



# Northwest Parish Nurse News

Volume 20, Issue 2

July, 2011

## International Leader Takes NPNM Post

The current Executive Director of the International Parish Nurse Resource Center (IPNRC) in St. Louis, MO, Deborah Patterson, has accepted the position of Executive Director of Northwest Parish Nurse Ministries beginning September 1, 2011.

Patterson brings with her twenty years of expertise in faith-based leadership. She has strong administrative, governance, writing and presentation skills, as well as diverse educational preparation in theology, management and fine arts.

An ordained United Church of Christ minister, the Rev. Dr. Patterson, graduated from Eden Theological Seminary, Webster Groves, MO, in 1991. She received a Doctor of Ministry Degree from the same institution in 2007. Her pastorates include St. John's United Church of Christ, Smithton, IL, and Christ in the City, St. Louis, MO.

In 1995 Patterson became the Minister of Religion and Health at Deaconess Incarnate World Health System, St. Louis, MO,. While in this position, she completed requirements for a Masters in Health Administration at Washington Univer-

sity School of Medicine, St. Louis, MO. Her other degrees and education include: Bachelors and Masters in Music, Harvard University Pre-Med Extension Classes, German Language Study at Regensburg and Heidelberg Universities in Germany, and graduate poetry study at the University of Missouri, St. Louis.



Deborah became involved with the Deaconess Parish Nurse Ministries Network, St. Louis, MO, in 1997, which she supervised as the Vice President for Program at the Deaconess Foundation. Her role expanded in 2001 when she became the Executive Director of IPNRC at Deaconess Parish Nurse Ministries, LLC, St. Louis, Mo.

During her tenure in this position, Patterson directed an organization with diverse partnerships

- 140 educational partnerships with nursing faculty around the U.S. and abroad;
- 300+ parish nurse network partners and international organizational partnerships.
- 2000+ congregational relationships.

*Compromise is a spiritual gift. It helps us remember that even those who don't agree with us are still precious to God.*

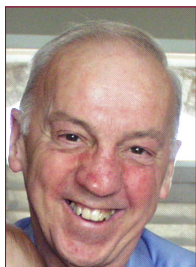
Philip Gulley

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## NPNM Lucks Out

With the hiring of a new Executive Director, NPNM enters into a new phase of its development. Deborah Patterson takes over leadership at a point in time when nonprofits are struggling financially, health care is undergoing a transformation and everyone seems stretched in a variety of different directions. The challenges are many and in some respects the rewards are few and far between.

Yet for someone who is called to serve, understands the full meaning of vocation and has a deep respect for the power of God at work in people, the challenges turn into opportunities for creativity and growth. Deborah has that perspective. She knows and understand Parish Nursing and has a deep appreciation for the potential of this ministry. She loves people and has the innate ability to bring out the best in others. She lives her theology, writes with clarity and precision, loves music and poetry and radiates sincerity and kindness. The time is ripe and Deborah is the right person for this time.

Although it is impossible to predict with precision the future of NPNM, we know that it will involve the following:

- A greater investment of Faith Community

Nurses and congregations in the professional development and financial growth of the organization.

- More aggressive recruitment of new Faith Community Nurses/Health Ministers and expanded class availability..
- Comprehensive documentation of Faith Community Nurse/Health Minister activities for professional accountability and outcome evidence.
- Emphasis on “best practices’ and evidence-based programs and health care reimbursements.
- Increased collaboration between faith communities and an expansion of partnerships with health care organizations, social services and public entities.
- A growing donor base with more substantial benefactors, a planned giving element and development of an NPNM endowment.
- Use of social media to advance the mission of NPNM *educating, nurturing and networking Faith Community Nurses/Health Ministers as they promote wholeness through faith communities.*

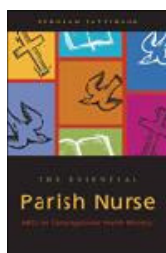
However, the picture unfolds, NPNM definitely lucked out with Deborah Patterson.

