



Northwest Parish Nurse News

Volume 20, Issue 3

December, 2011

Humor and Health Fests Soar

Over 500 people in Seattle and Portland listened to Philip Gulley muse about his childhood longings for the grade school nurse and his subsequent health issues. In keeping with the theme, *Laughing for the Health of It*, the noted author, humorist and Quaker minister, gave the Fest goers a mega dose of healthful laughter laced with personal examples of health problems that would make a hypochondriac proud.

During the course of his presentation, Gulley praised parish nurses for the wonderful service they provide but bemoaned the fact that he did not have access to one on a 24



hour basis given his deteriorating condition. At the same time, he took solace in the fact that the daughter of his childhood crush was now the parish nurse at a the local Episcopal Church, conveniently located on the route to a senior living facility.

With planes in the background

for the inaugural event at the Museum of Flight in Seattle and red and silver balloons ready to take flight at the Red Lion on the River, Jantzen Beach, supporters of NPNM FUN-



raised close to \$64,000 for both events. After expenses, over \$39,000 will underwrite the mission of NPNM to educate, nurture and network Faith Community Nurses and Health Ministers as they promote wholeness through faith communities.

Other parts of the programs included Deborah Patterson, new Executive Director of NPNM, citing some of the current emphases and trends in health care and ending with the refrain: "We do that!"

Sandy Madsen, Education Coordinator, announced the winners of the 2011 Carol Story and Annette Stixrud Parish Nurse of the Year Awards in Seattle and Portland respectively. (See related story). Two departing board members, Julie Burns in Seattle and Margaret Rystrom, received recognition for

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Every happening, great or small, is a parable whereby God speaks to us and the art of life is to get the message.

Malcolm Muggeridge

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Ex-Exec Pays Tribute to Successor, Now Ex

As part of the Portland Humor and Health Fest, Annette Stixrud, first Executive Director



Bruce Strade and Annette Stixrud

of NPNM, took the stage to pay tribute to her recently retired successor, Bruce Strade. She shared with the audience her confidence in Strade's leader-

ship and especially his ability to work with the clergy.

She cited the fiscal stability that he achieved, the development of the annual FUNdraiser, Humor and Health Fest, and the newsletters and publications as examples of his legacy. She found most encouraging his advocacy for the electronic documentation system that has been piloted and will be initiated agency-wide in 2012.

Stixrud then presented Strade with a collection of letters and notes from Coordinators and Parish Nurses, indicating that more were yet to come. She sealed the

tribute with a hug.

Immediately following, Lois Banke, NPNM Board President, came forward and presented



Bruce Strade and Lois Banke

the retired executive a plaque expressing thanks and blessings for his exemplary Christian Service to the organization. Grateful for the recognition, Strade confessed that he would like to meet this person they were both talking about.

Fests (cont.)

(Continued from page 1)

years of service, along with a tribute to Bruce Strade, retiring executive director. (See above story)



Diana Chamusco

Two Parish Nurses highlighted their Health Ministry experiences. On Friday evening, Diane Chamusco talked to the Seattle crowd about her

experience at Christ Lutheran Church, Lakewood, WA, and her insistence on quality services and accountability. The following evening, Linda Payne, Parish Nurse at First Christian Church, confessed to those in Portland

her resistance to speaking in front of such a large crowd, yet feeling compelled to share her passion for parish nursing and her role as a leader of Living Well.



Linda Payne

On the music front, Rick Stockstead provided piano music for the Seattle gathering and Maureen Briare entertained the Portland crowd with harp music.

Chaplains opened and closed each activity. The Rev. Arthur Schmidt, retired chaplain at Franciscan Health and former NPNM board member, gave the opening prayer in Seattle and the Rev. Kathy Olson, chaplain at St. Joseph

Hospital in Tacoma, provided the benediction. Two hospice chaplains, the Rev. Larry Hansen, Legacy Hopewell House, in Portland and the Rev. Roy Green, Hospice and Palliative Care of Washington County Hillsboro, opened and closed the Portland Humor and Health Fest VI.

