



Parish Nurse/ Health Minister Letter

April, 2010

Easter greetings,

They thought they had lost their leader. So when the disciples and close friends found out that Jesus was alive, their first response was to hold on tight and hope that everything would go back to "normal." That was true for Mary in the garden on Easter morning when she latched on to Jesus after realizing who he was. Jesus almost had to pry himself away from her because he had not, in his own words, "returned to the Father." Even when Jesus was ready to ascend to the Father, the disciples wondered aloud whether he would now establish his kingdom on earth. People had grown close to Jesus in the three years of his public ministry. They depended on him, liked having him around and felt comfortable in his presence.

Imagine our response when Debbie Waring announced that she was leaving us to "pursue doctoral study in theology with a special emphasis track in energetic medicine and counseling." Like the disciples our first response was to say, "No, we need you! Coordinators, faith community nurses and health ministers rely on your knowledge of resources and community connections. We like having you around. We won't let you go!"

In spite of our attempts to hang on, Debbie persists in her determination to take this next step in her life's journey. In the 4 ½ years that she has been with us, Debbie has created a significant legacy at NPNM. Her thoroughness and willingness to go the extra mile. Her availability and compassion for people. Her networking with community organizations. Her spiritual depth and professional ethics. All are important pieces of the tapestry that she has so beautifully woven in her time with NPNM. Because the Easter story reminds us that it is OK to let go, we are able to celebrate her wonderful contribution to NPNM, while at the same time feeling sad about her departure.



Debbie's last day will be on Monday, May 31, 2010. Until then, please feel free to contact Debbie and say your goodbyes in whatever way that works for you. In the meantime, Debbie is graciously tying up loose ends and doing whatever it takes for a smooth transition. We are bringing in a part time person, Sandy Madsen, Parish Nurse Coordinator at Tuality Healthcare, to assume some of Debbie's responsibilities. In addition, we are hoping to send two people from the Portland area to be trained as faculty for the Basic Parish Nurse Training. Annette Stixrud has also agreed to help out in this area. We are then exploring a new part time position to fill in some of the gaps that already exist and some created by Debbie's departure. Obviously things will not be the same. Yet we will have an opportunity to define a new normal and reach new heights building on Debbie's accomplishments.

(on the back is Debbie's Letter of Resignation)



**NORTHWEST
PARISH
NURSE
MINISTRIES**

2801 N. Gantenbein Ave. #1072 • Portland, OR 97227 • 503/413-4920 • Fax 503/413-2147

EXECUTIVE DIRECTOR
THE REVEREND
BRUCE STRADE
503-413-2585
EMAIL
nwparishnurse@spiritone.com

DIRECTOR OF EDUCATION
DEBBIE WARING, RN, MSN
503-413-2341
EMAIL
metropn@spiritone.com

NPMN BOARD

PRESIDENT
DOUG MCDOWELL
West Linn, OR

VICE-PRESIDENT
SUSAN KINTNER
Portland, OR

SECRETARY
MARY WALDO
Tualatin, OR

MEMBERS-AT-LARGE

PAT ANDEEN
Beaverton, OR

JULIE BURNS
Olympia, WA

LOIS BANKE
Ashland, OR

JOHN HAMILTON
Tigard, OR

EMILY HITCHENS,
Des Moines, WA

ELIZABETH McCABE
Portland, OR

MARGARET RYSTROM
Hillsboro, OR

DONNA OILAND
Lake Forest Park, WA

EUNICE RECH
Portland, OR

JOANNE WARNER
Portland, OR

WEBSITE
www.npnm.org

April 5, 2010

Dear Bruce Strade,

I would like to express my gratitude for the opportunity to serve Northwest Parish Nurse Ministries in the capacity of Director of Education these past 41/2 years. What a blessing to work with so many people for the goal of mind, body, and spirit wellness in our world. This letter is to notify you of my resignation effective May 31, 2010.

I am being drawn toward further graduate school education and will need to have more time to concentrate on my studies than a full-time position with a two hour/day commute can allow for. I will be attending HOLOS University to study under the tutelage of Dr. Norm Shealy, MD, Ph.D and other experts in my field of study. My plan is to pursue doctoral study in theology with a special emphasis track in energetic medicine and counseling.

I am doing what I can in the time I have left at NPNM to tie up loose ends and to make for a smooth transition for the person or persons that will assume the responsibilities for the various roles this position serves. Therefore, I have made up a detailed list of duties, a list of possible candidates for the education role requiring a masters degree, a copy of contacts locally, regionally, and nationally that I have accumulated in this role and with whom partnerships and contact has been made for various reasons. I will take time to organize the work area and leave instructions for various materials and computer files.

Thank you for supporting this role in the agency. We have accomplished a lot together and I appreciate the support you have given me to do my job. It has been a pleasure to work with you and I wish NPNM continued success in the future.

