

KANSAS PARISH NURSE MINISTRY FAITH COMMUNITY NURSING

Quarterly Newsletter Fall 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,

Pray for the Parish Nurses who will be going on the Study Tour to Alaska. We have a full agenda and will learn about the indigenous and their ways of life.

I attended Saints Alive after 55, what an inspiring day! The theme of the conference was "What's Love Got to Do with It," based on Matthew 22:36-39. Rev. Cliff Winter was the keynote speaker and the Bible study leader was Rev. Mark Boxman of Trinity Lutheran Church, Salina. I had a table displaying Parish Nurse information and shared the ministry with many who attended. I am looking forward to the conference in 2025.

As a Stephen Minister leader, I walked the group through the Fruits of the Spirit (Galatians 5:22-23), talking about the items and how they relate to us, not only as a Stephen Minister but as a Child of God. I also thought of Parish Nursing Ministry and how we are blessed to have the fruits of the Holy Spirit in our lives. Although we will never be completely victorious in always demonstrating the gifts of the Holy Spirit, we can allow the Holy Spirit to work through us to show our love for God and with the help of the Holy Spirit it is possible to reflect His love.

Pastor and I are also planning the 13th Annual Blue Christmas Service the first Sunday in December at Prince of Peace. Blue Christmas is a worship service for those going through an emotional time during the Christmas season. The altar, Christmas Trees and poinsettias will be draped in blue netting to create a quieting effect. It is a time for hope and healing. Stephen Ministers will be available to support and comfort those in need. A comfort therapy dog will be available also.

Prayerfully consider sharing your ministry with other parish nurses by writing an article that can be published in this newsletter. We each develop our ministry according to the needs of our congregation. By sharing your program/ministry with others promotes and encourages them. The articles can be 250-300 words. My contact information is on page 4 of this newsletter.

May you feel the love of Jesus as you care for one another.

Mary Hume, Parish Nurse

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." Galatians 5:22-23

Pocket Prayer Quilts

What are Pocket Prayer Quilts? Pocket prayer quilts are small, knitted, or crocheted soft "quilts" that have been made by someone with the handiwork skills. As they are being made, prayers are offered and they are distributed to those in need. The soft "quilt" with a cross incorporated in the design can be carried in a pocket, purse, the car, during scans and tests or wherever they might be needed. You can be mindful of God's love, grace and comfort that He has for you. I add a little note to the ones that I make available. Jamie and I have given them to those attending the Parish Nurse Conference and to Saints Alive after 55. There are fabric patterns available and can be accessed by doing a search for 'Pocket Prayer Quilts'. It is a good way to use leftover yarn and fabrics.

Call Yourself Beautiful

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you

were bought at a price. Therefore, honor God with your bodies. 1 Corinthians 6:19-20 (NIV).

When you look in the mirror, truly liking who looks back at you is wrapped up in your self-esteem, self-love, and your physical healing. Our bodies are a physical reservoir of our healing. Just as they collect trauma in muscles, joints, bones, and flesh, they collect the healing work we do for ourselves here too. They work to heal what hurts us, and can be powerful allies in our journey to being whole. Of course, being pleased with your appearance can be an uphill struggle sometimes.

For survivors of trauma, not feeling connected to the body and not seeing it as beautiful is especially common. The body may have undergone physical changes that can give the feelings of not being yourself, especially if there has been wounding, scarring, or the appearance has otherwise been altered.

Start a new practice of thinking of yourself as beautiful by doing some 'mirror' work. Look at your face in the mirror and say aloud, "I am beautiful." You can take this practice a step further by standing in front of the mirror without clothing when you say the phrase. Linger in front of the mirror. Don't rush. Let whatever emotions arise happen.

God has made you, love your body.

Dementia – Alzheimer's

September is Alzheimer's Awareness month. Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. If you notice any of them, do not ignore them, schedule an appointment with your physician.

