

# ELPNA Connections



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

Volume 2 Issue 2 –March/April 2022

## Our Vision

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

Connections Editor: Phyllis Bruce



## Message From Our President

Winter is finally coming to an end. I can't wait for the flowers to begin peeking up from the ground. A nice reminder of the cycles of life.

ELPNA is also blooming in 2022. Here is a summary of some of our first blooms. First, after a year of trialing an Executive Director (ED) position, we have evaluated the role and decided to make that a permanent position. Carol DeSchepper will continue in that role. She has done a wonderful job as the interim ED, and I know she will continue to bring great things to our organization.

Second, we have begun conversations with FCNs in the LC-MS tradition. You will begin seeing information about their group on our website. In addition, Carol DeSchepper and Marilee Tollefson will be attending and presenting at their yearly conference in May 2022. Our organizations are very different. ELPNA is a membership organization of parish/faith community nurses in active practice and retired nurses who have been in practice, in Lutheran congregations. Our vision/objective is to develop resources and share information on our website that will support PN/FCN practices. LC-MS has a Parish Nurse Advisory Council that works closely with LC-MS Synod leadership to support parish nurse ministries.

They also offer a FCN course specific to LC-MS theology through Concordia University Wisconsin (CUW). Christie Hansard from Michigan is the chair of the Advisory Council and Carol Lueders Bolwerk from Wisconsin leads the course. Over the years they have educated over 4000 FCNs. We are eager to continue dialogue and explore ways we can work together and jointly support ministry in Lutheran congregations. You may recall that faculty at CUW were doing research on FCNs and you may have even responded to their survey. They are in the process of analyzing the data at this time. Watch our future newsletters for information about their findings.

Third, because of the growth of ELPNA, we preliminarily have approved by-law changes (pending final vote count) to establish a finance committee to help us be good stewards of our financial resources. We also proposed

### ELPNA Board Members:

Carol DeSchepper, Executive Director  
Lucina (Lu) Kimpel, Chair  
Marie Wiegert, Vice-Chair  
Vicki J. Carlson, Secretary  
Renee Compo, Treasurer  
Anita Huntley, Director Region 1  
Deborah Frusciano, Director Region 2  
Andy West, Director Region 2  
Phyllis Bruce, Director Region 3  
Marie Wiegert, 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

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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/EvangelicalLutheranParishNurseAssociation)

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## Message From Our President...continued

consolidating the nominations and bylaws committees and added the infrastructure task force into one large committee called the Infrastructure and Succession Planning Committee. Again, this change will better utilize our human resources, and is needed because of growth of our organization and the addition of the ED position.

Fourth, we have a couple of groups working on programs and resources. One group is working towards listing programs for FCNs that are based on the Wellness Wheels of Portico and/or Church Health. Another group is working on articulating a process of how to establish a BP screening program in a congregation. Watch our website for the fruits of these groups' efforts in the coming months.

I hope you will participate in our Lenten Devotions led by Brenda Bauer and Annette Langdon from Region 3, ***Suffering-Transforming our Pain.***

Grace abounds!

Lu Kimpel  
President





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## Committee Reports

### Membership Committee

Among the various membership categories, we have 116 members who have renewed their membership for 2022 including 5 new members. We have completed the process of contacting the 17 members who have not renewed to see if we can help them in anyway. This is first year membership renewal is being done totally online, and some do find it more difficult to get used to. We welcome Norah Bertschy from Region 6 and Janet Mortinsen from Region 2 to the Membership Committee.