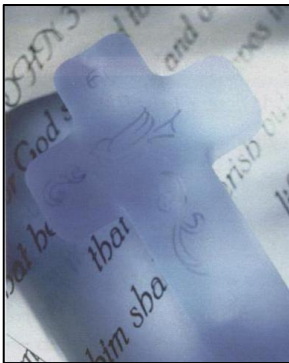
Sincerely,

Debbie Waring MSN, RN
Director of Education

Activities and Events

The following trainings are scheduled for 2010:

Basic Parish Nurse/Health Ministry Classes		
Place	Date	Contact
Portland, OR University of Portland	May 6-7 & 10-11	Debbie Waring – 503-413-2341 debbiew@npsnm.org
Albany, OR Linn Benton Community College	May 6-8 & June 16-18	Rachael Hagfeldt -- 541-812-4701 rhagfeldt@samhealth.org
Hillsboro, OR Tuality Healthcare -- Education Center	September 29 & 30 October 7 & 8	Sandy Madsen – 503-681-1364 Sandy.Madsen@tuality.org
Anchorage, AK		Linda Shephard – 907-212-5053 lshephard@provak.org



Missoula Hosts Retreat on *Restoring our Soul*

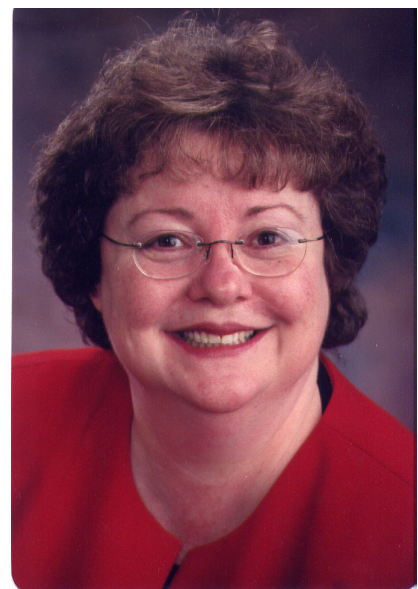
With the theme based on Psalm 23, Christ the King Parish in Missoula, MT. is hosting a retreat for Faith Community Nurses, health ministers and health care professionals on May 14-16, 2010. The retreat will open with a healing service on Friday evening under the leadership of Gabe and Maggie Brennan, directors of His Healing Love Ministry. Bruce Strade will give the opening address on Saturday and also lead a session on Restoring our Soul, with Father Jeff Fleming from Christ the King also covering some of the sessions. The retreat will end on

Sunday morning with a Blessing of the Hands ceremony. For more information contact Ann Schellinger at 406-529-7629, email: parishnursing@chistthekingccm.org.

Conference 2010

With Faith Roberts set as the keynote presenter, the 2010 Conference Planning Committee has selected as a theme: *Stretching our Connections: Joining Hands and Moving Forward*. The site of the conference is the Auditorium in Buckley Center at the University of Portland. The focus of the day will be on ways to develop collaborations with organizations and resources within the healthcare and faith communities that promote wellness and wholeness. In addition to Faith's keynote sessions, best practice presentations related to the theme will round out the schedule for the day.

Director of Magnet/Professional Practice and Parish Nursing at Carle Foundation Hospital in Urbana, IL, Faith has spoken numerous times at all three Mayo Clinics and has given over 1900 presentations at the state, national and international level. Faith draws on her extensive experiences in administration, education, and clinical practice when giving presentations. Her unique ability to blend theory and reality make her presentations truly powerful and enjoyable. Her gift of storytelling captivates her audience to both the drama and humor found in nursing practice.





Parish Nurses Mentor Youth Offenders

In 2003 the Montana Department of Corrections, Youth Services Division, received a federal grant for developing an innovative and effective method of juvenile offender reentry. A key component of Montana's reentry program is the use of local community based multi-disciplinary teams providing youth with support, encouragement, and accurate information to improve the chance of success in adulthood. A unique feature of the program is the option for youth offenders to include a faith-based parish nurse mentor as part of their individual

reentry team.

Pastor Steve Rice at First Lutheran Church in Miles City is the liaison for parish nurses and the Department of Corrections. He serves on the Evangelical Lutheran Church in America (ELCA) Task Force on Criminal Justice and as religious coordinator at Pine Hills Youth Correctional Facility, where he leads weekly religious roundtable discussions. Rice observes, "One objective is to provide answers to some very hard questions kids sometimes ask for the first time when they enter a correctional facility. Questions such as: 'Who am I?', 'How did I end up here?', 'Is there really a God and does that God care about me?', are profoundly spiritual questions. Encouraging healthy faith connections for near-adults is important as youth move out into communities across our state." Pastor Rice works to recruit and prepare ecumenically minded parish nurses across Montana willing to provide youth, families, and parole officials with professional insight and faith-based information. Currently mentoring parish nurses are located in Miles City, Missoula and Billings, Mt.

