

# ELPNA Connections



Evangelical Lutheran Parish Nurse 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 6 – November/December 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



Recently, during a service at my church, our Pastor introduced us to the spiritual practice of florilegium which is a way for one to connect with the text and with stories in our own lives. This practice was developed from the practice of some medieval Europeans who did this activity. You can do florilegium alone or with a group. As you read, or listen to a sermon, look for sparklets – words or phrases that stand out to you or speak directly to you. After you have gathered your sparklets put them next to each other. Reflect on how the words are connected or how the words speak to each other and to you. We did this activity in small groups during the service and used the readings for the day for each of us to gather our own sparklets. Then we spent some time in reflection before sharing with the group the insights we had gained. I was surprised at how simple an activity this was to undertake and by the insights I gained. In addition, as a group it helped us to know one another better. You can find more information on this activity at [Florilegium](#).

### ELPNA Board Members:

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  
Becky Hulden, Director Region 3  
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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

### Executive Director:

Carol DeSchepper, Region 5

Great things continue to happen at ELPNA. First, the Program Library ad hoc committee has been hard at work. Look forward for our own wellness model (based on Portico's), assessment tool, and a plethora of program ideas. Thanks to everyone who has submitted ideas for the various wellness categories. Please continue to submit ideas.

Second, the Branding ad hoc committee has been considering a name change for our organization. Thanks again for those of you who voted on the possible names and to those who responded to support/not support a name change. You will be seeing more about the change of our name to Lutheran Faith Community Nurse Association in the next few months. This change alone will take some time to get the name fully integrated in all our documents, financial tools, and non-profit status yearly reports. The committee's work continues in development of a new logo. Stay tuned to learn more.

I hope to see you at our **ELPNA Annual Membership Meeting with free educational event**. Annette Langdon, RN, BSN, MA, founding member from Region 3 will be presenting **Replenishing the Heart: Spiritual Practices for Selfcare**. Until then, may God continue to bless you and your ministry to Lutheran communities.

**Lucina Kimpel, President**

Visit us at [ELPNA.org](#) and follow us on Facebook at [Evangelical Lutheran Parish Nurse Association](#)



# ELPNA Connections

## Supporting ELPNA with your Financial Gifts

As we near the end of the calendar year I find myself reflecting on how to share my gifts with non-profit organizations that are important to me. Among the non-profit organizations for me, and perhaps for you, is ELPNA. Because we continue to keep our dues and our education registration fees low and affordable for all, we welcome any monetary support that is shared. There is a place to donate on our website at <https://elpna.org/Donate>.

Some suggestions offered include:

- Gifts in honor of someone who has helped shape you personally or professionally,
- Gifts in memory of a loved one or colleague,
- Thrivent choice dollars directed to ELPNA,
- Amazon shoppers can direct their AmazonSmile donations to ELPNA,
- Sharing all or part of your Required Minimum Distribution (RMD) to ELPNA (please consult your tax accountant as it may save you taxes), and/or
- Making a year-end gift because you believe in this organization and its support of Faith Community Nursing across Lutheranism.

The website allows you to make the donation, to direct it to a specific fund, and to determine if you wish the gift to be publicly acknowledged on our donor recognition page (by name, not by amount). ELPNA is grateful for your support!

Submitted by Carol DeSchepper, Finance Committee Chair

## All Saints Day Remembrance of Valborg Tollefsrud



On November 1, 2021 many of Valborg's Faith Community Nurse colleagues along with family and friends gathered to celebrate the wonderful life of Valborg. She was an educator, caregiver, mentor, and friend to countless nurses. She supported our ELPNA from the very beginning, through many changes, and upon her passing continued her support through a generous gift from her estate. In October we had the first annual Valborg Tollefsrud Educational Event.

She was our first Honorary Lifetime Member. This photo shows her holding the Lifetime Certificate, which she received graciously. May God bless her memory!



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## December Begins our ELPNA Membership Renewal Drive

ELPNA's membership year is from January 1—December 31. Members who need to renew their membership will receive automatic reminders starting December 1 and then periodically until the end of February when, if you have not renewed your membership, your membership will lapse and you will be removed from our membership listing.

To find out when you are due to renew your membership, go to our website at <https://www.elpna.org> and click on the blue 'person icon' in the top right corner of the web page; then click on "view profile" from the drop down menu. On this page you will find your renewal date and also find the option to edit your profile information.

