



Parish Nurse/ Health Minister Letter

October, 2010

Greetings,

The 24th Annual Westberg Parish Nurse Symposium is over. Approximately 350 people from the United States, Canada, Great Britain and Africa converged on the Convention Center in St. Charles, MO, to explore the challenge of *Thriving in a Changing World*. The Symposium opened with an inspirational speech by Judy Siegle, Director of Women's Ministry at Hope Lutheran Church in Fargo, ND, who spoke on *Living Without Limits in a Changing World*. She described her faith journey after an automobile accident left her paralyzed in her senior year of High School that led her to complete her college degree and compete in wheelchair racing in the 1996 and 2000 Paralympics. On Saturday morning, Jan DeMasters, nationally known author and speaker on stress and the mind/body connection, talked about the importance of self-care and attending to the mind, body and spirit, especially emphasizing the role of sleep in this process. On Sunday morning just after having visited her house, miraculously saved from the fire in Colorado, Joan Borysenko, President of Mind-Body Health Sciences, gave a stimulating presentation on *The Renewal of Spirit: Burnout as a Gateway to Grace*. She used Dante's Divine Comedy as her framework and outlined the 12 stages of burnout, which she described as opportunities for renewal and regeneration.

In the keynote presentations, the breakout sessions and networking discussions, several themes seemed to be "in the air." These included:

- Times are tough and we are all affected.
- Prevention and wholeness are more important now than ever.
- Self-care is imperative.
- Staying connected internally and externally is good for one's health.
- Maintaining our professional identity is vital.
- Using best practices and evidence-based programs are keys to success.
- Measuring results builds confidence and demonstrates how we make a difference.
- Telling our stories lets people know who we are and what we do.
- Sustaining programs is an on-going problem.

These themes surfaced in a variety of ways throughout the symposium. People came to get support, to recharge their batteries and to reconnect with the passion of promoting wholeness and wellness. They left hopefully more determined to *Thrive in a Changing World*.

Consistent with the times, Northwest Parish Nurse Ministries is also experiencing some significant challenges. Over the past several years, we have focused on becoming more stable financially, educating faith community nurses/health ministers, improving communications, expanding connections, promoting evidence-based programs, and developing the infrastructure that supports current operations and the capacity for growth. Although we have not achieved everything we set out to do, we have made progress in the following ways:

- Reversed a \$30,000 deficit and ended with a surplus last fiscal year.
- Provided education classes in Portland, Hillsboro, Bend, Albany and Eugene, OR, Tacoma and Bellingham, WA, Anchorage, AK, and Redding, CA.
- Hosted/Sponsored regional retreats and a biennial Conference.
- Developed a consistent annual schedule for quarterly Parish Nurse/Health Minister Letters and three issues Of Northwest Parish Nurse News.

- Merged with Puget Sound Health Ministry and invited Montana to come under our umbrella.
- Encouraged leadership training in Powerful Tools for Caregivers and Living Well, evidenced-based programs, and promoted walking programs, Brown Bag Pharmacy and Blood pressure standards.
- Explored the implementation of Care Transitions and A Matter of Balance.
- Expanded partnerships with AARP, Agencies on Aging, Living Well in Oregon, Interfaith Disabilities Network of Oregon, Wellness Coalition, to name a few.
- Upgraded the webpage and attempted to refine our mailing distribution process, but encountered some obstacles along the way that we are trying to correct.
- Increased our donor base and established Humor and Health Fest as an annual **Fund-raising** event.
- Completed a Board Policy manual, clarified expectations for board members and developed a performance evaluation process.

We have made progress and are moving forward.

At the same time, we have also experienced some setbacks, mostly in the area of cutbacks from our funding sources, in particular the hospital systems within the Portland metro area. Like everyone they too are going through some difficult financial challenges. As a result, we have reduced staff by not replacing Debbie with a full time person and others in the office have taken on extra responsibilities. The board has also established a Vision for Funding Task Force, made up of board and community members, to recommend a funding strategy that will sustain us and guide us into the future.

