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*Dean of Nursing  
University of Portland  
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## Staff

**Bruce Strade, M.Div, STM**

*Executive Director*

**Debra Waring, MSN, RN**

*Director of Education*

**Sandra Douglas**

*Office Coordinator*

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## OPERATING PRINCIPLES

Northwest Parish Nurse Ministries exemplifies the principle of . . .

### SERVICE by

- Promoting healthy communities in the Northwest; and
- Nurturing and networking with faith communities.

### FAITH by

- Upholding ecumenical spiritual principles and theological traditions; and
- Exploring the theological foundations for health and wellness.

### STEWARDSHIP by

- Developing resources to grow the ministry; and
- Wisely managing resources to accomplish our mission.

## VALUES

Northwest Parish Nurse Ministries values . . .

- Respect
- Trust
- Integrity
- Hope

# 2008 Annual Report



Northwest Parish Nurse Ministries  
2801 N Gantenbein Ave. #1072  
Portland, OR 97227  
503-413-4137  
www.npnm.org

*A Whole Lot of  
Caring Going On!*

**Mission**

*Northwest Parish Nurse Ministries educates, networks and nurtures faith community nurses and health ministers to promote wellness through faith communities.*

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Dear Partners in Health:

From Alaska to Montana, from Washington to Northern California, from Oregon to Idaho and Wyoming faith community nurses and health ministers carried out their mission of caring in 2008.

Caring happened through Blood Pressure Clinics, walking programs, caregiver and living well classes, health fairs, educational forums, home and hospital visits, health counseling, knitting and delivering prayer shawls, healthcare referrals and countless other activities that are too many to mention. The number of hours provided and people cared for are impossible to calculate.

Caring happened through faith community nurse classes, networking meetings, nurturing contacts, consultations, conferences and retreats, collaborations and newsletters.

Caring happened through board meetings and retreats, policy making, Humor and Health Fest planning, Northwest Parish Nurse Ministries promoting and staff encouraging.

Caring happened through the generous support of Legacy Health, Providence Health and Services and Tuality Healthcare, the contributions of dedicated donors, and the memberships of individuals and congregations.

The board is proud to present this snapshot of 2008, where there was *A Whole Lot of Caring Going On!*