We have added some new options for membership that may interest you:

- **\$20/year for Retirees.** This category is for those who have completely retired from both parish nursing and any other nursing position, but who want to continue to support ELPNA and its mission. They may or may not have a current nursing license.
- **Associate Member for \$40.00/Year.** This category is open to RN's supporting health ministry in a **Lutheran congregation or Lutheran faith-based organization**, but who have not taken a preparation course to be a parish nurse; and RN faculty who are **Lutheran or teaching in a Lutheran school of nursing**. Associate members have a voice and can serve on committees; however, they are not eligible to serve on the Board of Directors or vote on matters related to ELPNA.

The other options are:

- **\$40.00** for one year membership
- The best deal is still the **2 year membership for \$60.00.**
- If you never want to be reminded again about membership, you can become a **Lifetime Member for \$300.00!**
- **Free one year or partial year membership for a New Parish/Faith Community Nurse** who has recently completed a preparation course.

### Welcome to our newest member:

Sally Lindell, RN, BSN, Faith Community Nurse at St. John's Lutheran Church, Northfield, MN (Region 3)

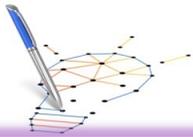
*Welcome Sally!!*

## YOUR MEMBERSHIP IS VALUABLE!!

**If you want to go fast, go alone,  
If you want to go far, go together!**



# ELPNA Connections



## Committee Reports

### Membership Committee

We piloted a New Member Orientation Zoom for our September meeting. All agreed that it was a valuable time of getting to know each other better and to review all the resources we have to offer on the website, in the newsletter, and through Facebook. We will continue to offer these periodically throughout 2023.

We are also working on membership retention and new member recruitment strategies. All members are encouraged to let your Lutheran FCN peers know about ELPNA, invite them to the Regional Peer Sharing Zoom meetings, let them know about our many resources for FCN ministry.

Submitted by Phyllis Bruce, Membership Committee Chair

### Education Committee

Registration has begun for the Annual meeting education event. While the event is offered free, registration is needed for our continuing education records and to distribute the zoom link. A poll has been sent to members for input on Education topic preferences for 2023. The poll closes on November 1, at which point the committee will plan 4 paid education events for 2023.

Submitted by Carol DeSchepper, Committee Chair

### Infrastructure Committee

Work continues on the 2022 ballot for Board members and Officers serving in 2023 and 2024. The election will follow the annual meeting. The proposed bylaws revisions are finalized and the vote will occur in early November. Voting instructions will be sent to members.

### Grants Committee

The Grants Committee has recently awarded the Lutheran Church of the Holy Spirit in Allentown, PA a \$750.00 grant. This grant is a renewal for their parish nurse ministry. Lutheran Church of the Holy Spirit has been in transition and renewal and Dean Black is their new faith community nurse. He completed the Foundations of Faith Community Nursing in September 2020 through Saint Luke's University Health Network at the Sacred Heart Campus, Allentown, PA and is a member of ELPNA from Region 7. One of his primary goals is education in the congregation.



# ELPNA Connections



## Committee Reports cont.

### Outreach Committee

**Goal: Establish and further relationships with Lutheran denominational and Synod leaders, and with the national ELCA office.** The 2022 LeadingAge, an organization of agencies that provide services for older adults, held their Annual Meeting and Expo in Denver, CO on October 16. Sue Ann Glusenkamp and Andrea West attended the Lutheran Services in America reception held the evening of the 16<sup>th</sup> and had the opportunity to interact with attendees who represented agency members of LSA. See the report and pictures in the next newsletter.

**Goal: Establish and further ELPNA's relationships with seminaries. Collaborate with Lutheran Colleges of Nursing to increase knowledge of faith community nursing as a specialty practice within nursing.** The groups have completed three PowerPoint presentations: Lutheran schools of nursing, Lutheran seminaries, and Lutheran congregations. The presentations are being reviewed by non-committee members for suggestions which will be incorporated in the final drafts. The new name as been incorporated into the school of nursing presentation and the new logo will be added when completed.

