

Parish Nurse Newsletter



Summer 2017



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Intergenerational Relationships

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“I thank God whom I serve, as did my ancestors, with a clear conscience, as I remember you constantly in my prayers night and day. . . I am reminded of your sincere faith, a faith that dwelt first in your grandmother Lois and your mother Eunice and now, I am sure, dwells in you as well” (2 Tim. 1:3–5).

These words from Paul to Timothy remind us how important it is to share our witness within the family of faith. Similarly, it is important for the family of faith (the congregation) to encourage and support intergenerational activities and active witnessing to one another. Parish nurses serve people of all ages and can provide intentional opportunities for nurturing and nourishing intergenerational relationships within the family of faith.

This issue of the *Parish Nurse Newsletter* includes an article by the Rev. Dr. Terry Dittmer on generations, as well as items from several parish nurses offering ideas for intergenerational sharing and relationships that may be useful to others in the congregations where they serve.



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MISSION STATEMENT

The *Parish Nurse Newsletter* serves to:

- create a bond between parish nurses and the staff of LCMS Health Ministries
- report creative programs developed in the field
- inform parish nurses of resources available from various sources and encourage them in their vocation.



In the healing Christ,
Marcia (Marcy) Schnorr, Ed.D., RN-BC
 Certified Lay Minister—Parish Nurse
 Education Coordinator for Parish Nursing,
 LCMS Health Ministry

Give Now





COMMENTS FROM KAREN

A Heritage of Faith

I am remembering my heritage today. My grandpa would occasionally stay with us for a couple of months. He was a quiet man with a twinkle in his eye even though he spent years without his wife, who had died when my mom was eight years old. His actions taught me about God: he was thoughtful (he used the outhouse instead of our bathroom so as not to bother us); he was helpful (he stayed with our family to do the farm chores and help my mom when my dad had polio); he was faithful (he was one of the founding fathers of our Lutheran church in the farm country); and he was fun (I would ride with him to the little one-horse town south of us and receive a special treat of glazed donuts). My parents stood on God's Word throughout their lives. My mom would stay with a family in a farmhouse near our church school all week so she could attend. Her dad would pick her up for the weekend (they lived eight miles from church, which

is nothing for us, but back then was quite a distance). My dad also attended that very church and school (they got to know each other through Walther League and young adult club).

Paul reminds us in the first chapter of 2 Timothy that Timothy learned about God through his grandmother Lois and his mother Eunice. You may have been brought up by parents and grandparents who read the Scriptures, attended church and served God. You may have learned about God through other people besides your family. These people are precious, as God put them in your life just at the right time!

A couple of chapters later Paul says to Timothy, "But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus" (2 Tim. 3:14-15).

The footnote in my study Bible says that Timothy learned from his mother, grandmother and Paul. All of us are always learning and growing in our faith. We learn from God's Word, from our grandparents, parents, siblings, cousins, friends and sometimes strangers!

Many of these growth opportunities occur in larger groups and training sessions as well. If you were unable to attend Concordia University Wisconsin's Parish Nurse and Congregational Health Ministry Conference in May, please contact me at khardecopf@gmail.com. As you serve, we would like to offer support and encouragement through parish nurse representatives, convocations, educational opportunities and by personally connecting with you.

Karen Hardecopf, RN
Certified Lay Minister-Parish Nurse
Program Coordinator, Parish Nursing
LCMS Health Ministries



PHOTO: LIGHTSTOCK

FROM GENERATION TO GENERATION

by the Rev. Dr. Terry K. Dittmer

"Tell your children of it, and let your children tell their children, and their children to another generation." (JOEL 1:3)

There has been a lot of talk about generations the last 50 to 60 years. A generation is generally considered to be a period of 18 to 20 years, and the people who make up a generation are thought to share common characteristics. They are given a name, a practice that took off with the "baby boomer" generation. Boomers were born roughly between 1946 and 1964 and are said to be narcissistic, moralistic, values-oriented and spiritual. They love to take up causes.