*Doug McDowell*

Doug McDowell  
Board President

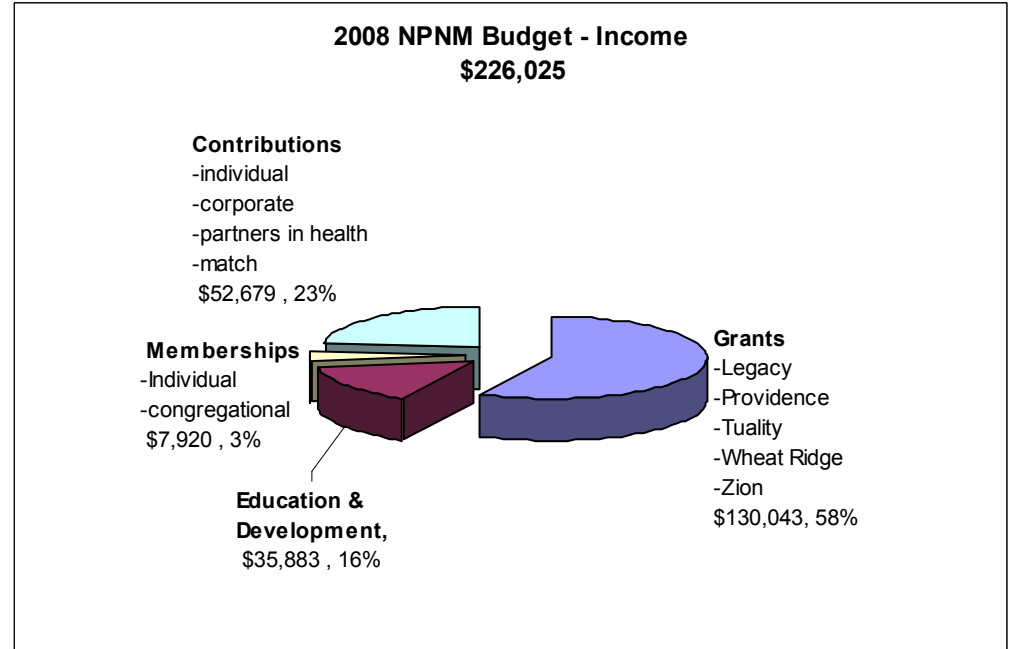
*Bruce Strade*

Bruce Strade  
Executive Director

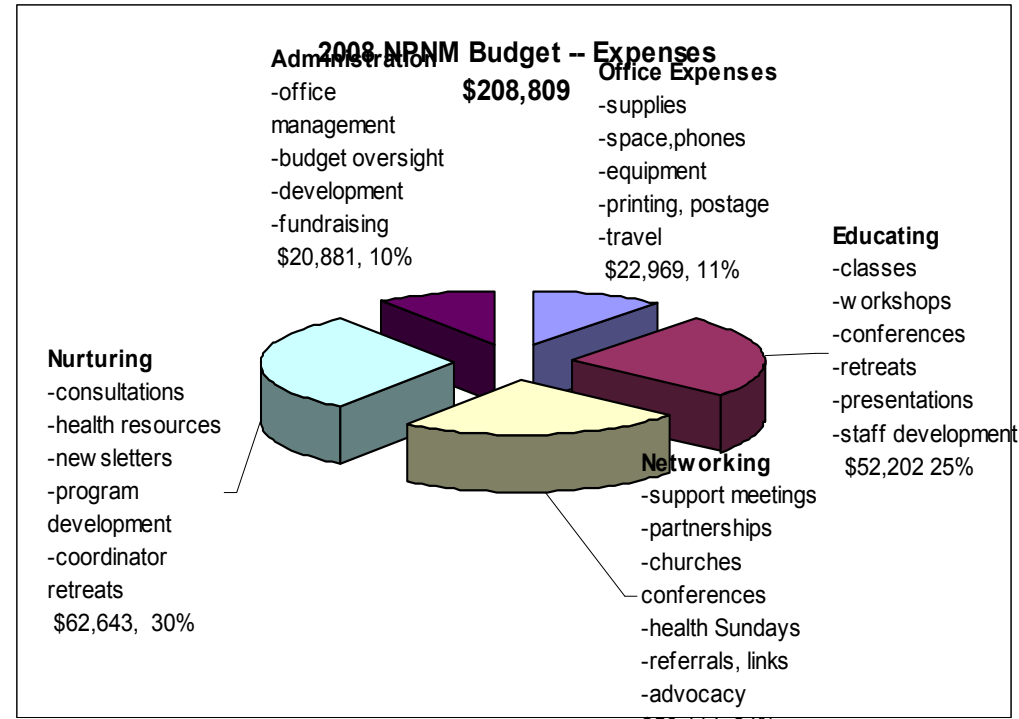
**Vision**

*Faith Communities Partnering for Wellness*

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## Circle of Love (Up to \$99)

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Jane Aggers  
 Muriel Amack  
 Cheryl Baily-Horner  
 Irene Borchers  
 Gary & Joanne Borges  
 Joel & Diane Brauer  
 Frances & John Breiling  
 Bonita Beisell  
 Alcena Boozer  
 Curtis & Clare Brown  
 Bruce & Janet Burmeister  
 Roger Chamusco  
 Joyce Clawson  
 Christine Core  
 Janice Daigle  
 Monika Deitchman  
 Lloyd Dilbeck  
 Joan Edwards  
 Sieglinde Eidenberg  
 Sue Frymark  
 Joan Gabriel  
 Michael Gaines  
 Virginia Garrison  
 Lane Johnson  
 & Maile Grumm  
 Maria Grumm  
 Lacy Hall  
 Nancy Haughee  
 Deanna Hess  
 Julie Heffner  
 Helen Huffman  
 Harlow & Nancy Jacobson  
 Devlin & Mary Jenck  
 Beverly Jones  
 Stanley & Mrs. Keltz  
 Myrna Kirkwood

Robert Kosta  
 Charleen Kuykendall  
 Peggy Kurth  
 Barbara Brooks-Lacy  
 Diane & Eric Lewis  
 Teresa Logue  
 Aaron & Sandy Madsen  
 Deelda Martin  
 Eldon & Marianne Mauldin  
 Edward May  
 John & Alice McCarthy  
 Christine Meyers