**Please note:**

It is important to update and/or complete your membership profile. You can do this by going on the website, clicking on the head and shoulder icon on the top right side and then click on “update profile”. This brings you to your profile page and you can click on “edit profile” and proceed to complete and update. Submitted by Phyllis Bruce, Communication Committee Chair

### Grants Committee

We are pleased to be able to award these grants to promote and support parish/faith community nurse ministry. Congregations can request up to \$750.00 in grant funding. The deadline for application is March 15th. [Click here for the application form](#)

For more information contact Vice-President & Grants Committee Chair, Marie Wiegert at [hmbwiegert@gmail.com](mailto:hmbwiegert@gmail.com)

### Outreach Committee

**Goal: Establish and further relationship with Lutheran denominational and Synod leaders, and with the national ELCA office.** Contact was made to the office of Rafael M. Padilla, Director of Service and Justice. This resulted in a zoom meeting with Marie Anne Sliwinski, Interim Director of Building Resilient Communities and Naomi Sonne, Social Ministry Organization Engagement Manager, Carol DeSchepper and Andy West. It was suggested that ELPNA might want to consider connecting with Social Ministries Organization (SMO) which would provide additional access to Lutheran Services in America (LSA), which is a network of health and human services in the U.S. After the zoom meeting, Naomi Sonne sent an e-mail to Charlotte Haberaecker, Director of LSA, and a zoom meeting has been scheduled in early March to discuss how ELPNA and LSA can interface.

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## Committee Reports cont.

### Outreach Committee Continued

(Con't from page 3)

An SMO is an organization meeting specific criteria for membership. Membership in this organization would provide access to connecting with the Independent Lutheran Organizations (ILO) that make up LSA, which could increase awareness of ELPNA among the member organizations. A preliminary review of the criteria for membership indicated that ELPNA could meet the established criteria and the Outreach Committee is prepared to fully explore SMO membership with consent of the Board. From available information, there is no cost involved with membership.

**Goal: Establish and further ELPNA's relationship with seminaries. Collaborate with Lutheran College Schools of Nursing to increase knowledge of faith community nursing as a specialty practice within nursing.** Work has begun to create a zoom presentation for Lutheran SON and seminaries about parish nursing. Content objectives will be developed and various presentations will be reviewed to determine what is currently available.

**Connecting with other Parish Nurse groups/networks:** Carol, Andy and Sue Ann Glusenkamp connected via zoom with the Pacific Faith Community Nurse Leaders group. Attendees included those from California, Oregon and Washington, Arizona, and the 3 ELPNA members. It was an opportunity to connect with this group with a possible future member from Arizona. Susan Johnson, with the Hoag Memorial Hospital Presbyterian program led the discussion. The group meets quarterly. We will continue participation with this group.

### Seeking Committee Members—What are your gifts?

**Several ELPNA committees are in need of additional members.**

**Grants Committee:** Assures the integrity of the Grant process for congregations that apply and reviews applications once submitted. The committee makes a recommendation to the board on grants to be awarded.

**Communications Committee:** Is responsible for the communication of ELPNA to our members and to the general public. This committee manages the website, the FB page and the newsletter. We help shape the 'public image' of ELPNA through our communication pieces. If you are interested in working with websites, FB, and could help with the newsletter, WE NEED YOU!

**Public Advocacy Committee:** Annually ELPNA provides a financial gift to one or more causes that promote justice, compassion, and respect for human life. It is a way of sharing our assets with others in need. This committee members develop an awareness of causes that may become recipients of our gift and makes a recommendation to the board. If you have a compassionate heart and social awareness, this is a place for you to serve.



# ELPNA Connections



## Committee Reports Con't

### Communication Committee

The Communication Committee has completed goals for 2022 and we will be focusing on keeping the website current and provide information and resources you need for your ministry. We would like to see an increase of followers and likes to our Facebook page. Our goal is 185 of each.

Please visit our [ELPNA Facebook page](#) - it is very inspirational!

We also want to improve visibility, communication, and support for Lutheran PN/FCNs. Please let us know how we can do that better by contacting Phyllis Bruce, Communications Chair at [pbceilidhdancer10@gmail.com](mailto:pbceilidhdancer10@gmail.com)

We encourage our ELPNA members to submit articles for our newsletter, *ELPNA Connections*. If you have a story, experience, or special program you want to share, we would love to publish it. Send it to Phyllis as above.

### Education Committee

The Education Committee will host its first event of 2022 on March 10. Lu Kimpel, ELPNA President, will be our speaker on the topic *Why Gratitude Matters for Nurses*. Registration is underway.

Dr. Kathryn Schifferdecker from Luther Seminary will present on *Learning to Pray with the Psalms: Lament and Praise* on May 24.