We definitely need your help in this process. We exist to support you, but we cannot exist without your support. You can help in the following ways:

- ❖ If you are not a member of NPNM, please become one. Membership fees help underwrite a portion of our costs.
- ❖ Encourage your congregation to become a member as a concrete commitment to health ministry. Any congregational membership of \$300 or more also covers individual membership fees of the faith community nurse(s)/health minister(s).
- ❖ Submit monthly activity reports. This information helps us demonstrate to funding sources our value to the health care system and helps you maintain your professional identity.
- ❖ Embrace evidenced-based programs and work cooperatively with other health ministry programs in your area serving the needs of the community.
- ❖ Promote health ministry to other congregations and encourage nurses and other health care professionals to enroll in Basic Preparation for Faith Community Nurse/Health Minister classes.
- ❖ Keep us in your prayers.

You can download individual and congregational membership forms and activity report forms from our webpage (www.npnm.org) or call us (503-413-4137) and we will send you copies.

Together we *Thrive in a Changing World.*

Bruce Strade

Sandy Madsen



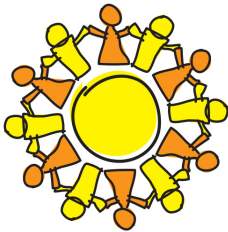
Northwest Parish Nurse Ministries

Everyone A Health Minister

Website Gets Facelift and Adds Options

Above is the banner on our new website. Not only does the webpage sport a new look, but it also provides online services. It is now possible to apply for or renew memberships, register for conferences and classes online and pay with a credit card. Although we previously had the ability to receive donations online, the process is now more streamlined and will generate an immediate response from us. Our new set up will allow for an open forum for members, along with an online directory. We have a new page on Community Faith Resources, which includes a health ministry startup kit for congregations and links to denominational websites. We also have a page on health resources that will include links to reliable and credible health resources on the internet. At this point, the page is in the construction stage. Visit our webpage at: www.npnm.org. Your feedback is welcomed.

NPNM Hosts Conference 2010 and Humor and Health Fest V



Brochures have gone out and invitations sent for Conference 2010 and Humor and Health Fest V. Under the theme of *Stretching Connections: Joining Hands, Moving Forward*, the conference at the University of Portland on October 22, 2010 features Faith Roberts as the keynote presenter along with best practice presentations on the care of people transitioning from acute to home care, working with the homeless population, lay health ministry, and locating reputable resources on the internet. On the following evening at Humor and Health Fest V, *Making Health a Laughing Matter*, Roberts will entertain the Jantzen Beach Red Lion fun seekers with *From Wedding Rings to Nose Rings ... Generational Differences*. If you have not registered for the Conference or reserved a place at Humor and Health Fest V, you can register online or call in your reservation to Sandi at 503-413-4135.



Five Practices for Happiness

In a TED talk, statistician **Nic Marks** asks why we measure a nation's success by its productivity -- instead of by the level of happiness and well-being. You can watch his presentation on Happy Planet Index at:

http://www.ted.com/talks/lang/eng/nic_marks_the_happy_planet_index.html

In his talk he outlines 5 practices for happiness, which also are actions for good health. They are the following:



1. Be connected – social relationships are the most important connections.
2. Be active – don't be a passive by-stander to life, but take action.
3. Be mindful – take notice of things around you and in the world.
4. Keep learning -- let your curiosity be a motivating force in your life.
5. Be generous – giving promotes happiness.



Prayers and Squares Ministry

When I preached for Health Ministry Sunday at First United Methodist Church in Bend, OR, home of paid parish nurse and 2006 Parish Nurse of the Year, Lorraine Zachary, I was intrigued by a table outside the sanctuary with a small quilt spread out on it. As people walked by some would stop and tie a knot in the quilt. When I asked what this was about, I learned about the Prayers and Squares Ministry, which its chairman, Carol Duvall, describes in the following story. Bruce Strade.

