

KANSAS PARISH NURSE MINISTRY FAITH COMMUNITY NURSING

Quarterly Newsletter Winter 2019

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

From the Desk of your District Representative

Give unto the Lord glory due to His name; worship the Lord in the beauty of holiness. Psalm 29:2

As we turn our focus to Christmas and prepare our hearts, we also hear the commercial side of Christmas. The stores have been advertising "things to buy" for several weeks. We do enjoy giving gifts to those we love, but our main focus is toward the reason we celebrate Christmas. I recently read only 63% feel that going to church during the Christmas time is necessary. How sad.-Christmas is a family time and we can praise God for the baby he sent knowing that in 33 years, he would suffer, die and be raised for us. A story that never gets old.

The Parkinson's Symposium, which was held in September, was well received. The experts in the field shared their knowledge with the group. The last segment of the day was Rev. Kenton and Eileen Rohrberg sharing their journey since he was diagnosed several years ago. They put real life to the disease and how they have coped.

I will highlight our wonderful study tour to Singapore. There were 14 parish nurses/faith community nurses – and 3 husbands from the United States, Australia, Norfolk Island and Papua New Guinea - who met in Singapore. The touring portion of the event was visiting the beautiful Orchard Garden, a butterfly park, an aquarium, and going on a Night Safari and being served a gourmet meal in the midst of the 'jungle'. This, of course, is only a few of the events that our wonderful tour guide, Dino, shared with us. The weather was warm but not unbearable. I have written articles of what we learned and discussed. I have also added a few photos on the Kansas Parish Nurse Facebook page.

Future LPNI study tours will be to Alice Spring, Australia in 2020, and the 2021 a study tour will be to Williamsburg, VA. and Washington D.C. Consider going on one or both of the study tours. They will inspire you. To learn more about the tours go to (LPNI.org/studytour).

I am currently updating the national parish nurse directory. Please let me know of any changes you have had this past year (address, phone numbers, church you are serving and a brief description of your ministry activity).

Lord, give us eyes to see the needs of all those around us and shape our heart after your own. Amen.

Blessings as you minister to others
Mary Hume, Parish Nurse

Parish Nursing at Beautiful Savior in Olathe

Thanks, Char Ludwig, for submitting the activity you and your ministry team are offering to your congregation.

- We placed a dedicated first-aid cabinet in the kitchen and a backpack for traveling to events .
- We also started a recycling project of taking used VBS/ Christian t-shirts and cutting them into small rectangles and inserting an old towel or blanket to sew up baby burp blankets with a Christian message to give to parents of new babies and preschool new baby parents. This has been a popular.
- We are also helping Pastor with follow up calls after members get home from the hospital to connect with them and check to know if they need meals, etc.

- This month we are starting a support group for people living with cancer-I'm so excited to have a retired oncology nurse leading this project.
- We are also getting a stand for brochures from CPH for members to take home or give to others who are struggling with spiritual issues such as divorce and loss etc.
- We are investigating pairing with Holy Cross in Wichita for medical missions to Guatemala.
- So we are keeping active, it has been so good for me working with Pastor Schultz and keeping my passion for nursing and using my vocation to serve my Lord.

Thanks, Char, for sharing information with others.

Elder Care in Singapore

While touring St Luke's Elder Care on the Singapore Study tour, we learned their model is based on GRACE.

Graceful living – Our elders should age with grace, enjoy hobbies, appreciate family time and build rapport with their peers.

Respect – Every elder is unique. We respect each one's personal space and preference.

Autonomy – We encourage independence and freedom without prejudice. Our senior care centers are designed such that our elders can freely access the premises as they were home.

Choice – Our elders are offered choices for their care options. Our elders can form social clubs based on their shared interests.

Empowerment – Our elders are empowered to communicate their plans and aspirations, and participate in certain aspects of the center's operation.

As parish nurse who care for the older population, we can use this model (or develop our own) to treat with GRACE our older members, our relatives and others in our care.

Bible Society in China

The group visiting Singapore learned about the religious changes in China when the Chinese Dictator Mao ordered a revolt in 1976 and tried to chase the Christians out of China. Many of

the Christians who stayed in China went "underground" to hear about Jesus. Kwa Wee Seng from the United Bible Society shared how changes have occurred and how the Christian religion is flourishing. In just 40 years, The Bible Society has built a factory to produce Bibles, producing 3-4 million Bibles each year. The once banned book is currently the bestselling book in China. Christianity is growing rapidly. Mr. Seng also reported that vans loaded with Bibles are taken to remote areas for distribution. He also asked for prayers that Christianity continue to grow in this largely atheistic country.