The September event is still being planned, but will focus on the spiritual dimension of ministering to those with dementia and their caregivers.

Lastly, the November event will be held in conjunction with the annual membership meeting on November 16. Annette Langdon, ELCA Deaconess (Region 3) will present on *Spiritual Practices and how they support PN/FCN self-care*.

CEUs will be applied for, for all events.

Carol DeSchepper, ELPNA Education Committee Chair



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## Lessons Learned While Developing a Safe Sanctuary Policy By Carol Harding (Region 8)

I am a parish nurse in a small town in Pennsylvania. I began the job in 2014 after I retired from a 50-year nursing career at the local hospitals. This is a volunteer position. After several months, the church council made the decision that I would also take on the HR responsibilities of our small church staff. Along with these responsibilities came the requirement to look at our church insurance policies.

Previously we had our minister for more than 15 years. He was a trusted Rostered Leader who essentially ran the church without a lot of oversight by the church council. A few years after I assumed this position there was an incident that required the removal of our minister from the Rostered rolls. As you can imagine a lot of anguish, hurt and distrust within the church followed.

As I began to look at our HR policies and procedures and our church insurance policies I realized that our minister had not renewed the sexual harassment part of our insurance. When speaking with our broker, I soon learned that due to all of the publicity from the Sandusky sexual abuse scandal at Penn State, and the sexual misconduct with the diocese in our area, the #Me Too Movement, and the incident involving our Rostered Leader and an adult female member, renewing our sexual harassment policy would be challenging. Thus began my almost two year journey to develop a *Safe Sanctuary Policy* that is more than 21 pages long and an employee hand book that is more than 20 pages in length.

I reviewed Pennsylvania laws, and worked with local law enforcement. Each policy and procedure I wrote needed to be reviewed and approved by our church attorney. Our insurance broker required that I meet with him as he reviewed every page written prior to issuing us a policy that covered sexual harassment. Because of the incident in our church involving the Rostered Leader and another adult the church would be required to pay a higher premium.

These lessons have been tough on the congregation and the church faithful. Our trust was broken and it will be years until it is restored. Our trust will likely never be what it once was. We are approximately 5 years beyond this event and the pain is still palpable. We have learned that as a church we must be aware of what our Rostered leaders are doing. We question more. We now know that we must verify that our leaders value the safety of our congregation foremost.

If anyone would like more detail about the work I did, please email me using the following address: [office@moxhamlutheran.org](mailto:office@moxhamlutheran.org)

Carol Harding, RN Parish Nurse (Region 8)



# ELPNA Connections

## A MOTHER, A DAUGHTER, AND PARISH NURSING

By

**Connie Squibb (Region 9)**

A nurse was created in 1954, when Ethel Reglin graduated from the Henry Ford School of Nursing in Detroit, MI. In 1956, her daughter is born and together they begin their “nursing journey”.

Mom started as a pediatric office nurse and then a full-time mom. Once her girls were grown, she completed on-line courses for her BA degree and started public health nursing. Her daughter is now starting her ADN degree and working in a local hospital. Mom continues into home health and rises into management level positions. Together they begin working on Master’s degrees attending some classes together. As Mom begins to consider retirement, her daughter takes her career to Savannah, GA and continues to pursue her love of the hospital.

Lutheran from birth, Mom had been a lifelong member of Bethlehem Lutheran Church in Lansing, MI, and through an encounter with an angel, Lois Neves, she begins her journey into Parish Nursing. Marquette University is where Mom would get her Parish Nursing education, which she brought back to Bethlehem. Mom got her Health Team together and started her first program, and the first program for Bethlehem Evangelical Lutheran Church. Her success and the growth of the program were overwhelming and for almost 5 years, she made her mark at Bethlehem.

It was now time to “really” retire and move to Florida. With that decision, Mom also decides to relinquish her nursing license and fully retire. At this same time, her daughter is “starting over” in Savannah, GA after a divorce. The daughter has found solace and peace at Messiah Lutheran Church at Skidaway Island. The daughter has taken on roles within the church including Church Council President and oversight of a major facility expansion.

