

KANSAS PARISH NURSE MINISTRY - CONGREGATIONAL HEALTH NURSING

Quarterly Newsletter Spring, 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. Psalms 71:3

Dear Servants of our Lord,
Springtime, time to enjoy longer days, planting of flowers and garden and thanking God for the winter we just experienced. In the months of spring we celebrate May Day, "on the sly" taking flowers to our neighbors, Mother's Day, and Father's Day.

Do you write a health article for your congregational members in the church's newsletter, whether electronically or hard copy? Would you share the information with me at my email address or text me?

The Kansas District activities that are being planned include: LWML convention (April 22-24), the Kansas District Convention (June 9-10) and Saint's Alive in July. I will have a Parish Nurse booth at both conventions. If you are attending either of the events, please stop by the booth and at least say "Hi".

Jamie and I will be attending the Parish Nurses District Representative meeting and conference at Concordia University Wisconsin, Mequon, May 17-20.

You are welcome to share the information from the parish nurse newsletters (*Parish Nurse Notes* and *Kansas Parish Nurse Ministry*) with your pastor, congregational members, and other nurses.

I pray that the articles will help you in your daily life and information you can share with others.

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

Blessings in your ministry
Mary Hume, Parish Nurse

Alzheimer's Disease

As we age, Alzheimer's Disease is a major concern. KU Med Center is active in research and helping those in the age group of 60 and older. They encourage us to equip ourselves and encourage our congregational members to participate in practical strategies that have can boost brain health and reduce the risk of Alzheimer's disease.

The Lifestyle Empowerment for Alzheimer's Prevention (LEAP), developed by KU, is for education and for research.

Lifestyle factors can influence the risk for Alzheimer's

- Physical activity and exercise – Staying active and exercising regularly. Aerobic, strength, flexibility and balance exercises are important.
- Nutrition – Nourishing you brain with a Mediterranean-style diet, rich in whole foods life veggies, fruits and extra virgin olive oil.
- Social engagement – staying connected with family and friends
- Cognitive engagement – keeping your mind active and challenged. Learn new things and practice new skills.
- Stress management – practicing relaxation techniques and take care of yourself to minimize the effects of chronic stress on the brain health.
- Sleep – practicing good sleep hygiene to protect the brain.

KU Alzheimer's Disease Research Center has many opportunities to learn about Alzheimer's Disease. If you, your family or congregation members can utilize the services for diagnosis or treatment, KU can be contacted at their email address:
KUADRC@KUMC.EDU

Healthy Ways to Start the Day

As nurses, we are concerned about others and often do not take time for ourselves. There is power in adding just a one moment of mindfulness to the start of your day. Waking at an earlier hour allows time to prepare yourself without the feeling of being rushed. What do you need to prepare for the day, to be connected in the time? Here are some thoughts how to begin your day with presence and being grounded.

- Begin the day with an exercise, whether stretching or a full routine. This allows the muscles and the whole body to wake up. Run your hands across your body and examine for new bumps, lumps or updates on your shape. This can be done in the shower (if you bathe in the morning).
- As you dress, choose something that is comfortable and supports your emotions for the day.
- Play some relaxing music; starting the day with the TV on can be disturbing with the negative news.
- Have a routine with God, reading a devotion, prayer (for yourself and for others), memorize a new Bible verse and repeat it throughout the day. Tape a meaningful verse to the bathroom mirror so you can read it each morning.
- Write a poem or free verse about what is meaningful to you. Make a list of 3 things that are meaningful to you.
- Step outside for at least a few minutes to enjoy the fresh air and the weather for the day. It is God's gift to you.
- What is the priority for the day; it is not just getting through it. Maybe it is to greet one new person, or call a friend to say "hello".
- Accept gratitude, self-acceptance and forgiveness. Be hopeful, positive and peaceful.

COVID has taken a toll on our mental health, so it is important that we find ways to take care of ourselves.

Vacation Planning

What are you plans for a vacation this summer? Do they include a trip to an exotic place? Does it include staying at home, doing chores around the house? Whatever the plans, does it include God? God has made so many beautiful places to visit and enjoy. Vacation time is a time when we can rejuvenate our bodies and minds.

Sleep

An Important Part of the 24 Hours

Research studies have proven that sleep habits can affect our physical, mental and cognitive health. Your body cycles through four stages of sleep. This cycle occurs multiple time throughout the night for different lengths of time, varying from 70 to 120 minutes each. The stages generally repeat about four times during a 7- to 9- hour sleep period. The patterns include two major phases of sleep: non-rapid eye movement (non-REM) sleep and rapid eye movement (REM) sleep. The processes and stages of sleep are essential to help restore, recover from illness, repair the body, consolidate memories and regulate emotions.