**Goal: Connecting with other Parish Nurse Groups/networks.** The October meeting of the LFCNA and LCMS was held on October 14. The conversation centered around the parameters that are acceptable to the LCMS national synod office which include sharing resources, attending one another's events, and jointly promoting and encouraging faith community nursing within Lutheran congregations. The 2023 Concordia Conference will be May 17-18. Presentations by Carol DeSchepper and Marie Wiegert have been accepted for the conference which has the theme "Compassionate Service" from Colossians 3:12. Submitted by Andy West, Outreach Committee Chair

### LeadingAge Association Annual Meeting

The annual meeting of the LeadingAge Association was held in Denver, CO the week of October 16, 2022. The members of this association represent non-profit agencies that provide services to older adults. As part of the meeting, Lutheran Services in America (LSA) invited members of LSA to a reception to meet and network with other Lutheran social ministry organizations. As a member organization, we were invited to attend and were represented by Sue Ann Glusenkamp and Andrea West.

At the reception, Sue Ann and Andy talked with LSA leadership and representatives of Lutheran long-term care facilities about faith community nursing. We introduced the concept of faith community nursing to Jamar Doyle, President and CEO of the Council for Health and Human Service Ministries for the United Church of God and Carla Wilton from Kalispell, MT.

Being a member of LSA provides our organization an opportunity to develop connections with a variety of Lutheran service agencies that can assist our members as we work together in making an impact in caring for God's "children".

Photo: Carla Wilton, Jamar Doyle, Andy West (front row); Charlotte Haberaecker, LSA CEO and Sue Ann Glusenkamp (back row).





# ELPNA Connections



## Committee Reports cont.

### **Finance Committee Report**

The Finance Committee has been working on the 2023 budget and requested approval of the budget at the October Board of Directors meeting. The Committee has also recently drafted and presented to the board a Financial Vision for ELPNA. It is as follows:

***The financial vision of ELPNA is to maintain the non-profit status of the organization and ethically steward the assets of ELPNA, to further ELPNA as a viable, sustainable, and relevant organization.***

***To this end ELPNA Finance Committee and Board of Directors commit to the following strategies which may evolve over time:***

- Develop and monitor an annual budget***
- Review monthly financial reports***
- Maintain non-profit status by filing requisite reports***
- Develop a long term strategic financial plan***
- Practice stewardship of ELPNA assets***
- Promote growth of assets with sound and safe investment principles***
- Develop a framework to provide stability and flexibility for growth.***

***This is accomplished by use of current accounting practices and ethical conduct for non-profit organizations.***

This vision statement will guide our financial planning and stewardship in the near term and will periodically be reviewed to assure it still meets the needs of the organization.

Submitted by Carol DeSchepper, Finance Committee Chair

### **Ad Hoc Committee Reports**

#### **Branding**

As you have been earlier notified the membership overwhelmingly voted in support of an organizational name change to the Lutheran Faith Community Nurse Association (LFCNA). More information will be forthcoming as we phase in this change. Thank you for your input into the process and the decision.

Submitted by Lu Kimpel, ELPNA President/Branding Ad Hoc Committee Chair

#### **Program Library**

The committee continues to work on a health model and definitions for the 8 health focus areas. Discussion focuses on how the model and definitions can/will be used by faith community/parish nurses. We continue to seek program submissions for the website.

Submitted by Carol DeSchepper, Ad Hoc Committee Chair



# ELPNA Connections

## November, a Passageway by Joyce Rupp

November is a transitional month. The deepening darkness of each day, along with the gradual movement from the golden colors of autumn to the white silence of winter, beckons to a secret part of my self. This quieting movement definitely pulls me inward, beckoning me to a inner, womb-like world where the rapid pace of life slows to a peace-filled hiddenness. When I reach that unseen realm within me, I come in touch with the goodness that filled my soul at birth, the goodness I do not usually pay attention to or may doubt is presence.



The liturgical celebration of *All Saints Day* on November 1st draws me into a passageway of reverent mystery. As I grow older, I feel increasingly in touch with my spiritual ancestors. I believe the bond we had with our loved ones when they were alive remains firm even though they are no longer physically with us. When I celebrate *All Saints Day*, I honor not only the officially canonized saints of the church but all dear persons whose lives reflect goodness (God-ness). Awhile ago I received a letter from a friend who is mourning the loss of a beloved one in her life. Dorothy wrote: “Everyday I ask Honor to gift me with the best of her.” I understood immediately what Dorothy meant. After a close friend of mine died, I thought a lot about how compassionate he was. It occurred to me after his death that I had rarely ever heard him speak negatively about anyone. In addition, he was able to forgive those who hurt him and release the burden that non-forgiveness adds to the heart. Since his death, I’ve tried to follow that example, to withhold my unkind comments and let go of resentments and hostilities. I think this is what Dorothy meant by having “the best” of someone deceased continue on in our life. Doing so is not only a wonderful way to honor these good people by remembering their “best,” but it is also a source of encouragement for us to try to live in the most gracious way possible.

