

KANSAS PARISH NURSE MINISTRY FAITH COMMUNITY NURSING

Quarterly Newsletter

Summer 2022

"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,

This has started off to be a busy Spring, I attended the KS LWML Convention in April. Stephanie Fairclough's name was entered into the drawing for a Parish Nurse in the Kansas District to be the recipient of a Lutheran Sunday School Pin bracelet, donated by Jamie Spikes. She is the newest Parish Nurse in the Kansas District, serving at Christ the King Lutheran Church in Salina.

I attended the annual meeting of Parish Nurse District Representative and conference on the campus of Concordia University Wisconsin. What a great week meeting with other parish nurses throughout the United States, sharing and learning from others about the ministries that they have in their congregations.

I will have a booth at the Pastors' Conference June 9-11. If you will be attending, stop by and say "Hi!"

Blessings as you minister to others
Mary Hume, Parish Nurse

Northern Illinois District Parish Nurse Network Educational Opportunity

You are invited to a video continuing education program hosted by Chicagoland Lutheran Educational Foundation (CLEF). The title of the event is: "Joy in Serving: Parish Nursing during Challenging Time". There will be 4 CEUs offered. Register by sending \$40.00 to NID Parish Nurse Network in care of Marcy Schnorr, 1225 Springdale Drive, Rochelle, Illinois 61068.

The Northern Illinois District (NID) is very active providing ministry to those in the Chicago area of Illinois. Jamie Spikes will be one of the presenters.

Highlights of Educational Sessions at the 30th Annual Parish Nurse Conference

We are so blessed to have dedicated, Christ-centered nurses and educators among us. I will share some of the information that I learned from attending the District Representative meeting and the conference.

The District Representative met on Tuesday, beginning with a communion service. Rev. Dan Paavola's message was based on John 7:37-38. We are living water because we are children of God. The water comes from Jesus. We can share the "living water" with others by our words and by our actions.

We then reconvened to a classroom. There were 25 (of 35 districts) representatives attending. All shared what they were doing in their respective districts. Tiffany Manor, Director of LCMS Life Ministry, discussed mental illness due to the Pandemic. She reported that mental illness is up 40% with substance abuse and mental health issues. In LCMS, the use of medications for depression and anxiety is up by 6 fold. It is important that we are available to those in need.

The Conference began the following 2 days with 82 from 18 states in attendance. A panel of seasoned parish nurses talked about the past, present and the future of parish nursing. Parish Nurses have come a long way in the 30 years that we have been meeting. Jamie Spikes, St. Luke's Manhattan, presented "Funny Things that Happen on the Way to Heaven". She related anecdotal incidences in her years of working in the nursing field. She kept the audience in smiles and laughter as we could relate to many of her situations.

Carol Lueders Bolwerk, RN, PhD, CUW School of Nursing, discussed the status of medical cannabis. The CUW School of Pharmacy had requested information as to the stance of the church of the LCMS. After researching its use including legal, social and spiritual issues, she said that she could not find enough solid benefits for its use to legalize the drug. It is a Class 1 drug and has not been FDA approved.

Christine Hansard, District Representative, Parish Nurse and Deaconess from Michigan, shared information and statistics on Church Worker Wellness. The information was staggering – 40% question whether their work has an impact, 75% have a BMI considered overweight or obese, 24% have been told by a professional that they suffer from anxiety or depression, and 33% struggle with compulsive behaviors (food, alcohol, pornography, etc.). Synod has developed programs to help church workers recognize some of the problems and to help for the church workers. We, as parish nurses, can encourage other church workers to take advantage of the Worker's Wellness programs that are available from LCMS.org/wellness.

Get an Annual Check-up

Written by Pat Schultz, RN, Parish Nurse
Faith Lutheran Church, Topeka

During our pandemic experiences, many of us had non-emergent doctor visits changed in order to avoid the possible spread of the COVID virus. Some appointments were simply canceled, and some may have been changed to a "tele-visit," where the patient interacted with a physician or a nurse over the phone or maybe over the computer. Hopefully most all of us are getting back to regular, in-person well-patient appointments with primary care physicians, also known as annual health checkups. I would like to emphasize the value and importance of these annual checkups. Annual checkups can be beneficial. The more you see your primary care physician for routine checkups, the more familiar your physician becomes with you and your medical history. This physician-patient relationship is very important, as it can help identify potential issues before they start or early in a disease process, and an early detection often leads to more treatment options. If you see your physician only when you have an urgent problem, the physician often does not have time to, for example, talk about vaccinations or cancer screenings. During an annual checkup, your physician can discuss and evaluate your family history, lifestyle, age, diet, and activity level and

how these affect your health. You may be due for a vaccination (flu, pneumonia, Tdap, shingles, etc) that could prevent an illness. Visiting with your physician also can break a barrier for discussion about possible mental health issues if necessary. Another benefit of an annual checkup is a review of your current medications, looking for possibly harmful interactions or unexpected side effects of meds you are taking. All of these factors can lead to improved health and an increased lifespan. How you perceive and utilize your annual checkup can influence your benefit. If it fosters a physician-patient relationship and allows for a partnership in prevention and treatment of diseases, then the checkup can certainly be considered valuable.