These days there are five or six generations affiliated with the average church: the G.I. or "greatest" generation, 1901-1924; the "silent" generation, 1925-1945; the baby boomers, 1946-1964; generation "X," 1965-1982; the millennials, 1983-2001; and the "plurals" (recently named, we will see if the name sticks), 2001-present.

We are a *multigenerational* Church but not necessarily an *intergenerational* Church. This idea of generations is very much a biblical concept, with the word "generation" appearing in the Bible over 150 times. To be multigenerational

means having members from more than one generation. To be intergenerational means mixing the generations together. That doesn't always happen, but mixing the generations, side by side, makes for healthy congregations.

Instead, however, we more often divide our congregations into groups by generation, sex, function or age: youth group, ladies' Bible study, children's church, etc. There's nothing wrong with such groupings. They can serve important roles. But an intergenerational church also strives to stir things up and mix the generations.

To explore this a bit, we're going to consider five functions of the Church with the idea that members of any age are welcome and appreciated.

Fellowship/Community Building

This function of coming together for a purpose includes activities such as athletics, Christmas decorating, talent shows and potlucks.

- A goal should be helping people know and use each other's names. Nametags are helpful in doing this. We may hate them, but the effect can be amazing, especially outside of church, such as when seeing a fellow member at the grocery store or gas station. It is important when using nametags at events to say the names out loud so as to learn and be able to remember them!
- Include community-building games that mix younger and older.
- Consider rites of passage celebrating various life stages. Confirmation is a significant rite. Make sure it is a community celebration — that confirmands are recognized, congratulated and celebrated by adult members and by younger children. Implement traditions for your confirmands, e.g., dinner with the church leadership for confirmand families. Other rites of passage that could be observed are a first driver's license, paying off college debt, buying a new house or retirement. We can celebrate all kinds of a godly blessings.

- Speaking of belonging, I have heard of a church that gives a key to the front church door to all new confirmed members including confirmands. Talk about belonging!
- Pray for members by name. Here's an idea for praying for children. Identify all the children associated with your church. In addition to the obvious ones, include those in your school and preschool even if their families

take time to offer brief explanations of the parts of the service: for the children, visitors and those who just need a refresher course.

- Music is important. Include children in the bell choir. Organize an intergenerational choir. Anybody, no matter the age, who can play a musical instrument, could offer a prelude, offertory or postlude. Good singers of any age can offer solos. Use

To be multigenerational means having members from more than one generation.

TO BE INTERGENERATIONAL MEANS MIXING THE GENERATIONS TOGETHER.

aren't members. You might want to include member grandchildren who live away and may not be a part of a church. Pass out children's names to the adult members of the congregation. Encourage adults to introduce themselves and pray for the children. Children can also be encouraged to pray for their adults. Consider birthday cards and perhaps occasional small gifts. Adults, don't forget to use the child's name. The kids will learn to do the same. Consider restarting this at the beginning of every school year.

Worship

This function brings God's people together to hear God's Word, to celebrate His sacraments, being claimed in Baptism and nourished at the Lord's table, and to offer Him our praise. As Lutherans, we have a strong liturgical tradition and heritage. Music and hymnody are integral to our worship. Check out these thoughts about intergenerational worship.

- Include children in worship. Teach them about what we do in worship and what the parts of worship are. Worship leaders should periodically

readers of any age for the Old and New Testament lessons.

- Artistically, form an intergenerational banner-making group. This is a great way to share design, creativity and construction skills side by side. In an age of computers and copy machines, children, youth and adults can design custom bulletin covers.
- Assemble a congregational songbook that cuts across generations. Make sure everybody has an opportunity to contribute, from the very young to the very old. Include old and new songs. Sing in church and at other church gatherings.
- Consider an intergenerational feedback team to offer feedback to worship planners. Don't assume all adults want old hymns or all youth want drums and guitars. It might be just the opposite. There are studies that indicate young people often prefer traditional liturgy and hymns. They see something that's been around for a thousand years as trustworthy in an ever-changing world.

