

KANSAS PARISH NURSE MINISTRY FAITH COMMUNITY NURSING

Quarterly Newsletter

Summer 2023

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

From the Desk of your District Representative

Prayer for the Summer

By Paula White, Kalamazoo, MI

Summer is here! School is out! It is time for vacations and a slower pace! We ask God for wise decision regarding friends and play activities, safe travels, safety in and on the water, time to enjoy family gatherings and wisdom and curiosity to continue learning. We thank God for wisdom that comes from education and experience, vacation times, family and friends, warm, lazy days of summer and the beauty and wonder of nature. Bless the Lord, O my soul – let all that is within me praise His Name!

Dear Servants of our Lord,

Jamie Spikes and I have returned from a wonderful Parish Nurse Representative day and conference. We learned that of the 35 LCMS Districts in the US, we have 27 representatives who cover those districts. We began the day with a communion worship service in the chapel on the campus of Concordia University Wisconsin. The Blessings of the Hands service followed, committing to the work that God has called us to do. The dedication service was lead by Rev. Joe Cottam, the Pastoral Advisor.

Our daylong gathering included a presentation by Rev. Kevin Voss, professor of Bioethics at the University. His discussion was "Troubling Beginning and End-of-Life Issues". He especially focused on the various forms of abortion, what the Bible says about the topic (Exodus 20:13) the 5th commandment, "Thou shall not kill". He also referred to the LCMS document "Christian Care at Life's End" (LCMS.org/CTCR). If you have any questions concerning the position of the Lutheran Church Missouri Synod on abortion and end of life issues, check the site.

The 3 days of being with other parish nurses was inspiring and the programs were educational. It is always refreshing and God inspired.

"As God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness, and patience."
Colossians 3:15 NIV (This was the theme verse for the Parish Nurse Conference.)

May you feel the love of Jesus as you care for others.

Mary Hume, Parish Nurse

Reclaiming the Joy of a Church Vocation

Written by Darrell Zimmerman

At the District Representative meeting prior to the Parish Nurses Conference on the campus of Concordia University Wisconsin, we reviewed the book written by Darrell Zimmerman. He is also the author of "Reclaiming the Joy of Ministry". The current book focuses on the called, non-ordained parish professional to discover the new possibilities for a long, joyful and fruitful ministry career.

Church work is demanding and stressful but can be very joyful and fulfilling. The book is based on the "Wellness Wheel" with your baptism in the center of all we do. Darrell reviewed the events in Elijah's life (1 Kings 19). Satan tried to convince Elijah that he could not carry on the work of God. Elijah tried to run away, but God was with him. God protected him on his journey and renewed his strength just as God does for us who have been called into his ministry. Although Parish Nurses are not called servants by the church as teachers, musicians, Deacons, Deaconess or Director of Christian Education, we are called to do his will, using our education, skills and compassion to care for those God has placed before us. The gifts that we have carry us through, giving us glimpses of joy that gives us the strength to carry on.

Darrell tells the reader that there are hardships, some time there is no joy, but that is the devil trying to

convince us to follow him and not carry on, to experience the joy of the work that God has planned for us. Balancing the life, our families, and our church can be difficult. But it is where God wants us to be. There are thought-provoking studies at the end of each chapter of the book. The book can be purchased from Amazon or Graceplace.org.

Parish Nurse Conference Highlights Compassionate Service

The PN Conference “Compassionate Service” (Colossians 3:12) began on Wednesday morning with a worship service. The first speakers were Bill Meier and Rodd Rosenthal representing the MEROS Center. The center is a research and training community for Christian Health Ministry. As an extension of parish nursing, community health ministry moves upstream to promote health and meet communities where they are in their journey of understanding their story in God’s grand plan. More information is available on the website www.meroscenter.org.

Carman Stephens (formerly of Wichita) presented “Reflecting on Joy-Filled Self Care”. Using the letters JOY: Jesus; Others; Yourself, she discussed the storm in Luke 8, our storm is life – we are to rest in Jesus, take care of others and perform good self care.

Deaconess Dr. Tiffany Manor, the Managing Director of LCMS Office of National Mission Human Care and Ministerial Support and Director of LCMS Life Ministry discussed mental health issues and the concerns as it continues to increase. The serious need for outreach to those struggling with mental illnesses and their families so they may receive the good news of Jesus. Parish Nursing ministry can play an important role is ministering to those individuals.

We learned from Karen Tripp, Executive Director and Founder of Cancer Companions, who discussed increasing the quality of care and decreasing stress by serving others who are diagnosed with cancer. As the founder of Cancer Companions, she is encouraging support groups in all congregations. For more information about or starting a support group, contact karen at cancercompanions.org.

Rev. Dan Paavola concluded the day with “Some-Day Jeans: Fitting into God’s Plan”. His presentation overview read “everyone has some-day jeans, clothes that we plan to wear again someday. Maybe we will, maybe not, but they are still in our closet. How do we fit in the plans of God for us today and tomorrow?”

Good news – we fit his grace, love, and forgiveness already. It’s a perfect fit. But he also has plans for our future. He plans on us growing, not shrinking, into the gifts and talents he has given us.” Rev. Paavola uses intriguing object lessons to share God’s word.

Thursday, one of the 18 breakout sessions included a discussion by Barb Schroeder MS, PN, Grief Coach on Gratitude. How can we show gratitude to others? One example was using the alphabet, at the birthday of a child or a grandchild, identifying words of why you are grateful for the child. She shared several handouts of ways to show gratitude.

Carmen Stephens (formerly of Wichita) discussed “Fall Prevention and Healthy Aging”. Falls can prevent an older adult from remaining independent. Taking a few precautions will help the older person remain in their home longer. CDC.gov/steady has many resources with statistics, training and education to help reduce fall risks which can be shared with members.