Sign of Alzheimer's and Dementia

- Poor judgement and decision-making
- Inability to manage a budget
- Losing track of the date or the season
- Difficulty having a conversation
- Misplacing things and being unable to retrace steps to find them

Typical Age-related Changes

- Making bad decision
- Missing a monthly payment
- Forgetting which day it is and remembering it later
- Sometimes forgetting which word to use

Losing thoughts from time to time
New medications are being developed and are showing some benefits for the Alzheimer's patients. KU Alzheimer's Disease Research Center (kcadrc.org) is involved in so much research and education. Take advantages of information, including a Family Series that they offer.

New Planned Parenthood Clinic

I am providing this information so you will be aware when questions arise.

A new Planned Parenthood clinic opened in southeastern Kansas and will be the closest abortion access point for many in the Southern states. A news article from the Springfield News-Leader states that Kansas saw a 369% increase in abortions in 2023 with 69% of the patients coming from out of state. The clinic will offer medication abortions for up to 11 weeks of pregnancy and surgical abortions for 14-15 weeks of pregnancy. More information is available by doing a search for Planned Parenthood and Lutherans for Life of Kansas.

"Thus the Lord, who created you, O Jacob, And He who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by your name; You are Mine." Isaiah 43:1 (NKJV)

Medicare Prescription Drug Plan Renewal Time

October 15 – December 7

Each year Medicare beneficiaries have the opportunity to review their health and drug coverage for the next year during the Open Enrollment Period October 15 through December 7. SHICK counselors are available to answer questions and assist beneficiaries with their shopping and enrollment.

The Medicare Prescription Drug Plan Finder provides a way to make specific plan comparisons. It is available electronically at www.medicare.gov or by calling a customer service representative at 1-800-633-4227. The Drug Plan Finder allows you to personalize your search for a drug plan that most closely fits your needs. Do not assume that last year's plan is good for you in the coming year.

For additional information, call the Kansas Department for Aging and Disability Services (KDADS) Senior Health Insurance Counseling for Kansas (SHICK) at **800-860-5260** or your local Area Agency on Aging.

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 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 articles, 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) or [b2b.healthgrades.com](https://www.b2b.healthgrades.com).

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

October – Domestic Violence Awareness ([nctsn.org](https://www.nctsn.org)); Eye Injury Prevention ([safevision.com](https://www.safevision.com)); National Breast Cancer Awareness ([breastcancer.org](https://www.breastcancer.org)); AIDS Awareness ([safetosleep.nichd.nih.gov](https://www.safetosleep.nichd.nih.gov))

November – American Diabetes Month ([diabetes.org](https://www.diabetes.org)); COPD Awareness ([nhlbi.nih.gov](https://www.nhlbi.nih.gov)); Lung Cancer Awareness ([lcfamerica.org](https://www.lcfamerica.org))

Happy Thanksgiving

December – Safe Toys and Gifts ([APHA.org](https://www.apha.org)); Give the Gift of Sight ([nationaltoday.com](https://www.nationaltoday.com)); National Handwashing Awareness Week (4-10) ([henrythehand.com](https://www.henrythehand.com))

A Very Blessed Christmas

Lutheran Parish Nurse International (LPNI.org)

The LPNI.org website has information available for you. It includes a Bible Study, a health topic article and a devotion. Pictures from previous Study Tours give an example of places that have been visited and people we have met. It is educational and informative learning about our friends throughout the world.

Study Tour 2025

The 2025 Study Tour will be to South Korea which is an interesting location and the plans for the trip are exciting. The tour begins on October 9, arriving in Seoul and transferring to the accommodations. Interacting with the Koreans, getting acquainted with their customs and enjoying their foods will be exciting. Joe (my late husband) and I spent a few days in Seoul, and we found the people friendly and very helpful. Yes, there is a scheduled tour to the Demilitarized Zone between North and South Korea. The tour will include those famous sites of Freedom Bridge, the Last Train Out and the Bridge of No Return. A tour of the third tunnel is also included, it was dug into the rock at a depth of 73 meters (80 yards). The full itinerary will be on the [lcmsparishnursing.com](https://www.lcmsparishnursing.com) website. It will be a long flight but well worth the commitment. These tours are for parish nurses, their spouses and others interested in international travel and serving others.