Nurture

This function focuses on God's Word. Of course, the span of ages means

various cognitive levels. Even at the same age there can be different levels of understanding. But that doesn't mean we shouldn't try to bring the generations together for learning God's Word.

- Form an intergenerational Bible class. It could include members from elementary school to older adults. Bible stories could be chosen on topics selected by class members. For example, the topic might be "when you are afraid" and the Bible story Jesus calming the storm. The opening discussion question could be "name a time you were afraid," which can be answered by everybody, no matter the age.
- Provide discussion groups that have an interest in various topics. Lifestyle issues from a biblical perspective could be helpful for youth to older adults.
- Invite members of any age to prepare prayers/devotions for church meetings and events.

Service/Work/Mission/ Evangelism/Outreach

This function enables sharing the faith by being and doing.

- Include all generations on your church boards and committees. If your goal is attracting youth, your evangelism committee should include teens. If your trustees are concerned about taking care of the church kitchen, anybody who uses the kitchen should be represented on the board. Children and youth can serve as ushers.
- Servant events can be intergenerational. If children are included, events should probably be local, but events for teens and older can include travel. Work should include age-appropriate tasks. Cleaning up trash and litter in your neighborhood could be a local project.
- If you have greeters, make sure they are of all ages. A 25-year-old greeting a visiting young adult says, "There are people like me here."

Mentoring

This function builds relationships around coaching, befriending, caring and being available. Mentors can be any age for any age.

- Some mentors are intentionally assigned. Some confirmation programs assign willing adults to a student. Their primary function is praying for the student and offering affirmation and encouragement. Sometimes there is a classroom responsibility for mentoring adults, but not always. These mentors are not usually parents.
- Mentors can cut across generational lines. A teen can mentor an older adult in the use of social media. An adult baker can mentor a middle-schooler in making pies. An older adult can mentor a middle-ager in rebuilding a classic car.
- Some mentorships just happen, with one person being there for another through life transitions. Some of the best relational ministry happens this way with Jesus at the center.

Beginning Our Intergenerational Ministry

*Karen Hardecopf, RN, Certified Lay Minister-Parish Nurse, Yorkville, Illinois,
khardecopf@gmail.com*

The goal of intergenerational ministry is to put people of all ages in touch with each other to worship, work, engage in fellowship together and build Christ-focused relationships. It seems logical, but it doesn't always play out that way. Building healthy communities of faith requires intentionality.

When I think of intergenerational ministry, my mind goes back to when we just started thinking about teaching children about those with disabilities so that they would feel comfortable loving others who were not like them. One day our fourth grader came home from church school and said that his teacher requested her students to try to experience what it would be like to be blind, in a wheelchair, or unable to hear.

Our son went to school with a blind-fold on, and other children came with a bandaged leg, using a crutch, or with cotton in their ears. As a parish nurse, I noticed the empathy demonstrated by this teacher for children and people with special needs. Following our son's assignment, I approached the teacher to ask about the possibility of expanding that experience in the future. She agreed to work with me over the course of a year.

The first thing I did was to contact Bethesda Lutheran Communities, which sent out a consultant to share their resources and possibilities. We decided to have a special unit about disabilities the following year, with a chapel service led by Bethesda for the whole school and



ILLUSTRATION: GETTY IMAGES/ISTOCKPHOTO

a training for the fourth grade children about disabilities. Besides the general training, Bethesda recommended that I recruit nurses to be in charge of stations where children learned about different physical and learning disabilities, such as blindness (an older couple who were blind shared their story) and mobility issues (a local nursing home came with their lift van to give the children a hands-on experience). We were blessed when three people who live in our local group home sat on a panel and agreed to answer questions from the children (one topic was "What do you do each day?"). This fourth grade training was in the morning, and after lunch the students divided up into groups of three and manned the stations (along with the nurse helpers) to train the third graders. They seemed excited to share

their knowledge, and we were excited to see them be comfortable with the topic of disability.

