

KANSAS PARISH NURSE MINISTRY FAITH COMMUNITY NURSING

Quarterly Newsletter Fall 2022

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

From the Desk of your District Representative

"The Lord in my rock, my fortress, and my Savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety. I call to the Lord, who is worthy of praise, and I am saved." Psalm 18:2-3

Dear Servants of our Lord,

The purpose of the newsletter is to give the parish nurse support and to give ideas to share with the members whether in a congregational newsletter, or information on a bulletin board. As nurses, we have the medical knowledge or know where we can find it, but I share resources that are important tools you can share with your congregational members.

The Pastors' convention was held in June. I was able to meet many pastors and lay delegates from the Kansas District churches and share information about Parish Nursing. I was excited to hear when they said that they have/had a parish nurse in their congregations.

I am searching for a parish nurse to assume the role of Kansas District Representative. The principle function of a District Representative is "to support and promote Christ-centered health and wellness of body, mind and spirit through congregational health ministry" of the Lutheran Church – Missouri Synod. Each of the 44 districts in LC-MS has a person serving in the role as District Representative. We meet on an annual basis for education, sharing and for support from other representatives. We have a Council of 12 parish nurses who develop the annual meeting agenda, conduct quarterly meetings by Zoom, and so much more. The District Representative serves in a volunteer capacity. If you are interested, please let me know. I have been serving in the role of district representative for almost 20 years and would like to share the opportunity with another dedicated parish nurse. Prayerfully consider where you can serve God.

There are so many joys in discussing parish nursing with others. (My contact information is on the last page of the newsletter.)

Lord Jesus, thank you for making me what I am by your grace. Help me to do many good works that honor you with my life. Amen.

Blessings as you minister to others
Mary Hume, Parish Nurse

My Journey Into and Through Parish Nursing

Written by Jamie Spikes, PhD, RN

In the beginning I was a typical nurse in a parish. Being a nurse educator in Maternal Newborn, Family/Community and Transcultural Nursing, I appeared to be a handy resource for various health issues and concerns within my home congregation. In the mid 1980's one area that appeared to need my help was with very young parents and unwed pregnant teenagers at church and in the immediate area. A psychologist church member and I worked together to help this group. Other churches were asking our help, and we thought we had something to offer. I then wrote and was awarded a \$200K grant for a research project coupled with the formation of a support and information program for pregnant and parenting teens and their families. This office was housed in our church office suite where I shared an office with the part-time pastor/counselor from Lutheran Family and Children Services. Since I was "handy" and somewhat available, others in our congregation came to me with health care questions, concerns and wanting various health-related programs. It was then that I learned about parish nursing and attended the Westberg Symposium in Chicago. There I met Dr. Marcy Schnorr. From her I learned about a 2-week course being offered in

Mequon, WI at Concordia University Wisconsin. My office assistant and I registered for the course and we became parish nurses. Several years later I taught in the Parish Nurse: Distant-learning Program offered by Concordia. Parish Nursing was brought to prominence in a small booklet written by Dr. Granger Westberg who first developed the contemporary concept of parish nursing. What was once barely a paragraph in community nursing textbooks, through the Chicago group at Lutheran General Hospital in Chicago, parish nursing had its own first official textbook. Some 37 years later and at a different Lutheran church, I still thoroughly enjoy being a parish nurse in service to our Lord and his people.

Jamie Spikes and Kate McNeal are parish nurses at St Luke's Lutheran Church, Manhattan, KS. Jamie is on the LCMS Parish Nurse Council. She and Kate have the privilege of publishing the *Parish Nurse Notes* quarterly, the national LCMS parish nurse quarterly.

Church Worker Care Team

(Portions of the information is from the CWCT brochure which was given to the Pastors and Lay Delegates at the recent convention)

In 2017 LCMS Church workers were surveyed and invited to participate in focus groups to share their greatest felt needs. Nine (9) areas emerged including relationships, connections, local care, and a supportive and encouraging culture. The people of God, in the local settings, can best meet the identify the needs of the local church workers.

Our church workers have individual needs like anyone else. However, unlike anyone else, their church home is also their workplace. Their ability to handle personal struggles and spiritual attacks can affect their employment, their calling, and even their relationships with family, others and with God. The Kansas District LCMS has important information to support the church worker and allow a better relationship with the congregation and with God.

Parish Nurses can encourage the leaders of the congregation to develop a team. We might see concerns that need to be approached which the team can address. Remembering that confidentiality so important.

More information is available at kslcms.org/caring-ministry/church-worker-wellness/cwct/ including the Church Worker Care Team manual and on www.lcms.org/how-we-serve/mercy/church-worker-wellness.

Parish Nurses support the commissioned church workers so they remain healthy and faithful to God.



988 Suicide & Crisis Lifeline

In 2020, Congress designated 988 as the new dialing code to operate through the existing National Suicide Prevention Lifeline network of local contact centers. 988 is more than an easy-to-remember number, it is a direct connection to compassionate, accessible support for anyone experiencing mental health-related distress, including thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. Display a poster to share the number.

Kansas Lifeline Contact Centers:

Kansas Suicide Prevention HQ, Lawrence, Local 24/7 Crisis line: 785-841-2345

Comcare of Sedgwick County, Local 24/7 Crisis Line: 316-660-7500

Johnson County Community Mental Health Center, Local 24/7 Crisis line: 913-268-0156

Walk to Bethlehem

(or to Jerusalem before Easter)

The Walk to Bethlehem is an imaginary walk that encourages individuals to increase physical activity, spiritual growth and cultural awareness through a virtual tour to Bethlehem.

