

KANSAS PARISH NURSE MINISTRY FAITH COMMUNITY NURSING

Quarterly Newsletter

Summer 2021

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

From the Desk of your District Representative

Lord, help me to be strong, while bearing with the failings of those who are weak. Let me not seek to please myself. (Romans 15:1)

Dear Servants of our Lord,

I recently attended the 29th Parish Nurse Conference "Courage to Be, Courage to Serve." Although the attendance was smaller than in previous years, the conference was very good, educational and inspiring. And being together with peers is renewing.

Rev. Dr. Dan Paavola, Professor of Theology at Concordia University Wisconsin, opened the conference with a chapel service. His message was from John 17, Jesus cares for us and protects us. Jesus cared for and protected his disciples during his time on earth. He continues to care for us and protects us. He wants us to care for and protect those we love, our children, our family members and those in our congregations. We pray to our Father in heaven for his guidance as parish nurses.

We then continued with the educational sessions.

To honor nurses and especially parish nurses on Nurses Week, LCMS Synod President Matthew Harrison wrote, "The parish nurse is an invaluable asset to the pastoral staff... provides Christian-to-Christian care and spiritual concern while addressing medical and often psychological needs." Thank you, President Harrison, for supporting the parish nurses and the work they do in congregations.

Blessings as you minister to others,
Mary Hume, Parish Nurse

A Brief Summary of Educational Sessions at the 29th Annual Parish Nurse Conference

Those who attended were given a choice of nine educational sessions that we could attend over the two days. It was difficult to choose, but I will share information from the sessions I attended.

* Aimee Jambor RN, MSA from Merrifield, MN presented "Schools, Scripture, and Service." Using the verse from Proverbs 22:6, she discussed the evolution in the public education system, how it has changed over the course of the last few years (not necessarily to the good). How politically "right-based" curricula are affecting our children, the importance of parochial education, the power of scripture in teaching and learning and how we can serve in these changing times.

The children are being affected by poor diets, lack of exercise and very frequent use of electronics (cell phones) causing a lack of adequate sleep. They are taught about the acceptance of sexual changes at an early age and not what the Bible teaches.

Aimee encourages us to be more involved in our local school boards, not allowing the devil to infiltrate our educational system and influence our children.

She cited many Bible verses that can guide in deciding what is best for our youth. Above all, pray for our leaders, our teachers and for our students.

* Rev. Dr. Dan Paavola discussed the 'Six Facets of God's Forgiveness' using a block of wood made of various woods by lamination. By the blood of Jesus, we have the forgiveness of cleansing, the forgiveness of covering, and the forgiveness of sending sin away with another. Forgiveness is having the sins fixed in one place (the cross), forgiveness is hearing one over the other (turning up the music, the voice of Jesus), Forgiveness is in the price that Jesus paid on the cross. His presentation was very inspiring and uplifting. He has written a book, *Flowing From the Cross: Six Facets of Forgiveness*; it is available through CPH.org.

* “God’s Pharmacy: Teaching Nutrition” was presented by Janice Faulkner, RN, MSN, FCN. She discussed using foods to supply the nutrition that we need to sustain a healthy life. She gave examples of food that tells us what vitamins they supply (slice a carrot and you see an eye, slice a tomato and you see the chambers of the heart, etc.).

* Jennie Johnson, RN-BC, PhD from Hayden, Idaho presented “Beat the Winter Blues: Dealing with Depression.” She reviewed Seasonal Affective Disorder (SAD) and its relationship to low serotonin levels. Low levels of serotonin can bring thoughts of suicide. To increase the serotonin levels, open the curtains or blinds each day, especially during the winter months, take a Vitamin D supplement, use light therapy. Being out in the sunlight for 20 minutes a day at 5 minute intervals, increasing time to 60 minutes a day, can provide the Vitamin D needed.

