



# PARISH NURSE PERSPECTIVES

ACTING LOCALLY  
INSPIRING GLOBALLY

A publication of the International Parish Nurse Resource Center Volume 7, Issue 4, Fall 2008

## The Hidden Country Within

My first semester at seminary, I was a student chaplain at the St. Louis City Hospital, a place you didn't utilize unless you had no choice, that is, no health insurance. Even back then, few people had enough cash to pay for their care out of pocket. Several patients are locked in my mind — a terrified young man dying from AIDS before anyone knew much about the syndrome, an older man so ravaged by diabetes that all that remained of him was a torso. Some patients were memorable only for the prevalence of their interventions — poor women and hysterectomies, for example. One young woman, though, has stayed in my mind for the utter senselessness of her case.

She was a nursing school student who needed to have a kidney stone removed. Most folks would just have this done on an outpatient basis, through ESWL. City Hospital couldn't afford that equipment, so surgery was the only option. There were complications. The student, when I met her, had been hospitalized for a month. She was falling far behind in her coursework, and was worried about her toddler son, staying with friends as the weeks wore on. Her situation was both frightening and unjust.

We are in the process of updating the IPNRC curriculum for Parish Nurse basic preparation, which should be ready by the Symposium next fall. One thing is clear by the response to this year's Symposium, the role of advocate for access to quality care is critical.

"Critical" was the word that PBS chose for the title of its recent documentary on

the health insurance crisis: "Critical Condition." 45 million people were uninsured when that was produced, and given the rise in unemployment data lately, that number is likely rising.

Our Educational Partner in Canada, Inter-Church Health Ministries, is working on a Canadian version of the curriculum, because some items simply are not applicable there. For example, in the module on the role of the parish nurse as advocate, telling people that there are 45 million uninsured citizens would be inaccurate. There are none.

In fact, if everyone in Canada lost their health insurance today, that would still be fewer people than the number of uninsured Americans today. There are 33.4 million people in Canada.

Paul, speaking with the church at Ephesus, reminded them, "You are fellow citizens with God's people and members of God's household." (Ephesians 2:19). As people of God, can we let our fellow citizens, suffer, even die, for lack of access to care?

We remember the words of God to Jeremiah, speaking to God's people: "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you a future and a hope." Jeremiah 29:11

Let's claim that future, and that hope, for all God's people!

Blessings,  
Rev. Dr. Deborah Patterson  
Executive Director

### Inside this issue:

Featured Parish Nurse	2
Resources for Parish Nurses	3
Pastoral Nursing in Healthy Village Action Zones, NZ	4
Experience Parish Nursing International!	7
Poetry: The Cup of Tea; News from Around the World of Parish Nursing	8
Get My People Going!! One Congregation's Story	10
Congregational Exercise Programs—Part IV	11
Living With Diabetes—Parish Nursing Poster	12
News You Can Use, Websites of Interest, Add a Decade of Life	13
2008 IPNRC Educator's Event	14
Education and Research News from the IPNRC	15
22nd Annual Westberg Symposium	16-17
Educational Partner Parish Nurse Classes	18-19



## Parish Nurse Perspectives

*For parish nurses, clergy, and others interested in the specialized practice and health ministry of parish nursing.*

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## Featured Parish Nurse

*Halah Nachawati, RN, BSN, is a faith community nurse at the Dar El Eman Islamic Center in Arlington, Texas. Information for this column was taken from a feature, "Fulfilling Needs: Faith community nursing expands to Muslim congregation," written by Teresa McUsic for the Oct. 20 edition of the South Central issue of NurseWeek, sent by Paulette Golden, Manager of Community Health and Faith Community Nursing at Harris Methodist Fort Worth Hospital. Thanks to Paulette and Halah, and blessings to our sisters in faith community nursing in all places.*

Halah Nachawati is a post-partum nurse in Arlington, Texas, and is used to assessing the health needs of those she serves. Some of her patients are well-equipped to care for their new child, and others leave needing other resources. Some of her patients have health insurance — others are not so fortunate.

Ms. Nachawati noted similar trends in her faith community, the Dar El Eman Islamic Center, an Arlington mosque which serves 2000 members. She noted health needs among the people there, and stepped in to make a difference.

Halah recently told a reporter, "We have a community where most do not have health insurance and our health needs are not being met. The mosque saw people had health care needs and wanted a more structured program than just a yearly health fair."

So, Ms. Nachawati took the Basic Preparation Course for Faith Community Nurses with Ms. Golden at Harris Methodist Fort Worth Hospital, which now works with 67 nurses in a variety of faith communities, serving 25,000 families. Along with two other faith community nurses at her mosque, Halah is able to offer help from her own nursing expertise, and has the significant resources of Harris, and their parish nursing network, behind her. "When you are in a community, people identify you as a nurse. But this is a chance to have an unending amount of resources behind you. This program makes it more organized. It's a big helping hand."

No matter your region, your religion, or your role in health-care now, if you are a registered nurse with an interest in helping others, you can make a significant contribution to the lives of others through faith community nursing,

"Any faith community can benefit from this," Halah says. "It really makes a difference in people's lives."

*For more information about the Harris Methodist Fort Worth Hospital's faith community nursing program, contact Paulette Golden at [Paulettegolden@texashealth.org](mailto:Paulettegolden@texashealth.org) or call her at (817) 250-5081.*

# Resources for Parish Nurses

## New Parish Nursing article in ANA journal



“Parish nursing: reclaiming the spiritual dimensions of care” by Deborah Patterson, Barbara Wehling, and Gayle Mason (all of the IPNRC). *American Nurse Today*, October 2008, Vol. 3, Issue 10, 38-40.

This article will be added to the CINAHL database in a few months, and is available now to all American Nurses Association members.

## Faith community nursing and chronic disease

The emerging role of faith community nurses in prevention and management of chronic disease, McGinnis SL; Zoske FM *Policy, Politics, & Nursing Practice*, 2008 Aug; 9 (3): 173-80. In this article, Frances Zoske and Sandra McGinnis argue that faith community nurses provide services not commonly available in the traditional health care system, such as community case management, community advocacy, and community health education, addressing unmet health care needs, particularly for the prevention and management of chronic disease.