Pastoral Care

Another session on the Study tour to Singapore was when Sue Neff discussed that the burnout rate among pastors is very high. Sue is a Parish Nurse at First Lutheran Church in El Cajon, California, and presented interesting facts on supporting the pastor and his family. Pastors are expected to be at a beckon call regardless of the time of day or night. They work more than 40 hours a week, attending meetings, counseling those with marital problems and being at the bedside of the dying members and so much more. They are to have the "right" answer to please all people – a lot of pressure. Another issue is the family – are they considered when demands are made of the pastor?. Do they have time as a family? Sue recommended the book: *'It Only Hurts on Monday'* by Gary L McIntosh. The topics include: burnout, professional isolation, inadequate education, unrealistic expectations, resistance to change, poor pastoral accountability, tight finances, personal loneliness, and spiritual warfare. Each chapter concludes with helpful and practical suggestions on what can be done to support pastors to have a longer and more fruitful ministries with the members.

As parish nurses we can encourage a pastor to take time off, at least a day a week. The time off includes personal time and family time. When he does take time off, honor it; only contact him in case of a severe emergency. Encourage personal devotion time, encourage healthy eating and wellness, time for an exercise routine, honor his privacy, and don't criticize him. But the most important tip is to pray

for him and his family, praying for strength and wisdom.

Parish nurses are often closer to the pastor than others might be. We can be a support to him in his ministry and in his family life.

More information is available at www.LCMS.org/health. The Lutheran Church—Missouri Synod in its 2016 convention passed six resolutions, including 2016 Res. 18-05: “To Encourage District Presidents, Circuit Visitors, and Congregations to Utilize Resources Already Established for Ministerial Wellness.” We, the Parish Nurse or Faith Community Nurse, can also utilize this information.

Short Term Mission Trips

Lutherans in Medical Missions (LIMM) works with local and global partners to share Christ’s healing in medically underserved communities. You can read the newsletters that they publish to learn how they help others, and go to their website limm.org. MOST Ministries (Mission Opportunities Short Term) gives Christians the opportunity to live their faith by serving overseas. Contact: www.mostministries.org.

Ideas for Health Articles

Health topics vary each month, information for a newsletter article or for a bulletin board. Check the websites (www.healthfinder.gov; www.usa.gov or www.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** – (1-7) National Influenza Vaccination Week; (3-8) National Handwashing Awareness
- * **January** – Cervical Health Awareness; National Glaucoma Awareness
- * **February** – American Heart Month; Children’s Dental Health
- * **March** – Colorectal Cancer Awareness; Save the Vision

Sharing Health Information with Members

How are you educating your members (and others) to medical information? Jamie, Kate and Heidi in St. Luke’s Lutheran Church, Manhattan writes a health article in the monthly newsletter. Others ways include

a bulletin board and brochures in the bathrooms in plastic holders or secured to the walls.

Share your ideas of your education ways.

Activity Calendar

With a Parish Nurse Presence

April 17-19, 2020 – LWML Kansas District Convention in Topeka.

May 19, 2020 – LCMS Annual LCMS District Representative meeting at Concordia University Wisconsin,

May 20-21, 2020 – The 28th Annual Parish Nurse and Congregational Health Ministries Conference: *Filled to Overflow: Serving, Sharing, Telling*- Concordia University Wisconsin, Mequon WI.

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.

After viewing the videos, you can register for the course which gives you a Certificate of Completion.

For more information, contact me. Marcy Schnorr at (marcyschnorr2009@gmail.com)

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 will be June 1-4, 2020 on the campus of Concordia University Wisconsin. Contact Carol A Lueders-Bolwerk PhD RN at www.carol.luedersbolwerk@cuw.edu or call 262-243-4233 for complete information.

Literature Review

The Essentials Parish Nurse by Deborah Patterson, “a practical and useful resource for churches that are interested in developing a parish nurse ministry.” The Healing Word by Deborah L. Patterson “is a resource for parish nurses looking to supplement their professional knowledge and for clergy searching for new ways to approach the subject of healthcare, from a view point that integrates spirituality and well-being into the lives of members.”

Prayers for the Soul: Comfort for Parish Nurses and the People They Serve is a collection of prayers written for parish nurses, and written by parish nurses and health ministry leaders.

Grieving the Child I Never Knew by Kathe Wunneberg. Devotions of comfort for those who have lost a newborn or newly born child and is available through Thrivent - <https://www.thrivent.com/about-us/membership-and-benefits/free-educational-resources/> The kit comes with a cozy blanket and the devotional book.

*KSLCMS *Workers Together* keeps you informed of events in LCMS churches in Kansas.

May Your Christmas season be filled with the love of Jesus and may it be your life throughout the coming year.

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

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information please let me know. If you prefer to receive the newsletter electronically, let me know.

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. LPNI.org. The Lutheran Parish Nurses International site has health articles, devotions and a Bible Study that are published monthly. The site is provided for us to learn from other parish nurses throughout the world and to grow spiritually.

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-Dr. Jamie Spikes - Member of the LCMS Parish Nurse Council and Parish Nurse at St. Luke, Manhattan, KS – jamiespikes@gmail.com

-Dr. Marcia Schnorr, formerly Education Consultant for Parish Nursing – marcyschnorr2009@gmail.com

-Karen Hardecopf, formerly LCMS Parish Nursing Program Consultant - khardecopf@gmail.com.

“To him who is able to keep you from stumbling and to present you before his glorious presence without fault and with great joy—to the only God our Savior be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore! Amen..” Jude 24-25