Plans are already under way for the 2012 Humor and Health Fests. Once again H & H F 2012 will be at Red Lion on the River, Jantzen Beach on October 13th and at the Museum of Flight on October 12th or 19th. The 2012 theme is:

♪ **Laughing All the Way** ♪

Life's Lessons Learned

EDITORIAL

Nothing like starting a new job to make one question one's competence! Throw in a broken leg, and one begins to wonder if one will ever catch on and catch up.

But there are many joys, for which I am grateful. Since starting with NPNM in September, I have been so blessed:

- to meet a great number of the coordinators and parish nurses who are affiliated with Northwest Parish Nurse Ministries. The Humor and Health Fest dinners in Seattle and Portland were fabulous, and well-attended, and we raised almost \$40,000 to help grow parish nursing throughout the Pacific Northwest in the coming year.
- to follow leaders like Bruce Strade (who is still continuing on as a volunteer, as you will see in the pages of this newsletter, which he edited), and like Annette Stixrud (who is volunteering to teach a coordinator's class in March), and like so many others....
- to work with a strong and talented Board, who is extremely committed to supporting your work.
- to be invited to travel to the White House next week to meet with other faith leaders about Mrs. Obama's *Let's Move* initiative, which is seeking to reduce child-

hood obesity. I am going to tell them about your fantastic work



in getting people moving! That's why I was invited. They had heard about your work in helping people of all ages live in more healthy ways.

- to hear new stories of your work, ranging from Alzheimer's Café's, to free clinics, to work with large numbers of Hispanic church members and neighbors. Some of the stories about your work appear elsewhere in this newsletter. Thank you for sharing these stories.
- to stay connected with the Church Health Center in Memphis (the new home of the International Parish Nurse Resource Center), with the *Ask Deborah* column. I give thanks for their gracious offer to provide a free subscription to the print publication, the *Church Health Reader* to each member of Northwest Parish Nurse Ministries. (Renew your NPNM membership today!)

- to learn more about several evidence-based programs that a number of you are offering, including "Living Well with Chronic Conditions," "Powerful Tools for Caregivers" and "A Matter of Balance." Again, there is more information about these, and other programs, elsewhere in this newsletter.
- to attend the NPNM Coordinators' Retreat (held at Concordia University in Portland), where we learned how to use the outcomes documentation program developed by Henry Ford Macomb Health System in Detroit. All NPNM members can use this program at no cost, too – it's user friendly and great, so I hope you will try it!

And last but not least, I have been blessed by your prayers (and a prayer shawl), and have lifted you and your ministries in prayer, as well. God is good! We can find many stories that will confirm that claim, everywhere we look. God is a God of love and compassion. It is my joy to work with people of God who live out of that claim, each and every day.

Deborah L. Patterson

God bless you all!!

Note Thrivent Members

NPNM has been approved for CHOICE dollars.

Parish Nurses Honored

One of the surprise elements at each Humor and Health Fest is the announcement of the Parish Nurse of the Year awards, named after the two pioneers of Parish Nursing in the Pacific Northwest, Annette Stixrud, first Executive Director of NPNM, and Carol Story, founder of Puget Sound Health Ministry, which joined NPNM in 2009. Through separate organizations, these leaders trained over 2500 parish nurses/health ministers throughout the Pacific Northwest and Hawaii between 1992 and 2007.

Based on the examples of the award's namesakes, the peer-nominated honor is given to persons who exemplify:

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

Award went to a team, Jeanne Brotherton and Dotty Marston, who in addition to being active in their respective churches, also serve on the leadership team of the Health Ministry Network at St. Joseph Hospital in Bellingham, WA.

The commendation of the pair states in part:

Jeanne Brotherton and Dotty Marston, have been instrumental in developing the Health Ministries Network, which expanded the Bellingham-region parish nurse program in the last two years from 67 to 111 parish nurses, and from 43 to 64 congregations. In addition, they have broadened the scope of the parish nurse to include the Care Transitions Program, in which parish nurses make a hospital visit, then follow up with a post-discharge home visit, and two to three phone calls. This has helped the hospital to realize a savings from fewer readmissions, saving \$45,000 in 2009.

They have also been key players in bringing together 20 community organizations to work cooperatively with the parish nurses, and facilitated their work with six hospital departments that provide direct services to the community.