## Farewell, My Friend: A Step-by-Step Guide to Handling a Serious Illness and Even the Death of a Loved One

by Beatrice Bailey

\$19.95 US at [www.farewellmyfriend.net](http://www.farewellmyfriend.net)

Farewell, My Friend is a valuable resource manual and tool for any parish nurse who accompanies a parishioner or caregiver through the journey of a serious illness and/or death. Beatrice Bailey takes you on her own journey as wife and caregiver for her husband who is diagnosed and later dies of cancer. As a result of this experience, Bailey has developed many tools that can be easily replicated to help sort out the confusing issues you face along the way. She carefully guides you through such issues as getting answers you need from doctors, organizing medical records and keeping a calendar. She has developed easy tools for coordinating help, how to set up a sickroom, legal matters that must be addressed and pre-need funeral and memorial planning. In telling her own story, Bailey also stresses the importance of taking care of “you.” Bailey doesn’t leave you at the funeral either; her final tool is a *Grief, Closure and Moving On Checklist*.

## “Using Your Voice to Make A Difference”

This keynote presentation by Diana Mason, PhD, RN, FAAN, from the 2008 Westberg Symposium, is available on the IPNRC website at [www.parishnurses.org/OtherResources\\_172.aspx](http://www.parishnurses.org/OtherResources_172.aspx). Dr. Mason is the editor of the *American Journal of Nursing*, the oldest and largest circulating journal of nursing in the world. Her presentation encouraged parish nurses to develop evidence-based practice, stating that nurses must be “proactive and vocal” to “sustain and spread...innovations and models of care that work.”

## Parish Nurse Documentation System On-Line

Lisa Burkhardt, MPH, PhD, RN, Associate Professor at the Marcella Niehaus School of Nursing at Loyola University in Chicago, and a former staff member of the International Parish Nurse Resource Center, has created a manual, “Integration: A documentation system reporting whole person care” for parish nurses that she generously has agreed to share as a free download from her faculty website. We are grateful to Dr. Burkhardt for sharing her extensive work on documentation with others in the parish nursing profession. This documentation system can be found on the IPNRC website under “Resources” at [www.parishnurses.org/OtherResources\\_172.aspx](http://www.parishnurses.org/OtherResources_172.aspx). (Dr. Burkhardt can be reached at [eburkha@luc.edu](mailto:eburkha@luc.edu).)

## Also on the IPNRC Resources Page...

You will find a bibliography of theological resources supporting parish nursing and health ministries, as well as copies of the posters on strokes and heart disease from earlier issues of *Parish Nurse Perspectives*, which you are welcome to use in your congregations. (Be sure to check out the new poster on page 13 of this issue on diabetes, created specially for parish nurses). Go to [www.parishnurses.org/OtherResources\\_172.aspx](http://www.parishnurses.org/OtherResources_172.aspx).

**This is the Day: Readings and Meditations from the Iona Community** Neil Paynter, ed., (Glasgow, Wild Goose), 2006, \$25 US.

Many parish nurses may be familiar with the Iona Community, located on an island not far from Glasgow, Scotland. It is a “dispersed Christian ecumenical community, working for peace and social justice, rebuilding of community and the renewal of worship.” Not everyone can travel to Scotland, but Wild Goose Publications (the press of the Iona Community), has a book of readings and meditations from the Iona Community suitable for personal or corporate prayer and reflection.

For more about the Iona Community, visit their website at [www.iona.org.uk](http://www.iona.org.uk).

## Parish Community Nurses working within the Healthy Village Action Zones Auckland District Health Board (ADHB), New Zealand



*Parish Community Nurses (left to right): Mesepa Channing-Selau, Peleiupu Tautua, Vaiola Ha'unga*

Healthy Village Action Zones (HVAZ) is the concept of building healthy Pacific communities with access to quality health care. It is a community-led development, owned by Pacific communities, which looks after physical, social and spiritual needs of our Pacific families. There are now four Parish Community Nurses (PCNs) on board: Peleiupu Tautua (Procare Network Auckland PHO), 'Vaiola Ha'unga (Tongan Health Society PHO); Mesepa Channing-Selau (AuckPac) and newest to the team - Mele Taufua (AuckPac PHO).

There are seven Healthy Village Action Zones established within ADHB. 30 Pacific churches and three PHOs with Parish Community Nurses are actively participating in HVAZ. The PHOs are currently working with up to 10 churches each, so there is a substantial amount of coordination and communication among the PHOs, PCNs and churches to minimise duplication of processes and maximise resources.

A number of work streams currently operate under the HVAZ framework. These include gaining profiles of church populations, a CVD and Diabetes screening pilot programme, Primary Mental Health Liaison, Pacific Leadership training (for church health committees) and HEHA Pacific Community Grants to support new and existing activities within the HVAZ churches. Most of this

work is coordinated and facilitated by the PCNs, with the help of a Pacific Nutritionist – Ta'i Matenga-Smith, who has now been employed to work alongside the PCNs, and deliver nutrition talks, workshops and co-ordinated activities.

At this stage of development, the unique nature of HVAZ is also a source of some significant challenges for the Parish Community Nurses. Some of these initiatives must address the diverse determinants of health for our Pacific communities. Focusing solely on health will only go partway to addressing the health status of Pacific peoples. One of the strengths of the HVAZ approach is its intersectoral engagement, working with SPARC, Auckland City Council, and other community organisations.

Overall there is potential for overload. Each church and zone is different and there are multiple cultural and other factors to be aware of. The role of the Parish Community Nurse can be fraught with substantial barriers, and it would be easy to give up when the going gets tough. However the PCNs and Nutritionist schedule a monthly meeting, a dedicated time of prayer, discussing individual needs, sharing what is happening and it also provides an opportunity to celebrate together the achievements, big and small.

Much of the strength to work within the community arises out of the personal relationship that these awesome women have with Jesus. Daily prayer is an integral part of the role and having the opportunity to pray with church members, committees, colleagues and to see miracles happen are part and parcel of the rewards of working with our communities.

The health sector within ADHB has been surely strengthened by the addition of this amazing workforce and project.

*Thank you to Hilda Fa-asalele, author of this article, and to the editor of the NZFCNA newsletter, Kristine Telfer, where this article first appeared in September 2008. Visit their website at [www.faithnursing.co.nz](http://www.faithnursing.co.nz).*

# They don't have prescription drug coverage. But, they have you.

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## What is the Together Rx Access® Card?

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† Each cardholder's savings depend on such factors as the particular drug purchased, amount purchased, and the pharmacy where purchased. Participating companies independently set the level of savings offered and the products included in the Program. Those decisions are subject to change.

‡ Visit [TogetherRxAccess.com](http://TogetherRxAccess.com) for the most current list of brand-name medicines and products

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Monday, April 28, 2008 10:13 AM CST

Surgery went well! John did not get put under; they gave him an epidural so he would be more with it when the kids come today. He will be in recovery for about 1.5 hours. They are bringing the children up today from about 4-6-so please no visits during that time as this will be a difficult time for them all. It looks like if all goes well he will have the final close up surgery on Tuesday (this will be surgery number 27. Can you believe?) Wow this has been a journey. Ready to take some big steps forward. We're all so thankful that he's alive. Despite the setback John's positive attitude and optimistic spirit have continued to amaze me. Thank you for your love and support. We will post some pictures after the kids visit today! As always-we will keep you posted.

