



Northwest Parish Nurse News

Volume 18, Issue 3

November, 2009

Way to Wellness Spiced with Laughter

Remember the jokes! exclaimed Jenny Herrick as she regaled the audience with her hilarious stories and outlandish humor. "If you can't remember them, write 'em down," advised the author of *You Laugh, I'll Drive*. She reminded the guests that life is too short to be taken seriously. For that reason, it is always good to have a joke in hand just in case you need a good laugh, which is most of the time.

Using such props as clown noses, eyeball popping glasses, and candy lips she dipped into her treasure trove of jokes, some reaching back to the sixties. She also talked about her trip to China with Patch Adams and her ability to laugh in the face of adversity based on her own life story.

Close to 260 people gathered at the University of Portland on October 24, 2009, for Humor and Health Fest IV under the theme of

Laughing Your Way to Wellness

The evening began with a reception during which Isaac Rains provided

special music on the Marimba. He also played some Bach concertos later in the program.

Joanne Warner, Mistress of Ceremonies, officially opened the Fest with the introduction of Maureen Briare, Campus Ministry staff member, who welcomed the guests to the University of Portland and provided an opening prayer and song.

When people were finished eating, Joanne Warner with the help of musician Rains, drew the winners of 9 specialty baskets put together and donated by Debbie Meacham of Normandy, WA. Debbie Waring, Director of Education for NPNM, announced the winner of the 2009 Annette Stixrud Parish Nurse of the Year award, which for the first time went to two people, Rachel Hagfeldt and Jean Vanberg. (see related story on page 4)

Bruce Strade, Executive director of NPNM, then highlighted the theme of the 2008 Annual Report, *A Whole Lot of Caring Going On*, and provided snapshots of caring

We must be silent before we can listen.

We must listen before we can learn.

We must learn before we can prepare.

We must prepare before we can serve.

We must serve before we can lead.

—William Arthur Ward

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Showing Up & Doing Our Part

We all want to make a difference. We want evidence that our contributions count and that people notice what we do. Some of this may be in service of our ego. Other aspects may simply be a sincere desire to do the best we can.

The question then becomes, "How do we gage success and who gets the credit?" If we are solely responsible for making a difference and an impact, then we may determine success based on the recognition we receive from other people. If the credit belongs to us alone, then we drive ourselves to achieve greater successes and to gather as many accolades and awards as possible into our recognition basket.

But what if success is also the result of factors and forces outside ourselves? What if making a difference does not rest on our shoulders alone, but includes timing, location and openness to the creative process? What if it is not "all about me?" These are some of the questions that Elizabeth Gilbert, the author of the best-selling book, *Eat, Pray, Love*,

which she describes as a "freakish" success that would be next to impossible to top, raises in a 20 minute **TED** talk. You can access her full talk at the following link:

<http://www.dailygood.org/more.php?n=3910>.

In her research on how past cultures handled genius, she discovered that in ancient Greek and Roman cultures, people aren't geniuses, but rather they have a genius. To a great extent it comes from an external source which intersects with a person at an opportune moment. So what's important is for us to show up and do our part.

Maybe this what is meant by the Greek word, *kairos*, which in Christian theology refers to *the appropriate time that coincides with God's purpose. It is the time when God acts.* So success happens for us when we are available to God acting through us. Could that be what Paul is referring to when he says: *It is no longer I who live, but Christ lives in me.*"? (Gal. 2:20) We just need to stay tuned, show up and do our part. When we do that, we have the good fortune of sharing the credits no matter what happens..

Bruce Shadé

Laughter (cont.)

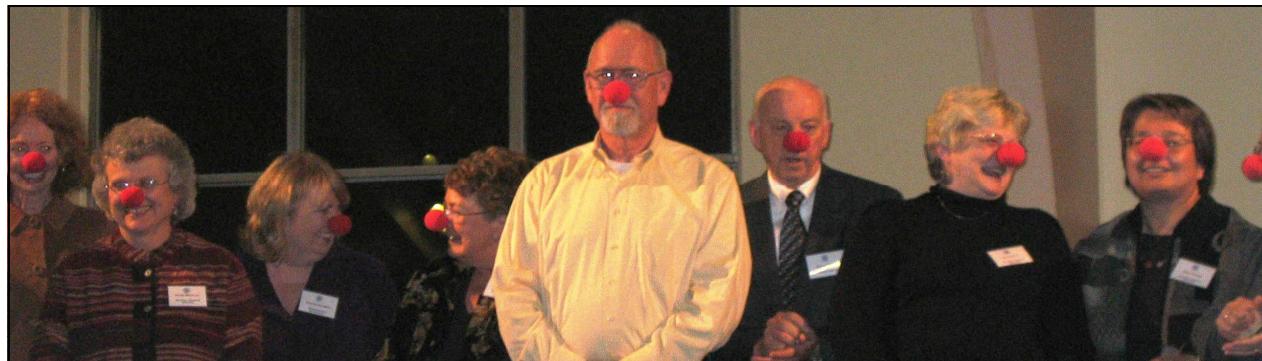
(Continued from page 1) from throughout the Pacific Northwest. As a firsthand example of caring he introduced one of the winners of the 2009 Parish Nurse Award, Rachel Hagfeldt, who shared with the audience her experience in working with a homeless shelter in Albany. She talked about how much she learned in the process, her genu-

ine surprise about how well received the parish nurses were, and the joy she felt in having the privilege of getting to know these people.

