



# Concordia College

## The Parish Nurse Connection

Fall/Winter 2011



### Greetings from the Parish Nurse Ministry Program Director

Dear Friends,  
As I write this greeting, the wind is blowing, there are a few snowflakes swirling, and the temperature is dropping! Where did the summer months go? This change of seasons is a concrete reminder that everything is in continual flux. The beautiful summer flowers wither and die but give rise to seeds that fall to the ground and (in the spring time) create beauty again. We are required to wait—sometimes it seems painfully slow but the end result is often breathtaking. How often in our daily lives we lack the patience to wait—for the bus to come...for our computers to turn on...for water to boil! I encourage you to slow down and gaze at the leaves as they swirl to the ground, watch the squirrels as they gather in their harvest, and enjoy the taste of crisp apples fresh from the trees. God has created wonderful things and often we

need to wait and wonder at the beauty that is slow to develop. Isaiah 65:18 says, “Be glad and rejoice forever in what I am creating.” AMEN!

We are soon into the season of Advent—it also is a season of waiting and watching. The outcomes of this wait is the birth of Jesus—beautiful and glorious.

We are also in the phases of preparation for this upcoming year of activities. The first preparation course is just around the corner (in March) and we deeply appreciate your referrals and support for the PNM basic parish nurse/faith community nurse preparation program.

May God bless and keep you safe throughout this year,

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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 at Atonement Lutheran Church in Fargo, ND*
- ◆ *Date in the St. Cloud, MN area TBA!*



#### Interested In Supporting the Parish Nurse Ministry program and Honoring Loved Ones?

You may make a gift to Concordia College and designate it to the Parish Nurse Ministry program by going online at [www.cord.edu/give](http://www.cord.edu/give), and putting Parish Nurse Ministry in the designation line. You may also access the link through our web page. You can also mail a gift to Concordia College Advancement Office, 901 South 8<sup>th</sup> Street, Moorhead, MN 56562, or call 218-299-3733 or 800-699-9896. If you would like information about how to leave a gift for the Parish Nurse Ministry program through a will or bequest please contact the Advancement Office at Concordia College.

#### Congratulations to Lydia!

Lydia Volz, PN, was named as an honorary Lutheran Deaconess through the Lutheran Deaconess Conference. She was presented with symbols of this title (small pottery bowl, cloth, the deaconess emblem on a necklace, and certificate on Saturday, November 5, 2011.

#### Parish Nurse Scholarships

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



## **Increasing Compassion & Awareness for People who suffer from ADHD**

We may all occasionally have difficulty sitting still, paying attention, or controlling impulsive behavior. But for some children and adults, these problems are so great that they interfere with their daily lives at home, at school, at work, and in social settings. Attention Deficit Hyperactivity Disorder (ADHD) is a medical disorder of self-control...it is a recognized brain-based disability. It is characterized by pervasive and significant impairments in the ability to sustain focused attention, filter out distractions, inhibit thoughts and impulses, master organization and planning, and regulate or adjust one's energy and emotions appropriately to the demands of a given situation. In short it is a brain-based disorder which impairs self-regulation. Unlike obvious disabilities such as blindness, ADHD is invisible and is therefore easily misunderstood. But it is significantly impairing across the lifespan and is very real nonetheless. Individuals with ADHD can be very successful in life, but without appropriate identification and treatment, ADHD may have serious consequences. For children and teens, these consequences may include difficulties in school, depression, behavior problems, clashes with adults, problems making friends, and substance abuse. Adults with ADHD may have trouble at work, in relationships, and in organization and time management. They may also experience emotional difficulties such as anxiety and depression.

The CDC (2011) recently reported that the incidence of parent reported diagnosis of ADHD has increased to roughly 9.5% across the country for children 4-17 years old. The incidence of Adult ADHD is around 4%. ADHD is not a rare condition. In any congregation, there will be roughly 1 in 10 individuals who are affected. ADHD is a very misunderstood condition and families who live with it must rely on the compassion and willingness of others to help fight the ignorance and stigma surrounding it. The keys to improving the lives of affected individuals and their families are education, awareness and support. Parish Nurses are in a great position to provide all three!