* Dr. Marcy Schnorr and Carol Zimmermann summarized the research that was done on “Lessons Learned from the Pandemic.” The information is available on the LPNI.org site under “additional readings.” If you would like a detailed report of the research project, contact Marcy Schnorr at marcyschnorr2009@gmail.com

This is a brief overview of a few sessions, but I hope you gain some of the knowledge and excitement that all of us felt while at the conference.

DISTRICT REPS MEETING at the conference

The district representatives enjoyed a presentation on the topic of Mercy from Deaconess Tiffany Manor, Director LCMS Life Ministry. We were encouraged to continue the Christian caring that we offer to our congregational members and the district. Some discussion and encouragement centered around synod support for parish nursing.

AGING: “OK BOOMER” & BEYOND

An intergenerational class focused on the aging population and current research on the aging process itself. Topics such as societal changes in healthcare, the workplace, technology and marketing will be discussed, with student-led intergenerational conversations. The course offered through Wichita State University will be taught via Zoom Monday and Wednesday, 9:30 – 10:45 a.m. The class is open to undergraduates and to older adults. Contact Louis

Medvene, Professor of Psychology
(Louis.Medvene@shockers.wichita.edu).

A Time for a New Normal

Adapted from The Good Trade, a daily newsletter

Have you recently been asked, “What are your plans this weekend?” It felt like I had forgotten the most basic of interaction skills after the last 15 months. But, what is “normal”? Very little has been done today or experienced in the last year was normal; everyone has known someone whose life has not been uprooted by COVID in some way.

The pandemic is now a part of our lives, filled with pangs of fear and uncertainty about the future, and anxiety about returning to society. Talk about the collective trauma of social isolation, in contrast with our needs as social creatures. Touch deprivation and loneliness have been managed by channeling more affection towards my pets and spouse. We have experienced a double pandemic, from COVID-19 and from isolation. The proverbial cocoon of routine, safety, and complacency seems better than what has happened over the last year.

The pandemic highlighted major cracks in our individualistic society. Days once filled with shallow small talk have now shifted focus to finding fulfillment in our most important relationships. In previous years, demanding jobs were glamorized—but now the focus is to balance rest alongside it. Which is why going back to normal is not an option—why the “new” normal is essential. Instead of resetting the clock and going back to our early 2020 lives, we can envision a different post-COVID future. This is our chance to rewrite what “normal” should be, even if it is new and scary. It can be a safe space, honoring all of the feelings—fear, anxiety, and mourning included—we have recently experienced. It is a place of healing, remembering that there is not a single person alive right now who has not been affected.

The new normal trades in busyness and chaos for calm and patience, soaking in long afternoons in the sun and practicing gratitude for fresh air. Pausing for an extra-long hug from a friend or savoring every bite of food at a restaurant, would have been inconceivable just months ago. Remembering there is hope ahead. We can accept that the new normal is a daily, or even hourly, experience. One that embraces the slowness of our days, where we ease into routines instead of jumping right back in. Where we look at what is worth

keeping or creating anew, like investing in mutual aid or shifting to remote work for good. Where even the most social of butterflies can re-emerge from a chrysalis, fundamentally different but courageously shedding the old and looking to new horizons.

We have been through a collective trauma and individual recovery will be deeply personal. Let us drop the expectation to return to “normal”, instead care for one another, and move comfortably at our own pace. We will heal that with the help and assurance of God.

Stress Impacts Your Health

This past year has been stressful and has affected each of us in different ways. We have all heard the phrase “stress eating,” and most likely you’ve experienced a response to stress that involved overeating or consuming “comfort foods” that were great for your taste buds but not part of your healthy eating goals. Stress eating is actually a hormonal response to stress, and sometimes needed to combat a stressful episode. Stress can cause some people to ignore their hunger cues and refrain from eating for long stretches of time. For others, stress turns them into emotional eaters who mindlessly munch.

Our brains send clues to our bodies when we are feeling stressed. The fight-or-flight response helps us deal with perceived threats in our environment. When we feel stressed, our body sends out cortisol, known as the stress hormone. Cortisol can make one crave sugary, salty and fatty foods, because the brain thinks it needs fuel to fight whatever threat is causing the stress.

