



Northwest Parish Nurse News

Volume 19, Issue 1

February, 2010

Powerful Tools Pastor/Nurse Duo



Parish Nurse Sandy Madsen and Pastor Bruce Rumsch

of *Powerful Tools for Caregiving* with the intent of serving as a co-leader when time and scheduling permitted.

Rumsch, a pastor at Trinity Lutheran Church, Hillsboro, Or, for over 21 years, admits that he originally took the class at Sandy's suggestion with the

hopes of gleaning stuff that he could use

in his ministry. "Soon I became aware that I am a caregiver and found the class tremendously helpful in my personal life," he confesses.

He adds that even though he has a special interest in human care, he didn't feel that he had enough tools at his disposal. He soon realized that the class was a valuable resource that he could use as a pastor and refer people into it. He saw that the class provides life skills that are useful in a lot of different areas.

Finally he realized that becoming a leader provided him a great opportunity to work with Sandy and highlight health ministry, demonstrating its value to the members of the congregation.

(Continued on page 2)

There is nothing with which every man is so afraid as getting to know how enormously much he is capable of doing and becoming.

-Kierkegaard

Inside this issue:

Stability, Visibility, Capability	2
Duo (cont.)	2
Class Schedule for 2010	3
Foundational Principles	3
Bits and Pieces	4
Life's Lesson Plan	4
IN Honor of	4
Faith Roberts to Keynote	5
I Went to the Lord's Clinic	5
10 Ways to Change Your Life	6
Health Tips	6
New Faces on NPNM Board	7
In Case of Emergency	7
Save the Date	8



Stability, Visibility & Capability

The above three words capture our goals for 2010. We intend to invest our energy in achieving greater . . .

Stability

- Continue to expand our fiscal base and build a solid financial foundation through increased . . .
 - ❖ Individuals & congregational memberships
 - ❖ Sponsors, partnerships, contributions, grants and class/conference revenues
- Improve our technology for greater efficiency and effectiveness

Visibility

- Network and nurture Faith Community Nurses/Health Ministers through . . .
 - ❖ Letters, newsletters, retreats, biennial conferences, local networking and external partnerships
- Promote community awareness through . . .
 - ❖ Faith community conferences, clergy gatherings and congregational

events

- ❖ Advocacy of health ministry through media resources
- ❖ Outreach to congregations, health systems and educational institutions
- ❖ Sponsorship of Health Ministry Sundays

Capability

- Provide added value and growth opportunities for members through . . .
 - ❖ Forum exchange on webpage, discounts for books and continuing education
 - ❖ Participation in research opportunities, trainings and access to trainings in a box and resource materials
- Increase capacity of staff through . . .
 - ❖ Addition of an outreach worker
 - ❖ Utilization of volunteers
- Development of new programs through . . .
 - ❖ Partnerships
 - ❖ Grant awards that build on existing programs

To meet the above goals requires a joint effort. Together we can make it happen. Together we can get where we want to go.

Bruce Stadel

Duo (cont.)

This Pastor and parish nurse are used to working as a team, Sandy is considered a valued and respected staff member, even though she is not paid for her professional services. She also is a link to the community through Tuality Healthcare where she works as the Parish Nurse Coordinator.

Rumsch and Madsen describe their leadership collaboration as a win-win for both. They are able to build on their past experience of working together and can count on the other person to fill in the gaps.

They have fun teaching the class. Their relaxed style quickly puts the class at ease.

“Everybody knows that we are all there because we are hurting individuals,” Rumsch emphasizes. “We try to add a certain amount of lightness, while not minimizing the seriousness of what we are about.” As an aside, he admitted that the class allows him to get off the “pastoral horse” and teach as a co-equal.

Both Sandy and Bruce realize that they are lucky to be able to work together with such ease. With two classes under their belts, they are looking forward to

the next chance they have to ply their skills as the Powerful Tools duo.

For more information on Powerful Tools for Caregivers, contact Debbie Waring at 503-413-2341 or email her at debbiew@npsnm.org.