CHADD (Children and Adults with Attention Deficit Disorder) is a great resource for parish nurses. Led by the world's leading ADHD experts, CHADD is composed of parents, health care professionals and educators, with the mission of improving the lives of people affected by ADHD through advocacy, research, and local support. A local chapter will have access to information on a broad range of topics such as parenting, managing relationships, time management, workplace issues, and diagnosis and treatment. It can also provide you with resources for ADHD education at your faith community/church.

To locate the CHADD chapter nearest you, log onto [www.chadd.net](http://www.chadd.net) and click on the link "find a local chapter". In your role of service as a Parish Nurse, I encourage you to become an informed instrument of advocacy and support for the many people who suffer from ADHD.

Jane Indergaard, RN, MS, Co-Coordinator  
Red River Valley Satellite of CHADD

### **News from the ELPNA**

The ELCA Parish Nurse Association was formed in Minneapolis/ St. Paul in 2004 with the intent to help create a national organization. As of January 2011, the National ELPNA organization now exists! The national organization has nine regions that correspond with the ELCA church-wide organization. Each region is represented by two board directors. In October of 2011, the ELPNA Minneapolis/St. Paul Synod organization voted unanimously to become Region 3 (it includes Minnesota, North and South Dakota). It is the most organized of the national regions and serves as the prototype for others. Although the ELPNA comes from an ELCA theological view, the organization is open to all Lutheran Parish Nurses. Please see the [www.elpna.org](http://www.elpna.org) website or Facebook site (Evangelical Lutheran Parish Nurse Association).

We encourage all Lutheran Parish Nurses to join the ELPNA for the following benefits:

1. Upholding a uniquely Lutheran focus as expressed in our Mission and Goals.
2. Fellowship and program sharing with other Lutheran Parish Nurses.
3. Biannual Gatherings with continuing education credit and a focus on Spiritual Growth.
4. Gatherings at Westberg Symposium.
5. An organized presence at other church wide events.
6. E-Blasts sent to all ELPNA members with special updates.

If you have any questions you can contact ELPNA at [elpna.national@gmail.com](mailto:elpna.national@gmail.com)

Submitted by Ann Rabie, PN, St. Paul, MN



### Advent Reflection

One of my favorite images of Advent is the "Parable of the Ten Maidens" awaiting for the bridegrooms from Matthew 25:1-13. It is a story of waiting, watching, and preparedness. As nurses we spend time doing just!

We wait..... For test results...A birth of a child...Sitting in a bedside vigil of someone who lingers on  
We watch... Vital signs and lab tests...Time clocks...Responses and body language changes  
We Prepare... Reports...Medications and careplans...Patients for procedures...Emergency Kits, Plans, and Procedures

But, Jesus in this parable is talking about a different kind of waiting, watching, preparedness. It is of a spiritual nature and being prepared for our Lord's coming. Our Lord comes to us in many ways:

In the past as the Son of God, born as a baby

In the present through God's Word, God's presence through others, and the Gifts of God through the sacraments we share together in as a community.

In the future tense as God comes at the time of our death or judgment day.

Our Lord asks that we wait with our lights burning. The light of God is to guide our journey and help guide our steps. Where is God leading you this Advent?.....How is God's light illuminating your path? How do you keep the light burning? Our Lord asks that we watch. We watch to see the Bridegroom and Christ. Where will you see Christ's presence and face? Will it be in the glitz of the holidays? Or will it be in God's word, in prayer and meditation, in the rituals and sacraments, or in the unexpected presence of God through others? Our Lord asks that we be prepared. We need to know God can come to us unexpectedly and without warning. One of my favorite Advent Songs, is called "Is Your Heart Prepared for a King" by Robert Lau. It reminds us of the need to prepare our souls and hearts. I leave you with these words from the song.