After reading Mary Oliver's *When Death Comes*, Warner invited the dinner guests to contribute to the caring. Along with the sponsorships, donations prior to and post Fest, matching funds and the generosity of the people in attendance,

NPNM netted almost \$25,000 to assist in educating, networking and nurturing faith community nurses and health ministers to promote wellness through faith communities.

As part of her finale, Jenny called the NP NM board members and staff to the stage, gave them little sealed brown bags, which she asked them to open on the count of three. She then had each person on display put on the



clown nose and grab the right ear of the person to the left and shake it. And that's how Jenny got the last laugh.



Two Named Parish Nurses of 2009

For the first time since its inception in 2005, two nominees received the 2009 Annette Stixrud Parish Nurse of the Year Award. Named after its first recipient and the Educator/Executive Director of Northwest Parish Nurse Minis-

tries for almost 13 years, the annual award is given to a parish nurse nominated by his/her peers who exemplifies the following qualities:

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

The committee responsible for reviewing the nominations had difficulty choosing between the two finalists. They agreed that both equally deserved the award. At their urging, the administration decided to honor both finalists:

Rachel Hagfeldt

&

Jean Vanberg

Both attended the Parish Nurse



Jean Vanberg and Rachel Hagfeldt

Coordinator Class in 2000 and have served as parish nurses since the early and mid-1990's. Both work as Parish Nurse Coordinators, Jean for St. Joseph Hospital in Tacoma, WA and Rachel for Albany General in Albany, OR. Both are actively involved as Parish Nurses in Lutheran congregations. Rachel is a member of Good Shepherd Lutheran Church in Albany, OR and Jean serves Peninsula Lutheran in Gig Harbor, WA.

Cited for her long-standing commitment to Parish Nursing as coordinator at Albany Hospital, and as a Parish Nurse at her church, as well as teaching the Basic Parish Nurse Course, Rachel Hagfeldt is also described as *creative in responding to community needs, helping assess health needs at the homeless shelter, organizing community health fairs and actively supporting the needs of people ad-*

mitted to the hospital.

Other accolades included the suggestion that *Rachel's whole life embodies PASSION for Parish Nursing*. Even though she started the health ministry program at her church more than 14 years ago, *she has not lost any of her focus, energy, dedication, commitment, innovation and output. She miraculously is able to be an effective P.N. one on one with an individual, and/or their family, as well as effectively oversee the broader, collective efforts of many P.N.'s through a unique hospital based program of "Community Health Nursing."*

Jean also is described as *a dedicated parish nurse and a strong advocate for the Parish Nursing program. She more than meets the qualifications for this award through her compassion for the underserved, administration and organization, and her ability to support others while encouraging autonomy.*

Some of Jean's accomplishments in addition to maintaining a healthy program in her church include:

- Assisting churches in starting new programs (grew from 48-76 in 5 years)
- Facilitating monthly Tuesday and Saturday meetings,

(Continued on page 4)



Bellingham Hosts Coordinators

The Health Ministries Network of St. Joseph Hospital in Bellingham, WA hosted a Forum of NPNM Coordinators at the Bellwether Hotel on November 6 & 7, 2009 with the help of a grant from St. Luke's Foundation.

The meeting began on Friday evening with a dinner for the 15 Coordinators in attendance where participants had an opportunity to share highlights about themselves and their programs. Areas covered included:

- A parish nurse retreat that focused on visioning;
- Work on an interfaith commission and the development of a Care Transitions model
- A program with the homeless

and a hospital sponsored free clinic.

- A monthly data collection



program and its value for annual reporting.

- The ministry of the Faith Community Nurse (FCN) to veterans.
- The importance of FCN's identifying themselves as non-paid professionals rather than volunteers.

- The outcomes of a program for diabetics in partnership with the state.

On Saturday morning local FCNs and health ministers joined the Coordinators for an educational session on: *Turning Mastery into Mystery: Helping, Fixing or Serving?* under the leadership of Debbie Waring, Director of Education, and Bruce Strade, Executive Director of NPNM. Based on an article by Rachel Naomi Remen, the group explored the role of helping, fixing and serving in relation to healing.

