoughts and 'speed bumps' that we experience in our district and in the congregations throughout synod.

This is the year for many gatherings and they need our thoughts and prayers.

- The Lutheran Women in Mission (LWML) will have their convention June 20-23 in Mobile, AL. Their theme will be "In Praise to the Lord"
- The National Youth gathering will be July 11-15. Pray for their safety in travel to Minneapolis and that the individuals return with a new high for God. They will meet with the theme: Real.Present.God.
- The LCMS Convention will be July 20-25 in Tampa. The theme of the convention will be Joy:Fully Lutheran. Pray for harmony in the word of God and the work that is done in the name of God.

The LCMS.org web site has helpful information about the social issues which we encounter in today's world, information you can share with you members.

I invite information from you as to happenings in your congregation. Your articles will inspire other parish nurses in their ministry.

Blessings as you minister to others  
Mary Hume, Parish Nurse

### Parkinson Symposium

#### Save the Date--September 13<sup>th</sup>

**Parkinson's disease** affects more than one million people in America. It is a common degenerative neurological disease that does or will affect someone in your life. As parish nurses, we can gain more knowledge and understanding of the disease and what the identified patient and their family may encounter. Eileen Rohrberg and I are developing a symposium on Parkinson's. In conjunction with KU AHEC, we will have noted speakers to discuss the updates of Parkinson's, the psycho-social aspects of the disease, exercise and the role of the health care professional in the treatment regimen. This will be a continuing education offering and will be held at Faith Lutheran Church in Topeka from 8:30 am to 4:00 pm. Registration information will be coming soon.

Mark the date on your calendar

### Vacation

Do you have a vacation planned for this year? Research has proven that getting away from your normal routine is good for your health. If you think planning a vacation is too much work or too expensive, consider some of these benefits that can seriously impact your health. In an article in the American Heart Association taking time away from your work routine can make you a happier person and might even make you feel more supported at work. The time off can mean a *staycation*, getting out of the your routine, balancing your life with outdoor activities, and not being tied to your electronic devices. Long working hours might increase the risk of cardiovascular disease. The benefits of time away will give your life a good balance, physically and mentally.

Reference: [www.heart.org](http://www.heart.org); and search: taking time off.

## Caregiver Burnout

Reprinted from Health Notes, LPNI March. 2019

Caregivers, as we know them, have chosen to put their lives on hold usually to care for a family member. These caregivers may be so busy caring for the needs of the loved one that they put aside their own needs, neglecting their mind, body, and spirit. Many may not feel they can leave the home for almost any reason, go to the store, to the doctor, and even to church. In these days of online delivery, the caregiver may not have to drive, but may have groceries delivered, as well as home-care items. Personal hygiene, friendships, and group activities are often put aside while caring for their family member.

Giving care for every part of the life of another may well be lonely, overwhelming, and lead to thoughts of hopelessness. The constant requirements of this care may lead to burnout of the caregiver. The caregiver may withdraw from others, be irritable, have changes in appetite, experience insomnia, or be exhausted. After the family member has passed, the caregiver may be found to have health problems due to former personal neglect.

Aspects of burnout may also include:

1. *Role confusion* -- confusing their role in the family (wife, daughter, son) to that of a constant provider. Feeding, bathing, turning, changing soiled undergarments, and giving medications can be part of the role of a caregiver.
2. *Unrealistic expectations*, including the expectation that the care-receiver will be grateful for their care. Depending on the disease process, the memory of who is giving the care may be lost; breathing may be a struggle, leaving little thought for where or who is providing the care; or the ability to communicate has been taken. This allows for little gratitude for the caregiver.
3. *Lack of control*. Very few caregivers have planned to be a caregiver. Where do they find the tools to give this level of care? How do they acquire the equipment? How to clean the personal area of the loved one? And additionally, how do the bills get paid? Having tasks that cloud any planning or understanding may increase the burnout.
4. *Unreasonable demands*. Many caregivers will take the full load of the care upon themselves, believing that they are the right and only one for this care. If others come to offer care, they may push them aside, attempting to do the tasks themselves. These seemingly unreasonable demands on oneself will increase the burnout.
5. Burnout may be obscured by the need to be the caregiver. Caregivers often deny that they are not able to handle this level of care. Depression and loss of their own health may be the outcome.

To prevent burnout

- talk to a trusted friend or neighbor about frustrations, feelings, and fears
- seek to understand the disease process, this will assist in planning for future issues;
- allow yourself to enjoy a favorite show, book, or time on a social platform;
- talk to the Social Worker, if available, from Home Health or Hospice;
- take advantage of respite care offered by church or friends;
- remember that sleeping, eating, and hydration remain important and necessary;
- start a gratitude journal, and find a few positives in each day;
- remember you are important; your mind, body and soul still need nurturing.

