

# KANSAS PARISH NURSE MINISTRY FAITH COMMUNITY NURSING

## Quarterly Newsletter Winter 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,

Greetings to you as you prepare for a busy time of the year. As we decorate our homes, remember the main theme is Jesus and how he came to us at just the right time. We can share the love of Jesus by sending greeting cards conveying the true meaning of Christmas.

Beginning in November, I will be submitting a brief article in the Worker's Together/ caring ministry page. You can access it on the [KSLCMS.org](http://KSLCMS.org) website.

Encourage your pastor and lay leaders to read the article.

What I learned at the Pastor's Conference in October from others who had display tables.

- Kansas State University and Kansas University have organizations for students, especially the Lutheran youth. Websites: [ksulcm.org](http://ksulcm.org) (Kansas State University) and [kilgosr@gmail.com](mailto:kilgosr@gmail.com) at Kansas University.
- Church Ambassador – Network of Kansas – influences society with biblical truth in every school district, city, county and the three branches of Kansas state government. Contact person is Pastor David Beauchamp.
- Lutherans For Life of Kansas ([lflofkansas.org](http://lflofkansas.org)) - The vision of Lutherans For Life of Kansas is for every Lutheran, both individually and in their local church, to uphold the God-given value of every human life and to influence society to do the same
- Fairmont Coffee is adjacent to Wichita State University, a welcoming space for students to enjoy coffee, food and fellowship. Pastors and Parish Nurses will receive a free cup of coffee when you identify yourself. Their website is

[fairmontcoffee.com](http://fairmontcoffee.com) for more information including their menu.

- Lutheran Urban Mission Agency – walks with other local churches and communities, empowering and equipping them to meet spiritual, social and physical needs.
- Lutheran Church extension Fund (LCEF.org): "your money works harder while funding ministries that matter".
- Lutheran Early Response Team (LERT) – Trained volunteers helping in disasters. [Lcms-lert.org](http://Lcms-lert.org)

May you find joy in the Christmas season and in the New Year.

Mary Hume, Parish Nurse

*Accept one another, just as Christ accepted you. Romans 15:7*

### Alaskan Study Tour - 2024

#### Lutheran Parish Nurse International

Our group of 16 represented the states of California, Kansas, Minnesota, Iowa, Wisconsin, Illinois, Ohio, and Virginia. We made our own flight arrangements to Anchorage, Alaska to arriving Tuesday, September 10<sup>th</sup>. Upon arriving in Anchorage, the tour guide and coach driver met us and transported us to our hotel for the 5 days.

Our first was to the medical clinic near the Alaska Native Medical Center. We were welcomed by the Southcentral Foundation (SCF) Learning Institute staff. Dr. Steve Tierney, Medical Director of Quality Improvement and Chief Medical Informatics Officer of SCF and practicing physician gave a presentation on NUKA, the Philosophy System of Care, for the Alaska Native and American Indian people. NUKA means "strong, giant structures and living things" from the Alaskan Native language. SCF strives to provide "the best healthcare with good customer service". They found that infrastructure was their biggest expense because clients were transferred from one care provider to another. They now practice integrated

care. It takes up to 240 minutes to make a clinic appointment; a referral takes 10 minutes. Physicians and care providers ask themselves, "Is this a reasonable question?" and respond in 5 minutes. They look for ACTION, not the process of doing something. "Fix the system, don't punish the team". They build a team with personality profiles and coaching them together as a team. A "Core Team" includes primary physician, nurse case manager, medical assistant, and scheduling assistant. A "Pod Team" includes special skills members: Midwife, Pharmacist, Dietitian, Behavioral/Health specialist, Physical Therapist, Community Services worker. They also have a home visit team. The Cherokee Tribe in North Carolina has a similar health plan. Teams look at how clients can communicate with the team (e.g. phone, internet, radio, etc.). Teams look for gaps in care. Speed in response and trust in their physician is essential. Annual physicals are not necessary, clients who are asymptomatic don't need to see their physician. There are 14 clinics in Alaska. Their current clinic location has 12 pods. There are a total of 60 Teams. Small clinics in remote areas have an EMT or Health Aide. Clinic staff utilizes a medical guide book when examining patients to know what questions to ask and what to examine for. Clinic staff uses the Internet to call a physician for treatment orders. For example, if medication is ordered, the physician calls the pharmacy. The pharmacist, who is probably in Anchorage, is able to dispense the medication through a "bullet proof" dispensary medication kiosk at that remote clinic. The EMT takes the pill bottle, prints a label, and gives the labeled pill bottle to the patient.