Prayers and Squares began at Bend First United Methodist Church in January of 2005. Since that time we have given 239 quilts to congregants and others in the community needing our prayers.

We give quilts to anyone in need of prayer and love from the congregation. We also give to newborn babies and graduating seniors. Presently we are giving a quilt to all newborns, but are considering presenting the quilt at the baby's baptism.

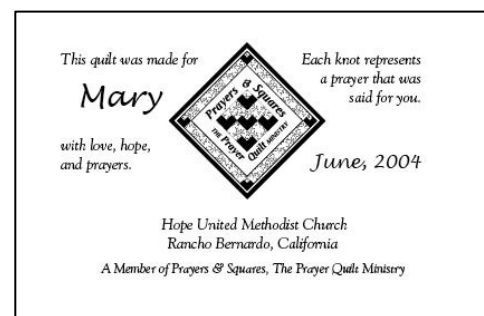
Our group that sews the quilts has become a powerful support group for each other, we currently have 8 women. Those who do not sew prepare the yarn that becomes a knot. We actually do a lot of our work at home, but we meet twice a month at the church and share ideas and sew together at that time. We make quilts of any type; sometimes they are very creative and sometimes simple squares. Since we do not meet in the summer months, we make sure there is an adequate supply when a call is received for one of our cuddly quilts.

I started a group when I lived in Colorado. We met weekly and only sewed when we were together. We used a team method assembling each quilt. A new group can do whatever works best for its members.

When we began our ministry, we asked for donations of material for the congregation. We purchase supplies as needed. The Health Ministry includes Prayers and Squares in their annual operating budget. We buy our batting in a large roll at Joann's Fabrics when there is a 40% off coupon.

There is a book available entitled *Fabric of Faith* by Kimberly Winston. It explains the concept of the ministry. We order our labels for the back of the quilt from: The Prayer Quilt Ministry, PO Box 156, Poway, CA 92074. The cost is \$35 for 100 labels.

<http://www.prayerquilt.org/>



This has been a very meaningful ministry, both for those who participate in making the quilts and for those who receive them. They are displayed on a table in the narthex before the early service and again between services. Congregants can learn a bit about who is receiving the quilt and why. Each person says a prayer and ties one of the knots. We have received many thank you notes telling us how much it meant to have a quilt with so many prayers expressed for return to health. On many occasions when a parishioner dies, the family chooses to display their prayer quilt at their memorial service. This adds a very special and personal touch.

Prayers and Squares (cont.)

The following are the *Three Commandments of Prayers and Squares* outlined on its webpage:

1. Remember the Prayers & Squares motto: "It's not about the quilt, it's all about the prayers."

The purpose of your ministry must be to promote an active prayer life among the participants, not just to make and give away quilts. Strive to involve as many people as possible in your prayer efforts.

2. You must ASK before you give the gift of a prayer quilt; surprises are not appropriate. Ask if the person to receive the quilt will accept your gift of prayer. Ask what they would like you to pray for. Ask what information about their situation may be shared with others.
3. Do not accept any form of payment for a prayer quilt; it is a gift of love and prayer which cannot be bought or sold. Those who request or receive prayer quilts must not be made to feel obligated to Prayers & Squares in any way.

Wonder Capes

Another ministry worth considering is the one developed by Amy Pankratz, a stay-at-home mother of three in South Dakota who crafts custom capes for sick children and their siblings. She reads their story, she thinks about them, and she prays for them as she is making each cape...infusing it with special



powers of hope and courage for each child.

And it works! As 5-year-old Brooke Mulford (a.k.a "Super Brooke") says, "It helps me to be brave". You can watch a video about this program at:

<http://www.karmatube.org/videos.php?id=2084> or checkout the webpage at <http://www.wondercapes.com/index.html>.