Advent is a time to prepare for the coming of our Lord and Savior as a newborn king. We can prepare by walking/exercising and meditating on his word, growing in our faith journey, despite the roadblocks and detours we face daily.

Anyone can participate regardless of age or physical fitness level. All types of exercise will count, even day-to-day walking around. Plan the activity for either 14 or 16 weeks to walk the miles from your church to Bethlehem/Jerusalem. (Google to check on the distance.)

If you want or need assistance to develop the program in your congregation, contact me (Mary Hume) for suggestions on the activities, tracking the activity, devotions or other inquiries. There are many benefits to the activity including increasing the health of the body, mind and spirit.

Grief Share

Grief Share is a support group for those who are grieving the death of a family member or a friend. It is not for those who are experiencing divorce or other losses. The group is led by people who understand what grief is and how to help by walking alongside those who are going through life's most difficult experiences. The group meets for 12 weeks, using videos and discussions.

There are many Grief Share Support groups, check the website (griefshare.org) for a group in your community.

"Today I am not learning how to get over my grief; I am learning to collapse into your arms, Jesus, and to let you carry me through it". Douglas McKelvey

News & Notes

Life, Health & Family

Deaconess Dr. Tiffany Manor writes interesting articles in *News and Notes Life, Health and Family*. The online quarterly newsletter – LCMS Life Ministry - has information for parish nurses and congregational members. Read it on a regular basis by subscribing to it at www.lcms.org/how-we-serve/mercy/life-ministry.

Findhelp.org

Do you have members or friends who need help with food, housing, goods, and so forth? By accessing the website, entering the zip code of the individual and doing a search for the topics, you will find a vast amount of information and help. I even entered the zip code of my brother in Illinois and learned what is available there. I did this without signing up or logging onto the site.

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 July Devotion, "Good Nursing needs good Theology" was written by Pastor Paul Smith, Bishop of Lutheran Church of Australia and New Zealand. The August Health Topic discusses *Healthy Eyes, Clear Vision* was written by Dottie Simon RN, retired parish nurse.

We are blessed to have great articles and information by our peers.

Ideas for Health Articles

Keeping your congregation up-to-date with health information is a task that is important to the parish nurse ministry. Information can be shared by a monthly newsletter article, bulletin board information and information posted in the bathrooms. The health information calendar was noted on

www.healthgrades.com/blog/health-observances-calendar and where information can be obtained.

- * **September** – Blood Cancer Awareness; Healthy Aging; National Childhood Obesity Awareness; National Head Lice Prevention
- * **October** – Domestic Violence Awareness; National Dental Hygiene; (3-9) Mental Illness Awareness Week
- * **November** – American Diabetes; COPD & Lung Cancer Awareness; National Healthy Skin
- * **December** – National Safe Toys and Gifts; (5-11) National Influenza Vaccination Week

Parish Nurse Video Lectures

There are 21 video that share information on parish nursing. The videos are accessible on LCMS.org/health for personal growth and for information for your congregational members. The videos are a great source for your pastor to learn more about parish nursing.

ELPNA

The Evangelical Lutheran Parish Nurse Association publishes a quarterly newsletter and can be accessed at ELPNA.org/newsletter. Rev. Kent Mechler will be presenting an online workshop "Spending Time in Their Shoes: Spiritual Care with the Elderly and Those Dealing with Dementia", September 27th from 6-8 pm (CDT). Details are in the website (elpna.org/event).

Parish Nurse Education

Concordia University Wisconsin offers two options for earning a certificate for Parish Nursing/Faith Community Nursing

- * **4-Day Intensive Course:** Taught by the Schools of Nursing and Theology, is offered annually in May at CUW. Consider it for 2023.

- * **Distant learning:** A program overview - <https://www.cuw.edu/academics/programs/faith-community-nursing-certificate/index.html#overview>.

For more information on either 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 course is an introduction for parish nursing. The schedule is flexible. Module 17 is specific to the organization and resources available for parish nurses within the LCMS. For additional information contact Dr. Marcy Schnorr (marcyschnorr2009@gmail.com) or at 815-562- 2744 (mornings).

The 31st Annual Parish Nurse and Congregational Health Ministries Conference will be held May 17-18, 2023 on the campus of Concordia University Wisconsin, Mequon, Wisconsin. The Theme of the conference will be “Compassionate Service”. Presenters are needed for the breakout sessions. If you are be interested in being a presenter, contact Mary Hume or Jamie Spikes. The District Representative meeting will be on May 16th on the campus.

Mary Hume, KSLCMS District Representative
 Parish Nurse Ministry
 2633B SW Arrowhead Rd
 Topeka, KS 66614

Kansas District-LCMS 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.

- ◇ Mary Hume - 2633B SW Arrowhead Rd - Topeka, KS 66614 - maryhume29@cox.net (Cell) 785-580-6650.
- ◇ Dr. Jamie Spikes - Member of the LCMS Parish Nurse Council and is a Parish Nurse at St. Luke’s Lutheran in Manhattan at jamiespikes@gmail.com (C) 785-313-1587.

The grace of our Lord Jesus Christ be with your spirit, brothers and sisters” Galatians 6:18 (ESV)