## This is news worth sharing.

Challenging events in life require more than a card. CaringBridge.org is the right place for your patients to have those conversations - not with the whole world, just their own. Tell them to set up a personal website at [www.CaringBridge.org](http://www.CaringBridge.org). They'll discover how a CaringBridge website can make their lives a whole lot better.



## Experience Parish Nursing International!

*Gayle Donahue, MSN, RN  
Manager  
Parish Nurse Program  
Fairview Hospital  
Cleveland, Ohio*



How wonderful it is when the blessings of travel open the door to new friendships and understanding of a culture! Let me tell you about my experience with twelve nurses in the United Kingdom.

Earlier this year, my husband and I traveled to Scotland to visit our youngest son who is pursuing his Masters Degree at the University of Edinburgh. Knowing that we would have some time to ourselves since he was still in class, I called the International Parish Nurse Resource Center to see if they could provide me with the name of a Parish Nurse in Edinburgh. I was hoping to have lunch with a local parish nurse and learn more about the joys and challenges of parish nurse ministry in the United Kingdom. Like all of us in parish nursing I am always looking for new ideas to strengthen and enhance the program I manage.

I was put in contact with the Rev. Helen Wordsworth RN, RM, RHV(tutor), M.Th, who serves as the Regional Minister, Central Baptist Association and Steering Committee Coordinator of Parish Nursing Ministries, UK. To my delight, I learned that Helen was going to be leading an introductory seminar for nurses interested in developing a parish nurse program, which would be hosted by Barbara MacFarlane. The nurses were gathering not far away in Dundee, an easy train ride north of Edinburgh.

My anticipation grew when I received an invitation to participate in the conference. I had the opportunity to tell the history of parish nursing in the US and the model of Parish Nursing supported by my hospital. It was a marvelous experience, one in which I learned about our similarities and the differences in our health delivery systems. What I also experienced was the bond of committed Nurses around the world sharing a passion for wholistic health and ministry to the people we serve.

So when you travel, whether in North America, Europe or anywhere else around the world, inquire before you go, and see if a parish nurse might be practicing near your journey.

The benefits that I received from this time with other Parish Nurses were multiple. I had a chance to fellowship with other nurses who were serving churches in a country which is even more secular than the United States. I heard their stories of the unique challenges they face developing a parish nurse program under the United Kingdom health delivery system, and I had a chance to share best practices.

Wherever you find yourself on vacation, take time to meet with another parish nurse. It will be a wonderful time of re-creation!

To learn more about parish nursing in the United Kingdom, visit the website of Parish Nursing Ministries, UK at [www.parishnursing.co.uk](http://www.parishnursing.co.uk). For more information about parish nursing at Fairview Hospital in Cleveland, contact Gayle Donahue at [gayle.donahue@fairviewhospital.org](mailto:gayle.donahue@fairviewhospital.org) or call her at 216-476-7324. If you are travelling abroad, and would like to connect with parish nurses there, visit the website of the IPNRC for a list of countries with parish nursing, and their websites, where available. More information at [www.parishnurses.org/RelatedSites\\_21.aspx](http://www.parishnurses.org/RelatedSites_21.aspx).

## The Cup of Tea

The cup of tea...

warmed, quiet strength,  
gentleness,  
blended,  
hand picked.  
boiled ----- formation.  
steeped and rested  
to perfection.



Shared with others

- relationships begin
- love
- conversation
- friendship

Shared with God

- contemplation
- emersion
- filling, hydration
- (w)holiness

Drinking

- emptied out

Second cup of tea

- renewal

*Helen Chigaros, RN, MSN, APRN-FCN, CRRN,  
is a parish nurse in her home congregation and an  
educational partner of the IPNRC at Kankakee  
Community College in Kankakee, Illinois.  
She also is featured in the IPNRC DVD,  
"Called to Care through Faith Community Nursing."*

## News from Around the World of Parish Nursing

**From Chaplain Cecilia Askew in The Bahamas:**

The Ecumenical Health Care Ministry Council Retreat for parish nurses and other health ministers in The Bahamas took place on September 27, 2008 at New Destiny Baptist Church in Nassau with Bishop Delton Fernander speaking on "Those that Care: The Ministry of Health & Healing." Plenaries were also offered by Ms. Simone Bowe on holistic healing, Rev. Emily Demeritte on the church as a haven for care and healing, and Pastor Jarenda Rahming on healing through prayer, meditation, and other spiritual practices. A lively day of prayer, praise, discussion and reflection! More information at [www.geocities.com/healthcareministry/ecumenical.htm](http://www.geocities.com/healthcareministry/ecumenical.htm).

**From New Zealand, Elaine Tyrell** reporting, just following their 10th Annual Conference, "Bridging Health with Faith in our Communities" held on October 24-27 in Christchurch. "We learnt much this weekend from the conference but not just from the speakers. There was much to hear from the participants and their individual stories and history. God is good and has journeyed with us and brought us together in a wonderful way. I spoke at our opening service of thanksgiving of the mat being woven of the strands of many participating in a call to God to serve him through nursing and specifically parish nursing.... [We have parish nursing resources at] the library which is now to be housed at St John's Theological College John Kinder Library in Auckland—accessible to all by distance."

"Lynda Miller was another blessing to us.... We experienced many special moments and 2 nurses started their ministry this week and there will be another 2 in the New Year. Please share our greetings with our parish nursing colleagues. We all send our love to you and thank you for your encouragement and thoughtfulness."

More info at [www.faithnursing.co.nz](http://www.faithnursing.co.nz)


*we did it*  
**AGAIN!**

*US News & World Report* hit the newstands recently with its 2008 edition of “America’s Best Hospitals.” Saint Louis University Hospital was ranked for **Geriatrics.**

Authoritative and influential, the 2008 America’s Best Hospitals guide ranks 170 medical centers nationwide in 16 specialties.

These rankings were based on a number of factors that look at data to determine reputation, mortality rates and care-related factors such as nursing and the availability of advanced services. Our patients receive the best possible care because the staff consistently use evidenced-based practice designed to improve outcomes.