God had other plans for Mom as she settles into life in Florida; she finds too much time on her hands. After trying her hand at retail sales, she thinks about becoming a “sitter”, and then another angel comes. She is told about a Parish Nurse position at Peace Lutheran Church in Fort Myers, FL. She goes through the process of getting her nursing license in Florida. It all comes together and soon she is commissioned at Peace Lutheran.

Mom continues to serve Peace for another 6 years. Growing the program and developing relationships within the community. This is another successful venture. The daughter, who is now working in medical device sales, is watching and taking in all in.

After a brief full retirement in Fort Myers, it became clear that living fully independent was not working for her and Dad. It made sense for them to move in with the daughter. So in 2016, the family joined as one in Savannah, GA.



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## A MOTHER, A DAUGHTER, AND PARISH NURSING Continued

In 2018, the daughter is no longer working in medical device sales, but isn't ready to fully retire. She decides to return to teaching and continue to work a few nights a week in a surgery center. God is watching and creating a need for the daughter at Messiah. A small health ministry team is formed with some key individuals, Mom for one and Pastor Larry Holtz, who had previously worked with Granger Westberg in developing the parish nurse curriculum. What great resources. In addition, Mom encourages formal education for the daughter. She attends West Virginia University on-line courses and completes the curriculum for Faith Community Nursing.

During COVID-19, the pandemic we all know, the daughter becomes the medical advisor for church activities. While the current pastor isn't sure how this all fits together, he is willing to listen to the "pitch". He can "see" the contributions to date, walking programs, hand sanitizers in the pews (prior to the pandemic), but is not sure of the full program implementation.

So, now the final push is in God's hands. God has been a guiding force throughout the lives of both Mom and the daughter and while we have served in many capacities, this one will also develop in the right time. To God be the glory, now and forever. A-men.

Here's Connie and her Mom!!





# ELPNA Connections

## Education Opportunities



### **Eleventh Annual Collective Soul Symposium** *Our Calling to Serve Those in Suffering.* *Integrating Spiritual Care in Our Daily Practice*

Friday, March 4, 2022 8:00 AM

Saturday, March 5, 2022 1:00 PM

[Click here](#) for more information and to view the brochure

## ELPNA Presents

### **Why Gratitude Matters for Nurses**

**Presented by**

**Lu Kimpel, PhD, MSN, RN**

Date/time: March 10, 2022, 4-6 pm PT; 5-7 pm MT, 6-8 pm CT; 7-9 pm ET; via zoom

Registration Fee: \$20 for ELPNA members/ \$30 for non-members

[Click here to Register](#)

## National Educational Events and Classes

[Click here to find these listed on our website](#)

## Foundations Courses

[Click here to find these listed on our website](#)



# ELPNA Connections



## Lent: Holy and Heavy By Annette Langdon (Region 3)

*What wondrous love is this, O my soul, O my soul!  
What wondrous love is this, O my soul!  
What wondrous love is this that caused the Lord of bliss  
to bear the dreadful curse for my soul, for my soul,  
to bear the dreadful curse for my soul?*

Lent is upon us and it is a rich and yet spiritually heavy season of the church year. It invites us to journey with Jesus, to experience God's pain, suffering and deep, deep love.

For the FCN, the season of Lent offers the opportunity to listen more deeply to those we encounter, including church staff. This season can be exhausting and therefore good to encourage people (including ourselves) to honor time limits and attend to self-care practices.

There are many resources and rituals that can help us to engage in this spiritual journey and may also carry us through the heaviness of the season. Here are a few thoughts to try or share with others:

- ◆ Add five minutes of focused prayer or spiritual reading to your morning or evening
- ◆ Simplify your eating one day a week by fasting one meal or having only liquids
- ◆ Wear black one day and realize the grief that is part of Lent
- ◆ Sharing a bowl of soup, scripture and conversation with someone every week
- ◆ Meditate on the significance of bread by eating it slowly with thoughts of Christ as the Bread of Life
- ◆ For a day, focus on what may need to be confessed or released every time you wash your hands
- ◆ Choose a hymn or several to sing, reflect and pray over

What do you find to be helpful, sustaining, deepening for you?