Annette Michelsen  
 Tyrus & Sharon Miles  
 Frank Murphy  
 Barb Olson  
 Anita Orlowski  
 Joseph & Mary Jane  
 Paterno  
 Joan Pendergast  
 Marie Reitz  
 David Resinger  
 Bruce & Carol Rumsch  
 Toni Salladay

Paul & Jonet Schutz  
 Nancy Seitz  
 Donald Shilling  
 Fred & Janet Sickert  
 Sr. Carolyn Snegoski  
 Mary Stevens  
 MA & Myrna Talbert  
 George Taylor  
 Frederick & Linda Tiffany  
 Donald & Susan Trotter  
 Ruth Vandebos  
 Laura Jean & Lydge Vann  
 Robert & Mary Waldo  
 Art & Carol Wahlers  
 Brian & Margaret Walker  
 Coleen & Steven  
 Walker-Nelson  
 Francella Warner  
 William & Teresa Wenzel  
 Stanley & Annette  
 Wesolowski  
 Robert & Carolyn Williams  
 Sherry Willmschen  
 Trisha & Bret Wonderlick  
 Joyce Zerwekh

*Everyone  
 A  
 Health  
 Minister*

## Highlights of 2008

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Below are some of the accomplishments of faith community nurses, health ministers, coordinators, staff, board, and volunteers:

- Promoted prevention and wellness to well over 80,000 people within the Pacific Northwest, provided tens of thousands of volunteer hours and saved millions of dollars in healthcare costs.
- Logged over 1/2 million miles in walking programs throughout the Pacific Northwest.
- Doubled the goals of a two year project by training over 50 leaders of *Powerful Tools for Caregivers* who in turn offered the class to almost 200 family caregivers with more scheduled in 2009.
- Trained 87 faith community nurses/health ministers in classes held in Portland, Hillsboro, Bend, Albany, and Eugene, OR, Tacoma, WA, and Anchorage, AK, totaling well over 2,000 since 1992.
- Hosted the third annual Humor and Health Fest under the theme of A



*Funny Thing Happened on the Way to Wellness* attracting over 220 people.

- Coordinated a conference in Gig Harbor, WA with other partners for 240 participants under the theme of *Dying and Living to Talk About It: The Challenges of Illness*.

- Took steps to merge with Puget Sound Health Ministries and create a unified organization for health ministry within the Northwest.

## Caring in Action

### A Transformative Experience

When I entered this course (**Powerful Tools for Caregiving**) I was in the middle of what many would call a spiritual crisis. I believed that if I did all the correct things to help my husband, he would improve. Instead, . . . He became even more ill. Immediately following one class session, I decided to go away alone for the first time to the ocean to grapple with my sense of betrayal and despair.

. . . During my time at the beach, I realized that I had unknowingly struck a bargain. I would do my best, and the spirits would reward me with a healthy husband in return. This pact could not work, I soon came to understand, because I had no control over anything beyond my own actions — and even that control might be more limited than I had admitted previously. My husband's life was going to take its direction regardless of my actions. There was no cause and effect. So I returned from my trip with a new understanding. I would do my best and enjoy my life and do what I can for my husband. But I no longer expect anything in return. I now find the miraculous every day just by living rather than waiting for something astonishing to happen. Love and joy are in us, before us, behind us and to be found in every time, in every season of our time here.



Participant in a Powerful Tools for Caregiving Class

### Another Day in the Life of . . .

A Parishioner called me one evening and told me that she was being worked up for cancer. She asked me to accompany her to her doctor visits as she was concerned that she would not know what questions to ask. She did not want her husband to attend these visits. She wanted any information I could find on her "probable diagnosis." I spent hours at her visits and on-line researching

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## Spiral of Caring

### Circle of Healing (\$5,000 +)

Tom and Stephanie Drees

### Circle of Hope (\$3,000 to 4,999)

Alice Danielson  
Bruce Strade

### Circle of Peace (\$1,000 to \$2,999)

Ted & Lois Banke  
Charles & Deborah Gross  
Doug & Lynda McDowell  
Louis & Susan Moscato  
Joe & Stacey Squires  
Kathy Strade  
Joanne Warner

