



Kansas Parish Nurse
MINISTRY

Kansas Parish Nurse Ministry
10913 Longlake
Wichita, KS 67207
316-686-0111
jwescott5@cox.net

www.KansasParishNurseMinistry.org

**Kansas Parish Nurse Ministry
serving God through wholistic
ministries.**

The bond of our common
humanity is stronger than the
divisiveness of our fears and
prejudices.

God gives us the capacity for
choice.

We can choose to alleviate
suffering.

We can choose to work to-
gether for peace.

We can make these changes
...and we must.

~Jimmy Carter~



Be surprised by joy,
Be surprised by the little
flower that shows its beauty
in the midst of a barren

dessert.

- Henri Nouwen

Stats & Stories

Kansas Parish Nurse Ministry, Inc. ..

Volume 3 Issue 1

May 2008

What's happening in parish nursing?

Across the country (and indeed the world) parish nursing continues to grow and prosper.

KPNM continues to have changes. We are now a Kansas corporation and our 501© 3 paperwork is with the attorney. Soon we should have an okay for a federal non-profit status. The date will be retroactive to Dec. 27, 2007. Until we get that final paperwork though I cannot go to the post office and apply for a discounted rate on mailing. Whence the reason you have not been getting this newsletter. The cost of mailing is high and we need the discounted rate. As soon as this is all in place you will be receiving the newsletter in a timely fashion. Thank you for your patience!

Some of the exciting adventures I've been involved with the last few months include co-authoring a new curriculum module on Chronic Illness Management that will be included in a Supplemental Modules resource available through the International Parish Nurse Resource Center (IPNRC) in St. Louis, MO. My co-author is Robin Shepherd, a parish nurse educator from West Virginia.

The last 2 years I have met in St. Louis with a team of parish nurse educators from around the country interested in having some research on our specialty practice. We began looking at some curriculum issues. There will be a survey go out in the next couple of months so we can find out more about parish nurses across the country. As soon as there is IRB approval there will also be a research project on BP monitoring. This will be studied in the Pacific Northwest, mid-west and New England areas. The research question is "Do parish nurses taking BPs make a difference?" There will be another project that deals with various issues of spirituality. You will hear more on these studies as time goes by.

I spent 2 1/2 weeks in Australia helping with parish nursing. I met with various people that have either helped or are being invited to help them with their program. These included the Vice President of Mission and Nursing at the hospital in Melbourne, local businessmen, and church officials. The people were so hospitable and loving. I worked hard but also had time to play. I am looking forward to a return trip in 2009.

Conference will be here before we know it. Make sure your calendar is marked for Oct. 15 & 16, 2008 for the 11th Annual Parish Nurse Conference. Highlights will be keynoters Dr. Jerry Old and Dr. Anne Borik. The theme is "Amazing Grace."

Risk Factors for Hip Fracture

Lifestyle changes can reduce your risk

(HealthDay News) -- Hip fractures can lead to serious complications -- including a prolonged recovery and a higher risk of death, especially among seniors.

The American Academy of Orthopaedic Surgeons says these risk factors can make you more prone to breaking a hip:

- Being age 65 and older.
- Being female.
- A family history of fractures, or small, slim bone structure.
- Low calcium intake or absorption.
- Smoking or alcohol abuse.
- Arthritis, poor balance or poor eyesight.

Impairment caused by dementia, senility or medication.

-- Diana Kohnle

We must all work to
make the world worthy
of its children.

-Pablo Casals

Lord, make me see thy
glory in every place.

- Michelangelo

Let us not look back in
anger or forward in
fear, but around in
awareness.

- James Thurber

The most difficult thing
in life is to know your-
self.

- Thales

Whoever has a heart
full of love always has
something to give.

Pope John XXIII

Tell your friends, colleagues and clients to [sign up to receive Dear Marci](#) and other Medicare policy and news updates from the Medicare Rights Center!

www.DearMarci@medicarerights.org

Looking for a way to make your meals more exciting?
Click on www.oldwayspt.org for a variety of ethnic food
pyramids and events



Bread cast on the waters comes back to you. The good deed you do today may benefit you or someone you love at the least expected time. If you never see the deed again at least you will have made the world a better place - And, after all, isn't that what life is all about?



OUR LOGO

I get lots of questions about our logo so I thought I'd take some space here and answer them.

- How did we get our logo? Parish nurses submitted possible design logos. The design chosen is a composite of several possible ones that were submitted. It best reflected who we are. The circles represent love which is endless — three for Father, Son, and Holy Spirit and body, mind, and spirit. The cross is the symbol for our Christian faith and the heart in the center says we love, we care, we commit our lives to Christ. Simple yet eloquent represents our grass roots organization.
- Can my church whom is associated with KPNM use the logo? Yes, there is a simple process. ***Request in writing why you would like to use it and how it will be used.*** Our only concern is that our logo not be misrepresented.
- Can I personally use the logo on business cards, etc.? Yes, again, follow the above procedure. It is OURS, therefore we need to protect it and take pride in it.
- Who do I send the request to? Send to JoVeta — snail mail address or e-mail on page 1

**Don't take life
so seriously.
It isn't permanent.**



Planning a all church Block Party or health fair? Invite the Kansas Highway Patrol to bring their 'seatbelt convincer' or 'rollover car'. In the Wichita area, contact Trooper Warner at 744-0451 (he needs about 60 days lead time), or the local Highway Patrol office in your area.