Tributes of Service

Two Parish Nurses who have been around for some time are, in their words, "surrendering" their RN license. One is Marie Reitz who has been a mainstay at St. Stephen Lutheran Church in Gladstone, OR. Marie has been a strong advocate for Health Ministry in the Portland area. She has been a familiar presence at networking meetings, faithfully attended conferences and retreats, volunteered her services at the NPNM main office and hosted a table at Humor and Health Fests.

Paula DePasquale, who has been an active parish nurse at Ascension Catholic Church, Portland, OR, for 5 years, is also stepping back. As she reflects on her years of service, she writes, "I did enjoy and was blessed in my years as parish nurse. It is a rich and blessed position." She adds, "Parish nursing is a blessing to any parish that reinforces the wellness of body, mind, and spirit – recognizing the whole body as the temple of God."

Judy Kraft has also retired from Parish Nursing at Calvin Presbyterian Church, Albany, OR. She regrets that "we will not be having a parish nurse at Calvin for a while, though there is one nurse who has taken the course." She plans to become involved in a Peacemaking ministry based on Ken Sande's book, *The Peacemaker: A Biblical Guide to Resolving Personal Conflict*. We thank the three of them for their dedication, service and acceptance of the call to promote wellness and wholeness.



Bits and Pieces

Flu Vaccine – Shot or Spray?

The seasonal flu vaccine can be administered via a shot or a less invasive nasal spray. The American Academy of Family Physicians suggests that the following people should consult their doctor before getting the spray:



- Children under age 2 or adults 50 or older.
 - Anyone with a chronic health problem or a compromised immune system.
 - Children or teens who take long-term aspirin therapy.
 - Anyone who has heart, kidney or lung disease or diabetes.
 - Women who are pregnant.
 - Anyone who has had Guillain-Barre' syndrome.
- Anyone who has had an allergic reaction from a flue vaccine, or who is allergy to eggs..

Don't Let the Bedbugs Bite

They're heeerrre! A survey of respondents from all over the country sponsored by the National Pest Management Association found that bedbug-related calls to exterminators have risen by 81% over the last decade and by 57% over the last five years. Bedbug expert Louis Sorkin, who is an entomologist with

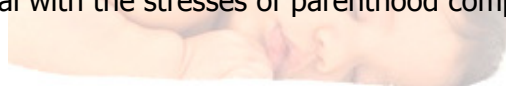


the American Museum of Natural History in New York, says that the bedbug infestations are clearly on the rise because the bugs have developed a resistance to many of the commonly used chemical pesticides and because people are traveling more. The bugs are difficult to eradicate because they can live for up to a year without feeding, according to Sorkin. When they do start biting, some people don't notice because they are not allergic. When traveling check bedding and mattresses in hotel rooms before unpacking and look not just for the bugs but also for evidence of their existence in the form of tiny brown or red specks on sheet. Sorkin even recommends looking behind headboards and picture frames and inspecting upholstered furniture. Upon returning home, dry clean or wash all clothing in hot water, even clothes that haven't been worn. Suitcases should also be inspected thoroughly and vacuumed with a hose attachment if evidence of infestation is seen.



New Parents and Depression

Many parents experience depression during the first 12 years of their children's lives and the risk is highest during the first year after birth, according to a United Kingdom study of 86,957 families. More than one-third of mothers and about one-fifth of fathers had an episode of depression between their child's birth and their 12th birthday. Those parents between ages 15 to 24 at the birth of their child were especially at risk. "The highest rates of depression in the postpartum period are not surprising owing to the potential stress associated with the birth of a baby, such as poor parental sleep, the demands made on parents and the change in their responsibilities and the pressure this could place on the couple's relationship," wrote Shreya Dave, of the Medical Research Council in London, in an online report that will be published in the November issue of the journal *Archives of Pediatrics & Adolescent Medicine*. Consistent with other studies, parents experiencing social and economic deprivation are more vulnerable to depression. The authors of the study suggest "younger parents may be less prepared for parenthood with more unplanned pregnancies and may be less able to deal with the stresses of parenthood compared with older parents."