*In the quiet of the night, or in morning's early light,*

*Is your heart prepared for a King?*

*Will you hear an angel sing? Will your own hosannas ring?*

*Is your heart prepared for a King?*

*Can you see the shining star? Does it call you from a far?*

*Is your heart prepared for a King?*

*Is the babe of whom we sing born to be our God and King?*

*Is your heart prepared for a King?*

*Wait! Watch! Pray for the One who brings hope to a wearied earth.*

*Wait! Watch! Pray for the One who brings peace, who brings peace by His birth.*



God's presence be with you this Advent! Brenda Bauer, FCN, St. John Lutheran, Fargo, ND

### Improving Health Care Transitions

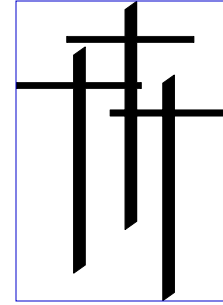
Medicare patients report greater dissatisfaction with discharge-related care than with any other aspect of hospital care that the Centers for Medicare & Medicaid Services measures. Nationally, approximately one in five Medicare beneficiaries are rehospitalized within 30 days of discharge. Avoidable hospitalizations and rehospitalizations are inarguably frequent, potentially harmful and expensive, and represent a significant area of waste in our current health care system. In an effort to improve care coordination, North Dakota Health Care Review, Inc. (NDHCRI), as the Quality Improvement Organization for North Dakota is working with health care providers and community-based organizations to implement improvements that address medication management, post discharge follow-up, and plans of care for patients.

Because of their experience assisting patients and their families navigate the healthcare delivery system, faith community nurses are vital partners in community care transition coalitions. We encourage your participation in this important endeavor. For more information visit the NDHCRI website at [www.ndhcricri.org](http://www.ndhcricri.org) or contact Sally May, Quality Improvement Specialist, North Dakota Health Care Review, Inc., 800 31st Ave SW, Minot, ND 58701; Phone: 701.852.4231; Email: [smay@ndqio.sdps.org](mailto:smay@ndqio.sdps.org)

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## **The Parish Nurse Connection**



### **Upcoming Workshops and Events**

- ◆ PHC Spirituality conference, “Spirituality: The Invisible Ingredient in Health & Healing” to be held May 3-4, 2012, in Vancouver, British Columbia. For more information contact Elizabeth Turtle at (604) 806-8528.
- ◆ 3rd Biennial Innovations in Faith-Based Nursing will be held June 18-21, 2012, on the campus of Indiana Wesleyan University in Marion, Indiana. Abstracts will be considered through December 1, 2011. For abstract information go to [www.indwes.edu/Nursing-Innovations](http://www.indwes.edu/Nursing-Innovations).
- ◆ The HMA 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](http://www.hmassoc.org)). The deadline for nominations is March 1, 2012.
- ◆ 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 at the Holiday Inn City Centre, Sioux Falls, SD.
- ◆ The North Dakota Nurses Association will be celebrating 100 years of existence. The celebration will be September 21, 2012 at the Ramkota Hotel in Bismarck, ND. All nurses and interested individuals are invited to attend this event. More info will follow!!

### **Resources**

- † Daily Text 2012! Orders are being taken through [www.mountcarmelministries.com](http://www.mountcarmelministries.com) or call (800) 793-4311 to place your order.
- † Caring Connections is an excellent resource for ministry. This issue’s topics focus on Intention Interim Ministry. The articles can be read on the website: <http://caringconnectionsonline.org>
- † Great newsletter articles are available on the Healthy Women website. Articles include: “The Healing Power of Forgiveness” and “Start Strength Training for Good Health.” HealthyWomen (HW) is the nation's leading independent health information source for women. Go to: [www.HealthyWomen.org](http://www.HealthyWomen.org)
- † November is Epilepsy Awareness month. The Epilepsy Foundation website has many excellent resources for use in your faith community.

### **Jewish Blessings for Health and Healing Blessing the Day**

But the discipline of blessings is to taste each moment,  
the bitter, the sour, the sweet and the salty,  
and be glad for what does not hurt.  
The art is in compressing attention to each little and  
big blossom of the tree of life, to let the tongue sing  
each fruit, its savor, its aroma and its use.  
Attention is love, what we must give children, mothers,  
fathers, pets, our friends, the news, the woes of others.  
What we want to change we curse and then  
pick up a tool.  
Bless whatever you can with eyes and  
hands and tongue  
If you can’t bless it, get ready to make it new.  
Marge Piercy, The Art of Blessing the Day  
From the IPNRC Curriculum (2009)