

KANSAS PARISH NURSE MINISTRY - CONGREGATIONAL HEALTH NURSING

Quarterly Newsletter
January - March, 2022

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

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. Psalm 71:3

Dear Servants of our Lord,

The pandemic has allowed me to slip into a sluggish practice of what God desires of us as parish nurses, at least for me. Although I sent cards and made phone calls, visits were not a priority. How the homebound members suffered from being isolated. How important the phone calls and the cards were to them. With some of the restrictions lifted, the older population will welcome your friendly face.

I hope you enjoy reading articles written by other parish nurses and are published in the *Parish Nurse Notes* and sent to you each quarter. They have a different format and a different focus than the *Kansas Parish Nurse Ministry* newsletter. The more communication and information, the better.

The articles from either publication can be shared with your members in a newsletter, bulletin board or how you communicate with your members. Also, copy the newsletters and share them with your pastor and other leaders in the congregation.

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

Blessings as you minister to others

Mary Hume, Parish Nurse

Lutheran Parish Nurse International Study Tour

As we gathered in Washington, D.C., we greeted each other with a holy kiss, excited to be together. The group of 16 participants (11 parish nurses including one from Bethlehem and 5 husbands) reminisced and encouraged each other throughout the time together. There were many highlights of the trip, including

visiting the Bible Museum, a must see for everyone when in Washington, D.C. We also walked the streets of Colonel Williamsburg, Jamestown and Yorktown, learning the battles that they encountered when settling our country for freedom, and the role the women played as the United States was being settled. The highlight of the study tour was attending church, King of Glory Lutheran Church in Williamsburg, the home church of our host and hostess. We shared with the members the ministries each have in our local congregations. The ladies of the church (LWML) treated us to a wonderful luncheon.

As we said our 'goodbyes' 'until we meet again,' some will be traveling to Bethlehem (Israel) in April to assist the parish nurse with her ministry, to Concordia University Wisconsin in May for our annual conference and some to Australia for the next study tour in September.

We agreed that we have been enriched by the time we spent on the Study Tour to Washington, D.C. and Williamsburg area.

A Warm Welcome

President John Denninger and his wife, Connie, of the Southeastern District of LCMS attended our welcoming dinner at the LPNI Study Tour. He addressed the parish nurses with gracious words from Mark 1:19 – *the disciples were mending their nets after they had been fishing*. As parish nurses, we mend those hurting physically, emotionally and spiritually. We minister to those broken and we touch their lives to mend. Besides the ministry of touch, we care, we listen and so much more. We do as God has given strength and caring to us. The members of the group shared their locations and their ministries. We enjoyed the discussion of how each parish nurse meets the needs in her individual congregation.

Is Walking After Eating Good For You?

Adapted from www.healthline.com

Walking immediately after a meal is a growing trend in the health and fitness community. It appears to yield the most benefits. The benefits include improved digestion, heart health, blood sugar management, weight loss, regulated blood pressure, improve the mood, and reduce emotional stress.

While walking after meals has few downsides, some may experience an upset stomach. Hence, it may be helpful to keep the intensity and duration of your post-meal walks low when starting out.

Your post-meal walking intensity should be low to moderate to avoid getting an upset stomach. A brisk walk at a speed of 3 miles (5 km) per hour is appropriate.

Though the intensity is generally low, it is important to check with your healthcare provider before starting an exercise regimen if there are preexisting conditions.

Expanding Parish Nurse Ministry in Our Local Congregation

As we walk beside our pastor to provide care for the concerns of our members, we follow the guidelines of the health ministry. They are broad and include:

- Health counselor – providing information on blood pressure, nutrition, taking the various vaccines, etc.
- Referral source – providing information on a new doctor (primary or specialist), do they need information on a diabetic clinic, etc.
- Facilitator – develop a Bible Study on health topics,
- Integrator of health and healing – visiting the homebound and hospitalized members.
- Advocate – be an interpreter after visiting the doctor or a health report information.

Whatever activities are needed in the congregation, the health minister facilitates the use of available resources in the congregation and the community (rather than providing directly “hands on” health care services).

A thread that runs through the health minister's job is that he/she does not duplicate other available nursing or medical services, but seeks to creatively bridge the gaps identified in the health education and care delivery system.

Developing a Spiritual Habit

Did you make New Year Resolutions? How often we make such resolutions and forget them within days or weeks of the first of the New Year. One you might keep for the entire year – developing a spiritual habit. A spiritual habit is getting closer to God. How do we get closer to God? Starting the day in prayer, while still in bed, before your feet touch the floor, ask for God's guidance for the day.

Be a good steward of your time, talents and treasure. God give us each of those and more. Give back to him by helping others in the way that helps them whether it be in the form of your money or listening to someone who is hurting.