Karen Tripp presented a breakout session “Simple, Effective Ways to Serve Long-term Patients and Caregivers.” Her overview of the presentation “The longer an illness lasts, the easier it is for patients and caregivers to become isolated”. As parish nurses, we can help identify needs and assist to see the burdens that the patient and the primary caregiver are going through, increase awareness of the secondary caregivers, and help identify needs and avenues to fill needs. Some of the needs might be everyday tasks of mowing the lawn, cleaning a litter box or car repairs. Carol Lueders-Bolwerk, Brenda Jobe, and John Dyson’s presentation was titled, “Perceptions of Being Called to Nursing”. The research they performed focused on how nurses feel about their calling and perception of vocation in nursing as they serve patients, church members and others in mind, body, and spirit. The research of the trio used a sample size of 578 RNs and nursing students; most all of whom felt a calling to nursing. Using the verse noted several places in scripture “Here I am”. (Isaiah 6:8, 1 Samuel 3:4, and Luke 1:38).

It was interesting to hear the history of nursing, how Florence Nightingale was called into the field of nursing by helping the wounded soldiers and how she reduced the infection rates in the hospitals in England. “The Days That Were Formed for Me” was the topic of discussion by Deaconess Dr. Tiffany Manor, the Director of LCMS Life Ministry. Suicidal thoughts is a time when we can care for each other as mental

illness is very prevalent in our society. Tiffany shared that Christ desires us to care for each other, bear one another's burdens to the end of earthly life, the day of natural death. To be there for each other through the emotional suffering that people experience in the world today.

Parish Nursing at Holy Cross Lutheran Church, Wichita Kansas

Submitted by Lyn Pitman

Parish Nursing or Parish Health, as we call it now, started at Holy Cross Lutheran Church (HCL) around 1999 – 2000 with the direction of our pastors. At that time St Francis Regional Medical Center began a program to help prepare nurses to assist their congregations in promoting physical and spiritual health. They called it Parish nursing. JoVeta Westcott RN was in charge of the program. One of the nurses in our congregation worked with her in that program, and so our journey began.

It was in the early years, a health cabinet was initiated to help evaluate the needs of our congregation and guided us how to proceed. We started simple, as most programs did, with taking blood pressures once a month after the first service. Hoping that having the blood pressure checks at this time we would be able to see the most people. We expanded to having health fairs, which included physical, spiritual and emotional components. Holy Cross is so blessed to have a school that starts with preschool and ends at 8th grade. We were able to assist with the school with hearing and sight tests.

As it goes with a lot of programs the activities seemed to slow down. We were down to a few people that would take blood pressures monthly. In 2010 it was decided that we needed to reorganize and try to get Parish Health revitalized.

Again we started at the beginning and reassessed the needs of our congregation to see how we could help. We were able to recruit more nurses. We did a few traditional health fairs and programs for the congregation that were both educational and fun. We did the "Walk to Jerusalem/ Bethlehem" and "Walk Kansas" to encourage exercise. We began to do blood drives with the American Red Cross, honor nurses and health care workers on St. Luke's Sunday, and had a few one hour CEU program for Nurses. 2 AEDS were acquired and Parish Health checks them on a monthly basis to be sure they are ready if needed. Beginning

in 2019 Holy Cross began a biannual event, Let Freedom Sing. It is usually on the weekend before the 4th of July. The parish health committee has a first aid tent at the event.

Once again the number of nurses that were willing to help decreased and there were 2 of us trying to keep all the balls in the air so some activities had to be dropped. Then it was the COVID Pandemic and sadly things came to a halt.

Today we do not have an organized group to continue as we once did, as Marna Atkinson and I have other personal and family commitments. We are hoping to find someone who is willing to take on the reigns. Marna and I continue to schedule blood drives, maintain the AEDS, and help out as needed. The pastors are very supportive of the Parish Nurse Ministry.

As most everyone knows it is hard to find willing workers these days. I pray that one day we can have an active parish health ministry at Holy Cross Lutheran Church in Wichita.

LPNI Study Tour

The 2023 Study tour will be to Romania in September. It is will be fun and exciting. One of the excursions will be to the castle of Dracula. There are 14 registered to attend. **Registration is open through June 30th.**

Plans are being made for the 2024 Study Tour to Alaska. More information will be available in the upcoming newsletters and the LPNI.org website.

Saints Alive After 55

There is still time to register and attend the Saints Alive event, complete information is on the KSLCMS.org site. The date is July 16 & 17 at Christ the King Lutheran Church in Salina.

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 is available on

<https://www.shsmd.org/resources/calendar6xh89gr0023>

July – UV Safety (aao.org); Everybody Deserves a Massage Week (abmp.com)

August – Medic Alert Awareness (medicalert.org);
National Immunization Awareness (cdc.gov/vaccines);
National Night Out (natw.org)

September – Healthy Aging Month (healthyaging.net);
National Childhood Obesity Awareness Month
(hhs.gov/fitness)

Parish Nurse Education

Concordia University Wisconsin offers a Parish Nursing/Faith Community Nursing course earning a certificate of completion. The distant learning, 8-week course is taught by the Schools of Nursing and Theology. This course is available to registered nurses. For more information 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 it is 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 for parish nurses within 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.

Mary Hume, KSLCMS District Representative
Parish Nurse Ministry
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For more information contact Dr. Marcy Schnorr (marcyschnorr2009@gmail.com) or at 1-815-562-2744 (mornings).

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.

Important websites: LCMSparishnursing.com and www.kslcms.org/caring-ministry/parish-nurse.

- ◇ 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.

"May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope".
Romans 15:13NIV

