



# Northwest Parish Nurse News

Volume 19, Issue 3

December, 2010

## Generational Differences — Something to Laugh About

From stories about tattoos and piercings in unexpected places to trusting the system and running everything, Faith Roberts enthralled the 300 people gathered for Humor and Health Fest V at the Jantzen Beach Red Lion on October 23, 2010. The annual NPNM FUNdraiser raised over \$30,000 to underwrite program expenses.

Even though many in attendance may have been familiar with the generational terms and differences, they left with new insight into the makings and characteristics of:

- Depression/Veteran (1934-45)
- Baby Boomers (1946-59)
- Cuspers (1960-68)
- Generation X (1969-78)
- Millennial (1979- )

Through a variety of intonations and facial expressions, combined with abundant helpings of comic relief, Faith described the clash between blind obedience and going with the flow, faith in organized religion and worshipping at the altar of technology, sacrifice and self-indulgence, and “This is how we do it” to “whatever.”

One listener described the presentations as: “from epiphany to apostrophe!” Another termed it as “Insightful, yet practical.” Still another summed it up by saying, “That is one funny lady!” Many chimed in with, “The best yet.”

Earlier in the evening, Barbara Hula shared with the diners her journey as a Parish Nurse at St. Juan Diego. She began with some hesitancy after taking the Basic



*Barbara Hula sharing her story*

Training for Parish Nursing. She started with taking Blood Pressures after services and then gradually expanded her ministry into health education, advocacy, referrals and other program activities.

Hula encouraged the congregation to purchase a portable AED,

*(Continued on page 2)*

*Compassion  
pulls  
suffering out  
of the  
sufferer and  
love out of  
the  
listener.*

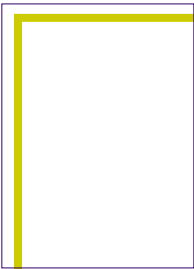
Joan Chittister

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## Conference Explores Stretching Connections

Close to 100 faith community nurses, health ministers, pastors, and health care professionals gathered at the University of Portland on October 22, 2010, to examine the theme of *Stretching Our Connections: Joining Hands, Moving Forward*.

Deborah Patterson, Executive Director of the International Parish Nurse Resource Center, St. Louis, MO, opened the event with a devotion that included singing a song that she had written. *What is the Whisper You're Hearing?*

Immediately following the devotion, Faith Roberts, keynote speaker, shared with the group tips and ideas on how to maintain and sustain health ministry programs during times of transition, especially when the pastoral office is vacant. She cautioned listeners against starting any new programs during a vacancy, but also encouraged them to maintain programs that were already in place. She emphasized that stability and consistency are important during periods of transition. Once a new pastor is in place, depending on that person's previous experience with health ministry, Faith encouraged a gentle, gradual and welcom-

ing process of inclusion.

In the afternoon session, Roberts challenged the participants to be creative and consider ways

in which their specific gifts might open up new avenues for ministry. A program Faith shared that generated considerable interest was the Vial of Life project promoted by Carle Hospital Foundation in Urbana, IL. Providence has agreed to fund a pilot for this program in the Portland area.

The conference also included presentations on Best Practices. Adele Hughes and Catherine Potter gave a snapshot and short drama on the Parish Health Promoter Programs in Washington and Multnomah counties. A collaborative project of Providence Portland and St. Vincent Medical Centers, along with Catholic Charities, this volunteer program seeks to build healthier communities through parish-based health promotion and leadership

training in the Latino immigrant community. Trained volunteers disseminate information on health and health services and function as liaisons between the community and the health delivery system.

Rachel Hagfeldt, Parish Nurse Coordinator at Albany General Hospital, reprised her experience in working with the homeless population in Albany, OR. She shared the history of parish nurse involvement in the program, the success of Living Well workshops, the filing of advance directives, and the development of a health clinic for the homeless.

Prior to breaking for lunch, Sandy Madsen, NPNM Education Coordinator, announced and presented the 2010 Annette Stixrud Parish Nurse of the Year Award to Gwen Thomas.

After lunch, the team from Bellingham, WA, made up of Dick Cathell, Jeanne Brotherton, and Dotty Marston talked about the Health Ministry Network organized through St. Joseph Hospital which includes health care and social service organizations in addition to congregations. They highlighted the Stepping

*(Continued on page 4)*

## Snohomish Resident Named 2010 Parish Nurse

It came as a complete surprise to Gwen Thomas when her name was announced as the recipient of the 2010 Annette Stixrud Parish Nurse of the Year Award. She even admitted later that she felt she was not doing enough for health ministry at Central Christian Church in Snohomish, WA. Yet from the viewpoint of an observer, *her commitment to help others has been evident and palpable, felt by many members of her congregation.*

The award is given to a person who, nominated by peers, most exemplifies:

- Dedication to and passion for parish nursing;
- Demonstrated success in

developing health ministry programs;

- Compassion, creativity and is supportive in working with people.

