

KANSAS PARISH NURSE MINISTRY FAITH COMMUNITY NURSING

Quarterly Newsletter Winter 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, give my eyes to see the people you would like to touch through me today. Guide each word and action so that in me they might encounter you. Let me do nothing born of my own desires, but everything born of yours. Give me your heart for all people, Lord, for I am your servant this very day. Amen. (Betsy Virnelson, Chesterland, Ohio)

Dear Servants of our Lord,

With Christmas a few days away, I wish you blessings and you prepare for the days ahead.

Prince of Peace (Topeka) offered the 14th annual Blue Christmas service for those who feel the loss of hope and sadness at this time of the year. This is the largest attendance we have had over the years. Many left the service saying that they felt uplifted and encouraged after the assurance that grief last forever, but feeling the love of Jesus the load felt lighter.

A Parish Nurse Representative for the Kansas district is being sought. The job description is available as you prayerfully consider this opportunity. I am not stepping down, just stepping back.

Share your story how you became involve in parish nursing, opportunities that have been made available to you and how it has strengthen your faith walk. I am looking for someone to share your story for the Spring newsletter.

The winter edition of *Parish Nurse Notes* was sent by email. If you did not get a copy, let me know.

Many of the articles included in the quarterly newsletter are for you can share with your members, some are inspirational and some are for you to enhance your parish nursing ministry.

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).

May you feel the love of Jesus as you celebrate
Christmas.

Mary Hume, Parish Nurse

DEVELOPMENT OF A PARISH NURSE MINISTRY

Written by Sylvia Carson, RN

After being in professional nursing for many years and after attending several spiritual and parish nurse conferences, through much prayer and thought I decided I wanted to become a Parish Nurse. The church I belonged to was a new LCMS church, so was this the opportune time to start a parish nurse ministry.

After discussing parish nursing with my pastor and the church council and receiving their approval, I began the Parish Nurse Distance Learning Program through Concordia University at Mequon, WI.

Then a Health Cabinet, made up of individuals interested in supporting and helping the parish nurse ministry, was established. This later became the Board of Caring Ministries.

A group of 6 nurses also volunteered to help me with parish nursing. We would meet every 2 months. One of the first things we did was start a blood pressure Sunday on the 1st Sunday of the month. Now it is being done the 1st and 3rd Sunday. A form was developed to document the blood pressures as required by HIPPA. They are kept in a locked cabinet.

A "Congregational Health Interest Survey" was developed so I could know how best to be of help to the congregation. From the surveys returned I could prioritize what information to give them in the form of monthly newsletters. I also used the National Institutes of Health.gov (NIH.gov) for the monthly health topics. The church gave me a bulletin board and table to use for health information brochures, etc.

which was changed monthly. Then we decided to have a “Quarterly Health Topic”. The restrooms were used to put up information on this topic. We would put health posters on the mirrors, the stall doors and on the walls.

When a hospital or home visits was made, “Nurses Visit Form” was developed for documentation of the visit. After seeing prayer quilts at another church, a quilting group was starting to make prayer quilts for the ill and for new babies and given at these visits.

Blood Donor Sundays were started with the American Red Cross coming to the church and collecting blood. CPR classes are held every 2 years, but this year we will have our own RN's teach the class instead of firemen.

I retired after 21 years as the parish nurse, so Matt Cox, a dedicated RN, graciously volunteered to be the coordinator for the program. The name has been changed to Health & Wellness Committee so all health care professionals will feel like they can be part of this ministry.

Blessings,

Sylvia Carson, Parish Nurse
Risen Savior Lutheran Church
Wichita, Kansas

The Importance of Proper Hydration (even in the winter months)

Staying hydrated is a cheap and easy way to help the body stay healthy and feeling like having your life together, research shows a link between the level of hydration and one's mood.

But despite everything that is told to us, staying hydrated is not simply drinking 8 cups of water a day. No one even knows where that number came from, and experts say it is not possible to make general recommendations about water intake since we are all so different.

Water is a nonnegotiable part of hydration, but it is not the only thing to keep hydrated. The cells also need the right balance of minerals and electrolytes, especially sodium, magnesium, and potassium.

Most of the time one gets the minerals through their diet and tap water. When the body losses an excessive amount of water, it is vital to replace those minerals by consuming electrolytes. In fact, drinking too much water without electrolytes can cause over-hydration, which can lead to water intoxication.

Electrolyte drinks can speed up the rehydration process if dehydration is mild.

