

KANSAS PARISH NURSE MINISTRY - CONGREGATIONAL HEALTH NURSING

Quarterly Newsletter Fall 2021

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

"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".

LCMS President Matthew Harrison, May 2021

From the Desk of your District Representative

Be to me a rock of refuge, to which I may continually come; you have given the command to save me, for you are my rock and my fortress. Psalms 71:3

Dear Servants of our Lord,
My congregation (Prince of Peace Lutheran Church) had to replace the heating systems that were 30+ years old. They went out on the coldest day of the year. This was financially devastating, so we elected to having a Capital Campaign to cover the expense. With the guidance of our pastor, we chose 2 Corinthians 9:12 to center our thoughts and prayers. (*"Your gifts meet the needs of the Lord's people. And that's not all. Your gifts also cause many people to thank God."*

NIRV) Our theme for the campaign is "Restore our House". I was thinking about the Parish Nurse Ministry and the hit that COVID has taken on church attendance and much more. How can we restore our Parish Nurse Ministry for the members and others? So, researching the "re" words, these thoughts and words came to my mind.

Restore our trust and faith in the Lord.

Reconnect with the pastor, members and others in the community.

Recognize the mission that God has for us.

Rewarding – the gift that God gives is eternal life, by our faith in Him.

Rebalance for your own physical and spiritual health and for others.

Resourceful – finding ways to overcome difficulties that have been placed in the way

Renew – your commitment to the Lord, the Parish Nurse Ministry is centered in the Word of God.

Think of other words and ways to Rekindle your mission as a Parish Nurse (Congregational Health Ministry).

We are God's visible words as we minister to others.

Blessings as you minister to others

Mary Hume, Parish Nurse

Regrouping Post COVID

As we return to in-person worship services and as we make a commitment to ourselves and to the Lord, let us regroup and reconsider our calling as Parish Nurses (Health Ministers). It is a calling to provide care and support to those in need. What are some of the ways we can regain momentum to the ministry?

Here are some thoughts:

- Pray for God's direction.
- Discuss ideas with your pastor or with the Board of Directors or Elders how you can be of assistance to the church members.
- Choose project(s) to do such as calling on the shut-ins, sending cards (birthday, thinking of you, etc.), preparing cancer care bags (see LWML.org for examples), resuming regular blood pressure check and health counseling,
- Update health information on the website of the church.
- Write health articles for the newsletter of the church.
- Organize an Older Adult Ministry.
- Teach health topics to the youth (an example: "How You Are Changing" CPH.org)

There are many ways we can minister to the members in our church, how is God directing you?

Do Vitamins Expire?

The answer is 'yes' and 'no'. Vitamins do not "expire" in the traditional sense. Instead of becoming unsafe to ingest, they simply become less potent. That's because most of the ingredients in vitamins and dietary supplements break down gradually. This means that they become less effective over time.

Unlike prescription drugs and over-the-counter (OTC) medications, the U.S. Food and Drug Administration (FDA) doesn't require vitamin and dietary supplement manufacturers to include an expiration date on the packaging. Some companies voluntarily provide a "best before" or "use by" date on the lid or the label.

According to Shilpa Raut, a senior research scientist at Amway, the typical shelf life for vitamins is two years. But this can vary, depending on the type of vitamin and the conditions it is exposed to. For example, chewable vitamins and vitamin gummies absorb more moisture than vitamins in tablet form. Because of this, chewable and gummies tend to degrade faster. When stored correctly, vitamins in tablet form often retain their potency for several years.

Vitamins should be stored in their original containers in a cool, dry place. You may be inclined to store your vitamins in your bathroom or kitchen for ease of access, but these are actually two of the worst storage locations. The bathroom and kitchen typically have more heat and humidity than other rooms.

You should also avoid exposing them to light. Some vitamins — like vitamins A and D — will lose their potency after prolonged exposure.

Refrigeration can also help extend the shelf life of products that are less stable at room temperature.

This includes fish oil, flaxseed, Vitamin E and probiotics.

Reprinted from Healthline.com

Self-Care for Wellness

Nurses and those in the health care system have been known to care for others before first taking care their own needs. Here are some suggestions to provide important self-care.

Start the day in the Lord – set a routine with a devotion, in prayer and thanksgiving for giving you another day and that it can be for Him in whatever you. Chose a favorite Bible verse, attach it to your bathroom mirror or the refrigerator, where you can read it first thing each morning. Start the week by attending worship services promotes serenity throughout the week.

Keep familiar routines – there will be times that routines are unable to be followed; however, the more an activity becomes routine, the easier it is to cope with the events of the day. Routines include eating at regular times and eating healthy meals.

Set goals and start chasing them – Do you have spiritual, personal, or educational goals to continue learning in various ways? Learn a hobby that allows you to go "out of the box" for more enjoyment. Grow daily by learning something new and different.

Make time to decompress – A counselor told me many years ago, "when you come home from work, take a few minutes, change clothes, and stretch out on the bed. Let you children know that you need those few minutes to reboot for family time."

Give special care to your feet – Soaking and massaging your feet with lotion and having your nails trimmed can uplift you and you feel refreshed. Enjoy the good footcare for healthier feet.