As part of the team ministry at our church and school, I was asked that same year by the fifth grade teacher if there was any service project that her students and their parents could do within our community. Our congregation has a small team that regularly shares Scripture and song at the local nursing home. I connected the teacher with the ministry leader, who was excited to have children gather residents and sit with them as they sang hymns. The teacher welcomed this idea, as she knew that the children's previous training would help them be comfortable with this type of ministry. However, because it had been a year, another nurse pushing me in a wheelchair

arrived one morning in their classroom. We thought it wise to give a refresher course about older adults and how to transport people in wheelchairs. Our hearts swelled when I asked, "What is the first thing you do when you go into someone's room who is in a wheelchair?" A boy quickly raised his hand and said, "I get down to their eye level so I can talk with them and tell them who I am." What a blessing that he remembered training from the previous year and seemed excited to be able to share his love with older adults in the nursing home.

We didn't have a big event with older adults and children for our intergenerational ministry. God led us in this different way, which seemed to touch older people's lives in our community with God's love through children.

Promoting Wellness through *Art*

Deb Apfel

When students and families move to St. Louis, Mo., to attend school at Concordia Seminary, many changes occur. During orientation, new constructs are introduced to incoming students to promote holistic wellness in a community that endures many transitions. Each year, educators, students and families welcome newcomers as they send vicars, graduates and families into the field and to their new church families.

At seminary, friendships form and seal as students attend classes and community activities. As students and families assimilate into their new environment, efforts are directed towards building a relational community. This community includes all age groups and recognizes that all members are children of God through our Savior, Christ Jesus.

In an effort to promote holistic health and Christian fellowship, an art ministry outreach was held on campus. Outreach was extended to students,

families and to seminary community members in St. Louis. A local artist from St. Louis volunteered her time and talent to help budding artists with their creative endeavors.

A wellness booth was included in the outreach activity. The wellness booth offered everyone a blood pressure check and health information gathered from the Centers for Disease Control and Prevention (CDC) and National Institutes of Health (NIH). The CDC and NIH brochures included topics on asthma, heart health, healthy weight and child development/growth.

The focus of the outreach was to promote holistic wellness by encouraging relaxation, fellowship and fun. Feedback from this event was positive, and several participants stated they would like to

encourage similar events in their prospective church communities.

Focus scriptures include:

- "Come to me, all who labor and are heavy laden, and I will give you rest" (Matt. 11:28).
- "Let the little children come to me, and do not hinder them, for to such belongs the kingdom of heaven" (Matt. 19:14).
- "Therefore encourage one another and build one another up, just as you are doing" (1 Thess. 5:11).



ILLUSTRATION: GETTY IMAGES/ISTOCKPHOTO

3, 6, 9, 12

A Flexible Ministry Idea

Do you have a desire to bring women together in your congregation? Do you want to try and bridge the gap between the generations? If your answer is yes and you are looking for a way to accomplish that task, here is an idea that works.

Start a group called 3, 6, 9, 12. It is a social ministry for women, 18 years and older, which meets the third, sixth, ninth and twelfth months of the year. It is a time for women, members and non-members, to get together in a social Christian atmosphere, no matter what season of life they are in or what time and interests they might have, to help create friendships for a moment, season and lifetime.

There are three areas to focus on: date, time and activity. Flexibility is important. You have the entire month to set a date. You do not have to limit yourselves to the second Monday of each month or the third Friday afternoon. It could be a Friday night, Saturday morning or even a Sunday afternoon. Rotate the date and time to capture more women. Some women are in school, some work, and some are stay-at-home moms or retirees. By rotating the date and time, you don't exclude anyone in a certain season of life.

The next part is the most fun: planning the activity. Here is a list of ideas that might work for your group: going

to the movies, showing a movie at your church, going out to eat for dinner or just coffee and dessert, painting with a twist, game night, tea party, fondue party, bringing in a speaker, karaoke, picnic on church property or at a park, making and taking a meal, or even hosting a one-day woman's retreat. Perhaps for December you could do Advent by Candlelight.

Assign seats or mix it up or let people sit where they want. Have a small giveaway or award a prize with a small game in the beginning. Go around the table and ask each sister in Christ, "If you could be any women in the Bible, who would you be?" One of my favorite giveaways was a Bible book marker with scripture on one side and the Advent service times and activities on the back. This is especially useful for visitors and friends of the members.

