

KANSAS PARISH NURSE MINISTRY FAITH COMMUNITY NURSING

Quarterly Newsletter Summer 2024

"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,
Jamie Spikes and I have returned from a wonderful Parish Nurse District Representative day and Parish Nurse Conference. We learned that of the 35 LCMS Districts in the US, we have 28 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 led by Rev. Joe Cottam, the Pastoral Advisor.

When Parish Nurses get together, wonderful conversation happens. Sharing ideas, events and happenings in our individual congregations and with others during the breaks and over lunch throughout the conference was so inspiring.

I will include information in this quarterly newsletter that can be used for your benefit and for the benefit of your congregational members. If you use articles or information, and especially those that are referenced from a particular source, please give credit to the location. Enjoy the newsletter and share the information.

The time together with other Parish Nurses is valuable, sharing and supporting each other. Thanks to the Kansas District for allowing us to attend the conference.

Prayer for Strength

I feel the warmth of the morning sun, I hear the sound of a nesting bird, I smell the scent of a garden herb, I touch the veins of a fallen leaf, I see the beauty of the night sky, Through nature, I know that You are with me.

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

Mary Hume, Parish Nurse

Parish Nursing Ministry at Beautiful Savior Lutheran Church, Olathe Kansas

Char Ludwig, Parish Nurse

Char writes "Dear Brothers and Sisters in Christ serving as parish nurses and supporting health ministry in the Kansas District. Mary Hume invited me to share what health ministry is like at Beautiful Savior Lutheran Church in Olathe, KS. It will be such a Blessing if any of these ideas and programs can benefit your programs as well.

I have lead our health ministry committee as a FNP and parish nurse since 2001. We have a multidisciplinary committee of members with training and talent in Law Enforcement/ EMT first responders, a dental hygienist, a pharmacist, a chiropractor, Occupational Therapist, social work case management, Nurse Practitioners, physicians, and several RN's. Our committee meets as needed and often by email under the Board of Elders. Our goal is to care for those with physical, mental, emotional and spiritual health needs in our congregation.

We are looking forward to supporting the health ministry at the new plant church in DeSoto, KS, Light of the World.

Some of our current activities include:

- Safety classes including the use of AED and other lifesaving devices. The classes were attended by council members, the staff, elders and ushers
- Quarterly blood drives
- Circle of Hope cancer support group, a
- Blood pressure screenings offered the first Sunday of each month.

We have plans to have exercise classes for senior citizens and preschool parents, help with an annual

prayer service for health and healing, provide for the recycling of medical devices and sewing baby burp blankets from old VBS T-shirts.

We have support from our pastors and from the Board of Elders, which gives the ministry energy to serve the Lord.

Charlene Ludwig, Parish Nurse
Beautiful Savior Lutheran Church, Olathe
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Artificial Intelligence (AI) in the Medical Field

There are many articles on AI technology and its uses in the medical world. It is important as a professional and a health care receiver, we learn as much as we can about the advances that are available.

At the recent Parish Nurse conference, Rev. Kevin Voss, Professor of Bioethics, discussed Artificial Intelligence and how it will impact the health care system. He has studied the subject and related how it will be a benefit to us.

Artificial Intelligence (AI) and technology are beginning to change the health care and especially the future of nursing. AI is defined as technology that can allow a computer system or a computer controlled robot to learn, reason, infer, communicate and make decisions like or better than humans. AI technology depends on data, information and knowledge to ensure the algorithms are providing reliable and accurate insights. (Algorithms are defined as a set of rules that will help calculate an answer to a problem.) Technological advantages in nursing are to support the needs of nurses, but there is fear surrounding the use of AI in healthcare, especially in nursing. AI has already begun transforming nursing and enhancing patient care. AI tools currently in place include mobile health and sensor-based technologies that enable patients to remain at home and nurses to monitor patients remotely. AI technology can give new insights to help form better care decisions. Nursing will look toward what can be possible instead of a focus on how it will change. What is the future of the healthcare system and especially the nursing profession? It will assist in the organization and prioritization of the workload in the hospital setting as the nurses' shift begins and adjusting interventions throughout the shift as new orders and patient needs change.

