

KANSAS PARISH NURSE MINISTRY FAITH COMMUNITY NURSING

Quarterly Newsletter Fall 2023

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

From the Desk of your District Representative

Dear Servants of our Lord,

Our thoughts and prayers are for Sandra Wertzberger, Parish Nurse at St John's, Alma, at the recent death of her husband.

I am looking forward to joining the 17 who will be participating in the Study Tour to Romania. We leave on September 7, returning on the 19th. This includes a 4-day side trip that Jamie and I will be taking to Prague. Pray that we stay healthy, all goes well and we can share the love of Jesus with those we meet.

As we enter into the third quarter of the year, Fall, what programs might be offered to our congregational members? I am working with a local nursing care facility who will be coming to the church to discuss "Planning Ahead". There will be a funeral director, a financial planner, and an attorney discussing advance directives. The discussion will also include options of care as one grows older and cannot remain in their home. All of this is valuable information, a gift, which we can give to our children.

Marcy Schnorr has a virtual continuing education event planned for September 23 (8:30am – 3:00pm) entitled *"Depression, Suppression, Obsession, and Related Disorders"*. The presenters will be Rev. Dr. John Kleinig from Australia, Parish Nurse Raida Mansour from Palestine and several parish nurses in the USA. Registration is \$40.00 payable to NID (Northern Illinois District) and send to Dr. Marcia Schnorr, 1225 Springdale Drive, Rochelle, IL 61068 by September 18th.

I have also scheduled a blood drive in the later part of September.

I am also planning the 13th Annual Blue Christmas Service the first Sunday in December at Prince of Peace.

It is not too early to plan for a 'Walk to Bethlehem/Jerusalem'. Pat Schults (Faith, Topeka) has written an article of the event. It can be made as a game or challenge with members of the congregation. Pray for creative ideas and let God guide you in programs that you can offer your congregational members.

I would like a volunteer to write an article for the winter edition of the Newsletter sharing the programs you are doing, how your program is developing or other interesting information.

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

Mary Hume, Parish Nurse

Happiness is like jam, you can't spread even a little without getting some on yourself. Anonymous

Journey to Bethlehem

Pat Schults, PN at Faith Lutheran Church, Topeka KS

After reading an article about a Walk to Jerusalem/Walk to Bethlehem in Kansas District Parish Nurse Newsletter and then reviewing a packet of information from Mary Hume, I became excited about the prospect of my Faith Lutheran Church congregation experiencing such an activity. The first step was to present the proposed project to our Senior Pastor, Jacob Heine...several months before we launched our "Journey to Jerusalem (JTJ)." Pastor was in favor of the Journey...so the real planning began. Our JTJ "team" included myself, Jacki Theis, RN, and Jennifer Steere-Offerman, a recently retired social worker. We met several times planning so many aspects of the Journey. Our involvement in this planning has certainly deepened our relationship with each other!

Our original plan was to take the most direct route from Topeka to Jerusalem, which was 6,614 miles. We were so concerned that our parishioners would think it was an unachievable goal and would therefore not even be interested in the Journey. But we continued our planning.

Some things we focused on were “decorating” the narthex to keep the congregation engaged in the steps we had taken and the distance we had yet to go to reach our destination. We had a large world map on the bulletin board in our narthex. Then we used shapes of the countries we were planning to journey through, spaced around the narthex, into and around the sanctuary, and back out and through the rest of the narthex...taking us back to where we started. It was Pastor Heine’s suggestion to symbolize our starting point at our Christmas tree with the Nativity underneath its branches, and to end there where the cross for Easter would be at our Journey’s completion. What awesome symbolism! We placed footprints...lots of footprints to cut out...on the walls each week to show our progress.

We started sharing articles about the Journey in November, in the monthly newsletters and in weekend updates. We invited the congregation to sign up to participate in early December. And on January 8 and 15 we passed out participant packets to the 125 parishioners who were signed up to go on this Journey! Our Journey started on January 15, twelve weeks before Easter.

After the steps and miles were tabulated for the first week, we were amazed that collectively we had walked 1,866 miles! Pastor Heine said, “So now what are we going to do?” My response was, “Do a lot of sightseeing.” We stepped over to the world map, and Pastor started naming all of the places we could visit. And that’s just exactly what we did! We had to replace most of our countries on the walls with many more countries than we had put up to start.

One of the goals we had when planning our Journey was to focus on being physically active, spiritually active, and culturally aware of those around us. The participant’s packets included weekly Scriptures and devotions. And each week we researched the places we had visited and had that information available for the congregation. In a previous Bible study Pastor Heine had said that if we didn’t have questions, or “wrestle with” the content of a study he wasn’t doing his job well. Let it be said that many Sundays during our Journey there were conversations with Pastor

about something I was “wrestling with.” This research was the most time consuming, but most valuable part of the Journey for me. I learned more than I had ever dreamed would be possible!

Our final tally of miles journeyed was 22,806 miles. That is nearly as far as walking around the world, which has a circumference of 24,901 miles! We had 125 congregational members signed up to participate in the Journey. Twenty-eight of those 125 did not turn in activity, and we had 13 participants who had not signed up but contributed activity, making a total of 110 participants who turned in activity.

A huge thank you goes to our church staff who contributed to the success of this Journey. They logged steps/miles, as well as helping with administrative tasks such as printing all of the articles for newsletters and weekend updates, participant’s packets, and weekly information on where we had been; setting up a facebook group for the Journey; setting up a tab on our website for the Journey and keeping it current; and preparing slides each week for our video screens to showcase our Journey. They assisted with lots of brainstorming too!