The Need to Pre-Plan a Funeral

When a loved one dies, it can be traumatic. One of the ways to ease the trauma is to do pre-planning, letting family know your information is beneficial. The information and the wishes for a funeral are not "cut in stone" but encouraging family to have previous discussions with the family can ease the burden on the family members at the time of death. It can also alleviate some disagreements that might arise. Going into the Kansas State Board of Mortuary Arts website (WWW.ksbma.ks.org) using the format for 'Memorial Planning Guide' can be very helpful. Also, the Kansas District LCMS has compiled a useful booklet "Older Adult Task Force Comprehensive Report" with sample copies of information (pages 24-35) that can be used to help plan for difficult times.

Benefits of Boxing

Especially with Parkinson's Diagnosis

Parkinson's was the topic of our workshop in 2019. Pastor Rohrberg discussed how boxing has helped him with balance and much more. I recently received the following information from the Topeka Salvation Army and you may share it with your members and friends.

"Boxing has a multitude of benefits for people from all walks of life regardless of age, generation, and physical ability. At the 3-Shields Boxing Academy Program (at the Topeka's location) we would like to leverage our boxing program in many different ways not only for the elite athlete, but also for the mother of two who needs a stress reliever, or the senior citizen with Parkinson's.

"Parkinson's is a degenerative neurological disorder. It causes one's brain to produce less dopamine, which makes it harder for your body to

coordinate movements and manage emotions according to the National Parkinson's Foundation. According to the National Institutes of Health, approximately 60,000 people a year are diagnosed with Parkinson's in the United States.

“The disease is characterized by tremors, a shuffling walk, loss of balance, slowed movements, a softened voice, and cognitive changes along with many other symptoms.

“There is no cure for Parkinson's and treatments are tailored to manage individual symptoms. However, according to research in the journal *Neurology*, vigorous exercise may have a protective effect on the brain and help slow the disease's progression.

“While research is limited, boxers and their caregivers have noticed major improvements in their symptoms. The classes also offer a chance for caregivers to connect and feel supported.

“Emerging case studies support this idea. A small study followed a few boxers in a boxing program. The results published in *Physical Therapy* found that all boxers who followed through on 12 weeks of training saw improvements in their symptoms. The study tracked balance, gait, quality of life, and disability.

If you have someone who could benefit from the program, check with your local Salvation Army or a physical therapist to see what is available in your area.

April was Distracted Driving Month

Although this is the summer months, this applies at all times. Distraction in driving can be due to the phone, drinking or eating, visiting, or anything that takes the eyes or mind off the road for a few seconds. Placing posters in strategic places in the church will remind members of the danger of being distracted while driving. You can get clip art to make your poster from Bing.com/images. We are not only concerned with health issues, but also safety issues. We can be examples to others.

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 May devotion, written by Rev. Jim Pietsch, Pastor at St Paul's Lutheran Church, Wellington, New Zealand, entitled “The Patient” talks about an experience that the author had as he was in the hospital for surgery.

The LPNI health articles, devotions and Bibles Studies are a benefit for us.

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. Internet searches for information is a good way to start. Read reliable sources for accurate information.

- * **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

Dementia Update Course

University of Kansas Medical Center Area Health Education Center and the University of Kansas Alzheimer's Research Center will be offering a “Dementia Update Course, Best Practices in Screening, Diagnosing and Treating Various Dementias”. There are 3 opportunities to participate: July 15 (webinar), August 26 (in-person) and September 9 (webinar). For additional information and to register call 620-235-4040. The cost is \$50.00 for 7.8 CEUs.

I have watched several of their educational programs on dementia, they are excellent – the staff is well informed as this is their specialty.

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. Consider it for 2023.
- * **Faith Community/Parish Nursing:** This 8-week course is taught by the School of Nursing and Theology. This course is offered to registered nurses by distance learning.

For more information about either of the courses, contact Carol Lueders Bolwerk at carol.lueders.bolwerk@cuw.edu

- * **LCMS Parish Nurse Council** in collaboration with the Lutheran Nurses Association of Australia offers a 17-module course. The schedule is flexible. 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. For more information contact Dr. Marcy Schnorr (marcyschnorr2009@gmail.com) or at 815-562- 2744 (mornings).

ELPNA

I have been in communication with the Evangelical Lutheran Parish Nurse Association. This is a membership organization for parish nurse/faith community nurses who are Lutheran and/or provide ministry in a Lutheran congregation. They recently offered a continuing education class: *Learning to Pray with the Psalms: Lament and Praise*, presented by Dr. Kathryn Schifferdecker from Luther Seminary in St. Paul, MN. An event is being planned for September with the focus on the spiritual dimension of ministering to those with dementia and their caregivers. Their newsletter is available at ELPNA.org/newsletter.

May you be blessed by the LORD, the Maker of heaven and earth. *Psalm 115:15 (NIV)*

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/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