Dr. Tierney gave a tour of a clinic exam room and how the care process is delivered. One room is used with clinic staff coming to the client. "Move the staff, not the people." It takes 40 minutes to get lab results back. The clinic has a test kitchen for clients to learn healthy food preparation. The clinic has many windows with natural light.

The group was able to go to the Alaska Native Medical Center to view the artwork on each of the 5 floors and well as in the stairwells. The hospital gift shop had native artwork and jewelry available for purchase. This setting impressed us as we all have worked in the health care system.

Later in the morning, our visit was to the Downtown Hope Center. Our group had brought new men's and women's underwear for the Center. Cherish

Hageman, Administrator and Volunteer Coordinator, gave us a tour of the clothing room, shower/laundry room, kitchen/food prep area, and serving line. The Hope Center provides an 18 unit apartment complex as well as a sleeping area in the dining room for the homeless women. The women get 3 meals a day. Men can also receive a noon meal, served and eaten outside in a courtyard. Food donations come from local grocery stores and the food bank. Any extra food goes to a local church so no food goes to waste. They can feed up to 400 people at their noon.

On Saturday, we went to Anchorage Lutheran Church and met Pastor Tony Schultz, his wife Ranell, and Tamara, their Worship Director. We had a tour of Amen Acres which was started 6 years ago and has 14 beds of organic vegetables for the community. Pastor Schultz provided a worship service with communion. Our noon meal was a box lunch prepared by the Hope Center kitchen!

Saturday afternoon was spent at Our Redeemer Lutheran Church at Chugiak, AK. Brittney Baumgartner, Deaconess at Our Redeemer (her husband is the Pastor) as well as Development Director for Alaska Missions for Christ (AMC); Marilee Nufer, AMC Board member; Sally Coburn, RN and Parish Nurse at Our Redeemer; and Tara Orley, RN and Parish Nurse with ELCA were our presenters.

Brittney explained that Alaska Missions for Christ (AMC) was founded in 1992. AMC strives to show respect of Native Cultural Heritage. In Southwest Alaska, AMC works out of schools to schedule Service Events with access only by boat or plane. In Southeast Alaska, there are 30 isolated communities in the Inside Passage that have had service events. In South Central Alaska, the hub of roads allows for better opportunities to serve others. In Northern and Interior Alaska, snowmachines (snowmobiles) or planes are needed above the Tundra River to reach remote villages. Alaska has the highest rate of violent crime, suicide, and sexual assault per capita in the United States. AMC Board of Directors has a representative from each of the 16 LCMS congregations in Alaska.

As a Parish Nurse, Sally has given nutrition presentations, scheduled AED training, and provided health information to her congregational members. Tara has been a Parish Nurse since 2002. She is a member of the Faith Community Nurses Organization in Alaska. She gives CPR and First Aid classes. She is member of Amazing Grace Church (ELCA). She works

with Providence Hospital System and another PN, Bev Bateman, to publish a newsletter to 156 nurses with goals of supporting teams of nurses and developing relationships. There are 30 to 35 Parish Nurses of different faiths in Alaska.

Written by Darlene Rueter, District Rep for the Iowa West District, our organizer and recorder for the study tour.

## LPNI Study Tour 2025

The 2025 Study Tour, OCTOBER 10-16, will be to South Korea, an interesting location and the plans for the trip are exciting. Complete information can be accessed on [lcmssparishnurseint.org](http://lcmssparishnurseint.org). Please consider!!!

## Seasonal Affect Disorder

Seasonal Affective Disorder (SAD) is a form of depression that recurs at certain times of the year, usually beginning in late fall or winter and lasting into springtime. Some studies suggest that up to 20% of people in the United States may be affected by a mild to moderate form of the disorder.

The symptoms of SAD include depressed mood, loss of energy, increased sleep, anxiety, irritability and difficulty concentrating. Many also experience a change in appetite, particularly a craving for carbohydrates, which can lead to weight gain. Some individuals report a heavy feeling in their arms and legs. There are various risk factors for the development of SAD. Females are up to four times more likely to be affected than males. Although SAD can affect children, it is reported mostly in people between the ages of 18 and 30, with incidences decreasing with age. Many may have a family history of mental illness. Studies have shown that living farther away from the equator increases the occurrence of SAD. Those already experiencing clinical depression or bipolar disorder may see a worsening of their symptoms in the wintertime.