**Saint Louis University Hospital is proud to once again be included in *US News & World Report* 2008 America’s Best Hospitals!**

Saint Louis  
University Hospital 

*when it's*  
**CRITICAL**



## Get My People Going!! One Congregation's Story

By Jo Sanders, RN, BSN

*Jo Sanders is the Health Ministry Coordinator of Southern Illinois Healthcare Community Benefits Department in Carbondale, Illinois. She is also a member of the First United Methodist Church in Marion, Illinois. Recently, Jo offered the IPNRC's "Get My People Going!!" congregational wellness program at her home congregation. She shared an account of her congregation's experience with a few other parish nurses earlier, and gave us permission to share that here. You can also reach Jo at [jo.sanders@sih.net](mailto:jo.sanders@sih.net).*

My church offered the Get My People GOING! Program over the summer. We had so much fun with it! We did it on 8 Sunday mornings at Sunday School hour.

After our preacher initially gave an amazing sermon to kick it off, we had 75 people come down to the altar with a commitment card to sign up. Each week an average of 40 attended. We had some do it independently because they did not want to miss their regular Sunday school classes. This worked, because we recorded the sessions each week and put them as podcasts on our church website. So, armed with the little booklet and a buddy, they could accomplish it that way too. We had 45 minutes each week. 15 min of checking in with each other and celebrating positives...motivational stuff, and then we had a speaker for 30 min. Each week a different topic and speaker. We used our own church resources...the speakers were either professionals from our church, or we used friends, relatives and co workers of members. We sent all participants weekly e-mails and used the program materials to write things to put in the church newsletters and bulletins. I did not spend \$\$ really-- things like pedometers, bottles of water and handouts were donated. The church covered the expense of copying the little booklets in color, and some postage. Also each week, one of our parish nurses gave a 3-5 minute talk about the program in both of our regular church services, so even those who did not sign up were able to hear an inspirational health message.

If you go to our website [www.marionfirst.org](http://www.marionfirst.org), you can hear the initial sermon (June 8) entitled "Fearfully and Wonderfully Made" by clicking on "Weekly Worship" on the left hand side of the home page. We ended with laughter with a visit from "Nancy Nurse," who reviewed the entire program in a fun and memorable way.



We had several folks with good weight loss, many who got together with a buddy for a time of prayer and study or exercise. We even had one person who committed to going back to college to finish a degree, and who announced that she had registered to start back at school again this fall!

I love the way this program allows people to decide to work on 2-3 areas that God is calling them to work on. Most had never had a program that included body, mind and soul, and many chose to work on things besides their diet and exercise.

And we loved how Exodus is woven into the program... how seeking good health is a "journey to the promised land," the walking, the (food) pyramids, God's commandments for the Sabbath and how he showed them where to rest each day, the need for food and water in the desert, not being alone on journey. We did not concentrate on the Bible story, but we had readings for each week that they could do themselves, and we always referred to the story.

I already know that I want to do something next with our kids. The way we did it did not lend itself to the younger kids coming to the sessions, and we put it together so fast that we just didn't have resources to include them this time. But, I think there are a lot of fun things to do for them with the same themes.

Here was our weekly schedule (speakers in parentheses)

1. The Journey Begins: Which Direction is Your Promised Land? (Health Ministry Team)
1. Manna and Quail...What Will You Eat on the Journey? (Natalie de Mello, Registered Dietician)
3. Exercise for the Journey...Let My People GO! (Shane Smith, Exercise Physiologist)
4. Water for the Journey...Striking the Stone (Dr. Jerry Felts, Chiropractor)
5. Finding Our Way in the Desert...Practicing Prayer and Worship (Rev. Deb Pollex, FUMC)
6. Sabbath Rest...Finding Rest, Renewal and Delight in our Lives (Rev. Dan Whitfield, Pastor, FUMC)
7. Friends for the Journey...The Healing Power of Community (Naeem Quereshi, MD, Psychiatrist)
8. Let's Celebrate Our Success! Joy on the Journey-The Healing Power of Humor, with a very special visit from...Nancy Nurse! (After church...Pool Party at Ray Fosse Park).

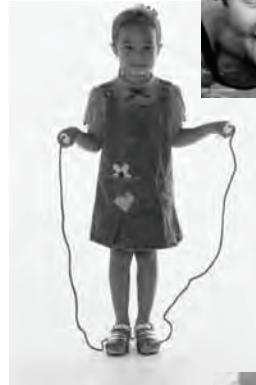
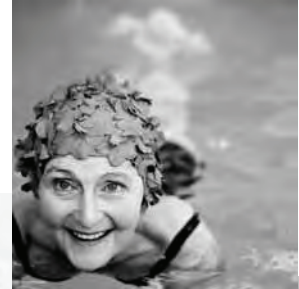
The "Get My People Going!!" congregational wellness program is available from the IPNRC for \$25. More information on the IPNRC website at [www.parishnurses.org/IPNRCResources\\_170.aspx](http://www.parishnurses.org/IPNRCResources_170.aspx) or call (314) 918-2684.

## Congregational Exercise Programs—Part IV (We're moving now, and the results are positive!)

Don't let your congregation's resolutions to exercise more and eat healthier start waning – here's good news that will keep them going.

The January 2008 issue of the journal *Public Library of Science Medicine* reports that people who engage in just four healthy behaviors – eating five or more servings of fruits and vegetables a day, drinking moderately, not smoking, and getting

some physical activity daily - **live 14 years longer**, on average, than people who don't have these habits. The social support found through involvement in a faith community makes this setting an ideal place for offering ongoing exercise programs. So don't stop now; tell your congregations they have 14 years longer to live for!!



## Faithfully Fit Forever—Mixing Faith and Fitness

Developed in Fargo, ND, through MeritCare Health System's Parish Nurse Ministry (led by Janet Drechsel) and Cardiovascular Rehabilitation Services, Faithfully Fit Forever (FFF) incorporates an holistic concept of Body, Mind, and Spirit. More than 500 people have completed Leader Training in a variety of faith communities across the United States.

The goals are as follows. **Body** - to promote increased activity and access to exercise programs in your community,

**Mind** - to increase awareness and understanding of health risks and healthy living, and **Spirit** - to enhance the fellowship and spiritual growth of faith and community members. Class times are flexible and at the discretion of the leader, but a typical class may include 40 minutes of exercise, 10 minutes of group discussion on a health-related topic, 10 minutes of devotion.

Trainers for this program, which fits all age groups, must participate in a leader workshop, led

by exercise physiologists. Included in the workshop are a training manual with reproducible handouts, a video and other informational resources and tips on group exercise leadership. New leaders will participate in a group exercise class demonstration; learn how to facilitate discussion on an educational topic and how to lead devotions. Safety considerations and liability issues are also discussed.

For information on bringing FFF training to your area, contact Laura Alderman, Director of MeritCare Faithfully Fit Forever, at 701-234-5659 or [laura.alderman@Meritcare.com](mailto:laura.alderman@Meritcare.com).