However, when it involves poor eating habits that happen on a daily basis, that’s when it may start impacting our health. Be mindful of what triggers stressful eating and be ready to fight the urge. Researchers have linked weight gain to stress. According to an American Psychological Association survey, about one-fourth of Americans rated their stress level as 8 or more on a 10-point scale. So how can stress eating be managed? Exercise, mindful eating and stocking your refrigerator with healthy snacks is a great start but until you address the ongoing high stress levels, you may find yourself in an uphill battle.

Lutheran Parish Nurses International

The Lutheran Parish Nurses International (LPNI.org) site has Health Topics, Devotions and a Bible Study

that are published monthly. The site is available for us to learn from other parish nurses throughout the world and to grow spiritually.

Ideas for Health Articles

Health topics vary each month. You can educate congregational members through a newsletter article, bulletin insert, or for a bulletin board display. Searching the Internet for information is a good way to start. Read reliable sources for accurate information.

Do you have a medical app on your phone that you will share with others? You can email or text them to me and I will include them in the next newsletter.

- * **June** – Alzheimer’s & Brain Awareness; Men’s Health
- * **July** – UV Safety; Staying Hydrated
- * **August**– Children’s Eye Health and Safety; National Immunization Awareness
- * **September** – Blood Cancer Awareness; Healthy Aging; National Childhood Obesity Awareness; National Head Lice Prevention

About Books

Reprinted from the Australian *LCA Pastoral Care Nurse Notes & News* May 2021 submitted by Dr. Marcia Schnorr. Every three months, Dr. Marcia Schnorr arranges a Zoom meeting for students who are taking the Distance Education *Introduction to Parish Nursing* course and others who may be interested. She has listed some books in her library that parish nurses might find helpful. These include the following:

- Nurse, Pastor and Patient*** by Dr. Granger Westberg (his earliest book on nursing)
- The Essential Parish Nurse*** by Dr. Deborah Patterson
- Parish Nursing – a Handbook for the New Millennium*** by Sybil Smith
- Because I Care, I am a Parish Nurse*** by Various contributors
- Parish Nursing: Health Care Ministry in the Church*** by Mary Elizabeth O’Brien
- Parish Nursing – Developing Practice*** by Dr. Ann Solari-Twaddell
- Parish Nursing – Promoting Whole Person Health*** by Dr. Ann Solari-Twaddell
- Fast Facts for Faith Community Nurses*** by Janet Hickman.

Basic Parish Nurse Education Opportunity

Introduction to Parish Nursing Distance Education is offered as a distance learning course through the collaboration of LCMS Parish Nurse Council and Lutheran Nurses Association of Australia. Recipients must be serving a Lutheran congregation.

For more information and an application, contact Dr. Marcy Schnorr at (marcyschnorr2009@gmail.com)

Annual District Representative Meeting and Conference

Planning for the 30th annual Parish Nurse Conference is underway. The theme will be *"Praise God From Whom All Blessings Flow."* The date of the conference will be May 18 & 19, 2022. The Lutheran Parish Nurses International (LPNI) awards four scholarships annually to those attending the Concordia Conference for the first time. Application forms are available from Marcy Schnorr. Prayerfully consider attending.

Churches in Kansas: Jamie Spikes and Mary Hume are available to visit and share information about Parish Nursing.

Mary Hume, KSLCMS District Representative
Parish Nurse Ministry
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Topeka, KS 66614

LCMS Kansas District

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. 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.*

- ◇ Mary Hume - 2633B SW Arrowhead Rd - Topeka, KS 66614 - maryhme29@cox.net - (Cell) 785-580-6650.
- ◇ Dr. Jamie Spikes - Member of the LCMS Parish Nurse Council and Parish Nurse at St. Luke's, Manhattan, KS – jamiespikes@gmail.com. (Cell) 785-313-1587.

"Commit your way to the Lord, trust also in Him, and He shall bring it to pass. He shall bring forth your righteousness as the light, and your justice as the noonday." Psalm 37:5-6