Trinity
LUTHERAN CHURCH

If you wish to know more about the health ministry program at Trinity Lutheran Church in Hillsboro, OR, contact Sandy Madsen at 503-681-1364 or Sandy.Madsen@tuality.org

Class Schedule for 2010

Basic Parish Nurse/Health Ministry Classes		
Place	Date	Contact
Tacoma, WA Pacific Lutheran University	April 12-14, May 12-13	Terry Bennett – 253-535-7683 bennettl@plu.edu
Bend, OR St. Charles Medical Center	April 14-17	Lyn Bogie – 541-383-6861 lbogie@scmc.org
Portland, OR University of Portland	May 6-7 & 10-11	Debbie Waring – 503-413-2341 debbiew@npsm.org
Albany, OR Linn Benton Community College	May 6-8, & June 16-18	Rachael Hagfeldt -- 541-812-4701 rhagfeldt@samhealth.org
Portland, OR Concordia University	July 7-10	Debbie Waring – 503-413-2341 debbiew@npsm.org
Bellingham, WA St. Joseph Medical Center	April 9-11 & May 1-2	Jeanne Brotherton – 360-788-6408 Beansle6@comcast.net
Supplemental Modules Class		
Seattle, WA	Fall	Debbie Waring – 503-413-2341 debbiew@npsm.org
Preparation Course of Parish Nurse Coordinators		
Seattle, WA	March 18-20	Debbie Waring – 503-413-2341 debbiew@npsm.org

Foundational Principles for a Just Health Care System

The Oregon Interfaith Health Justice Campaign has developed the following principles for a just health care system:

1. **Inclusive** — Comprehensive health care should be available and accessible to all.
2. **Effective** — Our health care system should contribute to our wellness by providing high quality services that have proven value in promoting health, including primary and preventive care and effective management of chronic disease.



3. **Affordable** — Health care should be affordable for individuals and families, as well as sustainable for society as a whole.
4. **Equitable** — Effort should be made to eliminate disparities in health care ac-

cess, quality and outcomes that affect different racial, ethnic and socioeconomic groups.

5. **Secure** — Health care access and insurance coverage must be guaranteed to all and should be continuous.. This means that health reform must address the issue of portability in a way that guarantees all are seamlessly covered regardless of employment status and that health coverage is not denied for those who have pre-existing conditions.

Bits and Pieces

Keep it or Toss it?

How long does your favorite food or beverage stay safe and tasty? What is the best way to store it? These are questions answered on the **StillTasty** website publicized as: *Your Ultimate Shelf Life Guide —Save Money, Eat Better, Help the Environment.*

<http://stilltasty.com/>

The site allows you to browse shelf information by category and to submit questions you would like answered. In addition there are sections on *Ways to Defrost Food* and the *Secret of Keeping Fruit Luscious*.

It also clarifies the following expiration categories:

- ❖ **Use by, Best if Used By, Best Before:** This date is provided voluntarily by the manufacturer and tells how long the product is likely to remain at its absolute best quality. It is not a safety date.



- ❖ **Sell-By:** This date is a guide for stores to know how long they can display a particular product. You should buy the product before the sell-by date expires.

- ❖ **Expires on:** This date is mainly found on infant formula and some baby foods. Always use the product before this date has passed.

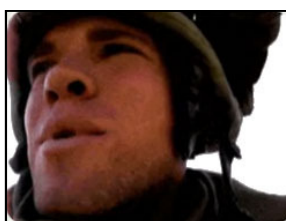
For more information on product dating, visit the U.S. Department of Agriculture's Food Safety and Inspection Service Web site.

Care for Veterans

The ELCA has developed a daylong workshop called *Care for Returning Veterans*. The purpose of the workshop is to assist congregations, church groups and communities in caring for returning veterans. The program deals with the psychological, moral, spiritual and family impacts of a veteran's experience and helps with referrals and resources. The DVD is available **free** from the ELCA office. Call 800-638-3522 or email ris@elca.org to obtain your copy. You can find additional information about the program at:

<https://www.elca.org/Growing-In-Faith/Ministry/Chaplaincy/Federal-Chaplains/Care-for-Returning-Veterans.aspx>

Downloadable handouts are also available on the web site.



In Honor of

A contribution has been made in honor of

Alice Danielson

by Bruce Strade.

Life's Lesson Plan

In place of her monthly Parish Nurse Report, which normally deals with objective medical and health issues, Christa Spalteholz, Parish Nurse at St. Michael's Lutheran Church, shared here own personal story, *God's Pathway to Healing*, in the February, 2010 issue of *Microscope*.

In her story, Christa states, *My medical journey started in the first part of 2009 with visual disturbances. When my ophthalmologist feared I might get a stroke, the prayer vigil began in a close circle, and I could feel the power of prayer carrying me. I also looked into alternative medicine, which has been my approach since childhood, when we were dependent on "God's pharmacy."*

Christa goes on to share the comfort found in Hezekiah's situation in 2 Kg 20:1-11 and also the story of Lazarus in John 11:5. She also found helpful a book she had in her library but never read, *The Doctor and the Word* by Dr. Reginald Cherry, MD, who is committed to seeking and praying for God's specific pathway of healing for each person.

She went through surgery and was overjoyed to hear the surgeon declare, *You are cancer free!* She was buoyed by the support she received from the *many people who prayed faithfully for my healing*, including friends, prayer sisters, church members and Parish Nurses, along with a prayer shawl and healing plants.