They have created a well-received Health and Wellness Library for parish nurses and clergy within the hospital medical library and team teach the INPRC FCN course. They facilitated participation in this course by persuading three community foundations to help fund parish nursing education programs, reducing the cost for 32 hours of training from \$425 to just \$100.

In Portland, the 2011 Annette Stixrud Parish Nurse of the Year honored Alice McCarthy, parish nurse at St. Charles Catholic Church. Among her outstanding qualities cited were:

- *Compassion, knowledge, willingness to stop everything and help someone in need;*



Alice McCarthy and Sandy Madsen

- *Uses the nursing process to assess community and individual needs and champions programs, which are received as fun and useful.*

Her accomplishments include:

- *Community garden, pedometer walking programs, regular blood pressure screenings and fall prevention;*
- *Organized workshops on End of Life, CPR and co-lead Powerful Tools for Caregivers;*
- *Active in getting health care for all Oregonians, has made numerous trips to Salem to lobby for decent health care and participates in the Metropolitan Alliances for the Common Good;*
- *Mentored nursing students from the University of Portland resulting in a "Donut DVD."*
- *Collaborated successfully with her co-Parish Nurse, Barb Fritz, who states, "It's been really*



Dotty Marston, Jeanne Brotherton and Dick Cathell

In Seattle, the 2011 Carol Story Parish Nurse of the Year

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Classes Announced for 2012

Foundations of Faith Community Nursing: Whole Person Health Care		
Place	Date/Faculty	Contact
University of Portland Portland, OR	March 14-17, 2012 Barbara McGuffey	Sandy Madsen 503-413-2341 or 503-681-1364 sandym@nprm.org sandymadsen@tuality.org
Pacific Lutheran University Tacoma, WA	April 15,16 & 17 & May 14 &15 Annette Stixrud	Brandy Monson 253-535-7683, monsonbl@plu.edu
George Fox University Newberg, OR	In Discussion (possibly May) Annette Stixrud	Sandy Madsen (See above)
Tuality Healthcare Hillsboro, OR	TBA (possibly August) Nan Trump	Sandy Madsen (See above)
Coordinator Training		
Concordia University Portland, OR	March 26-28, 2012 Annette Stixrud	Sandy Madsen (See Above)
Supplemental Modules		
Location (TBA) Redding, CA	March 16-18, 2012	Jean Krueger nursejeanie2002@sbcglobal.net



2011 Bellingham, WA, Class

Nurses Honored (Cont.)

(Continued from page 4)

nice to have someone as compassionate and caring as Alice to work with. She's bright, organized and keeps me motivated to learn."

Like the many hundreds of Parish Nurses in the Pacific Northwest who serve quietly, competently and without fanfare, the three award recipients believed others were more deserving of the attention. Other nominations were:

Fran Anderson
St. Elizabeth Ann Seton Catholic Church, Aloha, OR

Roberta LaHue Brown
Tuality Community of Christ Church, Tigard, OR

Linda Lasson
St. Paul's Episcopal Church
Oregon City, OR

Elizabeth Lien
Orthodox Church of Annunciation
Happy Valley, OR

Carol Mattson
St. Matthew Lutheran Church
Beaverton, OR

Sharon Christenson
St. Andre Bessette Catholic Church
(Downtown Chapel), Portland, OR

Sue Hoeffner
Trinity Lutheran Church
Vancouver, WA

Lori Bulger
Holy Rosary Catholic Church
Edmonds, WA

Electronic Documentation Free for Members

On October 1st the Coordinators met in a computer lab at Concordia University for training in a web-based documentation system through Henry Ford McComb Health System in Detroit. Thanks to a grant from Legacy Health and other supporters, this system will be available **free** in 2012 to all **members** of NPNM. If you are not a member, now is the time to join. You can sign up at: www.nprm.org or contact:

administrator@nprm.org
503-413-4137

Contribution by Rev. Richard Cathell

Thanks for all that the leadership and support staff do for us.

Best Practices at Work

One effective use of time in health ministry programs is through “evidenced-based programs,” which are designed for particular outcomes and based on solid research. Such programs are reviewed by experts in the field, rigorously evaluated in studies and usually “endorsed” by a federal agency or respected research organizations. They include a complete curriculum and require specific training to be certified as a leader.