## Arthritis Foundation Exercise Program

Formally known as P.A.C.E. (People With Arthritis Can Exercise), the Arthritis Foundation Exercise Program (AFEP) was developed by the Arthritis Foundation for arthritis patients and is popular with parish nurses across the nation. This program promotes self-management of arthritis through low-impact exercise.

The AFEP 8-week program meets twice-weekly for one hour. Gentle exercises help arthritics increase joint flexibility, range of motion and help

maintain their muscle strength. Studies have shown that participants have increased arm and leg function and *increased* muscle strength. Participants that continue the AFEP program beyond 8 weeks often see improvement in pain, stiffness, fatigue, and depression.

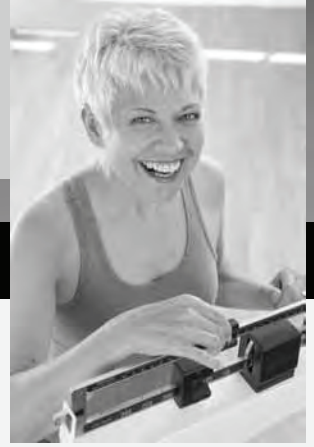
The Arthritis Foundation Exercise Program is offered at two levels – basic and advanced and is available throughout the country. Class instructors

undergo special Arthritis Foundation instructor training. Call your local chapter of the Arthritis Foundation to find an AFEP program near you or how to become a trainer in your faith based setting for this program. Go to [www.arthritis.org/exercise-intro.php](http://www.arthritis.org/exercise-intro.php) for a wealth of information on exercise and arthritis.

To obtain additional congregational exercise program ideas, or share an idea of your own, e-mail Gayle Mason, Manager of Coordinators' Support at [gmason@eden.edu](mailto:gmason@eden.edu) or call 314-918-2649.

# Living With Diabetes

Staying Healthy and Whole – for Life!



A Message Brought to you by your Parish Nurse

## Type 2 Diabetes

### Risk Factors

older age

lack of  
exercise

family history

impaired glucose  
tolerance

high blood  
pressure

high blood  
cholesterol



## Did You Know....?

- ◇ **About 10%** of persons over age 65 have Type 2 diabetes and many more are at risk.
- ◇ **Exercise** can help prevent the onset of diabetes, and can help improve blood sugar levels in those who have been diagnosed with the disease.
- ◇ **About one-third** of people with diabetes are unaware they have the condition
- ◇ **Blood tests** can screen for impaired glucose tolerance, which indicates higher risk for developing Type 2 diabetes.

## Complications

Approximately **40% of adults with diabetes** develop long-term complications, such as:

- ◇ Cardiovascular disease
- ◇ Stroke
- ◇ Vision loss and blindness
- ◇ Increased risk for lower limb amputations

Act now to protect your health through exercise, healthy diet, and regular checkups with your doctor.

**Your parish nurse can check your blood pressure and help locate other health resources.**

## Eat Healthy to Stay Healthy

1. Eat 5-9 servings of vegetables and fruits each day.
2. Eat a variety of dark green and orange vegetables and fruits.
3. Eat more peas, beans and lentils.
4. Eat whole grain products and low-fat dairy products.
5. Eat lean meats, poultry and fish.
6. Cut back sugar-filled drinks and food.



## News You Can Use

### On, DASH-ers!!

“The DASH (Dietary Approaches to Stop Hypertension) diet is low in salt, high in fruits, vegetables, and low-fat dairy products, and proven to lower blood pressure. [However,] researchers who examined data from the National Health and Nutrition Examination Survey found that only 19% of 4,386 people whose doctors had recommended DASH stuck with it.” (Info at [www.dashdiet.org](http://www.dashdiet.org))

“Remedies,” *The Johns Hopkins Medical Letter, Health After 50*®  
Vol. 20, No. 7, Sept. 2008, p. 8.

### On, DANCERS!!

Dancing can help with weight loss and be as good a form of exercise as walking, swimming, or biking. It can also help with cardiovascular conditioning and can help prevent or slow bone loss, according to Mayo Clinic physical medicine and rehabilitation specialist Edward Laskowski, M.D. Find out more information about the benefits of dance on-line at [www.mayoclinic.com](http://www.mayoclinic.com).

### On, CUPIDS!!

In their 2001 book, *Emotion, Social Relationships, and Health* (New York: Oxford University Press) University of Wisconsin-Madison Professor Carol Ryff and her co-authors point to the work of colleagues at the university who found in a 35-year study of more than 10,000 people that healthy relationships contribute to good health. (The study was called, “The class of 57 after 35 years: overview and preliminary findings,” with R. Hauser as the lead author.

### Did You Know...?

Nearly half of women age 20 to 44 take drugs for chronic conditions, as do one-third of men that age. Antidepressants are their leading drugs.

*UC Berkeley Wellness Letter, Volume 24, Issue 12, September 2008, p. 8*



## Websites of Interest

### For the Red-Nosed (Reindeer and Others).....

Want to encourage others to avoid the “red nose” of a cold and flu? The calendar of National Health Observances with the US Department of Health and Human Services ([www.healthfinder.gov/library/nho](http://www.healthfinder.gov/library/nho)) lists National Handwashing Awareness Week as the first week of December. Ideas and resources are on-line at [www.Henrythehand.com](http://www.Henrythehand.com).

### Holidays Got You Stressed?

Wellness Junction, a website for worksite wellness, has a list that you should check twice — tips for avoiding holiday stress, including putting yourself into “time out” and doing relaxation exercises and stretches for five to 15 minutes. Add prayer to their list and create your own list to share with others. More at [www.wellnessjunction.org](http://www.wellnessjunction.org).



## Help Someone Give Themselves a Gift: A Decade of Life

According to a new analysis found in the *Journal of the National Cancer Institute*, smoking shortens a person’s life by five to ten years, on average. In the article, “A Lost Decade,” in a recent issue of the UC Berkeley Wellness Letter, the editors state, “A 55-year-old smoker has the same risk of dying

during the next decade as a 65-year-old who never smoked. Moreover, a smoker, at any age up to 75, is about twice as likely to die during the next decade as someone who never smoked.”

*From UC Berkeley Wellness Letter, Vol. 24, Issue 12, September 2008, p. 8.*

### Want more information?

Visit the website sponsored by the National Cancer Institute at the National Institutes of Health: [www.smokefree.gov](http://www.smokefree.gov), which offers science-driven tools, information and support to help smokers quit. Smoking cessation counselors are also available at the NCI’s toll-free number: 877-44U-QUIT.