### Circle of Joy (\$100 to 999)

Bill & Naomi Adix  
Judith Anderson  
Gary & Patricia Andeen  
Neil & Delores Austin  
John & Joan Beck  
Brian & Arlene Boe  
Robert & Katheryn Boe-Duncan  
Astri Bragstad  
Rachel & Dwaine Brandt  
Evona Brim  
David Druse  
Nancy Erkenbrack  
Susan Farley  
Ramona Fuerstenau  
Tim & Linda Geisbers  
Corrine Gilbertson  
Bonny Groshong  
Rachel Hagfeldt  
John & Nancy Hamilton  
Jackie & Marilyn Johnson  
Larry & Barbara Jorgenson

### Circle of Joy (cont.)

Karen Kohl  
Kay & James Kirkbride  
Susan Kintner  
Dean & Deborah Kruse  
Theresa Logue  
David & Janyce Lundstedt  
Charles & Debra Mantey  
Sue Neal  
Vicki & Earl Nied  
Mary Nunnenkamp  
Carla Paonessa  
Eunice Rech  
Diane & Kenneth Reiner  
Warren & Judith Schumacher  
Neal & Annette Stixrud  
Henry & Mardella Stevens  
Stanley & Harriett Stevens  
Clinton & Cheryl Souigny  
Hans & Christa Spalteholz  
Marie & John Stoops  
Paul & Mary Swanson  
Geneva Swearington  
Patrick Tomter  
Richard & Jean Vanberg  
Debra Waring  
Brian & Alyce Waverly  
Thomas Welch  
Marybeth & Zane Wilson  
Janice & RM Wolcott

## Partners in Caring Healthcare Sponsors

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### Corporate Sponsor



### Healthcare Partners

Catholic Health Initiative - Franciscan  
— Lakewood, WA  
Providence Health & Services—  
Olympia, WA  
Southwest Medical Center —  
Vancouver, WA

### Organizations/Companies

AARP  
Employment Resources NW  
Thrivent Financial for Lutherans  
Thrivent NE Portland Chapter  
Thrivent Clackamas Chapter  
Thrivent Tuality Chapter  
Washington State Funeral Assoc.  
Pierce County, WA  
Capital Medical Center

### Colleges and Universities

Concordia University -- Portland  
Pacific Lutheran University -- Tacoma  
University of Portland -- Portland

### Foundations

Providence Stewardship of Mission  
Resource Committee  
Thrivent Foundation  
Wheat Ridge Ministries  
Zion Lutheran Endowment  
Meyer Memorial Trust

### Congregations

First United Methodist  
Bend, OR  
Grace Evangelical Lutheran Church  
Corvallis, OR  
Pilgrim Lutheran Church  
Puyallup, WA  
Redeemer Lutheran Church  
Salem, OR  
Richland Lutheran Church  
Richland, WA  
Sacred Heart Catholic  
Lacy, WA  
St. Matthew Lutheran Church  
Beaverton, OR  
St. Pius X Catholic Church  
Portland, OR  
Trinity Episcopal  
Bend, OR  
Trinity Lutheran Church  
Hillsboro, OR

*We appreciate the support of our friends. If you have donated to NPNM in 2008 and your name is not included, we apologize. Please let us know so that we can correct our records. Thank you.*

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*her cancer. I sat with her husband through some procedures she underwent. We taped the visits so that her husband and she would review them at home. It was an intense process.*

A Portland Area Parish Nurse

### Medication Review Expands Awareness

With the help of a grant from the Stewardship of Mission Resource Committee of Portland Providence Health and Services, Pharmacy Brown Bag events were held in 3 different locations involving 44 participants, 11 congregations, 18 parish nurses, 10 health ministers/volunteers, 10 pharmacists and 6 pharmacy students. At each event, pharmacists evaluated medications for interactions and side effects, while parish nurses/health ministers connected participants to community resources and conducted follow-up research. One pharmacist commented: *I would like to do this kind of event again. Also, I was made more aware that patients don't always receive all the information from their regular pharmacist they should. This will make me more aware of being sure I ask my patients all the appropriate questions.* The results are still being evaluated.

