



Director's Corner



Happy New Year! Wishing all members and friends of Northern Waters Parish Nurse Ministry many blessings in 2017! As we move into 2017, we are adjusting to many changes and hoping to see growth and renewal as an organization. We look forward to providing member nurses with new business/ID cards, blood pressure cards and information, as well as awarding mini-grants and scholarships to nurses looking to enrich or enhance their ministries. In order to do this, we are exploring some new fundraising ideas. One of those ideas is selling gas cards for several local gasoline stations.

Holiday, Kwik Trip, and Krist gas stations all offer "scrip" gas cards to nonprofit organizations in order to help them with fundraising. Scrip cards are simply gift cards that can be used in the store for food or at the pump for fuel...or even for car washes! These are the same plastic gift cards you can purchase in the stores, and when you purchase them through our organization you will receive the full purchase price on the card, with no activation fees ... you pay \$50 for a \$50 gift card, losing absolutely nothing in the sale. An added benefit to using scrip cards at the pump (rather than your credit or debit card) is that when hackers attack payment systems, your personal information has never been compromised when you've paid with gift cards. Fewer people have access to your personal information when you shop with scrip! And you can still use coupons and receive other promotional discounts because gift cards are considered same-as-cash!

So how does this benefit NWPNM, if you don't pay more or receive less? Scrip cards are sold to nonprofit organizations, like ours, at a discount of 10%. The companies then allow us to sell them at the full face-value, retaining the 10% as an instant rebate. For example, we pay just \$45 for each \$50 gas card we purchase. So, the moment we sell you a card for the full \$50, we earn \$5 ... and you lose nothing at all in the transaction. You are essentially making your favorite gas station donate to your favorite organization! Selling scrip is an awesome way to raise funds and it is such an easy sale because everyone who drives needs gas, the customer loses nothing in the transaction, and most people love knowing their regular gas purchases are helping their favorite non-profit organizations. I am the coordinator for the very large and successful scrip program at

Cathedral School where we earned nearly \$40,000 for our school last year selling scrip! I honestly use scrip for almost all of my purchases -- gas, groceries, gifts, restaurants, entertainment, bill paying, and more! I even have an app on my phone so I can buy it on the go! After an initial introduction, scrip practically sells itself -- we don't have to knock on doors, people come to us because they love knowing their everyday purchases are helping a good cause. Added perks are that buying pre-paid cards helps them budget their money well and allow them more security when purchasing both in store and online.

I encourage you to think about using scrip yourself and getting friends and family on board. My initial goal is for us to sell a total of \$1,000 per month as an organization. This would essentially be 20 people buying one \$50 card every month and it would generate \$1,200 for our annual budget. Over time, as you see how easy and convenient this is, I hope each and every one of you will make an effort to not only buy cards for yourselves, but to make an effort to sell more cards. This is a fundraiser that could be a game-changer for us. It could feasibly provide us with financial independence and stability that we so desperately need. We saw this past year how vulnerable we are depending so greatly upon grant monies. A successful scrip program could provide us with, not only breathing room in our budget to cover the rainy days, but also create a relatively stable source of income for us, with unlimited earning potential. If the same 20 people who buy a \$50 gas card each month make the extra effort to sell 9 more cards to family, friends, coworkers, and others, we could earn \$12,000 in a year and cover 100% of payroll costs, ensuring our ability to continue to work hard to carry out our mission. That would be a game-changer ... and it really isn't a big stretch -- 20 people, 10 cards a month. With 25 people, it would be just 8 cards a month...30 would only need to sell 6-7 cards ... 40 people just 5 cards. You can see that a little effort on the part of a few people WILL make a HUGE impact. We can do this! I will be placing our first orders for gas cards in early January, I hope and pray each of you will fill your own gas tank, at least once a month, using a gas card purchased from us. Help us ensure our future and have the funds we need to both sustain and grow our organization. Details on how to order the gas cards will be sent the first week in January.

Lyndi

ANNOUNCEMENTS:

Peer Meetings:

- January 5, 12:00-2:00, Community Room. Program- Dove Home Care. Jan will do devotions.
- February 2, 12:00-2:00, Community Room. Program- Kevin Walsh, PA-C, MSW, Health and Wellness Coordinator for CHUM will talk about helping people in the community who are in vulnerable situations. Kevin loves to do foot care and promises to provide foot care to those attending!! Mavis Johnson will do

devotions and take minutes.