Gwen's ministry, developed over the past two years, includes:

- Blood pressure screening checks, along with teaching and follow-up calls.
- Emergency preparedness alerts in bulletins and on the church website and procedures for infection control.
  - Mobile care clinic



Sandy Madsen & Gwen Thomas

and access to available community resources, such as respite care.

- Hospital visits with prayer and a basket of gifts for those who are ill.
- Fit and Fellowship — weekly walks after service on Sundays.

Gwen has also traveled to Mongolia and Kenya, where she assists doctors, provides CPR classes and teaches Moms who care for orphans.

As part of her desire to meet the needs of others, Gwen has started a food bank garden. With land donated for this ven-

*(Continued on page 5)*

## Conference (cont.)



*(l to r) Dotty Marston, Jeanne Brotherton, Dick Cathell*

*(Continued from page 3)*

Stone Project which is designed to:

- Connect providers throughout the health-care system to enable safe and effective transi-

tion of patients.

- Eliminate unnecessary hospital readmissions.
- Enable patients and their families to participate in their health and health-care.

The Care Transitions model is based on four pillars:

1. Mediation self-management.
2. Use of a dynamic, patient-centered health record.
3. Timely primary/specialty care follow-up.
4. Knowledge of red flags that indicate a worsening in condition and how to

respond.

Delores Judkins, Head of Instruction, Research & Outreach for the OHSU Library, gave a demonstration of how to search the web for health information and what criteria to use to gauge reliability of websites. Some important questions to raise are:

- Where is the page coming from?
- Who is producing the site?
- Is information current?
- Where is information coming from?
- What other sites link to this site? Do the links work?

## Providence Grant Funds Living Well Workshops

Seeking to improve the health of the elderly in the Portland metro area, Providence Community Grants Council invited proposals on projects that address the basic needs of vulnerable older adults or provide services for older adults living with chronic conditions.

The Council awarded NPNM a \$24,966 grant over a period of two years to coordinate and provide "Living Well" workshops in Clark County, WA and Washington County, OR. Under the conditions of the award, NPNM will hire a part time coordinator, host leadership training sessions in both counties, and with the help of

its community partners schedule and fill Living Well workshops. In 2011, 3 workshops will be offered in Clark County and 5 in Washington, with 4 and 7, respectively the following year.

The partners in the project include:

- Clark County Public Health
- Southwest Washington Agency on Aging and Disabilities
- Tuality Healthcare
- Washington County Division



of Disability, Aging and Veteran Services.

NPNM will also provide 9 Living Well Workshops over two years through Multnomah County Department of Aging, another grant recipient.

Living Well with Chronic Conditions (the Chronic Disease Self-Management Program, or CDSMP) is a six-week workshop that provides tools for living a healthy life with chronic health conditions, including diabetes, arthritis, asthma and heart disease. Through weekly sessions, the workshop provides support for continuing normal daily activities and dealing with the emotions that chronic conditions may bring about.

## 2010 Parish Nurse (cont.)

*(Continued from page 4)*

ture, plants started from seed or donated by the community, and volunteer help, mostly Gwen and her husband, Jamie, the garden this year gave over two tons of food to the Snohomish Food Bank. At harvest time, Gwen teaches people how to harvest so that plants will continue to bear fruit for the season. Students have ranged from ages 6 to 96. For Gwen all of this is an example of, "Stepping out into the water," her mantra for ministry.

Other Parish Nurses also nominated for this honor were:

- **Fran Anderson**, Elizabeth Ann Seton Parish in Aloha, OR.
- **Lorraine Carney**, St. John Bosco Catholic Church, Dupont, WA.
- **Nancy Haughee**, recently retired from Pilgrim Lutheran Church in Puyallup, WA.
- **Sue Heffner**, Trinity Lutheran Church, Vancouver, WA.
- **Mary Kittelson**, Trinity Lu-

- theran Church, Bend, OR.
- **Diane Chamusco**, Christ Lutheran Church, Lakewood, WA.
- **Marianne Lebre**, Trinity Episcopal Church, Bend, OR.
- **Lynn Moody**, Atonement Lutheran Church, Newport, OR.
- **Christa Spaletholz**, recently retired from St. Michaels Lutheran Church, Portland, OR.

## Bits and Pieces



*Partners in Care: Medicine and Ministry Together* by Frederick Reklau and R. Scott Perry explores the need for and benefits of wholistic

health care. The authors elevate the work of chaplains, pastors, parish nurses, lay caregivers and hospice workers to equal status with vital caregiving services performed by physicians, psychologists, psychiatrists and other members of the medical professions.

*Eating Right When Money's Tight: A guide for Seniors and People with Disabilities* is published by the Oregon Department of Human Services encouraging elders and people with disabilities to take advantage of



### Supplemental Nutrition Assistance Program

dedicated to putting healthy food within reach. For more information visit:

[www.snap.oregon.gov/](http://www.snap.oregon.gov/)

Since this is a federal program, the requirements should be the same for all states.