Devote your time to Bible study, in a group or individually. It has been proven that leading a Bible study, you dig deeper into research to present the information.

Seeing the bright side of things is an essential habit to develop. Having a negative attitude tears one down, but focusing on what is good, right and beautiful and then being grateful for positive things life has given. Take time for your own devotions. There are many devotion books available and online sources, chose the ones that speaks to you. The comfort that you receive from individual or family devotions is immeasurable.

Conclude the day with prayer. God knows how your day unfolded, by he wants to hear from you.

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.

* **January** - National Blood Donor; Thyroid Awareness;

* **February** – America Heart; Age-Related Macular Degeneration

* **March** – Dental Health; Brain Injury Awareness; National colorectal Cancer Awareness; Save Your Vision

* **April** – Alcohol Awareness; Stress Awareness; Child Abuse Prevention

National Wear Red Day

On February 5, support the American Heart Association and celebrate national heart health

month. Wearing red focuses specifically on raising awareness of women's heart disease and stroke risks. On this day, supporters wear their favorite red dresses, shoes, tops, and accessories in order to stand together with their affected sisters and encourage others to take preventative actions for the sake of their heart's health.

March is National Colorectal Cancer Awareness Month

Cologuard is the only stool-DNA screening test to detect colon cancer that is approved by FDA. *Cologuard* looks for changes in the DNA that could indicate the presence of colon cancer or precancerous polyps that might be present in the colon.

There are some benefits to the *Cologuard* test for cancer screening, but there are drawbacks, also. The lab reports indicated a simple 'negative' or 'positive' result, no abnormal DNA or "hemoglobin biomarkers" found in the stool sample. False positives and false negatives do happen in a few cases. The most accurate screening test is a colonoscopy and removing any polyps that may be present. Colon cancer is treatable when detected in the early stage.

Honey Uniquely Beneficial

Honey is a syrupy liquid that honeybees make from plant nectar. It is loved throughout the world for its sweetness and depth of flavor. There are many varieties available depending on the flowers that the honeybee uses; the color and the taste will vary. It is rich in nutrients and antioxidants. Some of the beneficial effects include heart health, lowering blood pressure and blood fat levels. It promotes healing of minor skin irritations and minor burns. It is also an effective cough suppressant for children over the age of one year.

Protecting an Arm Cast

Have you been asked, "How do I protect an arm cast while showering?" A veterinarian's long examining glove might be the answer. They are available in stores such as Tractor Supply at a reasonable price. They extend to the shoulder and have fingers as in a regular exam glove.

Interesting Fact!

Dehydration could lead to back pain. When the gel-like elastic substance inside the lumbar discs aren't fully hydrated, the discs begin to shrink, making them less able to absorb the weight of the body. As a

result, the discs can flatten, putting pressure on the nerves exiting the spinal column and potentially causing pain in the lower back.

Source: Atlantic Brain and Spine. by Steve Gruenwald, Director of Worker Wellness, Concordia Plans

30th Annual Parish Nurse/Congregational Health Ministries Conference

"Praise God From Whom 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. If you would like to attend, contact Mary Hume at (maryhume29@cox.net) for details.

Parish Nurse Education Opportunities

- Parish Nursing Certificate – Ministry comes in different shapes and sizes. Consider a vocation ministering to the health of faith community by earning a Parish Nurse certificate. More information on cuw.edu/academics/programs/parish-nursing-certificate/index.html. or contact Carol Lueders Bolwerk at carol.lueders.bolwerk@cuw.edu or call 262.243.4233
- 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 CUW 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 best 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, please let me know, and I can forward the information to others.

Check www.ceinternational.com for the CE courses available.

Educational Videos

There are videos for you to watch at your leisure on lcms.org/health/parish-nurse-education

LPNI Study Tour – 2022

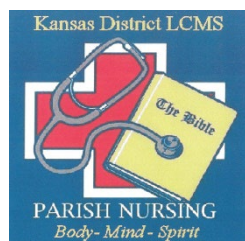
Have you ever thought of going to Australia, a beautiful country offering new adventures? An exciting study tour is being planned for September 2022 and will include a visit to the first Lutheran settlement in Hermannsburg, Alice Springs and so much more. Information will soon be on the LPNI.org site.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

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

LPNI.org

There are great health topics, devotions and a Bible Studies on the LPNI.org website. The September Health Topic, written by Dr. Rich Bimler is excellent about aging. Are you aware of Charles Bonnet Syndrome? Read about the visual concerns, the December health topic was written by a parish nurse from Australia. Take advantage of the writings of others.

Mary Hume, KS LCMS District Representative
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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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- ◇ Dr. Jamie Spikes - Member of the LCMS Parish Nurse Council and Parish Nurse at St. Luke's Lutheran in Manhattan at jamiespikes@gmail.com (C) 785-313-1587

*(May) the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
Philippians 4:7*