Ethana Zumpf, RN and coordinating parish nurse at First Lutheran, also serves as a resource in the reentry program. She visits with offenders and a family soon after a youth arrives at the correctional facility in Miles City to explain the availability of nurse mentors when a teen leaves on parole and serves on community teams in a region including nine counties. The program at First Lutheran started in 1999 and

has maintained six nurses with two consultant physicians, a dietician, and physical therapist consultants.



Ethana Zumpf, RN

Based on his experience with parish nursing in his congregation and the success of the mentoring program with youth offenders, Pastor Rice suggests: "As parish nurse programs mature and look toward new areas of emphasis in order to remain vital ministries, collaboration with non-traditional partners might provide mutual benefit to individual nurses, congregations and wider communities across the country." Rice has seen first hand how parish nurses are making a difference in the lives of Montana's youthful offenders.

For specific information about ways your parish nurse ministry can impact teenage offenders with health and wellness information and faith community connections contact pastor@flcf.net or call (406) 951-6463.

Community Garden Blessed

A garden blessing of two raised beds in the Cully Neighborhood Community Garden in NE Portland took place on February 28, 2010, following the 11 a.m. Mass at St. Charles Catholic Church. Located at the entrance to the church grounds, the gardens are part of a wellness project through Ecumenical Ministries of Oregon to reduce obesity-related illness, especially in youth. The produce will be available for use at Church activities and also distributed to neighborhood families to encourage healthy eating.



Another activity under the direction of Faith Community Health Nurses, Barb Fritz and Alice McCarthy, involves a Lenten to Pentecost walking program, using pedometers from Kaiser Permanente. Nearly 100 members are “walking” to Haiti while praying for its earthquake refugees.

Churches Filling the Gaps in Health Care

The April, 2010, cover story for *Presbyterians Today* explains how churches are filling the gaps in health care through faith community nursing and health ministry. The article follows Pat McGlade, parish nurse for West Side Presbyterian Church in Ridgewood, N.J. One group who regularly commands Pat’s attention are “The Feisty Ladies,” who meet



once a week to make prayer shawls, baby hats and lap blankets. The weekly meeting allows her to check on each attendee and learn about the health status of other members. She admits, “They’re the ones who keep me updated on what’s going on.”

The article also quotes Marilyn Fleming, parish nurse at West Side Presbyterian Church in Seattle. “We human beings are reflections of God – body, mind and spirit,” she says. “The church . . . has traditionally neglected the body. We should always be praying for people’s wholeness.” To read the entire article, go to :

<http://www.pcusa.org/today/cover.htm>.

Presbyterian Health Ministry Directory

Presbyterian Health Education and Welfare Association is developing a Congregational Health-Related Ministry Directory, which is described as “all about being Presbyterian – a connectional church, living out our call to be a community of health, healing and wholeness.” To add your congregation go to:

www.pcusa.org/phewa/networks/phn/directory.htm

Currently there are no churches listed for Alaska, Montana, Oregon, Idaho or California.

From Homeless Shelter to Cancer Resource

Parish Nurses in Albany, OR continue to provide services to the homeless, including a Living Well Class at the shelter, followed by a class on Advanced Care Directives. They also volunteer at the new SAGH Cancer Resource Center. One nurse in particular brings her own experience of cancer to help other cancer patients. She almost gave up on parish nursing a few years back since her church had been so slow to respond. Then she

developed cancer which she treated successfully. According to Rachael Hagfeldt, Parish Nurse Coordinator at SAGH, she is the most faithful one to volunteer at the shelter and the InReach clinic. "She would be the last to say she has done much, but she is one of the best!" Rachel insists.



Emergency Backpacks Provided

The Pacific Communities Health District (PCHD) Foundation recently provided Red Cross emergency kits to 15 faith community nurses in south Lincoln County in Oregon. The three-day emergency back kits, purchased with funds from the PCHD Employee Caring Campaign were distributed to each of the faith community nurses serving in the area. "These kits are a wonderful way of showing the faith community nurses and faith communities. . . that Samaritan Pacific Health Services and the PCHD Foundation care for them," states Faith Community Nurse Coordinator Karen Wright.

Facts and Figures

New Prostrate Cancer Guidelines

New American Cancer Society guidelines on prostate cancer screening de-emphasize routine prostate-specific antigen (PSA) testing and re-emphasize the need for patient-doctor discussions on whether such tests are appropriate for individual patients. According to the guidelines men with no symptoms of prostate cancer who are in relatively good health and can expect to live at least another 10 years should make an informed decision with their doctor about prostate cancer screening after learning the uncertainties, risks and potential benefits associated with such screening. These talks should start when a man turns 50. The society recommends that men at high risk of prostate cancer – such as blacks and those with a father, brother or son diagnosed with prostate cancer before the age of 65 – start those conversations earlier, at age 45, or age 40 for those with multiple family members diagnosed with the disease before age 65. For more information, check www.Cancer.org.