Protecting Our Children

There are many medications, both prescription and over the counter meds, may look like candy to the younger person. It is important to store the medications away from children and educate them when it is safe to take medication and from whom.

Here are examples of common medications and poisons that can look like candy.

- Children's chewable vitamin tablets – many times chewable vitamin, such as Flintstone vitamins, can look and taste like popular chewable candies, such as Runts and candy necklaces.
- Gummy vitamins and supplements – these medications are formulated for both children and adults and can look and taste similar to gummy bears, fruit snacks, and other gummy treats. Most have no medicinal aftertaste, so it can be hard for even adults to tell them apart from candy out of their original containers.
- Chewable antacids – many antacids come in multiple fruit flavors and can look and taste like Sweet Tarts or similar candy wafers products.
- Tablets with a smooth outer coating – many tablet medications, such as conjugated estrogen (Premarin) tablets, iron supplements, and over-the-counter ibuprofen have a smooth outer coating to make it easier to swallow. This can make them look similar to some candies and breathe mints.
- Chocolate laxatives – Ex-lax chocolate-flavored chews and their generics look and taste like chocolate.

Non-medication products that are poisonous - include laundry detergent. There is an ad on TV about protecting your child from the nicely colored and tempting gel-packed detergents.

It is important to know what to do if your child gets into medications or other poisonous products. Have the local emergency department or poison control (800-222-1222) phone numbers available at all times.

Winter Safety for the Older Adults

As Parish Nurses, we can encourage our older adults to take precautions in the winter months. There are stay-safe tactics that can winter form taking a toll on health.

- Keep tabs on the indoor temperature by setting the thermostat at 68 or higher. By closing off or turning down the thermostat in the rooms not used can save on the heating bill.

- Dressing in layers before heading outside – putting on a hat, gloves, scarf and waterproof boots with textured soles.
- Have plenty of medications on hand, a back-up supply of insulin, in case the weather prevents a trip to the pharmacy. Or having your medications home delivered.
- When going outside, making sure the path is clear of ice, snow, wet leaves on any surface that could be slippery.

Recovering from winter related problems can cause our older adults or those unsteady on their feet a great deal of down time in a beautiful time of the year.

National Maternal Mental Health Hotline

Pregnancy and a new baby can bring a range of emotions. Many new moms feel overwhelmed, sad, anxious, or exhausted at different times during their pregnancy or after the baby is born.

Sometimes these feelings go away on their own. However, if these feelings last for more than two weeks, and make it hard to carry out daily tasks, like caring for themselves or their family, a mom may have perinatal depression or anxiety. These are common and treatable health conditions during or after pregnancy. And that's why a new mom, or those supporting them, should reach out for help.

The National Maternal Mental Health Hotline can help those who are experiencing crisis at this time of their life. [Call or text 1-833-9-HELP4MOMS (1-833-943-5746)]. This free, confidential hotline number is answered 24 hours a day and is available in Spanish also. TTY users can use a preferred relay service or dial 711 and then 1-833-943-5746.

Lutheran Parish Nurses International

The Lutheran Parish Nurses International (LPNI.org) site has Health Topics, Devotions and a Bible Study, which are published monthly. George Samiec (The Rt Rev.) Chair, The Evangelical Lutheran Church of England, wrote the devotion for November, "Talking about Death". The November Health Topic discusses Stages of Congestive Heart Failure written by Lana Wingate, Parish Nurse at King of Glory Lutheran Church in Williamsburg, VA.

Our peers bless us to have great articles and information.

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>

- ☉ **December** – National Safe Toys and Gifts; (5-11) National Influenza Vaccination Week
- **January** – National Blood Donor; National Glaucoma Awareness
- **February** – American Health National Cancer Prevention;
- ☉ **March** – National Nutrition; Save a vision; (20-26) National Drug and Alcohol Facts week.

The 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 Bulwerk is planning a very interesting and education 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.

Older Adults Education

Through Kansas Department of Aging

Exciting news! I'm reaching out to let you know the Kansas Department for Aging and Disability Services has partnered with GetSetUp, the largest online social learning platform designed specifically for older adults to learn new things, connect with others, and unlock new life experiences.

This partnership offers all older Kansans FREE access to more than 4,000 interactive classes, all taught by older adults, on topics such as physical fitness, cooking, travel, health and wellness and so much more. In addition, KDADS has created 11 exclusive classes relevant to our community.

Go to <https://www.getsetup.io/partner/kansas> to register and learn more.

The Evangelical Lutheran Parish Nurse Association publishes a quarterly newsletter and can be accessed at ELPNA.org/newsletter.

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 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
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.