I hope this has sparked some ideas. You are welcome to use any of these ideas, including the name of the group. I pray that the women of your congregation find a new friend in Jesus and feel blessed in their current season of life.

Intergenerational Support Groups:

People Ministering to One Another

*Linda Wardley
District Representative for Parish Nursing
LCMS Atlantic District*

Congregations are made up of people of many age groups. Our common denominator is our Lord and Savior Jesus Christ and His love for each one of us. Many church activities and groups are geared toward people of a common age.

In our parish nurse ministry at The Lutheran Church of the Resurrection in Garden City, N.Y., there are two intergenerational groups. Loss of a Loved One, Shared is a grief support group. First Place 4 Health is a health, wellness and weight loss support group. The membership of these groups is fluid. People come and go, so the age

makeup of the groups varies. First Place 4 Health currently consists of people ages 30 to 70. Loss of a Loved One, Shared currently consists of people ranging in age from 30 to 85.

The key ingredients of these groups are love, sharing, support and assistance. The members help one another in many ways. Younger members of First Place 4 Health show older members how easy it is to keep a food diary on an iPad, phone or computer. Members share their recipes, frustrations and

successes and pray for one another. Older members of Loss of a Loved One, Shared counsel younger members and explain the feelings of their generation. Younger members act in kind.

Both support groups benefit from being in the Word of God. Each session begins with a devotion and prayer. God's people together in good times and bad — that's what church and ministry are all about.

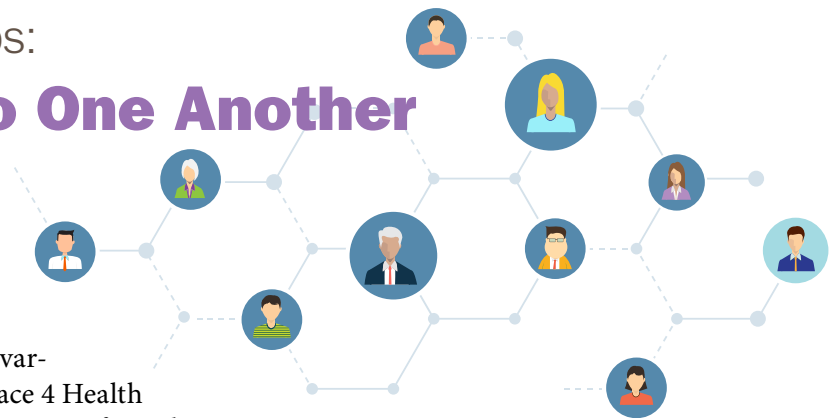


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News Welcomed!

We want to know what you're up to, what issues you are facing, and what programs are working in your congregation or agency! We welcome story suggestions, questions, short articles or photographs that highlight achievements in parish nursing.

If you have news you'd like to share, contact Dr. Marcia Schnorr at marcyschnorr2009@gmail.com or 815-562-6823.

Please note: Editorial staff reserve the right to edit or decline articles.

Find us on Facebook!

LCMS parish nursing now has its own Facebook page. Please visit us at facebook.com/LCMSParishNursing to like us and share with us. Your comments and questions are what make this site useful.



Parish Nursing: Called by God to be Caregivers to All Generations!

*Colleen Bottcher, RN, BSN, Parish Nurse
LCMS New Jersey District Parish Nurse Rep.*

Called to be caregivers! Since becoming a registered nurse 13 years ago, this has been my motto. As nurses, we are always providing care — at work, with our families and friends, sometimes seven days a week! When God provided me the opportunity to become a parish nurse five years ago through Concordia University Wisconsin's parish nurse program, it was a tremendous joy and blessing from God.