*Bruce Shade*

## Leader Takes Post (cont.)

- 15,000+ parish nurse stakeholders in the U.S. and abroad.

She oversaw the development of educational resources and communications materials, the annual international professional meeting, and dissemination of research on best practices for evidence-based nursing. In addition, she provided consultation with faith-based organizations seeking to expand health ministries in the US and abroad, while also responsible for fund devel-



opment and public relations.

Throughout her career, Deborah has served on a variety of Boards and Committees for the United Church of Christ, National Council of Churches, healthcare organizations and local charities, including the Board of Directors of NPNM, which she resigned to apply for the Executive Director position.

Deborah has written the following books:

- *The Essential Parish Nurse: ABC's for Congregational Health Ministries.*
- *Healing Words for Heal-*

*ing People: Prayers and Meditations from Parish Nurses and Other Health Professionals.*

- *Health Ministries: A Primer for Clergy and Congregations.*
- *The Healing Word: Preaching and Teaching Health Ministry.*
- *Balm in Gilead: Hymns of Healing and Wholeness.*

In accepting the position, Patterson wrote: *I am excited about the opportunity to serve Northwest Parish Nurse Ministries . . . and to work with the Board, staff, and communities served to grow this important mission.*



## Humor & Health Fests Take FUNdraising to New Heights



NPNM is raising its sights this year when it comes to FUNdraising. For one thing we are anticipating a record crowd of 350 to gather for Humor and Health Fest VI on October 15, 2011 at Red Lion

on the River, Jantzen Beach, OR. The night before, on October 14, 2011, we will introduce this FUNraising event (Humor and Health Fest PS) to a group of Seattleites at the Seattle Flight Museum, next to Boeing Field. The theme for both celebrations is: *Laughing for the Health of it.*

The headliner for both events will be Philip Gulley, renowned storyteller, author, humorist, motivational speaker, and Quaker minister, who is described as a combination of Mark Twain and Garrison Keillor. *Gulley tells his stories with a bright intelligence, a wry wink and warm-hearted good humor, which are at the same time tender, thought provoking and downright hilarious, writes singer/songwriter, Carrie Newcomer.*

Each evening will begin with a reception from 6:00 to

6:30 p.m. followed by dinner, during which time there will be a drawing at the Seattle Fest for baskets put together and donated by Debbie Meacham, Parish Nurse at Normandy Park United Church of Christ. The Portland Fest will involve a Silent Auction of a variety of items, which include baskets, a two night stay at the host hotel, a brunch for 4 to 6 at A Blooming Hill Vineyard, and various wine donations.

Around 7:30 p.m., there will be a short program that will recognize sponsors, talk about the work of NPNM, as well as announce and present the Parish Nurse of the Year Award. The highlight of the evening will be the introduction of Philip Gulley, who will entertain



the audience with whimsical stories that take *A Serious Look at Health and Humor*. He will also be available to autograph his books which can be purchased during the course

of the evening.

Gulley's books include:

### **Porch Talk Series**

*Porch Talk: Stories of Decency, Common Sense, and other Endangered Species*  
*Front Porch Tales: Warm-hearted Stories of Family, Faith, Laughter and Love*

*Hometown Tales: Recollections of Kindness, Peace and Joy*  
*For Everything A Season: Simple Musings on Living Well*

### **Harmony Series**

*Almost Friends*  
*A Change of Heart*  
*Life Goes On*  
*Christmas in Harmony*  
*Signs and Wonders*  
*Just Shy of Harmony*  
*Home to Harmony*

### **Memoir**

*I Love you Miss Huddleston: and Other Inappropriate Longings of My Indiana Childhood.*

### **Most Recent**

*If the Church Were Christian: Rediscovering the Values of Jesus.*

Sponsors underwrite the cost of the evening so there is no charge for those attending; however, participants will be asked to make a contribution to NPNM to advance its mission of educating, nurturing and networking Faith Community Nurses/Health Ministers as they promote wholeness through faith communities.

Guests to the Humor and Health Fest PS will have free admission to the Museum of Flight during the day of the event.