### 7 Ways Sharing Can Make You Happy, by Jill Suttie

As people learn to make do with less, they are discovering the many benefits of sharing. New psychological research suggests that sharing contributes to personal well-being. Ways sharing is good for your health:

1. Sharing involves reciprocal giving which contributes to greater physical health and personal happiness.
2. Sharing can cause the release of oxytocin, a hormone that increases feelings of well-being.
3. Sharing builds trust, which is highly correlated with happiness.
4. Sharing increases positive social interaction with others, which can prolong your life.
5. Sharing invokes gratitude is highly correlated with happiness.
6. Sharing can decrease the disparity between "the haves" and "the have nots," which increases well being.
7. Sharing involves cooperation, and cooperation is essential to human flourishing.

So, if you want to have better connections with others and contribute toward a better society, start sharing. You might find yourself benefiting from a big dose of happiness in the process.

## Surviving the Holidays

Contrary to the hype you see in the media, the theme for dealing with the holidays is QUIET AND SIMPLICITY.

Allow time and quiet for God to speak with you. **Pray and listen.**

Give yourself permission to drop the things that will distract your attention from this focus such as:

- Parties that take too much effort and resources.
- Decorations where you live or work.
- Cards that are difficult to send or written messages that will be phony or depressing.
- Gifts that are not meaningful or are beyond your budget.
- Putting on a happy face for the sake of others .
- Too much food and drink.

Some things that may help you survive this time:

- Think about putting yourself in service to others to get outside of yourself.
- Have private time that nourishes your soul and revitalizes your energy and self-worth.
- Let others know where you are in reality and accept their support and comfort.

"The holiest of all holidays are those kept by ourselves in silence and apart, the secret anniversaries of the heart."

*Henry Wadsworth Longfellow*



## Board Bids Adieu and Says Hello

After a tenure of 5 years, two as president and one as vice-president, Doug McDowell is leaving the Board of directors of NPNM at the end of 2010. During his time on the Board, McDowell was instrumental in developing a board manual and introducing the board to the Carvel Model of Policy Governance. In addition, he served as Chair of the Humor and Health Fest Planning Committee for the past two years. Doug, a retired businessman with an eye for detail, will continue to support NPNM and be involved in special projects.



Doug McDowell, Lois Banke & John Hamilton

John Hamilton, a longtime finance director of various non profits, completed a 3 year term during which time he functioned as Treasurer of the organization. In this capacity, he reviewed the financial reports on a monthly basis and provided an analysis monthly for the Board President and quarterly for the board.

Filling one of the positions vacated on the board is Deb-

orah Patterson, Executive Director of the International Parish Nurse Resource Center, St. Louis, MO. A Presbyterian minister, author of several books and a composer of hymns, Patterson recently moved to Salem where her husband is a professor at Willamette University.



Filling the position of Treasurer is Martha Conboy, recently retired as the Financial Officer of the Northwest District of the Lutheran Church Missouri Synod. A member of Trinity Lutheran Church in Hillsboro, OR, Martha brings to the board a deep faith and keen understanding of accounting principles and budget development.

The 2011 Executive Committee of the Board will be:

**President**

Lois Banke

**Vice President**

Cindy Evans

**Secretary**

Mary Waldo

**Treasurer**

Martha Conboy

## 2011 Class Schedule

The following Basic Faith Community Nurse/Health Minister Classes are scheduled for the first six months of 2011:

**University of Portland**

Portland, OR

March 16-19, 2011

Contact

Sandy Madsen

503-413-2341

Sandym@npsnm.org

**Pacific Lutheran University**

Tacoma, WA

April 18-20, May 16-17, 2011

Contact

Terry Bennett

253-535-7683

bennettl@plu.edu

Additional classes are being planned. For an up-to-date schedule, check the NPNM webpage at: [www.npsnm.org](http://www.npsnm.org)

In Honor/Memory of . . .

Contributions have been made by:

Roger Molatore

Mary Jo Shelton

in honor of

**Sharon Christianson**

Jeanne Brotherton

in honor of

**Debbie Waring**

Susie Bunt

in memory of

**Margaret McEachern**



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Web page: [www.npnm.org](http://www.npnm.org)  
Phone: 503-413-4137

## Guide to Prayer During the Holidays

- Pray for God's protection upon all who are traveling over the Christmas holidays.
- Pray for a sense of God's presence and mutual love as families and friends gather.
- Pray that healing and harmony will come to strained family relationships.
- Pray that those unable to be with family will enjoy the fellowship of friends.
- Pray for God's special comfort upon family and friends who have lost loved ones this year.
- Pray for families and friends who have loved ones in the military.
- Pray for divine protection and comfort upon military personnel separated from family.
- Pray that peace and wholeness flourish in 2011.