I have been serving as a parish nurse and congregational health ministry chair for about five years at Our Savior Lutheran, Fair Lawn, N.J. I am continually amazed at how God calls and equips His children to serve. When we began our health ministry program, our hope was to offer blood pressure screenings, flu shot clinics, acute and subacute care visits, homebound visits and to equip our church and school with automatic external defibrillators (AEDs). As the years went by, I found myself praying to God to reveal ways that would allow some of our younger generations to serve Him. I had a young son as well, and I kept praying that God would provide an opportunity for me to serve alongside him and his Sunday school friends. Then about two years ago, several of our youth expressed interest in creating gifts and crafts to bring to children who were in our local hospitals. Thanks be to God, our "Gifts for Kids" youth missionary program began! Through our "Gifts for Kids" events, our volunteers serve alongside other volunteers of all generations, sharing their unique gifts and talents to create cheerful gift bags to bring God's love and hope to hospitalized children. Our gifts also bring God's love and peace to the families and staff at these children's hospitals.

For many years, we have also been blessed to have a new birth outreach program through our health ministry. As parish nurse, I am blessed to have the opportunity to reach out to families who have just welcomed a new child, through birth or adoption, and pray for them and bring them gifts. Through this outreach, I get to discuss Baptism, provide newborn care tips and, of course, hold babies!

Called to be caregivers! There is no greater joy then to serve alongside volunteers of all ages, sharing the Good News of God's love, forgiveness, mercy and salvation through His son, Jesus Christ!

"But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it, and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus" (2 Tim. 3:14-15).



USING OUR GIFTS: *Teaching Sunday School*

Carol A. Lueders Bolwerk, RN, PhD, Director of Parish Nursing and Congregational Health Ministries, Concordia University Wisconsin

AS FALL APPROACHES, churches return from a more relaxed summer to a busy calendar of church events. Choir members start to practice hymns for the season. Confirmation classes restart. Women's and men's groups have their first meetings after a brief summer holiday. Newly elected officers start their year terms. And Sunday school begins a new year with children excited to know about Jesus.

Over the years, it has become more challenging to find volunteers who will commit to a full year of Sunday school teaching. School sports teams and NFL football games compete against Sunday traditions of church, adult Bible study and youth Sunday school.

New models have been developed in child and family ministry for teaching Jesus to the next generation, including that of team teaching, semester teaching, and even moving Sunday school to the middle of the week or Saturday evening. Team teaching can be used throughout the church Sunday school calendar in faith development for our youth and families. In organizing a team-teaching model, a person may act as a Sunday school coordinator, using the time, talents and treasures of others in organizing a Sunday school curriculum and lesson plans.

One possibility would be to use health care professionals such as nurses, occupational/physical/speech therapists, doctors, social workers, nutritionists, dentists, music therapists and others in sharing the love and gospel of Christ. As a guest speaker, a health care professional can share the love of Christ by providing knowledge about his or

her called vocation, or sharing God's creation in taking care of one's body or improving safety and health of children, family and community.

A parish nurse is a registered nurse from the congregation serving congregational members and families in mind, body and spirit in faith-based institutions. The parish nurse promotes holistic health, prevents or minimizes illness, manages chronic illness, teaches about health, and conducts health screenings while integrating spirituality. Across our country, there are parish nurses who have taken specialized classes and workshops to serve in congregational health ministries.

Invite health care professionals to an early summer meeting and organize a monthly calendar integrating their expertise. The following might be helpful in planning topics that address health-related topics and that include nurses and others to help with the spiritual, physical and psychological formation of our youth.

1. Beginning in the early summer, plan monthly lessons that a health care professional could do, underscoring body, mind and spirit.
2. Use websites such as healthfinder.gov for help in brainstorming topics.
3. Explore the church calendar. What are the dates for Advent and Christmas, along with Lent and Easter? When does school start? When is vacation Bible school? What is the date of the church picnic?
4. Learn about community events that might dovetail on lessons that could be planned. Fire safety in October is one that many communities



PHOTO: LONIS/ERIK M. LUNSFORD

acknowledge by a visit to local fire departments, changing batteries in smoke alarms and the like.

