

KANSAS PARISH NURSE MINISTRY FAITH COMMUNITY NURSING

Quarterly Newsletter Spring 2023

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

From the Desk of your District Representative

Loving God, Thank you for bestowing on us the grace to come forth for another year to minister to others for your honor and glory. Help us to be brave and sincere, to be sensitive and compassionate, to listen, to learn, and to appreciate what we are to one another. Amen.

Paula E Hoch, Canton, Ohio

Dear Servants of our Lord,
Springtime is here, the flowers are poking their heads out and the ground is warming so we can think about planting our gardens (for those who plant gardens).

♥ May 6-12 is National Nurses Week with the 12th as Nurses Day. I am honoring each nurse who has worked hard in their nursing career and is now using their skills and the love for God and fellow man as a Parish Nurse.

I was recently ask if the Parish Nurse Notes and the Kansas Parish Nurse Newsletter were the same. My response was "The writers of *Parish Nurse Notes*, a quarterly publication by the LCMS parish nurse council, the council members are noted on the last page of the publication. They choose a topic, the Winter edition discussed 'Mercy'. The articles are written by Parish Nurses in the US or internationally. The *Kansas Parish Nurse Newsletter* covers current topics, information that can be shared with your members or to inform you of happenings in the Parish Nursing arena.

Share your story on being a Parish Nurse, how God led you to enter in the Parish Nurse ministry. Others would like to hear from you.

Why is a Parish Nurse important in congregations? A Parish Nurse can work alongside the pastor for the good of the members. The Pastor ministers to the spiritual needs of the members and the parish nurse is

available to observe and help the member with physical and social concerns.

The Parish Nurse Council would like to have a representative from each of the 35 districts of the Missouri Synod Lutheran Church. If you could fill this position for Kansas District, let me know. The job description for the position is available. Prayerfully consider this opportunity. I have been the district Representative for 15 years and would like someone else the opportunity. I am available to walk beside you to fill this position.

Some of our ills need prayer more than pills, aspiration more than pills, meditation more than medication-

May you feel the love of Jesus as you serve others.

Mary Hume, Parish Nurse

National Nurses Day/Week

National Nurses Week history is over 60 years in the making. In 1953, President Eisenhower received a proposal requesting that he declare Nurse's Day in October, which was declined. Finally, in 1994 May 6-12 was designated as the week to recognize nurses and the important work that they do. May 12 is the birthday of Florence Nightingale, the nursing icon.

American Nurses Association uses the month of May to focus on supporting and recognizing nurses for all the contributions they make.

My Professional Career Path

Submitted by Marcene Selberg

Hello, my name is Marcene Selberg. I have been a parish nurse since 2018 at my home church of 37 years, Trinity Lutheran Church in Atchison, Kansas. I have felt my nursing career followed an unusual path. I didn't start out working in a hospital. I started out working at a residential chemical dependency facility for about 10 years. I then worked as a home

health/hospice nurse for another 10 years. I ended my career working as a supervisor on a skilled nursing/rehabilitation unit. Looking back, I realize I was blessed to have wonderful mentors that helped me to learn and grow in each phase of my nursing career. I retired from professional nursing in 2016 after working as a nurse for 33 years.

I learned about parish nursing from my current pastor, Reverend Robert Ziegler. With his encouragement and that of Mary Hume, my district representative, I completed the Introduction to Parish Nursing class online, then taught by Marcy Schnorr.

I enjoy writing health articles for the church's monthly newsletter, or finding an article that just fits on lpni.org. What I enjoy most as a parish nurse is visiting members of the congregation who have difficulty getting out and about or are in a care facility. COVID-19 stopped in-person visits for a while. Thankfully, we are able to go into facilities again. Seeing someone's face light up with a smile makes my day!

Marcene Selberg, Parish Nurse
Trinity Lutheran Church
Atchison KS

What Does It Mean to be Happy?

Blue Cross and Blue Shield reports you do not have to be rich to be happy. True happiness comes from the positive choices we make in our daily lives. Give happiness a boost by adopting healthy habits:

- 1. Connect with family and friends.** Keep in touch with those who make you feel valued and supported. Get involved in the community and the church.
- 2. Get regular physical activity.** Being active helps reduce negativity and enhances feelings of well-being.
- 3. Pursue hobbies and fun activities.** This allows you to be creative. Lend a hand to those in need. Helping others adds to sense of purpose to your life.
- 5. Maintain a positive attitude.** You do not have to deny the problems in your life but try to look for a "silver lining".
- 6. Use humor to lighten things up.** It is nearly impossible to feel cranky, worried or blue while laughing.
- 7. Most importantly, having God as the center of your life.** Rely on God, true happiness lies in His love.

LifeVac Kit

LifeVac the "Medical Device Miracle" that can save lives. LifeVac is a non-powered single

patient portable suction device developed for clearing an upper airway. It is intended to be used in an emergency when standard choking protocol has been followed without success. The negative pressure generated by the force of the suction is 3 times greater than the highest recorded abdominal thrusts. LifeVac generates over 300 mmhg of suction. The duration of suction is minimal so LifeVac is safe and effective. No prescription required. More information and pricing is available at lifevac.net.