Ever hear the sayings, "I'm just sitting here, watching the grass grow" or "Sometimes I sits and thinks....and sometimes I just sits."

When was the last time you did that.....just sat?

Sitting still is good for the soul.

It is the anecdote to the "hurry, hurry, hurry" illness we live in.

An easy pill to swallow. But----how often do we "take" it?



Our utilitarian society pressures us to be constantly busy and productive.

The "busy and important" syndrome is often death to the human spirit.

"Be still and know that I am God." *Psalms 46:10*

If we are never still, can we ever know Him as He so desires?

Will we just know about Him, rather than knowing Him as we rush to and fro'?

How can you truly know your mate, your children, etc., unless you spend time with them and listen to them? How then can we possibly know God, unless we do the same?

He has given us simple instruction as to how to know Him and Who He is.

Then, why don't we? The art of living the abundant life given to us by Christ is being still and knowing our Creator, Father, God.

Take 10 minutes to sit back and let the world soak into your pores. Take a course in "art" by simply watching cattle grazing in a pasture. Stop and listen....you might even hear the voice of God speaking to your heart.

Let your brain drain.....and give your soul time to breathe, don't suffocate that which is our Divine-ness, which makes us different than all the rest of the creation of His Holy Hand.

"Time is education for eternity" - Anonymous

Cheryl Mishler, Senior LPN and Licensed Minister, Abundant Life Hospice, Inc.

Alzheimer's Association- An organization of support

Not long ago, Alzheimer's disease was widely considered a hopeless condition. It was poorly understood by doctors, researchers and policy makers. People with the disease and their caregivers had few resources for information and support.

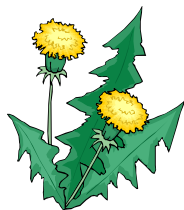
Although one out of every three Americans knows someone with Alzheimer's or a related dementia disease, many people still do not understand the disease or its devastating effects on individuals, families and communities.

Currently in Kansas the incidence of the disease is projected at 52,000+ individuals. We also know that the disease affects 10 percent of people over the age of 65 and nearly 50 percent of that age 85 or older. It is a progressive and degenerative brain disorder that is always fatal. By the year 2025 the number of affected individuals in Kansas will grow by 24%.

When Alzheimer's disease touches an individual and family's life the Alzheimer's Association is here to help. The Heart of America Chapter has offices in Prairie Village, Topeka and Parsons. The Central and Western Kansas office is located in Wichita. They are a trusted resource for vital information, education, training, advocacy, support groups and other programs for the person with the disease and family caregivers in Kansas who are suffering the emotional, physical and financial challenges of this devastating disease.

The **24-hour Information and Support Line, 800-272-3900,**

Sign in a yard in Portland, OR:
 "Free weeds... you pick."
 —via Bud Frimoth



Happiness keeps you sweet,

Trials keep you strong,

Sorrows keep you human,

Failures keep you humble,

Success keeps you glowing,

But only God keeps you going !

Directions Home

As for me and my house, we will serve the Lord.



DIRECTIONS TO OUR FATHER'S HOUSE

Make a Right onto Believeth Blvd.

Keep straight and go through the Green Light, which is Jesus Christ.

There, you must turn onto the Bridge of Faith, which is over troubled water.

When you get off the bridge, make a Right turn and keep straight.

You are on the King's Highway — Heaven-bound.

Keep going for three miles: One for the Father, One for the Son, and One for the Holy Ghost.

Then exit off onto Grace Blvd.

From there, make a Right turn Gospel Lane.

Keep straight and then make another Right on Prayer Road.

As you go on your way, Yield not to the traffic on Temptation Ave.

Also, avoid SIN STREET because it is a DEAD END.

Pass up Envy Drive, and Hate Avenue.

Also, pass Hypocrisy Street, Gossiping Lane, and Backbiting Blvd.

However, you have to go down Long-Suffering Lane, Persecution Blvd., and Trials and Tribulations Ave.

But, that's all right, because VICTORY Street is straight ahead!