It is important to have a comfortable mattress and pillow, a cool, quiet and darkened room.

Tips for better sleep:

- ✓ Avoid daytime or evening napping.
- ✓ Keep a regular schedule of work and relaxation.
- ✓ Avoid TV, computer or phone screens before bedtime – the blue light can inhibit the release of melatonin a hormone that regulates the timing of sleep and is triggered by darkness.
- ✓ Keep the bedroom cool – the body needs to drop its internal temperature by a couple of degrees.
- ✓ Train the brain to associate the bed with sleep.
- ✓ Avoid alcohol and coffee prior to bedtime.

Lesson on Stress

Excerpt from Daily Cures, Wisdom for Healthy Aging

I recently came across this excellent object lesson about stress. A woman walked around a room with a raised glass of water while teaching stress management. "How heavy is this glass of water?" she asked. Answers ranged from 8 oz. to 20 oz. She responded, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes." She continued, "That's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to handle it."

The lesson is a perfect example of caregiver stress. It's not the individual acts that become tedious or heavy; it is the constant strain of worry and responsibility for

the long haul. Studies show that the caregiver is at a higher risk of a catastrophic health event than the one being cared for. When a caregiver has no opportunity to rest from responsibility or has no time for self, the otherwise easy jobs become overwhelming and exhausting. How difficult is it to fill a medicine box and remind a loved one to take the medication at the designated time? When it is day after day, year after year, the responsibility may become a significant stressor. Added to these simple tasks is the emotional dependence on the caregiver. Getting relief for the caregiver allows them to share the weight, and it is critical for the health of both.

Relief not only comes by taking time away, but also handing the situation over to the Lord. He wants the caregiver to depend on him for relief and comfort.

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.

- * **April** – Alcohol Awareness; Stress Awareness; Child Abuse Prevention; Oral Health Awareness
- * **May** – Mental Health Awareness; Older Americans; National High Blood Pressure Education
- * **June** – Men’s Health; Alzheimer’s and Brain Awareness
- * **July** – Juvenile Arthritis Awareness

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 this very interesting and educational conference, contact Mary Hume at (maryhume29@cox.net) for details. This is open to parish nurses, pastors and other church workers.

Jamie Spikes will have a session: “Funny Things that Happen on the Way to Heaven”.

Mary Hume will have a breakout session: “Communicating By Newsletter” and will be on a panel with other parish nurses. The topic of the panel

will be “Celebrate the Past, Present and the Future of Parish Nursing”.

Education Opportunities

Concordia University Wisconsin offers two options for earning a certificate. They are:

4-Day Intensive Course: Taught by the Schools of Nursing and Theology, this course is offered annually in May at CUW. This course introduces Christian caregiving and parish nursing within a congregational setting. Most of the participants are registered nurses, but it is also open to other health care professionals and others interested in a congregational health ministry.

Faith Community/Parish Nursing: This 8-week course is taught by the Schools of Nursing and Theology and is similar in content to the 4-Day Intensive On-Site Course. This course is offered to registered nurses by distance learning.

For more information about this course, contact Carol Lueders Bolwerk at carol.lueders.bolwerk@cuw.edu
LCMS Parish Nurse Council offers a 17-module course in collaboration with the Lutheran Nurses Association of Australia. The schedule is flexible and encouraged to be completed within six months. Many complete the course in less than six months. The course was developed by practicing clergy and parish nurses and reviewed by LCMS clergy and practicing parish nurses. Module 17 is specific to the organization and resources available for parish nurses within the LCMS. The course is designed for the RN as an introduction to parish nursing, but it can be adapted to others within the health professions wishing to serve as congregational health advocates. Personalized mentoring is provided throughout the courses and periodic optional zoom meetings are provided to add the group discussion component. For more information contact Dr. Marcy Schnorr (marcyschnorr2009@gmail.com) or at 1-815-562-2744 (mornings).

Continuing Education Offerings

We search for opportunities to earn Continuing Education hours for nursing relicensure. Continuing education information will be passed along to you as I received notifications of offerings. If you are aware of any educational offerings, please let me know, and I can forward the information to others.

Educational Videos

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

LPNI.org

There are great health topics, devotions and Bible Studies on the LPNI.org website. The February Health Topic, written by Jennie Johnson, Parish Nurse in Idaho, is "Loving the 'Hot reactor'". The devotions comes to us from Australia by Rev. Robert Wiebusch, "Crows and Pigeons". We are blessed to have many learned writers amongst us.

May Christ dwell in your hearts through faith – that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. Ephesians 3:17-19

LCMS Kansas District Parish Nurse Representative

As your representative, I am available to assist you with information such as the newsletter, printed

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Parish Nurse Ministry
2633B SW Arrowhead Rd
Topeka, KS 66614

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/caring-ministry/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