Previous meeting notes:

At our November meeting, Jenifer Ellis, Instructor for WITC, spoke about their new program, Gerontology-Aging Services Professional Program, designed to train and prepare the existing workforce for the expanding population of older adults in our region. Certificate courses are available at four campuses in Ashland, New Richmond, Rice Lake, and Superior. This is a hands-on program which includes a virtual dementia tour and use of simulation to educate people about what the aging population experiences. If you would like more information go to www.witc.edu/gero or call me and I can send a folder of information. You can also contact your local WITC program instructor. We hope to learn more about this new program in the future and partner with Jennifer to help students become more aware of the role of parish nurses in assisting the aging population.

Education

PN Prep Courses:

- March 17, 18, 31, and April 1, 2017 in Madison sponsored by the WI Nurses Association.
- April 3-7 in Minneapolis sponsored by the Faith Community Nurse Network of the Twin Cities

Let me know if you're interested in either course and I'll send you information.

UWS:

- Preserving Dignity and Purpose in Late Life-series of 7 monthly workshops
 - 1/24: Understanding the Care of an Older Adult
 - 2/28: Managing Multiple Chronic Conditions

Go to www.uwsuper.edu/cee/hhr/index.cfm to register or call 715-394-8529.

Other:

- 3/2 and 3/15: Challenges in Cancer Care. Essentia Health. Go to www.essentiahealth.org and click on "Find cont.Ed/CME". Details will be available in early 2017

Other Announcements

- We just received the \$10,000 grant we requested from Essentia Health. We are so grateful for the support, in-kind and monetary, from Essentia. Unfortunately, our St. Luke's grant request was turned down.
- Reminders: For all active members, I need your 2016 stats so I can report them at our annual meeting January 19th. Please get them to me as soon as possible as I will be preparing my report in the next couple weeks. Let me know if you are interested in having a parish nurse prep course held in our area next year. Contact Amy Kragin from the Red Cross at 218-730-7156 or amy.kragin@redcross.org to schedule a blood drive in your church next year. Let me know your thoughts on having a mini-retreat in February.

- Attached is an article written by Jean Kissack from United Methodist in Spooner based on the "Sacred Art of Living and Dying" program series she attended. Thanks so much Jean.
- We recently said goodbye to one of our founding members and past directors, Margaret Amundson, who has moved to the Twin Cities area. Here is a "thank you" from Margaret. "I want to thank you for the lovely lunch together and gift card for Macy's. I will enjoy using it very much. Thank you for the cards from those unable to come. I tell people that parish nursing was the best job I ever had! The smiles and warm hugs are the best pay I received because they last longer. What a wonderful career with the best people as co-workers/peers! Thank you all." We will certainly miss you Margaret but hope to keep in touch and stop in for a visit. Here is Margaret's new address: 4800 Division Ave #303, White Bear Lake, MN 55110
- The Mariner Mall Health Expo will be held on February 6th from 10-3. We will need 2 people to staff our booth and bring soup. Please let me know if you can help out even for a few hours.

Blood Pressure Management

As you may recall, we have been following guidelines on the Management of Adult Hypertension developed by the National Heart, Lung, and Blood Institute (NHLBI). Since their last guideline done in 2007 (JNC-7), the responsibility of revising these guidelines has shifted from the NHLBI to the American Heart Association (AHA) and American College of Cardiology (ACC). New guidelines (JNC-8) have been released and the AHA has recently made further recommendations. We are now proceeding with printing new BP cards using grant money from the Lake Nebagamon Lion's Club. I previously sent out the proof of our new cards and would appreciate your feedback. We'll finalize it at our January meeting. I'll revise our BP bookmarks with the current AHA guidelines on managing hypertension. I contacted the national parish nurse organization and they will be updating their educational information for parish nurses. In a recent FCN Perspectives publication there was an article titled "Best Practice: Blood Pressure Cuff Calibration". The recommendation was to calibrate equipment at least annually or if the gauge is outside the zero zone when the cuff is completely deflated. As they noted: "Blood pressure calibration which is higher by 3 points may increase the number of patients treated for high blood pressure by 24 percent. Blood pressure calibration which is lower by 3 points may cause 19 percent of patients with high blood pressure to be missed." The biomed techs who do our calibrations and do minor repairs as an inkind service are at Essentia Superior every Wednesday so if it's convenient, you may drop off your BP equipment at our office. Otherwise check with your local clinic or hospital regarding recalibrating your equipment.

Attached are the changes in the guidelines. I also wanted to make you aware of a resource available to you from the WI Nurses Association. It is an online self-study program titled, "Beyond the 50%: It starts With Blood Pressure Measurement". This is

a one-CEU program (free up until June, 2017) that you can access by going to www.wisconsinurses.org/beyond-the-50/.

