



Concordia College

The Parish Nurse Connection

Fall 2011



Greetings from the PN Ministry Program Director

Dear Friends,
I hardly know where to begin this note to my parish nurse/faith community nursing colleagues and friends. This past year brought changes to the organizational framework for parish nursing education at the college, but it also provided me with an opportunity to grow and change as an educator, administrator, and parish nurse. As we all know—change can be good but it also can be quite painful! Throughout this “change” process I have realized some things and perhaps you can relate to some of my thoughts. First, your family loves you, but you need to nurture those relationships and take the time to really be present with them. Turning off the cell phone and computer was a part of my effort to get away from work and be home. Second, the relationships with friends is so important to maintaining good mental health. Annette, Lu, and I strive each year to spend some time at Lu and Dale’s lake home. We enjoy each other’s company and share many moments of laughter and tears. The conversation time goes by so quickly that we often forget to go for a swim! And finally, the knowledge that God is ever present in our lives—this has been shown through the kind words of others and in the gentle quiet of my garden. How awesome to know that God has created so much that sustains us.

My task is to slow down enough to know that He is present. If you find yourself in a similar situation, I encourage you to focus on your relationships with God and with others for encouragement and strength. The Daily Text prayer for July 10th says it well, “Lord, Jesus, when I feel I’m at the end of my strength, remind me that ‘all will be well, and all manner of things will be well.’ Help me to rest in your promise of life and to trust your power to make all things new. Help me to endure worldly tribulations, knowing that you have overcome the world.” Amen. I love the words “rest in your promise” as we need that reminder in the hurriedness of our lives. Awesome! On an added note—The upcoming basic parish nurse program brochures were electronically mailed in May to friends and alumni of the Parish Nurse Ministry Program. If you need a hard copy or would like the e-mail resent—please call me. The first preparation course is just around the corner (in March) and we appreciate your referrals and support for the program. May God bless and keep you safe this coming year,

Jean

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Upcoming Basic Parish Nurse Preparation Courses

- ♦ *March 12-16, 2012 at Luther Seminary in St. Paul, MN*
- ♦ *May 14-18, 2012 in the Fargo, ND/ Moorhead, MN area*

Upcoming PNM Sponsored Continuing Education

- † *October 28, 2011 Nurturing Youth Through Faith, Food and Fitness at Concordia College, Moorhead, MN (brochure available on our website after Aug 15th*
www.cord.edu/Offices/parishnurse1.php

Parish Nurse Scholarships

Vicki Nettestad Memorial Scholarship is available for partial tuition for the Concordia College PNM basic preparation course. Please contact Marlene Batterberry at Faith Lutheran Church in Fargo at (701) 282-3309 for more information.



We continue to give thanks to the Northwestern Minnesota Synod for their ongoing gifts of financial support and to all the Parish Nurses and friends who gave a financial gift to the Parish Nurse Ministry Program. We are truly blessed to have the support!

News and Honors

- † Betty Chapin, RN, PN, from the United Methodist Church in Northwood, IA, has a parish health ministry team called, "The Medicine Cabinet." They are very active in health ministry in her church. She has also organized a "Soup Ministry." Way to go!
- † In the July/September 2011 issue of JCN, there is an article written by Shirlene Newbanks, RN, MSN. Some of you participated in her research study on preparation for incorporating the spiritual dimension into practice. Thank you for your participation!
- † Sandi Kimmet, RN, BSN, FCN, from Messiah Lutheran Church in Fargo, ND, received the Sanford Guardian Angel award. The award recognizes nurses for their outstanding and compassionate care. Sandi was nominated by two patients/families. Congrats!
- † Sherry Scholljegerdes, RN, PN at Faith United Methodist Church in Waseca, MN has developed a Community Health Fair. Booths include representation by health systems, public health, community agencies. Many great ideas!

Books Reads

Throughout these past months, I have been busy catching up on all the books that were on my list to read!