Read more about Philip Gulley at his website:

[www.philipgulley.org](http://www.philipgulley.org)

For more information, contact: Connie McFall

503-413-4137

[Sandrad@npsnm.org](mailto:Sandrad@npsnm.org)



## Prayer Shawls and Beyond

At St. Mary's Parish in Albany Oregon, the Prayer Shawl Ministry is more than "knit one . . . pearl two . . . prayer all the while." That is just the beginning of a process that profoundly

Monday of each month in a area dedicated specifically for that purpose. The room has ample space to store yarns and other materials. Sale of hand made items (not shawls) at Christmas time, helps underwrite the cost of this ministry. In addition, they also receive donations of yarn from a senior center, estates, and individuals. This ministry keeps Albany General Hospital supplied with prayer shawls

them, since she always has a supply in her car. The group also knits skull caps for cancer patients and angel covers to wrap stillborn babies and to use as infant casket palls.

Other prayer shawl recipients at St. Mary's include:

- Catechumens and candidates
- Newly baptized babies and mothers
- Parish staff and school teachers
- Every deacon prior to ordination
- Visiting missionaries
- Family members at funerals
- 60+ wedding anniversaries
- Parents of school children who are not members of the church, when appropriate
- School children (principal keeps a supply in office)
- An entire unit in Afghanistan
- Graduations classes

touches staff and church members, along with people in the community and other parts of the world.

Thanks to the co-ordination efforts of Carol Hawke, who became passionate about prayer shawls when she retired from Albany General Hospital in 2003, a supportive priest and an energetic group of dedicated knitters, this ministry has expanded from an object of comfort to a wellspring of celebration. Not only do prayer shawls provide solace to the sick and grieving, but they also have become a symbol of belonging and service in the community of believers.

The St. Mary's group, which includes 6 different faith communities, meets every 2nd and 4th

and a companion piece called Hope in the Hand, which is also available separately in the emergency room. An unwed mother's home receives prayer shawls as part of their annual baby clothes drive. Prayer shawls have been taken to accident scenes, given to neighbors and accompanied an anxious grandmother's granddaughter on her return to Israel. Carol does not leave home without

At St. Mary's, prayer shawls are seen as essential accessories for entry and exit and anything in between.

Each year they evaluate what they have done the past year and determine more ambitious goals for the coming year. As part of preparing for the future, they taught a knitting class to middle school boys and girls, who greeted the opportunity with a great deal of enthusiasm. They still talk about the class. "If I could, I would blanket the world with prayer shawls," Carol states. Not a bad idea when you think about it.



## Fall 2011 Classes Scheduled

Basic Preparation for Faith Community Nurses & Health Ministers	
Place/Date	Contact
Tuality Health Education Center 334 SE Eighth Avenue Hillsboro, OR 97123 August 24-27, 2011 (8 a.m. to 6:00 p.m.)	Sandy Madsen, RN, BSN Parish Nurse Coordinator Tuality Healthcare 503-681-1364 503-413-2341 <a href="mailto:Sandy.Madsen@tuality.org">Sandy.Madsen@tuality.org</a>
Health Ministries Network St. Joseph Medical Center Bellingham, WA October 7-9 & Oct. 29-30, 2011	Jeanne Brotherton 360-788-6408 <a href="mailto:jeannebrotherton@gmail.com">jeannebrotherton@gmail.com</a>

## Parish Plots Garden Labyrinth

In response to a grant opportunity through Ecumenical Ministries of Oregon, Sally Perry and Fran Anderson, Parish Nurses at St. Elizabeth Ann Seton Catholic Church (SEAS) in Aloha, OR, interested a small group of people in developing a community garden for parishioners. As the only attendee of the first meeting, Jim Fitzgerald proved to be the right person at the right time.. He agreed to develop a garden design which they could use to stir up interest in the project.

at SEAS, marketed the garden to parishioners. They scheduled a second meeting and 20 people showed up. Youth group members helped by distributing and collecting returns on a survey.