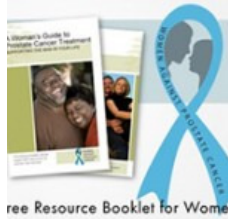
Links and Literature

Congregational Wellness Project

Ecumenical Ministries of Oregon has launched a new website on Congregational Wellness, with the help of funding from the Robert Wood Johnson Foundation. Sections include: Healthy Children, Healthy Eating, Get Moving, and Healthy Congregations, which also contains a downloadable Congregational Health Index or CHI. You can access this material at: www.faithandwellness.org.

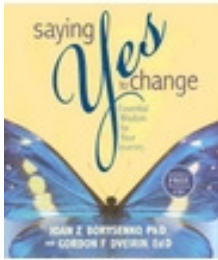


A Women's Guide to Prostate Cancer Treatment



Since receiving a prostate cancer diagnosis is stressful and sorting through treatment options can be overwhelming, Women Against Prostate Cancer has recently released a new, free online, easy-to-read prostate cancer treatment guide. The booklet, *A Woman's Guide to Prostate Cancer Treatment: Supporting the Man in Your Life*, calls for caregivers to educate themselves so they can assist their partner in choosing a treatment path. The guide can be downloaded at: www.womenagainstprostatecancer.org.

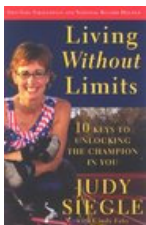
Embracing Change



Saying Yes to Change: Essential Wisdom for Your Journey by Joan Borysenko is an inspiring and practical guide to the process of change—incorporating personal stories, cutting-edge psychological research, and the perennial philosophy of the world's great wisdom traditions. Another of her books is *Inner Peace for Busy Women*, which gets to the heart of how busy women can find a center of inner peace even when life is swirling like a cyclone around them. Another of her books worth looking into is: *It's Not the End of the World: Developing Resilience in Times of Change*.

The Last Adventure of Life

A transformational healer, U.C.C. minister and end-of-life coach, Rev. Maria Dancing Heart Hoaglund is the author of two books: *The Last Adventure of Life* and *The Most Important Day of Your Life: Are you Ready?* They assist people who desire to face the end-of-life—and all kinds of change – with courage and hope. Anyone facing death, grief, or a transition of some kind might find her books and resources helpful.

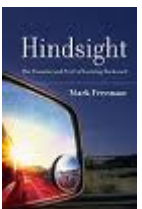


A Story of Faith and Determination

Living Without Limits by Judy Siegle is, according to Mark Sandburg, author of *The Fred Factor*, "an inspiring tale of triumph over adversity. Circumstances and setbacks haven't kept her from living a life without limits, and her book tells how you can live that way too."

Looking Backward

Hindsight: The Promise and Peril of Looking Backward by Mark Freeman reminds the reader to think systemically and to connect the dots recognizing the complexities of life and to appreciate the big picture.





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PRAYER FOR LIGHTING OF THE CANDLES

In seeking God's guidance, we can commit ourselves to replacing misinformation, blame, fear and prejudice with truth and love in order to offer hope to all who are touched by mental illness.

-We light the candle of **TRUTH**, that God will help us dispel ignorance and misinformation about major depression, bipolar disorder, schizophrenia, severe anxiety and obsessive compulsive disorder: Lord, hear our prayer.

-We light the candle of **HEALING**, that troubled minds and hearts, broken lives and relationships might be healed. Lord hear our prayer.

-We light the candle of **UNDERSTANDING**, that the darkness of stigma, labels, exclusion and marginalization might be dispelled for the sake of those touched by mental illness. Lord hear our prayer.

-We light the candle of **HOPE** for persons and families living with mental illness, for better treatment, for steadier recovery, for greater opportunity to work and serve. Lord hear our prayer.

-We light the candle of **THANKFULNESS** for compassionate, dedicated caregivers and professionals, for new discoveries in brain research and better medications. Lord hear our prayer.