Amen

TIDBITS OF RESEARCH



- In a recent survey, 40 percent of older adults reported not adhering to their prescribed medication regimens. One in four people did not tell their doctor when they skipped doses, stopped taking a drug because of side effects or because they felt they no longer needed it. Thirty-nine percent of those who did not comply for cost-related reasons did not talk to their doctors about it, even though lower-cost alternatives were available (“[Physician-Patient Communication About Prescription Medication Nonadherence: A 50-State Study of America’s Seniors](#),” Commonwealth Fund, February 2007).
- More than 21% of Kansas high school students smoke and an additional 3400 Kansas children start smoking every day.
- Smoking caused productivity losses in Kansas are \$863 million annually. Smoking-related health care costs in Kansas are \$927 million annually, including \$196 million in Medicaid health related costs (state funded).
- To learn more about the new **Hands-Only CPR**, an initiative that can help save more lives, click on <http://www.americanheart.org/presenter.jhtml?identifier=3011764>.
- Myth: Artificial sweeteners are unsafe. Fact: Over 200 studies have indicated that aspartame (Equal) is safe for human consumption. The reported negative affects of aspartame are not based on scientific studies. Studies conducted by the National Cancer Institute indicate that aspartame does not increase risk of developing leukemia, lymphoma, or brain cancer. Sucralose’s Splenda safety has been confirmed in more than 100 studies. Saccharine (Sweet-N-Low) has also been determined to be safe for humans.
- The rate of new AIDS cases is ten times as high among blacks as among whites and the proportion of black children hospitalized for asthma is almost four times the rate for white children.
- According to government figures, **hay fever and other allergies** are the sixth leading cause of chronic disease, affecting about 50 million yearly in the United States.



Nursing Reminders *****

- May 12 is Florence Nightingale Day and at noon, every nurse around the world is invited to pause, for a **Nightingale Moment of Silence**. For more ideas to celebrate this day, click on www.ahna.org.
- Don’t forget to congratulate and thank all the nurses in your life during National Nurses Week Tuesday, May 6 to Monday, May 12. This year’s theme is **Nurses Making a Difference Every Day**. For additional ideas, including prayer services, click on <http://ncf-jcn.org/publications/nnw/outline08.html>.

Special events for parish nurses/health ministry teams

May 31, 2008	Faith in Action: Overcoming Health Disparities Through Health Ministries	Westin Crown Center Kansas City, MO
June 5, 2008	Door to Silence Contemplative Pray / Meditation Workshop With Tom Jacobs (see brochure)	Spiritual Life Center
July 13-19, 2008	BASIC PREP (see brochure – pass it on)	Spiritual Life Center
Sept. 12-14, 2008	22nd Annual Westburg Symposium “Lift Every Voice and Speak”	Adam’s Mark Hotel (Hyatt) Downtown St. Louis
Oct. 15 & 16, 2008	11th Annual State Parish Nurse Conference “Amazing Grace”	Spiritual Life Center Wichita, KS



Please pray for:

Those who have the Holy Spirit in their hearts and the Scripture in their hands, have all they need.

-Alexander Maclaren

Each other. We never know when someone is needing our prayers.

The hungry, the lonely, the depressed, the homeless, the sick, the most vulnerable

For those who have mental illnesses that we might develop the ability to recognize, to listen, to encourage, and deeply care for them enough to help them seek treatment.

All parish nurses, especially the one who is hurting today

Those who are dying, especially those who have no one to pray for them

Things to Ponder

- Why do toasters have a setting that burns the toast to a horrible crisp, which no decent human being would eat?
- If Jimmy cracks corn and no one cares, why is there a stupid song about him?
- Can a hearse carrying a corpse drive in the carpool lane?
- If the professor on Gilligan's Island can make a radio out of a coconut, why can't he fix a hole in a boat?
- Why does Goofy stand erect while Pluto remains on all fours? They're both dogs!
- If Wiley E. Coyote had enough money to buy all of that ACME crap, why didn't he just buy dinner?
- Do the alphabet song and "Twinkle, Twinkle Little Star" have the same tune?
- Why did you just try singing the two songs above?

Do you have other things YOU ponder? Share them

WHO IS JESUS?

IN CHEMISTRY, HE TURNED WATER TO WINE

IN BIOLOGY, HE WAS BORN WITHOUT THE NORMAL CONCEPTION;

IN PHYSICS, HE DISAPPROVED THE LAW OF GRAVITY WHEN HE ASCENDED INTO HEAVEN;

IN ECONOMICS, HE DISAPPROVED THE LAW OF DIMINISHING RETURN BY FEEDING 5000 MEN WITH TWO FISHES & 5 LOAVES OF BREAD;

IN MEDICINE, HE CURED THE SICK AND THE BLIND WITHOUT ADMINISTERING A SINGLE DOSE OF DRUGS,

IN HISTORY, HE IS THE BEGINNING AND THE END;

IN GOVERNMENT, HE SAID THAT HE SHALL BE CALLED WONDERFUL COUNSELOR, PRINCE OF PEACE;

IN RELIGION, HE SAID NO ONE COMES TO THE FATHER EXCEPT THROUGH HIM.

The Greatest Man in History

Jesus had no servants, yet they called Him Master. Had no degree, yet they called Him Teacher. Had no medicines, yet they called Him Healer. He had no army, yet kings feared Him. He won no military battles, yet He conquered the world. He committed no crime, yet they crucified Him. He was buried in a tomb, yet He lives today.

**Kansas Parish Nurse
Ministry**

10913 Longlake
Wichita, KS 67207



www.KansasParishNurseMinistry.org

THE FAMILY CIRCUS®