By asking our loved ones to gift us with their positive qualities, our lives, too, can have God-ness shining through them. This November, let’s cast our glance back to those dear ones who left us the essence of their goodness. As we ponder their qualities and pray to have these traits come alive more fully in us, “the best” of our loved ones will continually live on in us and be a blessing for others.

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# ELPNA Connections

## Honoring our Veterans

**Beth Schuetz-Ewing, RN, Faith Community Nurse, Abiding Christ Lutheran Church, Fairborn, OH (Region 6)**

**Number years of service** - 22 years

**Branch of Military** - United States Air Force

**Rank at Discharge** - Colonel (O-6)

**Area of Specialty** - Nursing (OB, Nurse-Midwifery, OB/GYN NP, Command)

### Assignments/deployments and what job/role you were serving, including special duty assignment

1987 (Jan - June): Andrews AFB, MD; OB nurse internship program

1987-1990: Dover AFB, DE (OB Nurse)

1990-1993: Yokota AB, Japan (Flight Nurse-9th Aeromedical Evacuation Squadron)

1993-1996: Andrews AFB, MD (Med-Surg and OB nurse; Master's degree in Nurse Midwifery from Georgetown University)

1996-2000: Scott AFB, IL (Midwife, Flight Commander)

2000-2003: Hickam AFB, HI (Midwife/OB/GYN NP, Flight Commander)

2003-2008: Wilford Hall, Lackland AFB, TX (Midwife; Flight Commander, Squadron Commander, Nurse-Midwifery Consultant to the Air Force Surgeons General)

2006 (Jan - May): Balad AB, Iraq (Deployment, OB/GYN NP, Deputy Commander)

2006-2008: Wilford Hall, Lackland AFB, TX (Midwife, Squadron Commander)

2008 July: Retirement



### Reason for entering military service

I was a senior in Nursing School at the University of Wyoming when I decided to join the Air Force. The recruiter came to speak to our nursing class and took us to dinner at the nicest restaurant in Laramie, WY. I had no intention of joining - I was just a hungry college student! But when I heard about all of the education and travel opportunities and the internship program, I was convinced it was the best job I could get after nursing school. On graduation day from the University of Wyoming in May 1986, I was commissioned as a 2nd Lt in the US Air Force.

### Highlight of career-

The highlight of my career was being a flight nurse in Japan. That is where I met my husband, although we didn't marry until several years later. It was such a great opportunity getting to fly into all of the Pacific nations to pick up sick and injured service members and their families as well as foreign dignitaries and delivering them safely to definitive health care. It was a big challenge learning aircraft systems and safety measures but one that I will cherish forever.





# ELPNA Connections

## Honoring our Veterans

### Barbara Keil, RN, MSN, Our Saviors Lutheran Church, Topeka, KS (Region 4)



**Number of years of service**-24 years & 8 months

**Branch of military**-U.S. Army Reserve

**Rank at discharge**-Lieutenant Colonel (LTC)

**Area of Specialty**-Med/Surg Nurse

**Assignments/deployments and what job/role you were serving, including special duty assignments**

410<sup>th</sup> Evacuation Hospital, Topeka, KS., Reserve assignment.

410<sup>th</sup> Evac. Hospital, mobilized and deployed to Al Qaysumah, Saudi Arabia. Operation Desert Storm-

Med-Surg. Nurse

4204<sup>th</sup> U.S. Army Hospital, Topeka, KS. Chief Nurse/Medical Readiness. Reserve assignment.

4204<sup>th</sup> USAH, mobilized/deployed to Würzburg, Germany MEDDAC. Med-Surg. Nurse/Charge nurse

7246<sup>th</sup> Medical Support Unit, Elkhorn Nebraska. Commander.

7246<sup>th</sup> Medical Support Unit, mobilized to Fort Bliss, TX. Primary Care & Soldier Readiness Commander.

4204<sup>th</sup> USAH-Retirement

#### Reason for entering military service

My civilian job was working at the Veteran's Administration Hospital and joining the Reserves was a good fit for a "part-time" job. I didn't realize at the time I joined that I would have such an active Reserve career!

