

May/June, 2017



Director's Corner



Hoping you all had a wonderful and blessed Easter!

We are so very thankful to all of the parish nurses and their friends, family, and church members who contributed to our annual bake sale at the Douglas County Fish and Game Show. It was a HUGE SUCCESS! We sold every single item and we raised \$600 to keep supporting parish nurses and their ministries throughout NW Wisconsin. God bless you all!

Our scrip gift card sales are also off to a great start! We have already earned \$272.50 just by buying cards before filling our gas tanks or dining at Grizzly's. If we all made a point to fill up at least once a month using scrip cards from NWPNM, we would have a steady line of revenue to count on. If you haven't already, please stop in and try it out. It truly could be a game changer for us. We have gift cards available at the office for Holiday, Kwik Trip, and Grizzly's in various dollar amounts. If you give us a call or send an email, we can put your order together so you can stop in and pick it up or we can also try to deliver them to your church. This is truly the best kind of fundraiser because you aren't losing a thing -- you buy a \$25 gift card that has \$25 on it to use at one of the gas stations or Grizzly's and NWPNM gets \$2.50 or \$5 depending on the card. The donation comes from each of these companies, who sell those cards to us at a discount that comes back to us as soon as we sell the cards to you at face value. It is as simple as that.

You can use the scrip order form to take orders from church and friends on Sunday. Then get the order to me right away on Monday (by phone, fax, email) and I will have them ready for before the weekend. Two nurses have also taken our scrip bag with our office stock to church and sold to their friends and family. If you are interested in doing this, just contact me and we will make arrangements. Many people are more likely to buy cards if you have them with them and ready to sell, as opposed to placing an order and waiting. Remember, all scrip sales count toward fundraising credits for active members!

Happy spring to you all and God bless you!

Lyndi

Peer Meetings:

- May. **We will not have a meeting in May.** Instead we will host the Nurses Week event at Essentia Superior on May 11th in the Courtyard Room. We will need help with that event.
- June 22nd will be our last meeting. See information below about our picnic in Spooner..

Previous meeting notes:

At our March meeting, Kirstin Batchelor, Essentia Hospice Chaplain, talked about ministering to the spiritual needs of people who are dying. Kirstin sees patients in northwest WI care facilities in a roughly 60-mile radius including Middle River Health and Rehab. She talked about entering the person's space to listen for spiritual distress. People in spiritual distress may refuse pain medications because they choose to suffer or want to remain lucid. We may need to explore the reasons behind people feeling they have "not done enough" in their lifetime. Rituals such as body washing and communion are very comforting. People often feel better writing letters to ask forgiveness (they can tear them up if they'd like). Kirstin recommended two books- "The American Book of Living and Dying" by Groves and Klauser and "To Bless This Space Between Us: A Book of Blessing" by John O'Donohue.

At our April meeting, Rev. John Sippola talked about his work in helping form community teams to help veterans. He discussed moral injury and its antidote, forgiveness. Currently retreats are being held twice a year in various parts of the country for vets and families. They focus on reflection, review, and revision. Following the retreats, support groups are formed. The University of Minnesota is conducting a research project that involves training communal teams- "Vets and Friends". Rev. Sippola will keep us informed about his work, future retreats and opportunities to help form support groups. He will also give us a supply of with his book, "Welcome Them Home - Help Them Heal". Let me know if you're interested in receiving one.

A few of us were fortunate to attend the program, "Hope, Hospice and Healing-The End-of-Life Journey", recently. David Kessler talked about his journey in hospice work including his collaboration with his mentor, Elisabeth Kubler-Ross. I purchased three of his books which I will donate to our organization. I'm currently reading "Visions, Trips, and Crowded Rooms-Who and What You See Before You Die". I have felt so comforted by the many stories of people being visited by loved ones as they are dying.

Education

PN Prep Courses:

The next prep courses in Wisconsin will be held August 16-19th in Fond du Lac and next March on two consecutive weekends. I'll keep you updated when I know details.

UWS:

Preserving Dignity and Purpose in Late Life-series of 7 monthly workshops

5/23: Maximizing Person's Ability to Function in Daily Life

6/27: Developing and Implementing a Personal Plan of Care

7/25: Care of the Older Adult as the End-of-Life Nears

Each workshop is \$50

5/13: Autism Saturday Seminars. There are 3 workshops in one day for parents with a child with autism or professionals working with children with autism. Each workshop is \$30.

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

6/15: Twin Ports Elder Abuse Awareness and Prevention Community Forum, 4:30-7:30 pm, UWS Swenson Hall. **General registration:** Free with pre-registration by June 9; \$10 after June 9; **Professional registration:** 2.0 contact hours. \$10 with pre-registration by June 9; \$20 after June 9. Attached is a poster for your church.

Other:

5/24 and 5/25 : 25th Annual Concordia Conference for Parish Nurse and Congregational Health Ministries in Mequon, WI, hosted by Concordia University. Let me know if you want more information.

5/23: "Aging Gracefully & Safely...A Caregivers Guide". WITC. 9-2 pm. See attached brochure

7/24 and 7/25: 3rd Annual Grapevine Conference in Madison. You can receive training on new health education units. For more information, go to www.wwhf.org/2017grapevineconference/.