5. Identify holidays that the secular and Christian worlds acknowledge and celebrate, including Mother's and Father's Day, Memorial Day, Labor Day and Thanksgiving. What could be done to recognize these specific days?
6. Once a calendar has been developed, identify health care professionals in the church and community who might be interested in sharing information and teaching Sunday school once a month. Request information from health care professionals that includes contact information, experiences and expertise.

Next, brainstorm possible topics for each month. I have surveyed several parish nurses, and some ideas are included below. Of course, there are many more topics worth exploring for possible Sunday school lessons. If you want to contribute to the list, contact Carol at carol.lueders.bolwerk@cuw.edu.

- **September:** back to school safety tips (crosswalks, safety belts and bus safety).
- **October:** eat better, feel better, fruits and veggies, fire safety.
- **November:** handwashing, "shoo the flu."
- **January:** winter safety (frostbite, cold weather safety).
- **February:** national heart and dental months, "give kids a smile" day.
- **March:** national nutrition and poison prevention months.

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President of Synod:

Rev. Matthew C. Harrison

Parish Nurse Ministry Coordinators:

Marcia Schnorr, Ed.D., R.N.-B.C.

Certified Lay Minister—Parish Nurse

Karen Hardecopf, R.N.

Certified Lay Minister—Parish Nurse

Designer:

Chrissy Thomas

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Select *Parish Nurse Newsletter* from among the “Helping People” newsletters.

- **April:** spring, plant a seed noting God’s creation.
- **May:** national healthy vision, physical fitness and sports months.
- **June:** dairy month, keeping bones and teeth healthy and strong, bicycle and water safety.
- **July:** VBS, fireworks safety.
- **August:** children’s eye health.

As societal and cultural changes impact the Church, we need to plan, make changes, modify programs and implement new ministries. Parish nurses and other health care professionals can contribute to many ministries, including Sunday school, to help develop a Christ-centered and holistic approach to serve our youth.



Educational Opportunities and Resources

The 2018 LPNI study tour will be to Canada, visiting primarily in Saskatchewan and Manitoba in September. Full itinerary and registration information will be available on the LPNI website (lpni.org) in early June.

The 26th Annual Concordia Conference for Parish Nurses and Congregational Health Ministry will be held May 23–24, 2018, with the theme “Steadfast Servants: Working Together for Christ.” For more information, contact carol.lueders.bolwerk@cuw.edu. The four-day intensive Christian caregiving course (basic course for parish nurses and others) will be offered at Concordia University Wisconsin, Mequon, Wis., May 14–17, 2018.

Basic parish nursing education is available from Concordia University Wisconsin and from LCMS Health Ministries. Both programs contain similar information and theology taught by LCMS clergy. Both comply with the Scope and Standards for Faith Community Nursing and provide a certificate of completion. The delivery style differs to meet different learning needs. For information about the course at Concordia University Wisconsin, contact carol.lueders.bolwerk@cuw.edu. For information about the LCMS Health Ministry course, visit lcms.org/health. You may also contact the LCMS parish nurse education coordinator, Dr. Marcy Schnorr, at marcyschnorr2009@gmail.com.

Free video lectures are provided by LCMS Health Ministries for parish nurses throughout the year. Lecturers include clergy, parish nurses and others with expertise and knowledge useful for parish nurses. These videos are archived and available at lcms.org/health/parishnursing.

Ministry to Armed Forces: Captain Craig G. Muehler, CAPT, CHC, USN (Ret), director of LCMS Ministry to the Armed Forces, has shared his interest in being a resource for parish nurses and their congregations who serve persons in the armed forces and veterans. You may contact him at 800-248-1930, ext. 1337, or craig.muehlers@lcms.org.

Cancer—Now What? by **Kenneth C. Haugk, Ph.D.**, is a new resource from Stephen Ministries that offers a practical guide for those with cancer and their loved ones. This book is a practical, thoughtful guide for the parish nurse to give to someone with a cancer diagnosis. It is written in an organized, easy-to-read format that can offer hope for the cancer journey. Parish nurses who are familiar with the book can offer specific references to reinforce and supplement their visit. Available from CancerNowWhat.org.