Maintain social connection – contacts with friends outside the home helps with sharing cares and concerns and nurtures good self-care. Social times through a Bible study or going out for meals with friends at opportune times are social connections.

Medical Apps

Our cell phones are an appendage for most of us. Having apps on the phone is beneficial. Some of the apps that I find very helpful include 'Good Rx', 'Single Care', 'Lab Tests', 'Medical Terminology Dictionary' and WebMD to name a few. If you have apps that you use on regular bases, let me know and I will share them with others. The PDR is too heavy to carry around; but an app can give the information at your fingertips.

Lutheran Parish Nurses International

The Lutheran Parish Nurses International (LPNI.org) site has Health Topics, Devotions and a Bible Study, which are published monthly. The site is available for us to learn from other parish nurses throughout the world and to grow spiritually. The health articles can be used in newsletters. If the articles are used, give credit to the author and the source.

Ideas for Health Articles

Health topics vary each month, you can educate your congregational members through a newsletter article, bulletin insert, or with a bulletin board display. Internet searches for information are a good way to start. Read reliable sources for accurate information.

- * **September** – Blood Cancer Awareness; Healthy Aging; National Childhood Obesity Awareness; National Head Lice Prevention
- * **October** – Eye Injury Prevention; National Breast Cancer Awareness; National ADHD Awareness
- * **November**– American Diabetes; COPD Awareness; National Alzheimer’s Disease Awareness
- * **December** – HIV and AIDS Awareness; Flu Vaccine

30th Annual Parish Nurse/Congregational Health Ministries Conference

“Praise God from Who All Blessings Flow” is the theme for the 30th annual conference which will be held May 18-19, 2022, on the campus of Concordia University Wisconsin. Mark your calendars. Carol Lueders Bolwerk is inviting presenters for the conference with focus on blessings, parish nurse/faith community nurse research, holistic health, congregational health ministries and service to parishioners and/or the world. You can email Carol (Carol.Lueders.Bolwerk@cuw.edu) with your topic idea and title by September, 2021.

Certificate in Faith Community Nursing PROGRAM OVERVIEW

Since 1989, Concordia University Wisconsin has been offering educational programs in congregational health ministries. The Faith Community Nursing Certificate is offered completely online as a flexible way to learn about congregational health ministries. The program consists of eight units that approach nursing in the faith community from all angles. The course consists of studying Jesus’ example of caregiving and service to others, learning how to use healthcare as a ministry of the Gospel, how to serve people in crisis, and how to start and run a health ministry in your own church. This program integrates a Christian caregiving framework with developing a holistic congregational health and parish nurse ministry.

LEARNING UNITS

1. God’s Cure for Evil: God’s Gracious Cure for Sin and Illness
2. Theology of the Cross: “Why is This Happening to Me?”
3. What is Faith Community Nursing: Roles and Ministry

4. Nuts and Bolts: Establishing a Parish Nurse Ministry
5. Intentional Care of the Spirit: Assessing Spiritual Needs
6. Intentional Care of the Spirit: Outcomes and Evidence Based Interventions
7. Application Case Study
8. Self-Care and Professional Growth

Contact Carol Lueders Bolwerk at carol.lueders.bolwerk@cuw.edu or call 262.243.4233

Basic Parish Nurse Education Opportunities

Both of the following courses provide a Certificate of Completion and will entitle participants to be listed in the LCMS Parish Nurse Directory upon completion.

- Concordia University Wisconsin offers a comprehensive 4-day intensive course. The dates for the 2022 course will be May 22-26, 2022. Classes are held on the campus in Mequon, WI. For more information about this course, contact Carol Lueders Bolwerk at carol.lueders.bolwerk@cuw.edu
- 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. Participants must be serving in a Lutheran congregation. For more information and an application, contact Dr. Marcy Schnorr at marcyschnorr2009@gmail.com

Continuing Education Offerings

As we search for opportunities to earn Continuing Education hours for relicensure, online courses are our options today. Continuing education information will be passed along to you as I received notifications of offerings. Also, if you are aware of any educational offerings, let me know and I can pass them along also. Check www.ceinternational.com for the CE courses available.

LCMS Life Ministry Newsletter

The Spring, 2021 issue of *LCMS Life Ministry’s News and Notes* is available online. It focuses on Human Trafficking, which affects people all around the world, maybe some in our own congregations and communities. It is published on LCMS.org/life website.

Medicare Prescription Drug Plan Renewal Time

October 15 – December 7

Encourage your seniors to check with their local Area Agency on Aging about their prescription drug plan. There are changes each year so do not assume the current plan will be the best for the coming year.

LPNI Study Tour – 2022

Have you thought of going to Australia, a beautiful country offering new adventures? An exciting study tour is being planned for September 2022 and will include a visit to the first Lutheran settlement in Hermannsburg, time in Alice Springs and so much more. Information will soon be on the LPNI.org site. Consider an adventure of a lifetime, to meet friendly people including the native Aboriginal people. The tour will be led by Rev. Robert Wiebusch of Adelaide Australia.

Note: Check the LCMS.org/health site for additional articles and information.

*The Lord will keep you from all evil; he will keep your life.
The Lord will keep your going out and your coming in from
this time forth and forevermore. Psalm 121:7-8*

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 parish nurse 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. Receiving the newsletter electronically is available.

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.

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