

# ELPNA Connections



*To promote a culture of health, healing, and wholeness in ELCA and other Lutheran congregations, agencies, and communities*

Evangelical Lutheran Parish Nurses Association (ELPNA) is a membership organization for parish/faith community nurses who are Lutheran and/or provide ministry in a Lutheran congregation

Volume 1 Issue 4 - July-August, 2021

## Our Vision

To promote a culture of health, healing, and wholeness in ELCA and other Lutheran congregations, agencies, and communities.

**Connections Coeditors:** Phyllis Bruce & Yvette Dulohery

## Reflections from the President



I am so excited to update you on all the wonderful work and the many talented nurses who have been transforming our organization in the first half of 2021. First, there are the new and experienced Regional Directors, who now not only represent our regions, but also serve and/or chair one of our committees. This last year, they have been tasked with assuming responsibility for the initiatives from our strategic plan. In addition, they were also asked to suggest new goals to work on this year. I want to thank you and the members from ELPNA who serve on a committee, for all your work and sharing your gifts with us.

Secondly, we have a new membership management and website software program to help manage the organization's work and enhance communication with members. This process has taken a lot of time and work to set up our online presence, create the website, and enter members' information. As a current member you have already received a tip sheet on how to log into the website to update your password

### ELPNA Board Members:

Carol DeSchepper, Executive Director  
Lucina (Lu) Kimpel, President  
Marie Wiegert, Vice-President  
Vicki J. Carlson, Secretary  
Renee Compo, Treasurer  
Anita Huntley, Director Region 1  
Deborah Frusciano, Director Region 2  
Sue Ann Glusenkamp, Director Region 2  
Andy West, Director Region 2  
Phyllis Bruce, Director Region 3  
Marie Wiegert, Director Region 3  
Becky Hulden, Director Region 3  
Carolyn Crowe, Director Region 4  
Barb Keil, Director Region 4  
Michelle Knapp, Director Region 5  
Deloris Bills, Director Region 6  
Norah Bertschy, Director Region 6  
Mary Ann Mette, Director Region 6  
Marilee Tollefson, Director Region 8  
Ruth Manchester, Director Region 8  
Nancy Roberts, Director Region 9  
Marilyn Kranich, Director Region 9

and your membership profile. You will also be able to access resources and directories for members only. And, you can now renew or join our organization through this webpage and pay securely via credit card (you can still pay by check). Our new site includes upcoming educational programs with the ease of online registration for these events. A huge thanks to all those who are leading and working on this web presence! Yvette Dulohery has been a wonderful leader in this transition. Thankfully, she is gifted and knowledgeable in informatics, which she has shared with us in bringing this initiative to fruition. Also, Phyllis Bruce and Carol DeSchepper have worked tirelessly on the transformation and are being joined by Carolyn Crowe and Becky Hulden in updating sections of the website. We are truly blessed to have such dedication, knowledge, and talents among us.

Finally, another transformation that has been accomplished this year is the aggregation, creation, revision, and approval of all the policies and procedures for our organization. This work was undertaken by Carol DeSchepper as our

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Visit us at [ELPNA.org](http://ELPNA.org) and follow us on Facebook at [Evangelical Lutheran Parish Nurse Association](https://www.facebook.com/ELPNA.org)

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## Reflections from the President...(continued)

Executive Director. This is a trial year for this newly created position. However, this work would not have been accomplished if she were not in this role. These policies and procedures are posted on the website for member only access. Additionally, the Executive Director role has allowed Carol to assist with coordinating and sponsoring regional “Meet and Greet”, investigate programs to help with publishing the newsletter and financial bookkeeping, and most importantly, keeping me in line! I could not have served as your President if it were not for Carol’s mentoring, assistance, and friendship.

Yours in Christ,  
Lu

Lu Kimpel, President ([Kimpel10@gmail.com](mailto:Kimpel10@gmail.com))

## A Sincere Heartfelt Thank You to June and Welcome to Renee!

June Sand, the ELPNA Treasurer for the past several years has found it necessary to step down from the ELPNA Treasurer’s role. June has been faithfully involved in the leadership of ELPNA since its inception serving both at the National and Region 3 levels of governance. We are deeply grateful for your dedicated service and commitment, June! Please know you will be greatly missed on the Board. Your history with the organization is extremely valuable to all of us and we hope to continue to connect with you at ELPNA or other events.