Daily Renewing Our Faith

Daily devotions provide you with the Word of God in your heart for the day or at the close of day. If you start the day with a devotion and/or end the day in the Word or in the middle makes no difference. When God reveals His purpose for your life, He also gives you His power to carry it out. One of the surest ways to know you are walking in God’s will is that you will feel led by Him, not driven by other sources.

What is your desire of hearing God’s Word? He wants us to take care of ourselves and one way is to be in the Word. We have a variety of options to hear and read the Word:

Online:

[Lutheran Church Charities.org/devotions](https://www.lutheranchurchcharities.org/devotions)

[Cancercompanions.org/](https://www.cancercompanions.org/)

[Lutheran Hour \(lhm.org/dailydevotions\)](https://www.lutheranhour.org/dailydevotions)

Printed:

Portals of Prayer by LCMS

God’s Word is uplifting, by searching “devotions”, you will be able to locate devotional materials that will strengthen you. Take the time; plan your day around His Word.

Blood Donations

Everyone has their own reasons for donating blood, but a few common ones include:

- ♥ Donating is a generous thing to do. It helps people in need, and it helps people in your community. When you give, others live.
- ♥ Donors, especially those who donate regularly, keep our nation's blood supply stable. Although many people donate blood after disasters, blood is needed every day of the year.
- ♥ There is no substitute for blood. Donors provide the only supply of life-saving blood for those in need.
- ♥ Donating is simple, fast, and convenient. The donation process can take as little as 45 minutes of your time, but can make a lifelong difference for someone else.

If you donate blood, it will be given to someone who needs it through a transfusion. Transfusions help replace blood that is lost due to surgery, illness or injury. Transfusions also help people with disorders that prevent them from making blood correctly. Blood transfusions are one of the most common procedures in U.S. hospitals.

There are different kinds of blood donation. Each one is used for a variety of life-saving procedures and treatments.

- Red blood cells are given to people who have blood disorders, such as sickle cell disease or chronic anemia caused by kidney failure or bleeding in the stomach. They are also given to people who have acute blood loss from trauma. Sometimes babies born very early need a transfusion to increase the number of red blood cells in their bodies.
- Platelets are most often used to treat cancer. They are also given to patients who have open-heart surgery and organ transplants.
- Plasma transfusions are used for patients with liver failure, serious infections, and severe burns.
- "Whole blood" is usually given to people who have life-threatening injuries or people in surgery.

Schedule a blood drive with either a Community Blood Center or the Red Cross and encourage your members to donate.

Parish Nurse Education

Since 1989, Concordia University Wisconsin has offered educational programs in parish nursing and congregational health ministries. The online course consists of eight one-week units that approach nursing in the faith community from many angles. Using Jesus' examples of caregiving and service to others, demonstrates how to use healthcare as a ministry of the Gospel, and how to start and run a health ministry

in your congregation. The program integrates a Christian care-giving framework to developing a holistic congregational health and parish nurse ministry in serving your congregation in mind, body and spirit. Contact Carol Lueders Bolwerk, at carol.lueders.bolwerk@cuw.edu for more information.

LCMS Parish Nurse Council offers a 17-module course for RNs wishing to become parish Nurses. The schedule is flexible and encourages completion of the course within six months. The course was developed by practicing clergy and parish nurses. Personalized mentoring is provided throughout the courses and periodic optional zoom meetings are provided to add the group discussion component.

For additional information, contact Dr. Marcy Schnorr (marcyschnorr2009@gmail.com) or at 815-562-2744 (mornings).

Parish Nurse Website

Parish Nurse Website: Hope Knight, the Oklahoma District Parish Nurse Representative, has created LCMSParishNursing.com.

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.

Past issues of the *Kansas Parish Nurse Newsletter* are available on

www.kslcms.org/caring-ministry/parish-nurse

Contact information:

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- ◇ 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.

Heavenly Father, help me put and keep my priorities right on You. In Jesus' Name, Amen.