Faith Roberts to Keynote Conference and Fest

A veteran of over 1900 presentations on the state, national and international level, including numerous times at all three Mayo clinics, Faith Roberts has agreed to be the key presenter at the 2010 NPNM Conference and the laughter generator at Humor and Health Fest V on October 22 & 23 respectively.

Currently the Director of Magnet/Professional Practice and Parish Nursing at Carle Foundation Hospital in Urbana, IL, Faith draws on her extensive experience in administration, education and clinical practice when giving presentations. Her unique ability to blend theory and reality makes her presentations powerful and enjoyable.



Her gift of storytelling captivates the audience in both the drama and humor found in nursing practice and everyday life.

Carol R. Wahl, Vice President, Patient Care Services, Chief Nursing Officer at Good Samaritan Health Systems describes Faith in the following: *We laugh and we cry as Faith shares her experiences and wisdom; we are forever touched by the gifts that are "uniquely Faith." Faith's varied experiences as staff nurse, educator, and manager allow her to speak empathically to*

many audiences on many topics.

Bruce Strade, Executive Director of NPNM, insists, *Faith combines the sacred and the sassy in a way that is nothing short of hilarious. She is outrageously profound and insightful and leads the audience to a new level of understanding and appreciation for health care.*

Making Health a Laughing Matter

is the theme of Humor and Health Fest V, which will take place on October 23, 2010, at the Jantzen Beach Red Lion in Portland. A planning committee is working on the theme and place of the conference on Friday, October 22, 2010.

I went to the Lord's Clinic to Have My Routine Check-up



It was confirmed that I was ill,
When Jesus took my blood pressure,
He saw I was low in tenderness.

When He read my temperature,
The thermometer read 9 degrees of anxiety.

He ran an electrocardiogram and found that I needed several 'love-by-passes' since my arteries were blocked with loneliness and could not provide for an empty heart.

I went to orthopedics, because I could not walk by my brother's side, and I could not hug my friends,

since I had fractured myself when tripping with envy.

He also found I was short sighted, since I could not see beyond the shortcomings of my brothers and sisters.

When I complained of deafness, His diagnosis was that I had stopped listening to Jesus' Voice talking to me on a daily basis.

For all of that, Jesus gave me a free consultation. Thanks to His mercy, my pledge, after I leave this clinic, is to only take the natural remedies He prescribed through words of truth:

Every morning take a full glass of gratitude.

When getting to work, take one spoonful of peace.

Every hour, take one pill of patience, one cup of brotherhood and one glass of humility.

When getting home, take one dose of love,

When getting to bed, take two caplets of clear conscience.

Do not give in to sadness or desperation for what you are going through today

God Knows How You Feel!

God knows exactly and with perfection what is being allowed to happen to you in your life at this precise moment.

God's purpose for you is simply perfect. He wants to show you things that only you can understand by living what you are living and by being in the place you are now.

Originally appeared in the Winter 2010 issue of A New Heart published by the Hospital Christian Fellowship

10 Ways to Change Your Life (Not Just Your Light Bulbs)

by Colin Beavan



1 EAT YOUR VEGETABLES

All you have to do is stop eating beef. Worldwide, beef production contributes more to climate change than the entire transportation sector.



2 DRINK FROM THE TAP

You can save money and your environment by giving up bottled water.



3 OBSERVE AN ECO-SABBATH

For one day or afternoon or even one hour a week, don't buy anything, don't use any machines, don't switch on anything electric, don't cook, don't answer your phone, and, in general, don't use any resources.



4 TITHE A FIXED PERCENTAGE OF YOUR INCOME

Tithe a fixed percentage of your income to non-profits of your choice.



5 BUILD A COMMUNITY

Have dinners with friends. Play charades. Sing together. Enjoying each other costs the planet much less than enjoying its resources.



6 GET THERE UNDER YOUR OWN STEAM

Get around by bike or by foot a certain number of days a month.



7 COMMIT TO NOT WASTING

Wasting resources costs the planet and your wallet. Let your clothes hang-dry instead of using the dryer. Take half the trips but stay twice as long. Repair instead of rebuy.



8 TAKE YOUR PRINCIPLES TO WORK

We must act as though we care about the world at work as much as we do at home.



9 DONATE DAY'S TV TIME TO ECO-SERVICE

Take one day off from TV—the average American watches four and a half hours of TV a day—and try voluntary eco-service instead.



10 BELIEVE WITH ALL YOUR HEART THAT HOW YOU LIVE MAKES A DIFFERENCE

We are all interconnected. Every step toward living a conscious life provides support to everyone else who is trying to do the same thing—whether you're aware of it or not.