Handy Assist Bar for a Car Door

Do you have members or a friend who has difficulty getting out of a vehicle? They might benefit from a device called a 'Handy Car Door Assist Bar'. They are available on Amazon for under \$30.00. I have a member who is a double amputee and finds it very handy getting out of the car into his wheelchair. Remaining independent is very important.

What devices have you found to help members remain independent? Share the information with others by sending the information to me (maryhme29@cox.net).

Faith, Activity, and Nutrition (FAN)

"For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's."

1 Corinthians 6:20 (NKJV)

FAN is a free Christian-based training program that provides churches with the education and the tools needed to increase physical activity and healthy eating within the congregation. The FAN program was developed for churches to prevent and address the many common health conditions that affect congregations and communities, including poor health, disease, strokes, diabetes, arthritis and obesity. The program focuses on physical activity and healthy eating; these behaviors have been shown to prevent and treat certain health conditions. Information is available for the free program at: <http://prevention.sph.sc.edu/projects/fantraining.htm>.

National Institute on Aging (NIA)

Are you looking for information to share with your elderly members? This is a great site for printable information and paper copies, which can be ordered on topics that gives current information to help

understand the nature of aging and to extend the healthy, active years of life. Using the printed information for bulletin boards, placing in the bathrooms or information you can use in the newsletter of the church.

NIA is the primary federal agency supporting and conducting Alzheimer's disease research. www.nia.nih.gov.

Study Tour 2023

The Lutheran Parish Nurses International (LPNI) study tour will be traveling to Romania. Study tours offers Parish Nurses and others from around the world the opportunity to learn, network, and support one another, share experiences and models of practice, meet with pastors, deaconesses and others to enjoy fellowship with like-minded people. The dates of the study tour will be September 8-15.

Look What's New

<https://LCMSparishnursing.com>

We have a website with wonderful information about parish nursing, including LPNI, educational opportunities, conferences and resources. This is so exciting and thanks to Hope Knight, Oklahoma District Representative, for developing the website. Go to the site frequently to learn the newest information.

Lutheran Parish Nurses International

The Lutheran Parish Nurses International (LPNI.org) site has Health Topics, Devotions and a Bible Study, which are published monthly. Sue Neff from Murrieta, California wrote a very interesting article in February "Heartache – Is It Real?" and Rev. Jimmy Khoo from Singapore shared an article on Baptism. In addition, Rev. Dan Paavola's Bible Study is entitled "Three Trees This Summer.

We are so very fortunate to have great writers who share valuable information for us to use.

Older Adult Ministry

As we notice the age of our congregation, those setting in the pews are definitely of the older population. The Kansas District has developed a quarterly newsletter on topics for the older adults, "Senior Moments". You can read it online KSLCMS.org/caring_ministry/older_adult_ministry.

Also, Saints Alive after 55, a gathering with emphasis for older adults will be held July 17th at Christ the King

Lutheran Church in Salina. The theme will be "I Love to Tell the Story – Leaving a Faith Legacy."

Permission to Breathe

For whatever today means to you, I hope you give yourself permission to breathe, remembering that every inhale is an act of taking in the love of God and with every exhale is a sharing the love of God with others.

Find room to be in the presence of God. For the world often rushes from one thing to another, a moment of stillness is an act of courage all on its own.

Whether today is looking back, looking forward, or simply being present in the moment is the best way to be, there is room for you to be where you need to be. Whether today is a day of remembering, honoring, celebrating, resting, waiting, or nurturing, let today be what it needs to be, welcoming the grace of God who gives you room to breathe. (Adapted from a blog by Morgan Harper Nichols at www.thestorytellerco.com).

Ideas for Health Articles

Keeping your congregation up-to-date with health information is an important task of the parish nurse ministry. Information can be shared in a monthly newsletter article, bulletin board information and information posted in the bathrooms. One of the websites for health articles is <https://www.shsmd.org/resources/calendar6xh89gr0023>

March – National Nutrition; Save a Vision; (20-26) National Drug and Alcohol Facts week

April – Parkinson's Awareness; Child Abuse Prevention; National Humor

May – Nurses Week (6-12) with National Nurses Day, (12); Older Americans Month; National High Blood Pressure Education; Mother's Day (14)

June – Cataract Awareness; PTSD Awareness; Community Health Improvement Week (12-16); Father's Day (18)

Annual Parish Nurse Conference

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". Carol Lueders Bolwerk is planning a very interesting, educational and interactive event.

The District Representative meeting will precede the conference (May 16th) on the campus of Concordia University Wisconsin.

Jamie Spikes and Mary Hume will be attending.

Parish Nurse Education

Concordia University Wisconsin offers two options for earning a Certificate of Completion 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 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 course is an introduction for parish nursing (LCMS.org/health). 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).

Mary Hume, KSLCMS District Representative
Parish Nurse Ministry
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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.

LCMSparishnursing.com the location for information on the synodical level for parish nurses.

Kansas District information is available at www.kslcms.org/caring-ministry/parish-nurse.

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- ◇ 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.

Finally, brothers, rejoice. Aim for restoration, comfort one another, agree with one another, live in peace; and the God of love and peace be with you. 2 Corinthians 13: 11