- *Front Porch Tales (2001)* by Phillip Gulley and published by Harper. An excellent book of stories that can be used for devotional materials.
- *Incidental Findings (2005)* by Danielle Ofri, M.D. and published by Beacon Press. Dr. Ofri reflects on the lessons she has learned from patients. She focuses on the need for listening and presence as an important skill.
- *Heaven is for Real (2010)* by Todd Burpo with Lynn Vincent published by Thomas Nelson. A true story of a little boy's journey to heaven and back.
- *The Religion of Thinness (2010)* by Michelle M. Lelwica, Th.D and published by Gürze Books. She discusses the spiritual hungers behind women's obsession with food and weight. Some of the material could be used in a women/teen retreat discussion. It is thought provoking.
- *Not for Profit: Why democracy needs the humanities (2010)* by Martha Nussbaum and published by Princeton University Press. Dr. Nussbaum discusses the importance of the liberal arts in educating democratic citizens who can critically think and respect multiple perspectives.
- *Having a Mary Heart in a Martha World (2000, 2002)* by Joanna Weaver and published by WaterBrook Press. Ms. Weaver challenges us to live day by day as a Mary in a busy Martha world. With a focus on balance, the author lifts up both the Martha's and the Mary's in all of us!

Sanford Health On-line Directory

Sanford Health Fargo has an on-line directory that lists the Parish Nurses in the region. Sanford's Social Workers use this directory when a patient is admitted to determine whether that person belongs to a congregation that has a parish nurse or pastoral visitor. If you have a parish nurse or pastoral visitor, please provide us with the following information by September 1st:

Congregation or Facility Name
Address (street, city, state, zip, county), Phone/Fax
Name of Parish Nurse or Pastoral Visitor
E-mail Address for Parish Nurse or Pastoral Visitor
Contact Lois Ustanko, Director of Faith Community Nursing at 701-234-5818 or lois.ustanko@sanfordhealth.org with questions.

Upcoming Workshops and Events

- ◆ 2012 Avera Spirituality and Healing Ministries conference, "Riding the Dragon: Strengthening Your Inner Life in Challenging Times". The event will be held on May 4, 2012 in Sioux Falls, SD.
- ◆ The Health Ministries Association has announced the first annual Westberg Award recognizing excellence in faith community nursing. The award honors an individual who exemplifies leadership and merits recognition. The nominations forms will be available January 1, 2012 at the HMA website (www.hmassoc.org). The deadline for nominations is March 1, 2012.

Family Health & Fitness Day USA® on September 24

- ◆ Local organizations all over the country will be hosting family-related health and fitness events at schools, parks, malls, health clubs and other public locations.
- ◆ The events will vary but one thing will remain the same—families will be able to learn about health and fitness together. The activities may include walking, health screenings, education, low-impact workouts and much more.
- ◆ It is so important to be active as a family. Hopefully the blistering heat of summer will have passed by then so you can enjoy a perfect, sunny Saturday of family activity!



~Kirsten B.

*Website: www.fitnessday.com/family

Resources

- ◆ NEW! *Exploration and Implementation Packet for the Parish Nurse Ministry* (\$15.00). Order from IPNRC's site at www.parishnurses.org ("Resources" and "Order form page").
- ◆ Friends of the IPNRC may subscribe to *The Journal of Christian Nursing* (on-line) for \$25.00. Contact the IPNRC for more information.
- ◆ *The Faith Community Nursing Scope and Standards of Practice*, 2nd ed. (2011). This document will be available sometime this fall.
- ◆ The July, 27, 2011 IPNRC's newsletter included a link to a document on "Liability Issues for Parish Nurses and Faith Communities." It provided excellent information on professional liability, automobile coverage and volunteer liability. Here are a few on-line resources that were provided in the document:
 - ◆ www.nso.org
 - ◆ www.npjobs.com/malpractice/mag.myth.vs.fact.shtml
 - ◆ www.nonprofitexpert.com/volunteers.htm



Brummett, B. and Williams, R. (2011). Poorer, Less Educated Youth More Prone to Hypertension: A study, which appears in the July issue of *Hypertension*, looked at 14,000 young adults participating in the 2008 National Longitudinal Study of Adolescent Health. The authors noted that those with low income tended to be more overweight and exercised less, and had higher blood pressures. Those with higher education and income tended to have higher alcohol intake, which is also related to elevated blood pressure. Suggestions from the study include: encourage weight loss and exercising, stop smoking, drink no more than 2 servings of alcohol/day, and early monitoring of blood pressure. Certainly an area of education for parish nurses within their faith communities!