Its mission: *The Garden Ministry is dedicated to bringing parishioners together in a parish garden setting to provide healthy food for families of the parish and those served by the St. Vincent de Paul Society. Working together, members of the parish create an area that provides physical nourishment from fresh produce and spiritual nourishment in a Labyrinth Prayer site.*

While Sally was writing the grant ,

Jim completed the design and with the help of Sandi Campos, Religious Education Coordinator

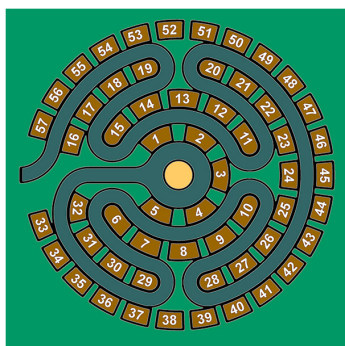
In February they were notified that they had gotten the grant designated for water access in the garden. Since that time, work parties helped spread seven truck loads of composted horse manure, tilled the ground, collected burlap bags to form weed barriers on the pathways and a

load of woodchips. Seeds were obtained for the cost of shipping from America The Beautiful, non-profit organization based in Washington, D.C.

Plots were made available to parishioners at a fee of \$25/year.



Families who would like to garden but cannot afford the fee can receive a “scholarship” by agreeing to help with maintaining the common areas of the garden, which include the pathways and meditation garden in the center. Two plots are designated as the St. Vincent de Paul block and will be gardened by the youth who are preparing for the Sacrament of Confirmation as part of their community service requirement. Currently 17 gardeners are working about 35 plots, including a couple of pumpkin plots, corn plots and a sunflower plot.



Jim completed the design and with the help of Sandi Campos, Religious Education Coordinator

## Bits and Pieces

### Watch Your Mouth!

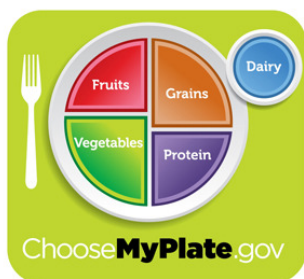
“The mouth is a window to a person’s overall health,” says John A. Valenza, DDS, executive associate dean of the University of Texas Dental Branch in Houston. Aside from issues of comfort and self image, poor oral health can put you at risk for cardiovascular disease, stroke and severe systemic infections. A healthy mouth is not just about clean teeth. It’s about taking care of your entire mouth so your gums and jawbones stay healthy for life.

From *Health Notes*

By Maria Lichtsinn, RN< MPA, CIC, FN  
Distributed by Wheat Ridge Ministries

### Food for Thought

#### Dietary Guidelines



#### Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

#### Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

#### Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods

with lower numbers.

- Drink water instead of sugary drinks.

### Family Meals

The May 2 Issue of *Pediatrics* reports a study in which researchers pooled data from 17 earlier studies and found that youngsters who joined family members regularly for meals (5 or more per week) were 24 percent more likely to eat healthy foods than kids who rarely ate with their families.

### Size of Fork

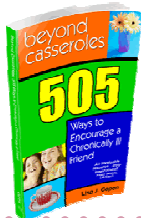
In a field study, researchers at the University of Utah in Salt Lake City found that when eating out diners who used large forks ate less than those who were given small forks. The authors cautioned that their findings apply to restaurant customers only.

### Links and Literature

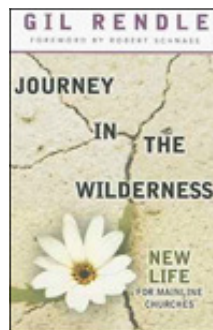


Church Health Reader is a comprehensive resource that provides helpful information on setting up a health ministry, ideas for ministry and special interests ranging from worship and food to parenting and recovery. You can access this website at:

[www.npnm.org/  
downloadable\\_formso.aspx](http://www.npnm.org/downloadable_formso.aspx)



In *Beyond Casseroles* Lisa Copen provides 505 ways to encourage a chronically ill friend. This little book is a must for church libraries.