Other Announcements

- We will be celebrating National Nurses Week (May 6-12) on May 11th at Essentia, St. Mary's Hospital Superior. This year's theme is so appropriate for parish nurses- "**Nursing: The Balance of Mind, Body, and Spirit**". We will host an open house in the Courtyard Room from 7:30 am to 5:00 pm. Invitations will be sent to local churches and health care organizations and an ad will be placed in the Telegram inviting nurses to celebrate with us and explore parish nursing. Please invite nurses you know to this event. We were blessed to receive \$250 seed money through Thrivent Action Teams to use for this and our Spooner event.
- In honor of Nurses Week, We encourage you to highlight your parish nurse ministries on a Sunday in May. If you need ideas for Parish Nurse Sunday, go to <http://ncf-jcn.org/resources-nurses-week>. You can also download a resource tool kit from the ANA at <http://nursingworld.org/FunctionalMenuCategories/National-Nurses-Week-2017>.

- Join us for a potluck picnic June 22nd at United Methodist Church, 312 Elm St., Spooner. Terry Giles, Parish Nurse from Central United Methodist Church in Grantsburg, will talk about her bereavement program. We will gather at 5 pm in the church picnic area weather permitting or inside the church if necessary. Please bring a dish to pass. All area nurses will be invited.
- Thank you Mavis for the attached article on summerpests. Remember, all active parish nurses need to submit one article per year.
- We will hold a CPR recertification class sometime in June. I'll send out details soon.
- The 2nd blood pressure management packet is being sent out. This packet will have patient education information for May Blood Pressure Education Month. Let me know if you don't receive it.
- Jan Stevens will conduct an Advance Care Planning (ACP) program at Peace Lutheran Church, Poplar on May 9th at 3pm and 7 pm. Attached is a poster. Jan, Jean Riedasch, Concordia Lutheran Church, and Ruth Juntune, Bayside Baptist Church are available to do ACP programs. You can contact our office if interested in having one at your church.
- Save the date for our retreat October 12th and 13th at Luther Park, Danbury. Wednesday, the 11th will be an optional day to stay at your own expense. Details will be sent later. We need ideas for a speaker.
- The Care Talks research study has been extended. As I described in previous newsletters, the study is being conducted to explore how to help caregivers communicate more effectively with health team members. As part of the study, care givers will be offered a series of four free workshops which will be held on June 6, 13, 20, and July 25 from 10-12, location to be determined. If you know a caregiver who could benefit, please have them contact Luann Teige, Senior Connections at 715-394-3611.
- **I will be gone for 3 weeks, from May 19th through June 9th. Please contact Lyndi if you have a parish nurse need.**

Health Observances:

There are numerous health observances in the coming months. Please visit www.healthfinder.gov for a more complete list and resources.

May

Stroke Awareness Month

www.cdc.gov/stroke/stroke_awareness_month.htm

Healthy Vision Month

www.nei.nih.gov/hvm

Mental Health Month

www.mentalhealthamerica.net/go/may

Arthritis Awareness Month

www.arthritis.org

Women's Health Week, May 14-20 Month

www.womenshealth.gov/nwghaad

High Blood Pressure Education

www.whathealth.com/awareness/event/highbloodpressureeducationmonth.html

National Nurses Week, May 6-12. www.nursingworld.org

June

Fireworks Safety Month

www.preventblindness.org

National Safety Month

www.nsc.org

Myasthenia Gravis Awareness Month

June 4

www.myasthenia.org

National Cancer Survivor's Day,

www.ncsd.org

National Men's Health Month

www.menshealthmonth.org National Men's Health Week, June 12-18

Cataract Awareness Month

www.preventblindness.org

National Lightning Safety Awareness Week- June 18 - 24

World Elder Abuse Awareness Day- June 15th

July

July 28-World Hepatitis Day

www.worldhepatitisday.info

Juvenile Arthritis Awareness Month

www.arthritis.org/arthritis-facts/disease-center/juvenile

Grace Notes

"Bumps on a Log"

"Never lack in zeal, but keep your spiritual fervor, serving the Lord. (Romans 12:11)

Last fall I preached at a small church with an older congregation. One child, 5-year-old Lane, sat with his grandma. My sermon began with a story about a mother bear that entered our campsite in the BWCA one night, and how our 4 men had fended her off dressed only in their moonlit whitey-tighty underwear. At the end of the story Lane cried out, *"I LOVED that story, especially the part about the men in their glowing underwear!"* I laughed. The congregation didn't.

A little further into the sermon I asked, *"Do you folks believe this?"* Lane shouted out, *"I believe it!"* Then I asked them, *"Will you believe it in September, December and next March?"* Lane cried out, *"I promise to believe it for a WHOLE YEAR!"* He added a few more enthusiastic comments as the sermon progressed. I was amazed!

Meanwhile, a man in the front row had tears streaming down his face. He later explained, “*That child was completely engaged throughout your sermon. The rest of us sat as usual like bumps on a log. We had NO INTENTION of letting anything you said move us to deeper faith.*” Then he quoted, “*From the lips of children and infants you have ordained praise.*” (Ps. 8:2)

Jesus urges us to have child-like faith. “*Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven.*” (Mt. 18:3) Is this about innocent hearts and simple trust? Yes, but beyond that their zeal for God, their eagerness to love and their desire to learn. Lane intended all of worship move him to deeper faith.

How engaged are we during worship or as we serve? Do expect to praise God, receive blessing, believe more fully and serve more eagerly? Or do we feel more like bumps on a log? Personally, I relate to both experiences. So I pray for God’s help to be more like Lane...more often...when I remember... As we worship and serve in our congregations, let’s pray for God’s Spirit to inspire “*spiritual fervor.*” May this help us believe more deeply and share God’s love more enthusiastically with those we serve!

Chaplain Sara Lund

Remember in your prayers...

Carolyn Grube who is part of the parish nurse ministry at Peace Lutheran Church.

Her father-in-law, Orville, recently died.

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.

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