The joint session ended with Lunch, during which time the Annette Stixrud Parish Nurse of the Year awards were presented. (see related story) The Coordinators then met in the early afternoon to conduct business and make plans for future activities.

PN Award (cont.)

which are filled with *inspirational, education, resources and networking.*

- Coordinating yearly flu clinics.
- Assisting with Parish Nursing courses at Pacific Lutheran College.

Jean's people skills are beautiful to behold. When one of us has difficulties, she'll be the first to gather us around that person — putting hands on and praying.

One person summed it up by saying that Jean reaches beyond the nursing and supports our whole personhood. She adds, *Jean is understated,*

professional and excellent in her role.

Rachel and Jean received their awards at a luncheon attended by fellow Coordinators and local Faith Community Nurses in Bellingham, WA on November 7, 2009.

Other nominees for the 2009 Parish Nurse of the Year Award were:

Analee Oakes

Shoreline, WA

Nancy Seitz**

Beaverton, OR

Annette Stixrud

Portland, OR

**Nancy Seitz died on October 16, 2009, after a long and courageous struggle with cancer. A

memorial service at St. Matthew Lutheran Church in Beaverton, OR on November 12, 2009, celebrated her life and her place among the saints in glory.

For those wondering what Annette Stixrud is doing these days, below is the focus of her attention.





Classes Scheduled for 2010

Basic Parish Nurse/Health Ministry Classes		
Place	Date	Contact
Redding, CA Simpson University	February 12-14 & 19-21	Jean Krueger –530-842-4217 Debbie Waring – 503-413-2341 debbiew@pnm.org
Portland, OR University of Portland	May 6-7 & 10-11	Debbie Waring – 503-413-2341 debbiew@pnm.org
Bend, OR St. Charles Medical Center	April 14-17	Lyn Bogie –541-383-6861 lbogie@scmc.org
Portland, OR Concordia University	July 7-10	Debbie Waring – 503-413-2341 debbie@pnm.org
Tacoma, WA Pacific Lutheran University	April 12-14, May 12-13	Terry Bennett – 253-535-7683 bennettl@plu.edu
Albany, OR Linn Benton Community College	May	Rachel Hagfeldt -- 541-812-4701 rhagfeldt@samhealth.org
Bellingham, WA St. Joseph Medical Center	Spring	Jeanne Brotherton – 360-788-6408 Beansle6@comcast.net
Anchorage, AK	Spring	Linda Shephard – 907-212-5053 lshephard@provak.org
Supplemental Modules Class		
Seattle, WA	Fall	Debbie Waring – 503-413-2341 debbiew@pnm.org
Preparation Course of Parish Nurse Coordinators		
Westside Presbyterian Church Seattle, WA	March 18-20	Debbie Waring – 503-413-2341 debbie@pnm.org

In Memory/Honor of

NPNM is privileged to announce the following gifts given in behalf of the following people.

In honor of

Flavia Schaller
Betty Rech

by

Eunice Rech

In honor of

Brenda Pfahl

by

Kathryn Boe-Duncan

In honor of

Annette Stixrud
The Annette Stixrud
Scholarship Fund

By

Jean Vanberg

In memory of

Nancy Seitz

by

Bruce Strade

Left is a picture of Nancy Seitz, who exemplified the best in Parish Nursing.



Anyone wishing to designate a gift either in memory or honor of someone can do so by requesting that on a note accompanying your check. We will then post it in the next Newsletter which is published in February, June and November. We welcome your gifts and know that they have special significance when given to honor the memory of someone or to recognize someone while he or she is still alive.



Network Focuses on Community Connectedness

Confronted with the departure of a Parish Nurse Coordinator and a reduction in funding, the Faith Community Nursing/Health Ministry programs in Bellingham, WA looked for other options. They handed the ball to Dick Cathell, chaplain at St. Joseph Hospital (SJH), who eagerly ran with it.

Billed as an extension of the Spiritual Care Department at St. Joseph Hospital, Cathell designed the Health Ministries Network and convinced the hospital to hire on a part-time basis a Parish Nurse Education Coordinator and a Parish nurse Outreach Coordinator. Jeanne Brotherton and Dotty Marston respectively filled these two positions.

Together they formed a

Leadership Team, adding as Administrative Consultants, Tisch Lynch and LeAnna Osterman, and Pamela Colyar responsible



Dotty Marston, Jeanne Brotherton and Dick Cathell

for Special Projects. The mission of the Network is:

To link faith community nurses, congregations, community organizations and hospital resources to serve our community by promoting preventative health care, social justice and spiritual well being

Participants include specific programs of SJH, Whatcom

County Health related departments, NAMI, the Alzheimer Society of WA, Catholic Community Services, Health Ministries Association, Inc., NPNM, and a number of clergy.

HMN also offers the following educational programs:

- Parish Nurse Basic Preparation Class
- Health Ministry Basic Preparation Class
- Health Promoter Orientation
- Monthly Network Meetings
- Bi-Annual Retreats
- Care Transitions Project: Stepping Stones.