Renee Compo, Parish Nurse at Spirit of Christ Community Lutheran Church has been elected by the Board to serve the remainder of June’s unexpired term (ending Dec 31, 2021). Renee lives in St. Louis Park, MN and was a member of the Region 3 Board, serving as Treasurer at the time the Region 3 Board was incorporated into the National Board. Please join us in welcoming Renee to the ELPNA Board.

## Member Publications

We are pleased to announce that one of our members, Phyllis Bruce, has had an article published in the most recent issue (July-September) of the *Journal of Christian Nursing* (JCN). We have started a page on our website for member publications, and encourage all of our members to notify us of pertinent articles at [elpna.national@gmail.com](mailto:elpna.national@gmail.com) so they can be posted.

Phyllis notes “It is an interesting process to submit an article and have it peer reviewed. Give it a try!” See the link below within the citation to read Phyllis’ article, “God’s Perfect Timing.” The JCN author guidelines are available at <https://journals.lww.com/journalofchristiannursing/pages/>

Bruce, P. M. (2021). God's perfect timing. *Journal of Christian Nursing*, 38(3), 142. <https://doi:10.1097/CNJ.0000000000000836>



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## Executive Director Musings

### Spirit Tending and Mutual Support



It's easy to think that when you have completed a Faith Community Nurse (FCN) nurse preparation course and you have a congregation that embraces your ministry, you are on your way! That's a great beginning, but there is so much more to making a difference in people's lives, in serving. In addition, a FCN needs a generous heart and spirit, a willingness to be present in congregants' lives, boundless creativity, and a readiness to invest tirelessly in the ongoing need to educate about FCN ministry (that's my **short** list of requirements beyond basic preparation).

As many of you know, I'm also a spiritual director, so I want to remind you that none of us is able to serve out of 'an empty bucket'. Without spiritual nurturing and spiritual practices, none of us can serve well or for long. Our interactions become transient and transactional and lack depth. We run out of the energy to invest in our congregation and/or other parts of life.

Without tending our spirits, we can't keep up with demands of life, ministry, and/or volunteerism. The key questions for me are always 'what brings me life?' ... and 'what is God calling me to?' Many of you have vulnerably shared your personal and professional demands with me and you carry many difficult things in daily life. Life is not easy, but we can share our burdens and offer mutual support. Our current peer group gatherings in some of our regions serve that purpose at present. We will seek other ways to do that as an organization, using our new membership platform.

Let us pray for the future of ELPNA and for one another, though we may not know one another's specific prayer needs. ELPNA leadership covets your prayers for guidance and wisdom. And be assured that I will continue to be in prayer that you might know and experience the gift of spiritual care and nurturing in whatever way it is available to you. As you give, may you also receive. If you wish to discuss spiritual practices or ways to center yourself and maintain balance and hope, I'm happy to visit with you.

May God's abundant blessings be yours as you serve, *Carol*  
Carol DeSchepper, ELPNA Executive Director, [cjdeschepper@gmail.com](mailto:cjdeschepper@gmail.com)

## In Memoriam

Today we celebrate the new and abundant life of our sister in Christ, Lyla Pagels. Lyla was recently diagnosed with a rare and aggressive cancer and was welcomed into Heaven on June 25. While she was not a member of ELPNA she is well known to many ELPNA members from Region 3 and perhaps to others in our membership. Lyla had a 50 year nursing career, with 45 years at Unity Hospital in St. Paul. The last 25 years she spent combining her Christianity with her passion for nursing, serving as Faith Community Nursing Program Coordinator for Allina Health. She was a leader in Faith Community Nursing in Minnesota and the parish nurse community was richly blessed because Lyla was a part of it. Please be in prayer for Lyla's family and friends.





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## Committee Reports

### Membership Committee

It has certainly been a busy and exciting time as we have been switching over to our new Wild Apricot membership management system. It is now so easy to keep track of our membership. It is also easy for you to join and renew online. I hope you are accepting the challenge of updating your membership profile using the Tip Sheet we have sent out. Please don't hesitate to contact Carol DeSchepper or myself, Phyllis Bruce if you have any difficulty.

We currently have 119 members. Eleven (11) are Lifetime Memberships, 46 two year memberships, 61 one year memberships, and one (1) New Parish Nurse/Faith Community Nurse Graduate.