Bavry, A. A., et. al (2011). Certain Painkillers May Raise Odds of Stroke, Heart Attack: Study, *American Journal of Medicine*. These researchers followed 882 long-term NSAID users and nearly 22,000 people who used NSAID intermittently over 3 years. The researchers reported that patients with HTN and CAD who used NSAIDs had a 47% increase in death as well as an increase in nonfatal heart attack and stroke. The authors suggested that patients with these diagnoses should consider alternative methods of pain relief until more research can be done.

Small, Rural Hospitals Provide a Lower Quality of Care: Study, July issue of *JAMA*. The authors of this study concluded that rural hospitals (25 beds or less and located more than 35 miles from a full service hospital) provide a lower quality of care and had worse patient outcomes than larger hospitals. The researchers analyzed data from 4,800 hospitals that serve Medicare beneficiaries in order to assess the care provided. Findings included: patients in small rural hospitals had higher 30-day death rates for 3 conditions (myocardial infarction, heart failure and pneumonia) when compared with full-service hospitals. The researchers concluded that we need to focus on improving the quality of these small rural hospitals so that all individuals throughout the US can access quality care.

Information taken from the IPNRC Research E-letter, July 18, 2011.

Nurturing Youth Through Food, Fitness, & Faith October 28th at Concordia College, Moorhead, MN

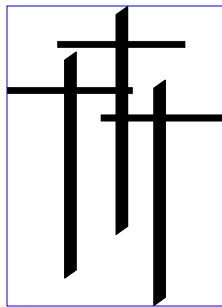
We will again be offering the "The Nurturing Youth Through Faith, Food and Fitness" workshop this fall. Thanks to the General Mills Foundation Champions for Healthy Kids, the Parish Nurse Ministry program received a grant in to redesign and update the manual. As a workshop attendee, you will receive a leader manual that includes: educational modules, teaching tools, menus, table tents, and teaching resources. Participants may include: nutritionists, dieticians, nurses, health educators, PE teachers, and physicians. If you have questions or need additional brochures, call Sheri Schumann at 218-299-4442 or Dr. Jean Bokinskie at 218-299-3825 (web site www.cord.edu/Offices/parishnurse1.php) The presenters are: Linda James, RD, MS—she has much teaching experience in the area of nutrition, food preparation, and menu planning. Dr. Betty Larson, LRD, FADA—she has facilitated many workshops on wellness and has taught nutrition for the lifecycle of over 30 years to college students. Dr. Larson completed her doctoral dissertation on the prevention of adolescent eating disorders.

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The Parish Nurse Connection



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USING YOUR TALENTS

Luke: 12:48 – “From everyone who has been give much, much will be demanded.”

As we come together through this newsletter, I pray that each of us will consider the multitude of reasons we had as we entered this phase of our lives, in a new practice of nursing, and a new means of reaching out with a new ministry, with Parish Nursing. For me, a meaningful experience in reaching out was as a sophomore in high school, when I attended a boarding school. This was a difficult time in my life. As a service project, I was involved with the Guadalupe center in Kansas City where I gained my first real understanding of attempting to meet the needs of others and in doing so it helped my own healing after my father’s death just a few months earlier. Now, many years later, I reflect on this experience and think of the many additional opportunities God has given me, and I realize I have a need to return to Him and his children from the fruits I have received.

As Parish Nurses, we have the opportunity to share encouragement , smiles and handshakes with our fellow parishioners. We share joy and sorry and love for one another, but most especially for God. We are called up to respect and honor the presence of God in our lives and in those we serve by dedicating ourselves to be His faithful servants.

Matthew 25 (please read) —In this story, we are told that God has given each of us many talents or gifts, but we don’t own these gifts. They are on loan to share with others. We are reminded that they don’t have value if they sit on a dusty shelf in our own closet. God’s gifts are not gifts until they are given away, and utilized for the benefit of others. At times the challenges of giving of our selves on our pilgrimages may seem to be endless. It may seem that we can’t meet the needs of all who ask for assistance. During these times, we remember the words of Mother Theresa who said, “if you can’t feed 100 people, then feed just one”. In considering her words, we need also to give ourselves time to be nurtured. Mother also said, “To keep a lamp burning, you have to put oil on it”.

As a final thought of sharing ourselves, do consider that as we share our talents meeting the need of other, which one of our patients may be Jesus in disguise?... “What so ever you do to the least of my people, that you do unto me.”

Agnes Harrington, BSN, MS, PN at Nativity Catholic Church, Fargo, ND