Below are several examples of evidenced-based programs currently being offered by parish nurses and/or other health ministers affiliated with NPNM. For more information about offering one of these programs or where you might find one being offered, contact Sandy Madsen, Education Coordinator, at

sandym@npsnm.org

You can also find a more complete list of evidenced-based programs at www.npsnm.org under Faith Community Tools.

Care Transitions

Care Transitions InterventionSM addresses continuity of care across multiple settings and practitioners. The goal is to improve care transitions by providing patients with tools and support that promote knowledge and self-management of their condition as they move from hospital to home. A key player is the Transition Coach and the four areas of focus, known as pillars are:

1. Medication self-management
2. Dynamic patient-centered record
3. Follow-Up
4. Knowledge of Red Flags.

At St. Joseph Hospital In Bellingham, WA, a pilot site, Rev. Richard Cathell indicates: *Out of 132 faith community nurses/health ministers in our Health Ministries Network (www.healthministriesnetwork.net), 35 have now completed their Care Transitions Training and are ready to help make pre-discharge visits to hospital patients, then post-discharge home visits. Karen MacKay, RN, PN is the new Referral Coordinator, and will begin the first week of the new year, 2012. She will make rounds in the hospital, gather referral information from the social workers, make referrals out to the appropriate parish nurse and work in coordination with the Northwest Regional Council, a local outreach of the Department of Social and Health Services for Washington state. The program almost was scrapped due to a lack of funding, until Karen MacKay, a retired county health nurse and local parish nurse, offered her services as an unpaid professional. The care transitions parish nurses are also doing the same.*

Contact, Rev. Richard Cathell at rcathell@peacehealth.org
For More information:
<http://www.caretransitions.org/>

Matter of Balance

This eight-week evidence-based program, led by trained leaders, addresses the fear of falling, which can actually contribute to falling, that leads to cur-



tailment of activity by older adults. The program helps participants find ways to change the environment, to reduce fall risk factors and learn simple exercise to increase strength and balance. Current leaders include:

Alice McCarty, St. Charles Catholic Church in NE Portland
Joyce Holohan-Bell and **Sandy Madsen**, class leaders at Holy Family Parish in SE Portland.

For more information:

www.healthyagingprograms.org/content.asp?sectionid=32&ElementID=489

Alzheimer Café

This program, started by Dr. Bare Miesen, from Warmond in the Netherlands, provides a monthly “café” setting within a congregation for individuals with



Alzheimer disease and other dementia, along with their families, to gather for food, fellowship, networking and continuing education about resources for Alzheimer disease and other dementia. It meets at a set time, in a set place, with a set format, yet does not require registration and people can come and go as they like. Currently offered by **Suzanne VanSlyke**, Parish Nurse at Southminster Presbyterian Church, Beaverton, OR

For more information:

www.alzheimercafe.co.uk/home.htm

Living Well

Living Well with Chronic Conditions, another evidence-based program developed by Stanford University, provides tools for living a healthy life with chronic health conditions, such as diabetes, arthritis, asthma, or heart

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Best Practices (cont.)

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disease. The workshop provides support for continuing normal daily activities and dealing with emotions that chronic conditions bring about. Current leaders include:

Northside Baptist, Vancouver
Cheryl Bailey-Horner, Marilyn Johnson and Neta Cabe
 St. Matthew Lutheran, Beaverton
Marie Stoops & Carol Mattson
 Tuality Healthcare, with support from **Sally Perry**.
 Multnomah Co./Home Forward
Joyce Holohan-Bell and Linda Payne

More information at:

<http://public.health.oregon.gov/DiseasesConditions/ChronicDisease/LivingWell/Pages/Index.aspx>

Powerful Tools for Caregivers

This six-week program supports self-care behaviors for caregivers, such as increased exercise,

Powerful Tools for Caregivers

relaxation and medical check-ups, management of emotions, aiming for reduced guilt, anger, and depression, increased self-efficacy (confidence in coping with caregiving demands), and increased use of local community resources. Current leaders include:

St. Juan Diego Catholic Church
Barb Hula & Pam Krautshied
 Tuality Healthcare
Sandy Madsen & Kay Kirkbride

More information at:

www.powerfultoolsforcaregivers.org/



NPNM: A Look Around

Barbara McGuffey, Dalles, OR, reports that Polk community Free Clinic at Trinity Lutheran Church which opened in July, went from serving 10 uninsured to 14 in August and blew out all records in October with 26 people. The clinic, open the fourth Saturday morning of the month, is staffed by volunteers, including a Mental Health provider who joined in August. She states:

At our first clinic we saw an uninsured middle age women with vague complaints of fatigue and abdominal pain. At exam our physician suspected she may have an abdominal mass causing her problems. She received prayer and took home a prayer shawl along with referrals for further testing and treatment for her anemia. The biopsy did indicate a malignancy and she sees a surgeon (pro bono) this month.