Health Observances:

There are numerous health observances in the coming months. Please visit www.healthfinder.gov for a more complete list and resources. Regarding Feb. Heart Month, we should stress lowering the risk factors for heart disease and stroke. The Bridge to Health Survey results for Douglas County revealed that 13.9% of residents have heart problems compared to 4.9% of WI residents. 4.5% of residents reported having had a stroke compared to 2.2% of WI residents. March is Colorectal Awareness Month. Although the rate of colorectal screenings have improved over the past 5 years- 69.1 % of Douglas County residents compared to 46.7% in 2010 and 85.1% of WI residents compared to 66.6% in 2010, we should continue to urge people to follow through on screening recommendations by their physicians. The US Healthy People 2020 goal is 70.5%.

January

Cervical Health Awareness Month
www.nccc-online.org

National Birth Defects Prevention Month
www.nbdpn.org/national_birth_defects_prevent.php

National Glaucoma Awareness Month
www.preventblindness.org

Thyroid Awareness Month
www.thyroidawareness.com

February

AMD/Low Vision Awareness Month
www.preventblindness.org

National Cancer Prevention Month
www.mdanderson.org

American Heart Month
www.americanheart.org

World Cancer Day- Feb. 4
www.worldcancerday.org

National Wear Red Day
Feb_5
<http://www.nhlbi.nih.gov/health/educational/hearttruth/>

National Donor Day- Feb 14
www.organdonor.gov

March

Brain Awareness Week
March 14-20 www.bdana.org/brainweek

National Poison Prevention Week
March 20-26 www.poisonprevention.org

Kick Butts Day, March 15
www.kickbuttsday.org

Save Your Vision Month
www.aoa.org

National Nutrition Month
www.eatright.org

National Colorectal Cancer
Awareness Month www.preventcancer.org/colorectal

National Parish Nurse News

Just a reminder- in place of the Westberg Symposium, a regional workshop will be held in Lansing, MI on April 21-22. If you are interested in attending, remember we have mini grants available to help defray the cost.

Grace Notes

A Pleasing Aroma

We all enjoy the aroma of holiday celebrations –the fresh scent of evergreens, mouthwatering aromas of baking, and the comforting waft of candles. We clasp cold hands around mugs of fragrant tea or coffee and inhale peace as we sip. As loved ones return home we bury our noses in their hair or shoulder and breathe in familiar scents that bond us.

Scripture uses our sense of smell to illustrate faith. Old Testament burnt offerings were pleasing aromas to God. The aroma was part of the offering's value. Ezekiel declared that those who serve God would also be like "*fragrant incense*" to him. (Ez. 20:41)

We learn to recognize Christ's pleasing aroma as our relationship with him deepens. Paul encourages, "*Live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.*" (Eph. 5:2) We learn to imitate his aroma so that through our care for others his love will spread a pleasing aroma - like baking bread, a home-cooked meal or a beautiful perfume. "*We are the aroma of Christ to those who are being saved.*" (2 Cor. 2:14)

Is how we live out our faith a "*fragrant offering, an acceptable sacrifice, pleasing to God?*" (Phil. 4:18) Does our church give off such a wonderful aroma that others will want to find out "what's cooking?" When we leave the home of someone we visit do we leave behind a scent of peace, hope, love and faith that reminds them that Christ is present? By the grace of God this aroma is a gift he offers us every day, and is evidence of his Spirit within us. May we all share this pleasing aroma as we serve in his name!

Sara Lund, SMHS Chaplain

Remember in your prayers...

- Those who are suffering from emotional and physical health issues
- Our parish nurse ministry, that it may continue to grow and prosper

Please contact us with prayer requests or any special news you'd like to share in the next newsletter.

Contact information:

Lyndi Sakuray, Executive Director

Jan Stevens, Parish Nurse Coordinator

Northern Waters Parish Nurse Ministry

3500 Tower Ave

Superior, WI 54880

Phone: 715-392-3080; E-mail: nwparishnursem@centurytel.net,

jan.nwparishnursem@centurytel.net, lyndi.nwparishnursem@centurytel.net.

Office hours may vary but are usually Tuesday and Thursday, 10:30-1:30 pm

Mission Statement:

Northern Waters Parish Nurse Ministry exists to compassionately support and educate faith community nurses, following the example of Christ's ministry as proclaimed in Scripture "to go out and proclaim the kingdom of God and to heal" (Luke 9:2)

"The experience of the magi reminds us that all who make the tedious journey to the truth will finally encounter it and be changed in the process. They can never go back to a 'business as usual' way of life. When we meet Christ and see who he really is, we will never be the same - and only then can we hope to begin to share in his mission...." Father Thomas Rosica