# 2008 EDUCATORS' EVENT



More than 70 nursing faculty from across the United States gathered August 3-6, 2008 at the Mercy Retreat Center in St. Louis.

Current faculty attended a retreat led by Deborah Patterson entitled, "Roots, Shoots and Fruits: Growing Your Sacred Vocation and Legacy." Twenty-three new and additional faculty attended an orientation to the Parish Nurse Basic Preparation curriculum,

with course instructors Debbie Seider, JoVeta Wescott, Faith Roberts, Nancy Wagner, Myrna Cassimere, Vicki Gustafson, and Sharon Hinton. Dr. Barbara Wehling coordinated the event.

See page 15 for more information and the retreat dates for 2009.

See page 15 for more information and the retreat dates for 2009.

# Education and Research News from the IPNRC

**Barbara Wehling, RN, PhD**  
*Director of Curriculum and Research*

## Education News

This past August the IPNRC had our annual faculty retreat and new faculty preparation course. Rev. Dr. Deborah Patterson, Executive Director of the IPNRC, conducted a retreat for 46 current faculty. The title of the retreat was *Roots, Shoots and Fruits: Growing Your Sacred Vocation and Legacy*. Along with the retreat was the faculty preparation course with 23 new and additional faculty. The class of 2008 included eight new faculty: Marion Avtges, Hellenic College/Holy Cross, Brookline, MA; Anne M. Barker, Cookeville Regional Medical Center, Algood, TN; Kathy Medovich, Our Lady of Lourdes Hospital, Binghamton, NY; Sue Pignataro, Castle Memorial Hospital Adventist Health, Kailua, Hawaii; Cheryl Pilling, Sacred Heart Health System and Elder Care Health, Pensacola, FL; Katia Reinert, Adventist Health Care—Washington Adventist Hospital, Takoma Park, MD; Jo Sanders, Southern Illinois Healthcare, Carbondale, IL; Hope Yost, Carolinas Medical Center-Northeast, Concord, NC.

Additional faculty are either replacing previous faculty or becoming a second or third faculty with an existing partner. The additional faculty are: Judy Asman, Castle Memorial Hospital Adventist Health, Kailua, Hawaii; Mary Ann Brischetto, Deaconess Parish Nurse Ministries Network, St. Louis, MO; Randi Friedl, Viterbo University, LaCrosse, WI; Sheila Grigsby, Deaconess Parish Nurse Ministries Network, St. Louis, MO; Jan Holbrook, Adjunct Faculty IPNRC, St. Louis, MO; Pamela Spach Hurley, Carolinas Medical Center—North East Concord, NC; Connie Hughes, Greater Lafayette Parish Nurse Development Center, Lafayette, IN; Relda

Kelly, Parish Nurse Network of the Kankakee River Valley and Kankakee Community College, Kankakee, IL; Ruth Mack, The McFarland Institute, New Orleans, LA; Dorothy Mayernik, Mercy Parish Nurse and Health Ministry Program, Pittsburgh, PA; Eileen McGartland, Deaconess Parish Nurse Ministries Network, St. Louis, MO; Beth Olejniczak, Valparaiso University, College of Nursing, Valparaiso, IN; Patricia Pearson, Asante Health System, Medford, OR; Sheila S. Ralph, Shenandoah University, Winchester, VA; and Angela Sheehan, Seton Health, Troy, NY.

Currently the IPNRC has more than 140 educational partners in the United States and abroad. These partners teach the Basic Parish Nurse Preparation Course at more than 150 different sites. Our connection with each other remains stronger than ever through the annual faculty retreat, the educator lunch at the Westberg Symposium, and email newsletters.

## Research News

The *IPNRC Parish Nurse Study* is continuing. Please encourage all parish nurses to complete the survey.

It only takes 5 to 10 minutes  
 and can be accessed  
 through a link on our home page at  
[www.parishnurses.org](http://www.parishnurses.org).

This study will give us vital information about the current practice of parish nursing. Your cooperation is appreciated.

**SAVE THE DATE!** The 2009 Faculty Retreat and New Faculty Orientation will be held Friday, July 31 - Monday, August 3, 2009 at the Mercy Retreat Center in St. Louis, MO. Contact Dr. Barbara Wehling at [bwehling@eden.edu](mailto:bwehling@eden.edu) for more information.

# 22nd Annual Westberg Symposium September 12-14, 2008

498 participants attended the 22nd Annual Westberg Symposium on the theme, "Lift Every Voice and Speak" with these outstanding keynote speakers:

Diana J. Mason, RN, PhD, FAAN  
Editor-in-Chief, *American Journal of Nursing*

Joanne K. Olson, MN, PhD, Associate Dean  
Undergraduate Programs in the Faculty of Nursing  
University of Alberta in Edmonton, Canada  
*with*

Margaret B. Clark, DMin, Teaching Chaplain  
CPE Supervisor in Pastoral Care, Aboriginal and  
Multicultural Services at the University of Alberta  
and Stollery Children's Hospitals in Edmonton

Drs. Olson and Clark authored *Nursing within a Faith Community: Promoting Health in Times of Transition*

Vincent DeMarco, MA, JD  
President, Maryland Citizens' Health Initiative  
Faculty, Johns Hopkins Bloomberg School of  
Public Health, Baltimore, Maryland

Gloria Wilder, MD, MPH, Medical Director  
Washington D.C. Children's Health Project



Representatives from the Canadian Association for Parish Nursing Ministry (CAPNM) and InterChurch Health Ministries (ICHM) in Canada at the Saturday banquet.



Keynoters Dr. Wilder (above) and Mr. DeMarco (right) called us to act on behalf of children's health.



Deborah Kiel, PhD, RN, at the World Forum Dinner



Hannah Mitter offered a beautiful Korean fan dance at the banquet on Saturday.

Enjoying the Saturday banquet. Nearly all 50 US states were represented at the 22nd Annual Westberg Symposium.



# “Lift Every Voice and Speak” 22nd Annual Westberg Symposium September 12-14, 2008



Keynoter Dr. Diana Mason (left) and Sunday morning preacher Rabbi Susan Talve (right).



Speakers Shirley Christo (right) and Faith Roberts (below).