Coordinator **Pam Tibbetts** reports that the Eugene-Springfield Health Ministry Network recently sponsored a Ministry Day featuring Bruce Strade on *The Power of Vulnerability*, based on the work of Brene' Brown. They have since ordered her video, *The Hustle for Worthiness*, which they will be sharing at a network meeting.

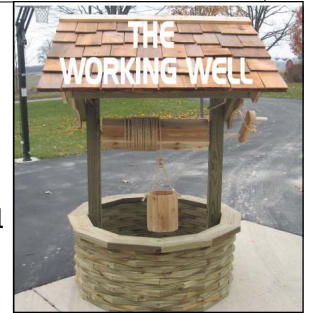
Lyn Bogie, Coordinator in Bend, OR, shares that Antioch Church conducted a health assessment in July and have developed a mission and vision statement for a health ministry. Antioch also has a ONE31 program where people can volunteer within their profession to help someone one day out of the month, such as auto repair, dental care, etc. The ONE31 program coordinator refers people to

the Health and Wellness team for health related needs. The Parish Nurse leader is **Shalonda McColm**.

At First Baptist Church in Lakeview, OR, Nurse **Mary Anderson** is busy lending medical equipment and lining up caregivers when possible. According to **Jenny Stollenwerk**, Parish Nurse, Grace First Lutheran in Bend hosted its first flu vaccine clinic and has a massage therapist who provides a chair massage the first Sunday of each month. A new ministry implemented at First Baptist in Bend, is visits to new Moms and Babies. **Bobbie Dagostino, Sally Rhyner and Lyn Bogie** are the Parish Nurses,

Karen Wright, Coordinator of South Lincoln County, OR, is beginning the last course of a Master's Program in which she is focusing on a Paid Parish Nursing model. Recently Karen was instrumental in pairing new Faith Community Nurse, **Sherri France**, with Community Presbyterian Church in Waldport.

Rachael Hagfeldt writes: *This past year our church, Good Shepherd Lutheran of Albany, has been getting acquainted with our new pastor who has promoted outreach to the community. The Health Ministry team decided to take action and proposed a potluck dinner with dishes which featured our family's native heritage. .. We encouraged folks to share stories and recipes. We invited our city mayor to do a presentation on Albany's cultural diversity.*





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Web page: www.npnm.org
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Dotty Marston, Outreach Coordinator at the Health Ministries Network in Bellingham, WA, finds satisfaction in the following:

One gentleman, age 87 had to quit chemo due to side-effects, but his biggest challenge was giving up his unhealthy home. He grew spiritually as he learned contentment during three transitions: nursing home, assisted living, and senior housing. His middle-aged sons previously avoided visits due to the condition of their dad's home. . . .However, they attended his case conference not to take over, but to support their father in a way they had not been able to do in the past. I rejoiced when I heard his oldest son say, "I love you Dad." These were words his father had seldom spoken to him in his childhood.

"Denise" is a middle-aged divorced woman trying to establish herself with steady work and a church home. Her usual style has been to run when things get tough. So the fact that she's found a church and stayed for almost a year is amazing. She came to Bellingham with thyroid problems, anxiety about medical care, and family issues with her adult children. . . . Denise began attending a DivorceCare group I facilitate and also called me to attend a doctor's appointment with her. Gradually she became more relaxed about medical care and chose to have gynecological care at the [Interfaith] Clinic. . . She was diagnosed with endometrial cancer. Through the Bridge Program her surgery and post-op care for 6 months was 100% covered. Denise is now on a strong path to holistic healing: of family relationships, being cured from cancer through surgery, tremendous growth in her faith, and plans to "take better care of myself" -- which includes eating better and exercising