The first two new members to join and pay online are Connie Squibb from Region 9, and Jo Ambrose from Region 2. We are very pleased to welcome you. When Connie emailed to say she was having a problem, we set up a Zoom meeting and walked her through the process. Please let us know how the new ELPNA website and management membership program are working for you. *Phyllis*

Phyllis Bruce, Membership Chair [pbceilidhdancer10@gmail.com](mailto:pbceilidhdancer10@gmail.com)

### Communications Committee

Working on the new website has been our main focus these past months. We are becoming more organized and assigning different members to contribute to the sections, which will allow us to keep the website updated and informative. We encourage you to make some time to go into the website and browse. If you are a current member, you can open the "Members Only" section by moving the cursor to the three dots (...) on the right top of the page from the drop down menu click on "Members Only". Check out the Membership Directory and the various resources. Again, please let us know if you have additional suggestions for resources to include and what is helpful to you. Your feedback is very important. *Phyllis*

Phyllis Bruce, Communications Chair [pbceilidhdancer10@gmail.com](mailto:pbceilidhdancer10@gmail.com)

### Grants Committee

ELPNA has long been supportive of parish nurse ministry start-ups and program development. We are acutely aware of the challenging financial situations of congregations. In response to this need, ELPNA will annually provide funds for start-up of a new ministry or development of a new focus area in an existing parish nursing ministry, for up to two (2) Lutheran congregations. Congregations can request up to \$750.00 in grant funding. The deadline for grants has been extended to October 1, 2021.

So far this year we have one request for a start-up grant from a Lutheran Church in West Columbia, SC. The grant is contingent on the actual hiring of a nurse as we follow our guidelines for awarding these grants. Please contact Marie Wiegert at [hmbwiegert@gmail.com](mailto:hmbwiegert@gmail.com) or more information. You may also go to <https://www.elpna.org/Resources-for-Congregations> to find the application form. *Phyllis*

Phyllis Bruce, ELPNA Board [pbceilidhdancer10@gmail.com](mailto:pbceilidhdancer10@gmail.com)



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## Committee Reports

### Education Committee

As many of our congregations resume in-person worship, we face the likelihood that some will not return to the sanctuary for worship. They have become quite comfortable worshipping virtually within the safety of their homes or may not return for other reasons. On June 16, Deborah Frusciano and I presented a virtual webinar on the topic ***Meaning Making and Belonging – Can these happen in hybrid ministry?*** Part of the role of the church and the communities within our congregations is helping people find meaning in life and a place to belong. How does that happen after these long months of distancing and isolation? How does it happen for those who will not return to in person worship?

The attendees (31 women from 16 states) shared their congregational experiences of beginning to return to in-person worship and shared dialogue about a case study where a parish nurse can help to make meaning in a person's life. This case study was merely one example of many like situations encountered in our daily practice and how we enhance each other's lives through faith.

The Education Committee meets on July 7 to begin planning our next event. We are always eager to hear of topics that would be important to your ministry and/or your spiritual growth. *Carol*

Carol DeSchepper, ELPNA Executive Director and Education Committee Chair, [cideschepper@gmail.com](mailto:cideschepper@gmail.com)

### Upcoming Foundation Courses

**Region 2: Phoenix, AZ**—Starts October 16th. Two full day in person classes and six virtual evening classes. Sponsored by Duet Partners in Health and Aging. Information available at <https://duetaz.org/foundations-course-registration>

**Region 3: Virtual/Online Course**—Starts September 30th. Sponsored by the Faith Community Network of the Greater Twin Cities. Information available at: <https://www.fcntc.org/education/foundations-course>

### A Great Opportunity for All Parish Nurses/Faith Community Nurses!



The Westberg Institute is conducting a Faith Community Nurse Census. Please join global Parish Nurses and Faith Community Nurses in obtaining vital information about our speciality practice. Add your name to the registry and complete the census at: <https://form.jotform.com/210486969811062>.

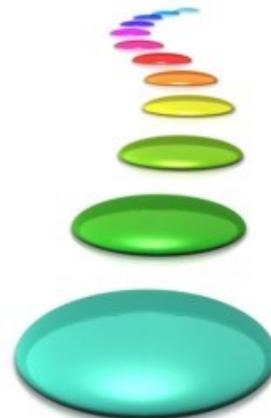


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## The Symbolism of Color

There are multiple text books and articles describing the symbolism of color, and we considered this symbolism when developing the new ELPNA website. Symbolism is the means of representing cultural ideas or qualities, while the symbolism of color refers to the association of colors to conscious and subconscious feelings.