Top: Rev. Tom Doherty, Executive Director, InterChurch Health Ministries, Canada

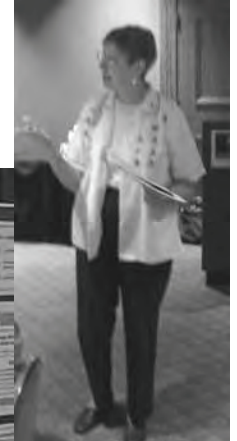
Left: Dr. Nesa Joseph, Vice President, Deaconess Foundation

Below: Maureen Daniels, International Program Coordinator, IPNRC

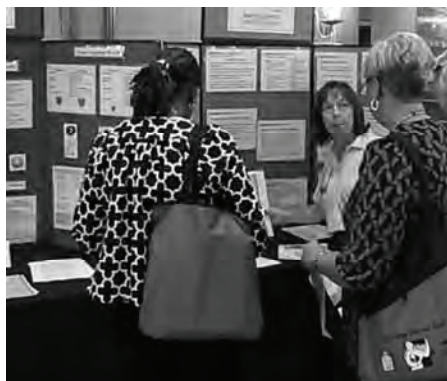
Far left: Mary Slutz, Symposium and Resource Coordinator, and Susan Miller, Office Manager, IPNRC.



Keynoters Dr. Joanne Olson (far left) and Dr. Margaret Clark (left).



Some poster presenters: Angela Redmond (left), Lanet Owen (below left), Deborah Patterson (above), Gayle Mason (right). Below: Taizé worship leaders from the Faith Community Nurses Association of Oklahoma.



## Parish Nurse Classes Sponsored by our Educational Partners

### United States, By State

#### Alabama

Mobile (On-line), Spring Hill College of Nursing, Carol Harrison, 251-380-4492

#### Alaska

Anchorage, Northwest Parish Nurse Ministries at Providence Alaska Medical Center  
Linda Shepard, 907-261-5053

#### Arizona

Scottsdale, Beatitudes Center DOAR Nurse and Health Ministries Network, Feb. 1-3 and March 1-3, 2009  
Barbara Sage, 602-274-5022

#### California

Fullerton, Evangelical Free Church of America, Paula Lilja, 281-532-3060

Oakland, Samuel Merritt College, Joan Bard, 510-869-6511

#### Florida

Boca Raton (On-line), Florida Atlantic University, Susan Dyess, 561-297-3236

Fort Myers, Lee Memorial Health System, May 26-30 and June 1-3, 2009  
Rita Horvath, 239-432-3182

Orlando, Florida Hospital, Center of Health Ministry, Candace Huber, 407-303-7153

Tampa, BayCare Health Systems, St. Joseph's Hospital, April 20-24 OR Oct. 12-16, 2009  
Susie Prescott, 813-757-8006

#### Georgia

Atlanta, Gwinnett Hospital System, June 14-19, 2009, Linda Hughes, 678-312-2423

#### Hawaii

Kailua, Castle Medical Center, Jan. 14-April 29, 2009 (except Feb. 25 and April 8)  
Sue Pignataro, 808-263-0136

#### Idaho

Boise, St. Alphonsus Regional Medical Center, Sr. Mary Alice Quintana, 208-367-6494

#### Illinois

Oak Brook, Lewis University, May 4-8, 2009  
Kathie Blanchfield, 708-448-9429

Rock Island, Trinity Medical Center  
Pamela Griffith, 309-779-5120

Quincy, Blessing-Rieman College of Nursing  
Sheila Capp, 217-228-5520

Springfield, St. John's Hospital  
Kathleen Cross, 217-757-6620

#### Indiana

Evansville (On-line), USI School of Nursing, Victoria Pigott, 877-874-4584

Ferdinand, USI School of Nursing  
Peggy Graul, 800-467-8600

Lafayette, Greater Lafayette PN Development  
Susan Buchanan, 765-477-6150

Indianapolis, Clarian Health Partners  
Cyndi Alte, 317-962-9330

Morgantown, National Episcopal Health Ministries, Inc., Diane Beyer, 317-253-1277

Valparaiso, Valparaiso University  
Janelle Fleck, 219-464-5289

#### Kansas

Wichita, Spiritual Life Center, Kansas Parish Nurse Ministry, JoVeta Wescott, 316-686-0111

#### Kentucky

Louisville (On-line), Bellarmine University  
Margaret Miller, 502-452-8413

Paducah, Lourdes & Western Baptist Hospitals  
Carol Bradford, 270-217-9949

#### Louisiana

Monroe (On-line), University of Louisiana at Monroe School of Nursing, Linda E. Sabin, 318-342-1517

New Orleans, McFarland Institute  
Congregational Wellness Program  
Rebecca Harris-Smith, 504-593-2320

#### Maine

Biddeford, St. Joseph's Hospital  
Pamela Deres, 603-225-4888

#### Massachusetts

Fall River, Saint Anne's Hospital,  
Congregational Health Ministry PN Program  
Kathleen Emerson, 508-674-5600, ext. 2064

#### Maryland

Baltimore, Lutheran Intercity Network Coalition  
Diane Kretzschmar, 443-777-7931

Takoma Park, Columbia Union College  
Bernice DeShay, 301-891-4157

#### Michigan

Clinton Township, Henry Ford Macomb Hospital, Mary Ann Stockwell, 586-263-2117

Grand Rapids, Calvin College, Dept. of Nursing  
Jan. 30-31, Feb. 27-28, March 20-21, 2009  
Bethany Gordon, 616-526-7076

#### Kalamazoo, MI

Borgess Health, June 5-6, July 10-11, and August 14-15, 2009  
Paula White, 269-343-1396

St. Joseph, Kettering Health Network, Aug. 9-15, 2009, Chris VenDenburgh, 937-395-8021

#### Minnesota

Minneapolis, United Theological Seminary, Vicki Gustafson, 612-872-7400

Moorhead, Concordia College May 18-22, 2009  
Jean Bokinskie, 218-299-3893

St. Paul, Luther Seminary, Mar. 9-13, 2009  
Jean Bokinskie, 218-399-3893

#### Missouri

Kansas City, St. Luke's Hospital  
Nancy Wagner, 816-932-3504

St. Louis, International Parish Nurse Resource Center, April 27-May 1, 2009  
Maureen Daniels, 314-918-2632

St. Louis (On-line w/ Nebraska Methodist College), IPNRC, Barbara Wehling, 314-918-2591

St. Louis (On-line), St. Louis University School of Nursing, Sally Lehnert, 314-977-8919

Springfield, St. John's Hospital  
Mary Hansen, 417-820-2770

#### Montana

Helena, Carroll College, Parish Nurse Center, May 14-17, 2009  
Cynthia Gustafson, 406-447-4367

#### Nebraska

Omaha, Alegent Health, Ronnette Sailors, 402-898-8350

Omaha (On-line with IPNRC), Nebraska Methodist College, Susan Ward, 402-354-7063

#### New York

Buffalo, Trocaire College, Parish Nurse Ministries of New York, Jan. 10-17, 2009  
Ann Marie MacIsaac, 716-566-1163