A few Sundays after Easter we had a Jerusalem Jubilee, a pot luck lunch for the congregation with the meats and some Israeli dishes catered by our member Mohinder Pal, owner of Pal Indian Cuisine, located at 2620 SW 6th Avenue, in Topeka. The potluck was well attended, and the food was delicious!

This Journey was certainly a huge undertaking, but it was well received and very much enjoyed!

Journaling Can Boast Your Well-Being

For better health and well-being, you know the basics of eating a well-balanced meal, exercising, drinking water and getting plenty of rest. An additional item you can add to the list is to journal. Research shows that regularly writing down what is on your mind can help release emotions and make sense of what is going on in your life. It can also help to improve your relationship with others, lower your blood pressure and decrease symptoms of depression.

There are different ways to journal, writing your thoughts and feelings, helping with solving problems or writing your prayers. Journaling can protect your health in surprising ways such as lowering stress, improving your mood, boosting the quality of sleep and even reducing inflammation in the body.

People with diabetes or other chronic health concerns can document food intake and activities, their lab levels, their blood sugars and stress levels. By journaling, you can identify what triggers changes and steps that can be taken to have a healthier lifestyle.

There is no right way to start journaling. The key is finding what feels best. To make journaling a part of your daily routine, link it to a habit that is already established, i.e. brushing your teeth. Take a few minutes each day at a special time and write in the journal. Over time, writing will become as automatic and beneficial as reading a devotion or brushing your teeth.

Rehab Facilities

As a Parish Nurse, I am often asked for information about nursing homes, rehabilitation facilities and home care rehab. We discuss the needs of the individual and other factors that are involved in the care that will be needed. To compare information on specific locations use the guide on the Medicare website ([medicare.gov/care-compare](https://www.medicare.gov/care-compare)).

When comparing nursing homes:

- **Check out their overall star ratings.** The overall rating is based on a nursing home's performance in 3 areas: health inspections, staffing, and quality of resident care.
- **View detailed staffing data,** including the staffing levels and turnover rates.
- **Find nursing home contact information and directions.**

Visit [Medicare.gov](https://www.medicare.gov) for more information about nursing homes and what Medicare does and does not cover.

The information also applies to private pay individuals. The site also has information on hospitals, physicians, hospice care and dialysis facilities. Check it out.

Flu Season

Flu season is here. The recommended timing of flu vaccination has not changed. September and October are the best times for most people to get vaccinated. Centers for Disease Control and Prevention (CDC.gov) is predicting that the COVID will also be making another appearance this fall. Learn of the symptoms and other facts of both diseases.

Posters are available to print at [CDC.gov/flu/resource-center/freeresources](https://www.cdc.gov/flu/resource-center/freeresources). Place the posters in bathrooms and other places so your members are educated about the viruses.

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. Information can be obtained by searching the health topic you desire or at [cdc.gov/health-topics](https://www.cdc.gov/health-topics).

September – Healthy Aging month ([healthyaging.net](https://www.healthyaging.net)); National Childhood Obesity Awareness Month ([hhs.gov/fitness](https://www.hhs.gov/fitness)); Alzheimer's Awareness; Influenza Vaccines

October – Eye Injury Prevention; National Breast Cancer Awareness; AIDS Awareness

November – American Diabetes Month; COPD Awareness; Lung Cancer Awareness; Happy Thanksgiving

December – Safe Toys and Gifts; Give the Gift of Sight; National Handwashing Awareness Week (December 4-10)

ELPNA

Parish Nurse Association of the Evangelical Lutheran Church of America (ELCA)

The Evangelical Lutheran Parish Nurse Association website ([lutheranfncna.org](https://www.lutheranfncna.org)) has interesting information including a bi-monthly newsletter. Continuing education virtual opportunities are noted in the latest newsletter and are open to LCMS Parish Nurses. Check the July/August newsletter (on page 3) for a complete listing of the continuing education offerings that they have planned. September 11, 18 and 25 – *This is How to Die*; October 10 – *From Nose Rings to Wedding Rings: Generational Differences in the Pew*; and November 15 - *Grateful and Blessed*. Watch their website for times and sign-up information.

Lutheran Parish Nurse International (LPNI.org)

The website offers information written by Parish Nurses throughout the world on various Health Topics. The June topic was Periodontal Disease by Darlene Rueter, Parish Nurse St Paul Lutheran Church, Carroll Iowa and the July health article was written by Erik Tikoft, Alice Spring, Australia.

Also on the site is a Bible Study written by Rev. Dan Paavola from Concordia University Wisconsin and a monthly Devotion written by various pastors. Take advantage of the information on the website.

Study Tour 2024

The 2024 Study Tour will be to Alaska, learning of the culture of the native Indians and working with them. The date has not been confirmed, when information is available, it will be published in the *Kansas Parish Nurse* newsletter and on the LPNI.org website. Cynthia Rutan, Parish Nurse District Representative for the Northwest District will be organizing the tour. These tours are for parish nurses, their spouses and others interested in travel.

Parish Nurse Education

Concordia University Wisconsin offers a certificate of completion for Parish Nursing/Faith Community Nursing

Distant learning: A program overview - <https://www.cuw.edu/academics/programs/faith-community-nursing-certificate/index.html#overview>. For more information on the course, 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.

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 is a member of the LCMS Parish Nurse Council and a Parish Nurse at St. Luke's Lutheran in Manhattan. Jamie's contact information is: jamiespikes@gmail.com (C) 785-313-1587.

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen. Ephesians 3:20-21