How will it affect the Parish Nurse? I did not find any article about AI and the parish nurse or community

nurse, but I am sure there will be some effect in time to come.

Parish Nurse Conference Highlights Caring Alongside: The Essence of Parish Nursing and Congregational Health Ministries.

Carry each other's burdens, and in this way you will fulfill the law of Christ. Galatians 6:2

The annual Parish Nurse Conference began Wednesday morning with 93 in attendance from 24 states and Bethlehem Palestine. The morning began in the chapel with a worship service joining with other students and staff of the Concordia University praising God. We then enjoyed breakout sessions. There were 26 sessions over the 2 day period. I will briefly share the highlights of a few of the sessions.

Rev. Dan Paavola, Professor of Theology at Concordia University, Wisconsin had a humorous presentation "Just Say Yes: Caring for Others Under So Many Names" He asked the question to the assembly "How often have you been called the wrong name?" A patient might confuse you for her sister; an elderly patient might call us by her daughter's name; or someone cannot remember your name so he says 'Sis'. We are special; our name is God-given. We give credit and glory to the Lord who made us and who takes care of us.

Jenny Johnson, RN-BC, PhD, Parish Nurse at Christ Our Redeemer Lutheran Church in Sandpoint, Idaho discussed sleep disorders and how they plague many people but few are ever diagnosed. She reviewed the health benefits of a normal sleep cycle and the harm from sleep deprivation. She explained the various sleep study tools to diagnosis of various sleep issues. She reviewed the treatments such as cognitive behavior techniques, C-PAPs and medications that are available. Giving personal examples was very beneficial. Jenny also shared that loud snoring is a key sign of sleep apnea, restless leg syndrome may be less obvious as a cause for sleep disorders. In the mornings, if your bed might be in disarray or your partner complains of your tossing and turning throughout the night, you may be experiencing restless leg syndrome. Medical conditions that may result in the inability to get a good night's sleep, may lead to other health problems including a stroke, damage to heart valves, poor mood, daytime sleepiness, gastroesophageal reflux and more health

issues. Notify your doctor of your situation, insist on a sleep study and see a specialist.

“Willingness to Bear Other’s Burdens Through Strategic Resilience” was the title of Heidi Then, Parish Nurse from Sussex, Wisconsin. She related preparing a delicious meal to Parish Nursing, blending the strength from the Lord and the communication connections with who suffers with burdens. She outlined offering help, support and guidance which make a perfect recipe of strategic reliance.

‘Walking on Holy Ground: Nurturing Hope and Healing’ presented by Connie DeSchepper and Marilee Tollefson. They shared how Parish Nurses accompany others in life, making the tough times easier through the help of God. Some of the actions that the Parish Nurse can do is to have a blood pressure screening and counseling, phoning others with kind words, helping hands with meals when needed, a bereavement ministry and a card ministry. The opportunities of a parish nurse ministry are endless with the help of God.

Jamie Spikes and I discussed ‘A Special Blessing at the End of Life’. We outline the Biblical roots (Mark 6:13 & James 5:14-15) of the blessing. The Lutheran Church sees it as a ritual, not a sacrament. Choosing the right time to gather family and friends together to let the dying individual know how important they were in their life. After an experiential time, the audience shared their care with others. Tissues were placed at each table to wipe away the tears that the emotional event induced.

The 33rd Annual Parish Nurse Conference will be May 14-15, 2025 with the theme: “In Every Way, God’s Path” based on Proverbs 3:5-6 *“Trust in the Lord with all you heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make straight your paths.”*

Health Care Decisions

April 16th was National Healthcare Decision Day but it is always the right time to make healthcare decisions and talk to family members about those decisions. As Parish Nurses, we can assist members to become educated and give them resources relating to make the decisions. Those decisions may not be limited to end of life decisions, but may also involve decisions all along the age continuum as new problems arise. There are sources which can be used to encourage someone to plan and discuss their thoughts: The Conversations Project <https://theconversationproject.org>

and National Healthcare Decision Day <https://theconversationproject.org/nhdd> and the Older Adult Ministries has a booklet “Older adult Task Force Comprehensive Report” with valuable information and sample documents that can be used to indicate information to your family. Access it on the Kansas District LCMS website (<https://kslcms.org/caring-ministry/older-adult-ministry/>). It is never too early to discuss your healthcare desires.