In *Journey in the Wilderness*, Gil Rendle contends that “people now come to congregations because they want a purposeful relationship with others who are seeking a purpose and meaning in response to the questions that they feel in their lives.”

## Parish Nurse of the Year Nominations

NPNM is accepting nominations for Parish Nurse of the Year awards to be announced at the Humor and Health Fests in October. This year there will be two awards, one in Seattle and one in Portland. The awards are named after the founding leaders who served in each area.

In Portland: *The Annette Stixrud Parish Nurse of the Year*.  
In Seattle: *The Carol Story Parish Nurse of the Year*. The following is the criteria for nominating a parish nurse for this award:

- Dedication to and passion for parish nursing;
- Demonstrated success in developing health ministry programs; and
- Is compassionate, creative and supportive in working with people.

If you know of a parish nurse that you would like to see nominated for one of these awards, you can download the nomination form at:

[www.npnm.org/  
downloadable\\_formso.aspx](http://www.npnm.org/downloadable_formso.aspx)

Or call: 503-413-4137 to have the form sent to you.

## A Lifesaver That Fits in Your Pocket

When NPNM assisted in a Vial of Life pilot project funded by Portland Providence Medical Center, Sharon Christianson, Parish Nurse at the Downtown Chapel in Portland, adapted the project to the needs of the homeless population. She approached Andrew Noethe, pastoral associate at the Downtown Chapel, with the idea.

The following are excerpts from a story by Stacy Brownhill written for *Street Roots*, a non-profit, grassroots newspaper that assists people experiencing homelessness and poverty by creating flexible opportunities:

**“How much good can a small red pouch, zip tie and a sheet of paper do for someone living on the street? Turns out, a lot.**

“Downtown Chapel is pioneering an innovative, potentially life-saving program for medically vulnerable people experiencing homelessness called the Vial of Life Program. . . .

“Homeless participants can fill out a one-page sheet listing medical illnesses, prescriptions, emergency contacts, allergies and blood type, stuff it into a red plastic pouch no bigger than an index card, and attach it to their backpack. The ‘vial’ provides an easily identifiable, relatively reliable record to emergency personnel, and Downtown Chapel

keeps a copy in case the original is lost.

“Since June, around 40 homeless individuals have participated in the Vial of Life program at Downtown Chapel, meeting one-on-one for a few minutes with volunteer nursing students from the University of

Portland who help them fill out medical information and even call pharmacies if there are questions about prescriptions.

“Reviews by participants have been ‘over the moon,’ says Andrew Noethe, . . . Participant Michelle says she recommends it to other friends on the street who have seizures and diabetes and thinks there should be a ‘lot more awareness’ about the Vial of Life program.

“So far, people seem eager to sign up for the program. ‘When your vulnerable and sick, you know it,’ says Michelle

“Diabetes, seizures and cognitive disabilities are at the top of the list of health issues that the Vial of Life program hopes to track. The health record may be largely self-reported, but the volunteer nursing students at Downtown Chapel ‘help ask the right questions in a safe place,’ says



Noethe.

“Sometimes a participant will just open their bag and show a nurse all the pills they’ve been taking, and that’s helpful if EMTs pick that person up.’

“Emergency responders seem to be excited about this program because it makes their job easier. They don’t have to guess about their patients allergies and prescriptions,’ says Jean Marks with Providence Health & Services’ Public Relations office. ‘It serves the poor and vulnerable, but it also helps everyone do a better job.’”

Contributions have been made

In Memory of

*Stephen J. Abbot*

by

Jodi Abbot

In Honor of

*Nancy Haughee*

by

Pilgrim Lutheran Church  
Puyallup, WA

&

*Lorraine Zachery*

by

Ann Frazier



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# LAUGHING FOR THE HEALTH OF IT!

Featuring  
**Philip Gulley**  
[www.philipgulley.org](http://www.philipgulley.org)

Seattle Flight Museum  
October 14, 2011

Red Lion, Jantzen Beach  
October 15, 2011



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