One of the interesting online sources is the Biblical Meaning of Colors, a website developed by Jacob Olesen at <https://www.color-meanings.com/biblical-meaning-colors>. We selected white for peace and joy, purple for service (a mixture of blue-the Word of God and red-the clay of mankind), yellow/gold/orange for the promise of deliverance through our trials (the mixture of red-mankind with yellow-trials), and pink/fuschia for our right relationship with God. For more information try doing an online search! Yvette



Yvette Duloherly, Region 3

Informatics Consultant, [yduloherly@gmail.com](mailto:yduloherly@gmail.com)

Olesen, J. (2021) *Color Meanings: Biblical meaning of colors*. Retrieved July 6, 2021, from <https://www.color-meanings.com/biblical-meaning-colors>

## Westberg symposium at the **Caring for the Human Spirit** Conference

The dates are already out for the 2022 Westberg Symposium, which will be held at the Spiritual Care Association (SCA) Caring for the Human Spirit Conference. The event is currently planned as an in person conference to be held in Sante Fe, New Mexico from March 28th to 30th of 2022. Their theme is **Embracing a Bright Future: Diversity in Faith Community Nursing Practice**.

ELPNA would like to have a presence at the conference and we are hopeful you can join us! Please obtain further information as it becomes available at: <https://www.spiritualcareassociation.org/nursing/westberg-symposium.html>



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## Westberg Symposium 2022—Call for Proposals

The Westberg Symposium has issued a Call for Proposals for presentation during the March 28-30, 2022 conference. Parish Nurses/Faith Community Nurses have made a major impact on the wholistic health of congregations during the multiple challenges we continue to encounter. This is a time to share those learnings with our colleagues.

The conference theme is ***Embracing a Bright Future: Diversity in Faith Community Nursing Practice***. Consider your health ministry and the faith practice of your colleagues. Do you or are you aware of a significant project, program, or solution that needs to be shared?

Westberg Symposium staff have thoughtfully identified some of the diversity factors for consideration of their theme. Among these factors are culture, race, religion, healthcare, among various practice settings. The conference, multidisciplinary in focus, will be attended by Parish Nurses/Faith Community Nurses and other members of the Faith-Based Health Care Team, including chaplains, emergency response personnel, nurses, physicians, researchers, social workers. Consider the theme, diversity factors, and your audience when submitting your proposal. Make certain to identify and relate your proposal to one or more of the focus points.

### Proposal Focus Points

1. Positive aspects of addressing diversity that encourage acceptance and mutual support for both the caregiver and the care recipient
2. Utilizing the arts in health promotion and healing (art, music, movement, dance, etc.)
3. Practice settings serving unique populations or providing unique services to promote health equity
4. Ideas, examples, and research to move the specialty practice forward to appropriately serve diverse populations

**Conference Outcome:** Participants will self-report at least one aspect of diversity and the arts in health promotion and healing that they intend to incorporate into current practice.

**Submission Deadline:** August 6, 2021

### Definitions:

Workshops - a 60-minute presentation followed by 30-minutes of question and answer, total of 90 minutes

Posters - are visual displays in an electronic format

**Please note:** Presenters accepted for the symposium are fully responsible for all registration fees, travel, and hotel expenses.

**For more information:** <https://www.cvent.com/c/abstracts/019fe702-bb67-4c16-b343-090b4bb4a0ba>

**Questions:** Contact [admin@westberginstitute.org](mailto:admin@westberginstitute.org)



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## Spiritual Reflection Nancy Deetz, Region 4

### Blessing of Hope

So may we know  
The hope  
That is not just  
For someday  
But for this day....  
Here, now  
In this moment  
That opens to us;

Hope not made  
Of wishes  
But of substance

Hope made of sinew  
And muscle  
And bone,

Hope that has breath  
And a beating heart,

Hope that will not  
Keep quiet  
And be polite,

Hope that knows  
How to holler  
When it is called for,

Hope that knows  
How to sing  
When there seems  
Little cause,

Hope that raises us  
From the dead---  
Not someday  
But this day,  
Every day,  
Again and  
Again and  
Again.

Richardson, J. (2020) *The Cure for Sorrow : A book of blessings for times of Grief.* p 172. Orlando, FL: Wanton Gospeller Press.

## ELPNA Calendar

Month	Date	Time (CST)	Meeting/Event	Location
July	7	11am-Noon (CT)	Region 5 & 6 Peer Share	Zoom
August	5	5pm-6pm (ET)	Region 7 & 8 Peer Share	Zoom
August	9	TBA	Region 3 Peer Share	Zoom
August	25	3:30pm (CT)	ELPNA Board Meeting	Zoom