Getting Help for Neck Pain

The American Academy of Orthopedic Surgeons lists the following signals that your neck pain should be evaluated by a doctor:

- ❖ When its severely painful.
- ❖ When it doesn't let up over time.
- ❖ When it shoots down the arms and legs , addition to the neck.
- ❖ When its accompanied by headache, weakness, a tingling sensation or numbness.

Dealing with Dry Skin

The American Osteopathic College of Dermatology offers these suggestions to help prevent dry skin:

- ❖ Bathe no more than once daily, sticking to short (less than 15 min) baths or showers with lukewarm water.
- ❖ Use a mild soap or gentle cleanser that won't dry the skin. Avoid deodorant soaps.
- ❖ Don't scrub the skin while bathing or drying.
- ❖ Apply a rich moisturizer as soon as you get out of the bath or shower.
- ❖ Use sunscreen daily.
- ❖ Use laundry detergent without fragrance and avoid fabric softeners.
- ❖ Run a humidifier during winter months.

New Faces on NPNM Board

At its first meeting in 2010, the board welcomed two new members, recognized the mid-year involvement of another and began the decade with a new slate of officers..



Representing Legacy Health is **Cindy Evans**, Nursing Administrator at Good Samaritan Medical Center in Port-

land. A member of St. Alexander Catholic Church in Cornelius, Cindy's interests include: leadership development; hiking; reading, blueberry farming, international travel and family.

Also new to the board is **Ed Hoover**, Manager of Wellness Services at Adventist Medical Center in Portland. Ed, who has a Masters Degree in Marriage and Family Therapy, enjoys hiking, biking and travel.



He is a member of Pleasant Valley Seventh Day Adventist Church.

The board also recognized the presence of **Julie Burns**, who joined the board last April as a replacement for Dianne Kielian. Julie is the Chief Safety/Regulatory Office of the Francis-

can Health System in Tacoma, WA. Her interests include gardening and golfing. She is a member of a Presbyterian church in Olympia, WA.



Eunice Rech, from Tuality Healthcare, returned to the board after a leave of absence during much of 2009.

Leaving the board after several years of service is **Elizabeth McCabe**, Regional Director of Mission Integration for Providence Health Services. Susan Kintner, Assistant to the ELCA Bishop of the Oregon Synod, also went off the board after her second tour of duty having served on the original board of NPNM.

The new officers of the board are:

Lois Banke, President
Douglas McDowell, V.P.
Mary Waldo, Secretary
John Hamilton, Treasurer

Other business at the meeting included: final review of the budget, process for evaluating the executive director, along with discussion of executive director limitations, review of board policies and The board will engage in a visioning process at its April retreat.

In Case of Emergency

Two NPNM staff members on the same weekend in different situations witnessed the paramedics being summoned to attend to a person sitting directly in front of them. In the one case it was at a concert where minutes before Sandi, the Administrative Coordinator at NPNM, had just gotten to know the lady. She was quickly taken to the hospital where no doubt her medical needs were met, yet Sandi does not know the outcome.

The second happened during a church service, when the lady in front of Bruce, the NPNM Executive Director, began having difficulty breathing and turned very white. Again the paramedics were called, arrived, provided emergency aid, and transported the lady to the hospital, during which time the congregation continued with the liturgy. In this case, we know the outcome. She was kept overnight for observation and then sent home the next day.

Some conclusions about the two incidents:

- ❖ If you are going to have a medical crisis ,do it in the presence of people who are bound to summon help.
- ❖ Pray that it happens with people who care about you, are there to give you ongoing support and will keep you in their prayers.
- ❖ Make it a point not to sit directly in front of NPNM staff.



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

NONPROFIT
US POSTAGE
PAID
PORTLAND, OR
PERMIT NO 5715

CHANGE SERVICE REQUESTED

Sponsors



Tuality Healthcare
Building a healthier community.



Board of Directors

Lois Banke, President
Doug McDowell, Vice President
Mary Waldo, Secretary
John Hamilton, Treasurer

Members at Large

Pat Andeen
Julie Burns
Cindy Evans
Emily Hitchens
Ed Hoover
Donna Oiland
Eunice Rech
Margaret Rystrom
Joanne Warner

Staff

The Rev. Bruce Strade
Executive Director
Debbie Waring
Director of Education
Sandra Douglas
Administrative Coordinator

Web page: www.npnm.org
Phone: 503-413-4137

Save the Date

2010 Conference

October 22, 2010

&

Humor and Health Fest V

Making Health a Laughing Matter

October 23, 2010

Jantzen Beach Red Lion

featuring

Faith Roberts