### Walking Programs Rack Up Miles of Enthusiasm

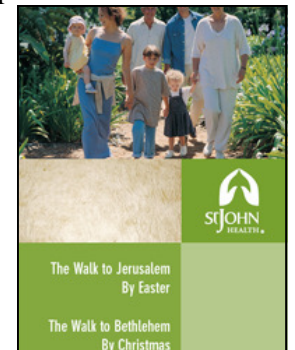
Many churches had walking programs, specially during Advent and Lent when they head for Bethlehem and Jerusalem respectively. One parish nurse describes the 10 week program at her church in the following:

*At our church, the participants were enthusiastic about this program. Getting up to walk from being sedentary and not needing any special exercise equipment was highly motivating. Many participants ever increased their walking activity as the weeks went by, and some have continued to walk regularly now that the program is over. Participants emailed their progress to a designated person, some even while on their vacation.*

Another church reported:

*Based on the surveys returned: 12 people were 71 years or older. Positive blood pressure changes occurred in 14 people. Weight loss happened in 12 peo-*

*(Continued on page 6)*



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ple. 30 people walked more, 16 people walked the same, and 43 people said they'd continue walking. . . . We made it to Jerusalem in 8 weeks, so some people kept going but we didn't quite make it home. Next year we plan for a round trip, and we'll sign up for 16 weeks.

### Prayer Shawls Spread Comfort and Hope



The making and distributing of prayer shawls are important parts of health ministry in many congregations. One congregation in Vancouver provides prayer shawls for several of the hospitals in the Portland area. The shawls have also traveled to China, India and Germany, as well as Minnesota and Wisconsin. Each shawl provides a tangible link to people who care. Here are stories of three such shawls:

- *This shawl went to a near fatal event for a child with a very rare blood disorder that has yet to be identified. The family is very thankful for the shawl.*
- *This shawl was delivered to a very prayerful and spiritual young person and she was very appreciative.*
- *The third shawl was given to the mother of a son in Pediatric ICU who is 15. She is reported to be a very strong woman with a strong faith. The mother was reported to be **very moved** by the prayer shawl.*

### Chronic Health Problems of Homeless Addressed

In response to a Community Summit Meeting citing the need for follow up on the chronic health problems of the homeless, the parish nurses in Albany, OR agreed to meet and consult with the shelter residents. They began with a needs assessment survey, spending an afternoon at the shelter and later at the soup kitchen. They summarized the results in the following: *We found the residents willing to share their concerns and needs. Their number one complaint was joint pain, followed by hypertension, respiratory conditions, skin disorders, and diabetes. Dental care was another major concern.*

After the first contact the parish nurses organized clinics where they offered

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assessments, consultations, resources and referrals. They are looking to provide case management with those who have chronic problems with the help of a Nurse Practitioner who has been hired. According to Rachel Hagfeldt, Parish Nurse Coordinator at Samaritan Albany General Hospital, *"The parish nurses have all reported feeling satisfied and blessed to be part of this ministry. It pays to look outside the box."*

### Volunteer Hours Produce Results

In 2008, parish nurses within the Tacoma, WA area logged over 8,000 volunteer hours, served close to 36,000 people, did blood pressure checks on 3,180 people, 12% of whom had elevated blood pressure and were referred to physicians. In a program around diabetes prevention and control, the Alaska Parish Nurse Resource Center in Anchorage provided 1,512 blood pressure/blood glucose screenings, foot care and assessment clinics for 250 homeless, logged over 229,000 miles in walking programs and offered 14 Living Well classes.

### *A Model of Caring*



As someone dedicated to and passionate about parish nursing, Marilyn Johnson from Vancouver, WA received the 2008 Annette Stixrud Parish Nurse of the Year Award. A member of her congregation describes Marilyn as: *always concerned, compassionate and caring. She wanted to know how I was doing and how I felt.*

A sister parish nurse states:

*Marilyn sees everyone and each situation through the eyes of kindness. When she introduces anyone at our meetings, she is more pleased than their own mother to know them. Her management and leadership experience set her own church's program up for success and long-range continuation by the framework she established for parish nurses to follow her. Her heart seeks God's will and ways. She is my mentor and model.*

