

KANSAS PARISH NURSE MINISTRY FAITH COMMUNITY NURSING

Quarterly Newsletter Spring 2020

"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

We have made it through another winter season and looking for the green grass to pop and the flowers to bloom for the springtime.

Christmas brought us joy and delight with some sadness intertwined in the season. My older brother died the day before Thanksgiving with the funeral and inurnment 2 weeks later. The family was called to his bedside on Halloween, when he awoke on the next day; he wanted to make sure it was November 1 as he did not want to die on 'the day of the Dead'. We assured him he was still with us and he lasted another 4 weeks. We had a 'Service of Release' on November 2. It was a time for the family and loved ones to tell him what was on their hearts; he also told each of us what we meant to him.

Prince of Peace (Topeka) held their annual Blue Christmas service was on the 11th of December. Oh, the sadness Pastor and I heard as we prayed for those who came forward. After anointing them, giving them a hand-held carved cross, and lighting a candle for them, we saw many who were uplifted as they shared their load and received assurance of the love of Jesus.

National Nurses week begins May 6th and ends on May 12th, Florence Nightingale's birthday. She changed the face of nursing from a mostly untrained profession to a highly skilled and well-respected medical profession with very important responsibilities.

Help me, Lord, to willingly suffer the consequences of faithfulness, knowing that you alone promise life as a victor's crown. Amen.

Blessings as you minister to others
Mary Hume, Parish Nurse

Nurses Prayer

Please help me bring comfort where there is pain; courage where there is fear; hope where there is despair; acceptance when the end is near and a gentle touch with tenderness, patience and love. Amen

Older Adult Task Force Comprehensive Report

Last fall, I reported on a resolution that was passed at the 2018 Kansas District convention (Resolution 18-04-09). The Task Force has completed their report and it is helpful if the parish nurses are aware of the content. If you have not seen the report, ask your pastor. A copy was sent to each congregation.

In the summary of the survey the task force completed, it discusses what a congregation can offer to the older adults. There are reports on the survey in the rural and smaller congregations and for urban and larger congregations. The report gives ideas of involving the older adult regardless of the size of the congregation.

I feel an important part of the report is the sample documents on advanced funeral planning, hymn suggestions for funeral service, examples of obituaries, and special instructions to your family. Questions to ask members: Do families know where your documents are? Do you have advanced directives? Does the church have a copy of the papers in a secured location? Do you have a list of people to be contacted (when one dies) and their phone numbers?

The information can be used for the younger adults also.

May is Older Adult Month

Love Gone Wrong – Compassion Fatigue

Compassion fatigue is like a bouquet of flowers when they are first put into a vase, fresh and lovely. However, if they receive no care, they soon wilt and become faded. Compassion fatigue is a state experienced by those caring for and helping others in distress; a state of tension and preoccupation with the suffering of those being helped to the degree that it can create a secondary traumatic stress for the caregivers. Compassion fatigue is the result from exposure to an individual with needs that may exceed what the caregiver can supply. It has been described as a physical and mental exhaustion caused by a depleted ability to cope with the environment and requirements of the day.

The symptoms of compassion fatigue can be generalized exhaustion both physically and emotionally. It also is demonstrated by signs of depersonalization; feelings of self-contempt, poor sleep patterns, inadequate nutritional intake, headaches, irritability and not satisfied with a job. As nurses, the effect can be noticed in the care one gives to the patient/client. It can lead to the lack of job satisfaction, anxiety and depression. In the home situation, the family member giving care can experience the same feelings.

Preventing compassion fatigue is important. Some of the key preventive measures include taking care of one's self, which includes having a balanced life of activities that are enjoyed. Taking a personal inventory, finding the enjoyment in activities and events of the past and return to them – maybe an exercise program, journaling, painting, crafting, meditation, and talk therapy. Did Jesus become fatigued in his ministry? Yes, He did. What did He do? He often found a quiet place and prayed. Reference verses include Luke 6:12; Luke 9:28; and Mark 1:35.

Before one is “running on empty”, and you feel that compassion fatigue is on the horizon of your feelings, it is treatable. Stepping back from the cause is very important, getting involved in a self-care program and focusing on the positives in your life. Developing a healthy diet, make a commitment to an exercise program, engage in a hobby that you enjoy and develop positive coping strategies. Seek out a support

person or group that can give positive feedback is often beneficial

As nurses and as family members and friends, we commit ourselves to helping others and often discount our own needs. Compassion fatigue can become burnout, resulting in a desire to abandon the career responsibilities and opportunities that God had chosen for us. He wants us to care for ourselves so we can successfully and beneficially minister to others. God sends others onto our path to share our concerns and feelings. God tells us that He is there for us and we can take our cares and concerns to Him.