LPNI Study Tour

The 2024 Study Tour will be traveling to Anchorage, Alaska. We will embark on a remarkable journey where rugged wilderness meets modern city charm. We will be immersed in the rich culture of the Alaska Native Heritage Center, discover the city’s vibrant downtown district, filled with historic landmarks and local shops, and experience so much more! More information is available at LCMSparishnursing.com and click on Alaska Trip Itinerary and Alaska Trip sign-up. This is a once-in-a-lifetime experience. Currently there are 20 individuals scheduled to attend.

Brain Booster

Do you want to give your brain health a boost? Have more fun! Whether you are trying a new hobby, reading up on your favorite topics, or spending quality time with loved ones, having fun can have profound effects on your brain health. Activities such as these encourage the brain to form new connections, which may help prevent or slow cognitive decline. So go ahead, indulge in activities that bring you joy— your brain will thank you for it!

Healthy Morning Routine

Self-care can get the day off to a good start. Whether you are a working mother, a man in the household or a single person, “rising and shining” sets the pattern for the day. A good pattern to set is to have routines. **The night before** you can lay out your clothes, prepare breakfast for you and the family and place it in the refrigerator, and prepare lunch for the next day (if you and the children take your lunch to school/work). **Arise 10 minutes before the alarm rings.** Even before getting out of bed do some stretching. Point your toes out and reach your arms above your head for a relaxing full-body stretch. **Begin your day in Prayer** asking God’s guidance for the day. Also thanking him for a restful night’s sleep. **Eat healthy meals**, avoid the fast and processed foods.

Devotion - take time to read a devotion and meditate on it.

Practice gratefulness. Have a gratitude journal and write in it regularly.

Make time for play – exercise and activity are as important as a working routine. Exercise releases endorphins, the “feel-good” chemical. Enjoy the outdoors and what God has created.

Unplug from electronics.

To have a routine each morning gives you a sense of well-being and steadfastness. Concentrate on a positive and thank God for the gifts He has given you.

Saints Alive After 55

There is still time to register and attend the Saints Alive event, complete information is on the KSLCMS.org/caring_ministry/older-adult-ministry website site. The date is July 16 & 17 at Christ the King Lutheran Church in Salina. The theme for the conference will be “What’s Love Got to Do with It,” based on Matthew 22:36-39. The keynote speaker will be Rev. Cliff Winter, and the Bible study leader will be Rev. Mark Boxman, Trinity, Salina.

An information table will represent the Parish Nurse Ministry. If you attend the event, stop by for a special gift.

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. Health information is available on CDC.gov or doing a google search for the health topic.

June – Men’s Health Month; PTSD Awareness; National Migraine and Headache Awareness

July – Fireworks safety; Ultraviolet Safety;

August – Medic Alert Awareness; National Immunization Awareness; Children’s Eye Health and Safety Month

September – Healthy Aging Month; National Childhood Obesity Awareness Month; Prostate Cancer Awareness

Parish Nursing Education

There are 2 opportunities offered by the Lutheran Church Missouri Synod, both are excellent.

**Concordia University Wisconsin offers a Certificate of Completion for Parish Nursing/Faith Community

Nursing. The course is offered online for a flexible way to learn congregational health ministries. The Christ centered course is taught by theology and nursing faculty with real-world experience. Contact Carol Lueders Bolwerk at carol.luedersbolwerk@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 the LCMS Parish Nurse leader, Dr. Marcy Schnorr, at 815-562-2744 (mornings), marcyschnorr2009@gmail.com.

Lutheran Parish Nurses International (LPNI.org)

The LPNI website is being renewed and refreshed. LPNI serves our Lord and His Kingdom through Christ centered nursing. The site invites you to read health topics, devotions and Bible Studies. The 2024 Study tour to Alaska will be exciting, learning about the native people and sharing the love of Jesus with them.

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. Material and the newsletter can be received by mail or electronically.

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

◇ Mary Hume - 2633B SW Arrowhead Rd - Topeka, KS 66614 - maryhme29@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