May Women's Health Month

Women's Health Month encourages women to take simple steps for a longer, healthier, and happier life. Families, communities, businesses, government, health organizations and other groups are encouraged to work together to:



- celebrate the extraordinary progress in women's health
- bring attention to and create understanding of women's health issues
- encourage women to get regular check-ups
- educate women about steps they can take to improve their physical and mental health and prevent disease

Note: Beginning in June, 2010, we will no longer mail a hard copy of this letter to non-members of NPNM. In an effort to reduce our costs, exercise good stewardship of resources and speed up delivery of this letter to Parish Nurses/Health Ministers, we encourage those people who are currently getting a copy of this Letter in the mail, to send us your email so that we can send an electronic copy. If you do not have a personal email, we ask that you work out an arrangement with your church for an email address where we can send an electronic copy. Thanks.

Bruce Strade

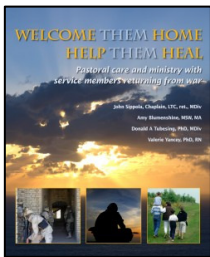
Literature and Links

"It would be a great thing if every church had a parish nurse program," insists Linnea Jackson, winner of the ELCA's 2009 video contest. To watch *God's Work, Our Hands* click on the following or paste it into your browser: <http://www.youtube.com/watch?v=JFSJO0RF83Y>.



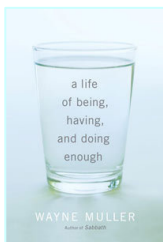
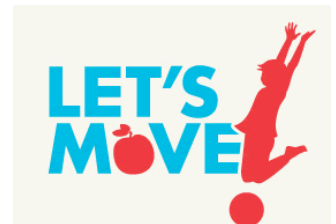
I am the Lord Who Heals You: Reflections on Healing, Wholeness, and Restoration is a collection of 16 sermons in which well-known preachers explore their belief that the faith community has an important role to play in healing. G. Scott Morris, MD, founder and executive director of the Church Health Center in Memphis, edited this book published by Abingdon Press.

My Family Health Portrait Web tool (<https://familyhistory.hhs.gov>) helps you organize family history information and then allows you to print it out for your doctor. It also allows you to save your family history on your computer and even share it with other family members. No information is saved on any computer of the U.S. federal government.



Welcome Them Home -- Help Them Heal, produced with a grant from Wheat Ridge Ministries, is a well-written and valuable resource for pastoral care and ministry with service members returning from war. No congregation should be without this important guide. To order your copy, visit www.welcomthemhomebook.com. In return they ask for a \$10 donation, which barely covers handling and shipping.

Let's Move is a campaign spearheaded by First Lady Michelle Obama to tackle the challenge of obesity. Its goal: to solve the epidemic of childhood obesity within a generation. *Let's Move* will give parents the support they need, provide healthier food in schools, help kids to be more physically active and make healthy affordable food available in every part of our country. To learn more and join: www.letsmove.gov/.



A Life of Being, Having and Doing Enough by Wayne Muller is a fiercely welcoming invitation to develop new, simple ways to better understand our choices and become clearer about our decisions. Muller – mentor, philanthropist, community organizer, minister and bestselling author of *Sabbath* and *Legacy of the Heart* – calls for the reclamation of an unhurried, deeply sufficient life.

Senior care pharmacists specialize in medications for seniors. To learn more about their work, check out the following webpage and video: www.seniorcarepharmacist.com/Video.html.



Next Step in Care provides information and advice to help family caregivers and health care providers plan safe and smooth transitions for patients. **Next Step in Care** helps with the keys to smooth transitions: careful planning, clear communication, and ongoing coordination.. For more information, go to: <http://www.nextstepincare.org/>.



Northwest Parish Nurse Ministries
2801 NW Gantenbein, Rm 1072
Portland, OR 97227

NONPROFIT
US POSTAGE
PAID
PORTLAND, OR
PERMIT NO 5715



Tuality Healthcare
Building a healthier community.



www.npnm.org

Conference 2010

*Stretching Our
Connections:
Joining Hands, Moving
Forward*

October 22, 2010

University of Portland

featuring

Faith Roberts

Save
the
Dates

HUMOR & HEALTH FEST V

Making HEALTH
A LAUGHING MATTER

RED LION, JANTZEN BEACH, PORTLAND
FEATURING: FAITH ROBERTS

OCTOBER 23, 2010
6:00 PM—9:00 PM

PRESENTED BY NORTHWEST PARISH NURSES MINISTRIES