“Give ear, O Lord, to my prayer; and attend to the voice of my supplication. In the day of my trouble I will call upon you, for you will answer me.” Psalm 86:6-7

Social Security Scam

Each news report tells of someone who has been scammed from his or her life savings. It is important that we share the information that the “bad guys” work hard to frighten those vulnerable and are easy targets. Notification can come by a phone call or by a letter; we must always be on guard. Make posters, put the information in newsletters, and make announcements or whatever works so that you can alert your members.

Be aware that the “bad guys” may tell you:

- Your social security number has been suspended
- Demand a payment
- Ask for Credit card or debit card numbers
- Require payment in any form
- Promise Social Security safety for information or money

What to do:

- Hang up without answering them
- Report the call immediately to the Office of the Inspector General at www.oig.ssa.gov

Detailed information is online at
www.youtube.com/socialsecurity

Short Term Mission Trips

Mercy Medical Teams organizes short-term volunteer programs assisting medical professionals to go abroad in a variety of clinical health-related settings. Currently the scheduled trips are to Tanzania, Ghana and Kenya. Contact lcms.org/mercy-mercy-teams if you are interested in sharing your God-given talents.

Ideas for Health Articles

Health topics vary each month, information for a newsletter article, bulletin insert, 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.

- * **March** – Colorectal Cancer Awareness, Save the Vision
- * **April** – National Child Abuse Prevention Month, Alcohol Awareness Month
- * **May** – Older Adult Month, National Arthritis Awareness, Skin Cancer Prevention, (6-12) National Nurses Week with May 6th as Nurses Day recognizing Florence Nightingale, the founder of the nursing profession, (7) National Day of Prayer
- * **June** – National HIV Testing, National Safety Month

Activity Calendar

with a Parish Nurse Presence

April 17-19, 2020 – LWML Kansas District Convention in Topeka. Parish Nurses will have a display booth. If you have a member attending and they put your information in the designated box at the Parish Nurse table, you will receive a gift. Alert those who will be attending the convention.

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

May 20-21, 2020 – The 28th Annual Parish Nurse and Congregational Health Ministries Conference with the theme: *Filled to Overflow: Serving, Sharing, and Telling*. The conference will be held on the campus of Concordia University Wisconsin, Mequon WI.

28th Annual Parish Nurse and Congregational Health Ministries Conference

The annual national gathering of nurses, pastors, lay ministers and others helps to focus on our calling to

caring vocations, to share and tell of the love of Christ, and serve Him in all we do. The conference time offers opportunities to gain new knowledge, network with peers and share resources to help develop new programs and ministries in congregational health. If you are able to attend the inspiring conference on the campus of Concordia University Wisconsin, Mary Hume can send you the registration form (see contact information on page 4 of this newsletter).

Educational Opportunities

Ongoing: LCMS Health Ministry. Videos are available for on-line viewing.

A different distance learning option is available through the collaboration of the LCMS Parish Nurse Council and the Lutheran Nurses Association of Australia. Marcy Schnorr serves as the Coordinator and Mentor for the USA version. She also serves as the Education Consultant and International Liaison on the LCMS Parish Nurse Council.

For more information, contact 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 in Mequon. Contact Carol A. Lueders-Bolwerk PhD RN at www.carol.luedersbolwerk@cuw.edu or call 262-243-4233 for complete information.

Literature Review

Walking to the Cross is a 6-week devotional inviting you to make reflection and prayer part of your Lenten Practice. Church Health Reader.org

Walking to the Manger A four-week daily devotional inviting you to make walking, reflecting, and prayer a part of your daily Advent practice. Just as Mary and Joseph traveled the long journey to Bethlehem, during the Christian season of Advent, we journey in faith through the lessons of the season. We prepare in body and spirit to meet the Christ-child once again.” Chreader.org

Weary Joy: The Caregiver’s Journey by Kim Marxhausen. Ms. Marxhausen wrote the book for caregivers and as a resource to pass to those caring for their loved ones. It describes the burdens that seem to come from helping those with dementia and

how to overcome them. The book is available through CPH.org. Ms. Marxhausen was recognized in the *Broadcaster*, the Concordia University, Nebraska magazine, Winter, 2019 edition.

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, that can be arranged.

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. The Lutheran Parish Nurses International (LPNI.org) 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. The January Health Topic was on Spiritual Care and the devotion is on Retirement – Stressful and Stress Free. The February Health Topic is on Suicide, and the Devotion is on Angels.

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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, the Education consultant and International Liaison on the LCMS Parish Nurse Council. – marcyschnorr2009@gmail.com
- * Karen Hardecopf, is the consultant for parish nurse programming on the leadership council. khardecopf@gmail.com.

“May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.” 2 Thessalonians 2:16-17

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