*When I was sinking down, sinking down, sinking down,  
When I was sinking down, sinking down,  
When I was sinking down beneath God's righteous frown,  
Christ laid aside his crown for my soul, for my soul,  
Christ laid aside his crown for my soul.*





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## A LENTEN SERVICE OF REPENTANCE, MEDITATION, AND PRAYER FOR SMALL GROUPS



This is a very powerful service you can use in any small group setting.

[Click here for the service bulletin](#)

[Click here for instructions for the Lectio Divina](#)

### Open Me

Revelation 3:8 has been my go-to verse for a couple of years now. It leapt off the page of my Bible one day and has held a place in my awareness. It urges me to keep looking, to see how big God is and all the ways the Great Love manifests in the world around me. It is God's invitation to keep seeking new ways to love, new stories to listen to, new people to meet, new opportunities to explore.

A couple of days ago this prayer formed inside me, so I will share it with you. Be blessed with peace and every good, dear reader. (Deb Mechler, from her blog saint, sinner, seeker)

*Most Holy One, open me.  
Open my heart to receive  
all that comes to me today.  
Open my eyes to see the beauty  
and the need.  
Open my ears to listen.  
Open my mind to consider ideas  
other than my own.  
Open my lips to encourage  
and to bless.  
Open my hands to give generously.  
Open my arms to embrace.  
Open my home  
to welcome the stranger.  
Open my heart and my life to love. Amen*



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## A Caregivers Psalm

### Adapted from Psalm 121

Based on the 5 C's of Caring developed by Simone Roach (1986)\*

*I lift up my eyes to the mountains of work and chores  
I must accomplish each day.  
From where will I get the strength to get everything done?  
My strength comes from the Lord,  
who made heaven and earth.  
The Lord will not let me slip into fear, frustration or anger.  
He who keeps me does not sleep,  
so I can sleep in peace and be renewed for the day ahead.  
He who keeps those I care for does not slumber  
but watches over them day and night.  
The Lord is my keeper.  
He will give me a heart of COMPASSION  
in response to His love for me.  
The Lord will keep my CONSCIENCE pure and holy,  
so I will show respect and value those who you are in my care.  
The Lord will keep my COMMITMENT  
to give care with COMPETANCE as I continue to learn.  
The Lord will give me the COMMITMENT to keep showing up  
even though I may not feel like it.  
The Lord will keep me in the caring COMMUNITY of my church,  
my family and friends, co-workers and other caregivers,  
where we have COMPASSION and respect for one another  
as we become more COMPETENT in our faith, mission and outreach.  
The Lord will be my strength from this time on and forevermore.*

Written by Phyllis Bruce  
May, 2004 and revised in 2010 and 2013

\*Note: I changed her C of Confidence to  
Community to align better with Parish Nursing.





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HE IS RISEN INDEED!

ALLELUIA !!

## Mark Your Calendars!

Month	Date	Time (CST or as noted)	Meeting/Event	Location
March	2	11:00 am-12:00 pm	Region 4, 5, 6, Peer Group	Zoom
March	3	5:00—6:00 pm	Regions 7 & 8 Peer Group	Zoom
March	4	3:00 pm EST	Region 9 Peer Group	Zoom
March	10	6:00-8:00 pm CST	<b>ELPNA Educational Event Why Gratitude Matters</b>	Zoom
March	23	3:30 pm—5:00 pm CST	Board of Directors Meeting	Zoom Request link at: <a href="mailto:cideschepper@gmail.com">cideschepper@gmail.com</a>
April	6	11:00 am-12:00 pm	Regions 4, 5, & 6 Peer Group	Zoom
April	7	5:00 pm EST	Regions 7 & 8 Peer Group	Zoom
April	14	3:00 pm MT	Regions 3 Peer Group	Zoom
April	23	3:30 pm—5:00 pm CST	Board of Directors Meeting	Zoom Request link at: <a href="mailto:cideschepper@gmail.com">cideschepper@gmail.com</a>