Troy, Seton Health - St. Mary's Hospital  
Angela Sheehan, 518-268-6062

#### North Carolina

Asheville (On-line), Hospice Care Corp.  
Robin Shepherd, 304-376-0546

Boiling Springs, Gardner-Webb University  
Shirley Toney, 704-406-4366 ext. 4360

Charlotte, Queens University of Charlotte  
Joan McGill, 704-337-2295

#### North Dakota

Fargo, Concordia College, Parish Nurse Center  
Jean Bokinskie, 218-299-3893

## Parish Nurse Classes Sponsored by our Educational Partners (continued)

### Ohio

Cedarville Cedarville University  
Judi Shrubsole, 937-766-7725

Kettering Kettering Health Network, Chris Van-Denburgh, 937-395-8021

Norwalk Congregational Nurse Project of NW Ohio, Mary Jane Fulcher, 419-262-1462

Rocky River Fairview Hospital Wellness Center, Gayle Donahue, 216-476-7324

Toledo Congregational Nurse Project of NW Ohio, Mary Jane Fulcher, 419-262-1462

### Oklahoma

Oklahoma City Catholic Charities  
Jan. 15, 16, 17, 29, 30-31, 2009 OR May 14-16, June 4-6, 2009  
Marilyn Seiler, 405-523-3006

### Oregon

Albany Northwest Parish Nurse Ministries  
Linn-Benton Community College  
Rachel Hagfeldt, 541-812-4701

Portland Northwest Parish Nurse Ministries  
Concordia University  
Debbie Waring, 503-413-2341

### Pennsylvania

Immaculata Immaculata University, Sr. Paula Jameson, IHM, 610-647-4400

Lewisburg Diakon Lutheran Social Ministries,  
Debbie Best, 570-320-0520

Pittsburgh Mercy Parish/Congregational Nurse & Health Ministry Program, June 15-20, 2009  
Joyce Schumm, 412-232-5815

### South Carolina

Charleston Medical University of S. Carolina,  
College of Nursing, Parish Nurse Program,  
March 9-13, 2009  
Ann Hollerbach, 843-792-4624

### South Dakota

Mitchell, SD (On-line) Dakota Wesleyan University, Gloria Thompson, 605-995-2889

Sioux Falls Augustana College,  
Mary Auterman, 605-274-4929

### Tennessee

Newport Tennessee Wesleyan College  
Lisa Kirkland or Gail Lambert, 865-777-5100

### Texas

Abilene Rural Nurse Resource, Inc., St. Paul United Methodist Church  
Sharon Hinton, 806-983-8096

Austin Evangelical Free Church of America  
Paula Lilja, 281-532-3060

Beaumont Memorial Hermann Baptist Hospital,  
Feb. 20-21, 27-28 & March 1, 2009  
Rebekah Seymour, 409-212-5648

Dallas/Fort Worth Dallas/Fort Worth Faith and Health Collaborative, Debbie Sieder,  
214-947-2476

Midland MHW Nursing Consultation and Health Ministry of NW Texas, Dec. 3-6, 2008,  
Margaret Williams, 432-270-2144

San Angelo MHW Nursing Consultation and Health Ministry of NW Texas, Apr. 5-8, 2009  
Margaret Williams, 432-270-2144

San Antonio University of the Incarnate Word  
Jean Deliganis, 210-224-7122

Slaton MHW Nursing Consultation and Health Ministry of NW Texas, Mercy Center  
Margaret Hiatt Williams, 432-270-2144

### Virginia

Harrisonburg (On-line) Eastern Mennonite University, Tammy Kiser, 540-879-2638

Lowesville Women's Missionary Union of Virginia, Rachel Cobb, 804-915-5000

Roanoke Jefferson College of Health Sciences  
Linda Rickabaugh, 540-985-8297

Winchester Shenandoah University, March 18-21, 2009 (Part 1), May 14-16, 2009 (Part 2)  
Vickie Morley, 540-535-3565

### Washington

Bellingham, Donna Gustin, 360-305-1795

### West Virginia

Arthurdale (On-line) Hospice Care Corp/West Virginia Univ., Robin Shepherd, 304-864-0884

Wheeling Wheeling Jesuit University, Alma Cunningham, 888-434-6237 ext. 369

### Wisconsin

LaCrosse Viterbo University, Parish Nurse Ministry Center, Apr. 3-4, 17-18, 24-25, 2009  
Silvana Richardson, 608-796-3670

Madison, Edgewood College  
Karen Stremihis, 608-663-2270

Milwaukee, Marquette University & Covenant Healthcare, Patrice Olin, 414-550-8519

### Wyoming

Cheyenne Wyoming Health Council with the Parish Nurse Center, Carroll College, Helena, MT, Call Carol Peterson, 307-632-3640

### Canada

Toronto, Ontario (and other sites)  
InterChurch Health Ministries  
Location: Emmanuel College  
Karen Marks, 416-225-7231

### Coordinator's Preparation

#### Fort Myers, FL

Lee Memorial Health System, Parish Nurse Program, Rita Horvath, 239-336-6721

#### St. Louis, MO

International Parish Nurse Resource Center,  
314-918-2559

#### Portland, OR

Northwest PN Ministries, University of Portland  
Debbie Waring, 503-413-2341

#### Winchester, VA

Shenandoah University, Vickie Morley  
540-535-3565



Parish Nurse Basic Preparation Class  
Participants and Faculty  
St. Joseph's Hospital  
BayCare Health System,  
Tampa, Florida—Fall, 2008

### Save the Date!

2009 Faculty Retreat  
and New Faculty Orientation  
July 31-August 3, 2009  
Mercy Center - St. Louis

For more information,  
contact  
Barbara Wehling, RN, PhD  
[bwehling@eden.edu](mailto:bwehling@eden.edu)

Deaconess Parish Nurse Ministries, LLC  
International Parish Nurse Resource Center  
Deaconess Foundation  
475 E. Lockwood Avenue  
St. Louis, MO 63119

Phone: (314) 918-2559  
Fax: (314) 918-2558



[www.parishnurses.org](http://www.parishnurses.org)

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ACTING LOCALLY  
INSPIRING GLOBALLY

23rd Annual Westberg  
Parish Nurse Symposium

*“Opening Doors to Wholeness”*

September 25-27, 2009

Hyatt Regency St. Louis Riverfront  
Downtown St. Louis, Missouri

*Keynote speakers:*

Rev. Philip Gulley (novelist and theologian)  
Dr. Tieraona Low Dog (integrative medicine)  
Julie Russell, RN, MA (nurse dramatist)

More info on-line at [www.parishnurses.org](http://www.parishnurses.org)  
or call (314) 918-2559 for more information.

Deadline for proposals: January 5, 2009.