Resources

- Home Health may be available to assist with planning, or providing an aide for bathing, and support.
- Adult Day Care if the care recipient is able to participate at all.
- Private Duty Caregivers who can come in for two-four hours a few times a week for respite.
- Hospice Care can assist with equipment, caregiving, support, and providing needed items.
- Churches can develop a Respite Program to give the caregiver a break and for socializing.
- Online Support Groups where caregivers can offer/give support and exchange caregiving techniques.

Caregivers are often alone in a "sea of people". Lost in the task of giving care to a loved one, they may not think of what tomorrow may bring. They need to be aware of care to prevent the fatigue that may set in,

and be able to take time to pray or read a devotional. Forgotten and lonely, the caregiver, even if a member of a church or have a supportive family, struggles every day to be whole, healthy and also cared for. Information provided by WedMD and the American Heart Association.

Written by: Hope Knight MS, RN  
LCMS, Oklahoma Parish Nurse District Representative

Each month, an interesting Health Topic is written by a Parish Nurse. The May Health Topic was Huntington's. Also, read the monthly Devotion and the Bible Study.

### Health Quote

When it comes to daily flossing and brushing your teeth, there is an old saying about the importance of caring for your teeth: "Ignore them, and they will go away."

### Short Term Mission Trips

MOST Ministries (Mission Opportunities Short Term) gives Christians the opportunity to live their faith by serving overseas. Contact: [www.mostministries.org](http://www.mostministries.org).

Food for the Poor – meets the needs of individuals, family and community both physically and spiritually. Contact: [www.foodforthepeople.org](http://www.foodforthepeople.org).

Groundwork Guatemala – Faith Lutheran Church in Topeka is looking to volunteers to join them for a mission trip August 24-31. This is a wonderful opportunity to grow in faith while working alongside local missionaries providing Christian encouragement to the people of Guatemala. Contact Dale Larson at (785) 409-2154.

### 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.

- \* **June** – Men's Health (with days 6-12 special emphasis); National Safety; (27) National HIV Testing Day
- \* **July** – UV Safety Month
- \* **August** - Children's Eye Health and Safety Month; National Immunization Awareness month;
- \* **September** – Fruits & Veggies Month; National Food Safety Month; Newborn Screening Awareness Month

### Activity Calendar

With a Parish Nurse Presence

**July 22-24, 2019:** Saints Alive, Wichita. I will be presenting at an Insight Session on Monday afternoon on 'Parish Nursing in the Church Community'.

**September 13, 2019:** Parkinson's Symposium, a continuing education workshop for nurses (especially parish nurses) and other health professionals at Faith Lutheran Church, Topeka. More information will be coming.

### 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](http://lcms.org/health/education) for complete details. **Due to changes at Synod, the distant learning course will not be offered until fall.**
- Christian Caregiving Conference is a four-day intensive professional development conference/course for RNs, clergy, and others interested in parish nursing and congregational health ministries. The conference is held yearly on the campus of Concordia University Wisconsin. Contact Carol A Lueders-Bolwerk PhD RN at 262-243-4233 or [www.carol.luedersbolwerk@cuw.edu](mailto:www.carol.luedersbolwerk@cuw.edu) for complete 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.
- ◇ Each month a Bible study, a Devotion, a Health Topic and information on the upcoming Study/Tour appear is on [www.LPNI.org](http://www.LPNI.org). Some of the recent Health Topics on [LPNI.org](http://LPNI.org) include: "Immunizations: World Wide", "Nutrition and the Older Adult" and "Falls". This is a good resource of information for your congregation; newsletter, bulletin board or as an insert in the bulletin.

### Literature Reviews

[LCMS.org/life](http://LCMS.org/life) library/death

Comfort in the Face of Death, by Rev. Paul D. Steinke. The article provides information and words to comfort a loved one who is dying, when they feel forsaken it ~~shares~~ confirms that true comfort begins at the cross.

Comfort for Women Who Have Had a Miscarriage – Martin Luther points out that a miscarriage is not a sign of God’s anger. Luther sees the “basis for Christian consolation in the unspoken prayers of the mother in which the Spirit is at work and which sanctify the child and prayers of the Christian congregation.” This article was written by Martin Luther in 1542 and translated by James Raun.

Medical Directives and Some Misunderstandings, was written by Rev. Richard C Eyer, D.Min, Concordia University Wisconsin, September 2000. – “Medical Directivities give directions in health care decisions-making in anticipation of the possibility that the patient will be unable to do so in the future due to illness.” It discusses the Living Will and the Durable Power of Attorney for Health Care.

### **‘Unplanned’**

Have you seen the movie ‘Unplanned’? It is very poignant about the process of an abortion, shows the psychological effective that it takes on an individual who had an abortion and a chemical abortion. It is truly an eye-opening movie.

## **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.*

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*“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

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