Treatments for SAD include traditional psychotherapy and antidepressant medications. In addition, light therapy, a daily 30-minute exposure to a light box that simulates high-intensity sunlight, has shown promise in treating SAD. Preventing SAD can be accomplished by spending some of the day out of doors, even if it is cloudy. One can open the blinds and sit by a sunny window. Eating a balanced diet, will help the energy level and exercise for 30 minutes each day will also be beneficial. Also, staying involved in social circles and regular activities as social support are very helpful. While these naturally occurring body depressions in any form can be serious, anyone affected by

significant symptoms of depression should consult a physician.

More information is available on [Mayoclinic.com](http://Mayoclinic.com) or [WebMD.com](http://WebMD.com).

## Lutheran Early Response Team News

Hurricanes Helene & Milton: How to Help In the wake of Hurricanes Helene and Milton countless people, including LCMS members and congregations, are grieving the loss of their businesses, homes, and even their loved ones. Kansas District congregations and schools are encouraged to prayerfully consider taking up a special offering to support our brothers and sisters in the LCMS districts affected by the hurricanes. Funds received will be distributed by these districts for survivor support and some volunteer support. This will be a long-term ongoing recovery.

Other ways congregations and schools can help are by putting together hygiene kits for those districts affected. Visit the Disaster Response Page on the District website at [https://kslcms.org/caring\\_ministry/disasterresponse](https://kslcms.org/caring_ministry/disasterresponse) for the list of items needed for hygiene kits. Please ship assembled kits to St. Peter's Lutheran Church (6175 St. Peter's Church Road, Conover, NC 28613). The church office number is 828-256-2970. For additional questions contact Donna Williams, the Kansas District Disaster Response Coordinator, at [ksddrc@gmail.com](mailto:ksddrc@gmail.com).

The Kansas District publishes a monthly newsletter "Worker's Together". It has information about the happenings

## 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 newsletter articles, bulletin boards and posting news in the bathrooms. Information can be obtained by searching the health topic you desire or at [cdc.gov/health-topics](http://cdc.gov/health-topics).

- **December** – National Safe Toys and Gifts; (ages 5-11)  
National Influenza Vaccination Week

### *A Very Blessed Christmas*

- **January** – National Blood Donor; National Glaucoma Awareness; Compliment Day (24th)
- **February** – American Heart; National Cancer Prevention; National Wear Red Day (7th); Make a Friend Day (11th)
- **March** – National Colorectal Cancer Awareness; National Nutrition; Save Your Vision Month;

National Drug and Alcohol Facts week; National Corn Dog Day (22nd)

## Parish Nursing 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](mailto: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](mailto: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](http://LCMSParishNursing.com).

## Upcoming Events

**January 29, 2025** – Kansas District Life Conference at St John's In Topeka. The 2025 Kansas District Life Conference will be in conjunction with the 2025 Kansas March for Life.

**May 13-15, 2025** – Annual District Rep Meeting and the 33<sup>rd</sup> Annual Conference on the campus of Concordia University Wisconsin, Mequon WI. The theme for the conference is "In Every Way, God's Path".

**June 5-6, 2025** – Kansas District Convention in Salina. There will be a display table for Parish Nurse Ministry. Please plan to come by.

## Worker's Together

"Worker's Together" is a monthly newsletter by the Kansas District LCMS [kslcms.org](http://kslcms.org). There will be a monthly article concerning Parish Nurse Ministry and more information about Kansas District including a devotion by President Panzer, District President.

## 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. For those receiving the newsletter by mail can receive it electronically by informing Mary Hume at [maryhume29@cox.net](mailto:maryhume29@cox.net).

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

[www.kslcms.org/caring-ministry/parish-nurse](http://www.kslcms.org/caring-ministry/parish-nurse)

Contact information:

- ◇ Mary Hume - 2633B SW Arrowhead Rd - Topeka, KS 66614 - [maryhume29@cox.net](mailto: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](mailto:jamiespikes@gmail.com) (C) 785-313-1587.

*Heavenly Father, You have reminded us that our truth is to be found only in Your Word, and by the truth that You set forward for us. And so, help us to humble ourselves, to not place our opinion, or our own values, above Your Word, but allow Your Word to examine our hearts, to examine our motives, our thoughts, our feelings. To examine our actions, and therefore help it to show us the way that we should go, and the way that we should live. In Jesus' Name, Amen.*