In addition, members receive discounts on LifeQuest, LifeLine and Health screenings, have access to a library & DVD resources, and Health Ministry Sunday services offered by the Leadership Team. You can learn more about this unfolding Network at its evolving webpage: [.healthministriesnetwork.net](http://healthministriesnetwork.net)

Wish List



If you are someone who prefers to fund specific items or volunteer your time, below is a list of wishes/needs that we have on an on-going basis:

Office Supplies

- 1st Class postage stamps
- 3 & 4" Spiral notebooks with front pocket
- Expandable files

- Sets of dividers with tabs numbered 1-25
- Gift card to major office supply store

Volunteer Opportunities

- Web supervisor—someone to assist with the webpage, serve as a consultant, update and help maintain NPNM webpage. Does not have to be one person.
- Someone who has expertise in Excel, Outlook, or Access to do data entry and outcome measurement
- A person to serve as host and scheduler for the monthly networking meetings in Portland

We welcome all the help we can get. There is no question that the success of NPNM is a group effort.



Bits and Pieces



<http://www.smallstep.gov/>

This site offers adults and teens fun, interactive and helpful information on physical activity and healthy eating. The pages include:

- Tip of the day
- Get the facts
- Eat better
- Get active



There is also a downloadable guide for parents on helping their child grow up healthy.
www.smallstep.gov/pdf/helpyourchildgrowup-healthyandstrong.pdf

Developmental Disabilities Resource Guide

An updated Resource Guide for Clergy, Laypersons, Families, and Service Providers is available from the BoggsCenter. It includes sections on congregational ministry and outreach, such as worship, religious education, awareness videos, along with respite care, community building, person-centered planning, coping with grief, and much more.



http://rwjms.umdnj.edu/departments_institutes/boggscenter/products/documents/DimensionsofFaith2009.pdf

Faster Better for Older

A French study has found that seniors who walk slowly are three times more likely to die from cardiovascular disease than are fast walkers. The study which followed 3,208 men and women 65 to 85 for five years did not find any difference in risk between women and men, younger and older seniors and those with low or usual physical activity levels. The study was published online Nov. 10, 2009 in BMJ.

Faith and Mental Illness

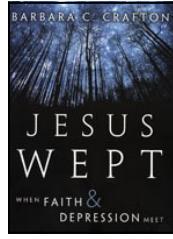
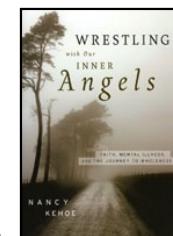
Three authors offer insights in the connection between faith and mental illness.

Wrestling with Our Inner Angels: Faith, Mental Illness and the Journey to Wholeness
 by Nancy Kehoe,

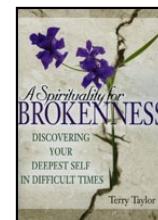
Jossey-Bass (San Francisco), provides personal examples of how healing requires both psychological and spiritual ministry, especially for those struggling with the dual challenge of mental illness and guilt.

Jesus Wept: When Faith and Depression Meet by Barbara Crafton, Jossey-Bass (San Francisco, 2009)

shares the author's personal experience as well as those of her parishioners in dealing with depression. It gives a clear description of depression, suggests a path toward healing and shows the role faith plays in the process. "At first I did not know I was depressed. I thought I was religious," the author writes. In addition to feeling tired and



overworked, the Episcopal priest author confesses to a "doomed desire to please everyone." As a result of her experience, she realized that true depression cannot be healed by prayer or willpower alone. Proper medication and/or counseling are also necessary.



A Spirituality for Brokenness: Discovering Your Deepest Self in Difficult Times by Terry Taylor, Skylight Paths (Woodstock, VT)

the author after experiencing "brokenness" at mid-life, offers spiritual practices for persons of all religions in dealing with inner division, conflict and helplessness. Taylor is the executive director of International Paths for Peace, an organization that focuses on interfaith dialogue.

Hope Less, Move On

For chronically ill patients, giving up the hope that they will get better may actually lead to more happiness. Acceptance of their illness may actually help people move on, according to a study in the November, 2009 *Health Psychology*.

New Emails Addresses

Please note that everyone in our office now has new email addresses.

Debbie Waring

debbiew@nprnm.org

Sandra Douglas

sandrad@nprnm.org

Bruce Strade

bruces@nprnm.org

Also, check out our webpage, at:
www.nprnm.org



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Director of Education
Sandra Douglas
Administrative Coordinator

Web page: www.npnm.org
Phone: 503-413-4137
2008 Annual Report
(check webpage)

Coming Attractions 2010

Humor and Health Fest V

October 23, 2010

2010 Conference

Portland, OR

October 22, 2010

featuring

Faith Roberts