#### Highlight of career

Serving as Commander of the 7246<sup>th</sup> Medical Support Unit at Fort Bliss, in El Paso, TX.





# ELPNA Connections

## Honoring our Veterans

**Norah Bertschy, RN, BSN, MSN, Trinity Lutheran Church, Cincinnati, OH (Region 6)**

**Number of years of service - 24**

**Branch of the military in which you served - Navy**

**Rank at discharge – Captain (O-6)**

**Area of Specialty – 1972 – 1979 Nurse / 1989 – 2011- Pediatric Nurse Practitioner**

### **Assignments/deployments and what job/role you were serving, including special duty assignment**



Captain Norah H. Bertschy is originally from Chicago, IL. A participant in the Navy Nurse Corps Candidate Program, Captain Bertschy received a Diploma in Nursing from Idabelle Firestone School of Nursing in 1972. Following Officer Indoctrination School in Newport, RI she served on active duty at Naval Hospital Philadelphia (July 1972-April 1974). After serving five years in the Individual Ready Reserve, Captain Bertschy was discharged in 1979.

Released from active duty in 1974, Captain Bertschy pursued her civilian nursing career in Ohio. She held a variety of clinical staff and educational positions. Captain Bertschy received a Bachelor of Nursing degree from the University of Akron in 1982. She completed a Master of Nursing, specializing in Child and Adolescent Health in 1995.

Since 1995, Captain Bertschy practiced as a nationally certified pediatric nurse practitioner in community health, school health, and private practice.



In 1989, Captain Bertschy re-affiliated with the Navy Reserve as a Selected Reservist. She served as a Training Officer, Administration Officer, Assistant Officer In Charge and Officer In Charge of various medical units in Akron and Cincinnati, OH, and Louisville, KY. Captain Bertschy completed Fleet Hospital Operations Training (field hospital), participated in Arctic Care (Alaska) 1997, Cobra Gold (Thailand) 2002 and New Horizons 2005 – Nicaragua, MEDFLAG07 in Gabon, Africa, Beyond the Horizons - Dominican Republic 2009. Captain Bertschy was recalled to active duty in 2003 serving during Operation Iraq Freedom at Portsmouth Naval Medical Center, VA. She was also called

to serve on the USNS Comfort for Operation Unified Response - JTF Haiti in January 2010.

Captain Bertschy decorations include the Army Achievement Medal, National Defense Service Medal with bronze star (2), Global War on Terrorism Medal and Armed Forces Reserve medal with silver hourglass and Mobilization M.

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# ELPNA Connections

## Honoring our Veterans

**Reason for entering military service** – to serve my country and help finance my nursing education

### What I learned along the way-

1. It was a true honor to serve my country and the families of those who serve and give so much.
2. An immediate bond is formed whenever you become a team in the military with those from far and wide – like a second family.
3. Having the privilege of serving on medical teams across the world taught me that people are much more alike than different no matter where you live.
4. To appreciate my family for supporting my career and time away from them – “keeping the home fires burning”.

### A highlight of your career

I was called to duty in January 2010 to serve on the USNS Comfort hospital ship in Haiti after the earthquake. This was indeed a life event.



So, it was with all of us on the ship – wanting to be there, to help and trying to find a way to lessen the lament of our patients. The first days were dark indeed: chaos and pain, struggling to “get it together” with overwhelming suffering but that valley was eclipsed on an amazing night ... there was an incredible event that took place on 3 Forward, a pediatric overflow ward. We were near capacity with children, parents or other family as escorts - families that had suffered such horrific times with unimaginable losses - family members, homes, and life-threatening injuries. Softly and gently a few women began to sing. They were singing in Creole some of their familiar hymns and spirituals. The sounds were so soothing and melodic. As they continued several other parents and escorts joined in – soon all the children were singing and dancing to the enchanting sounds. Within minutes the entire ward was transformed into a place of joy. The staff and visitors were swaying to the music and every single person had a smile on their face.

Over that amazing time, we all bonded in a way that could not have ever been imagined. We were ONE in spite of all the sorrow, sadness, and weariness; we were united in our humanity and purpose. Each person was uplifted as this glorious praise to God soared to the heavens from a hospital ship, the USNS Comfort anchored near such a devastated nation. In such times of chaos and loss it is so inspiring to witness such steadfast faith and devotion. We were all truly blessed to be a part of that precious moment and this mission. This is truly something that I will remember and cherish my whole life. Amen, Amen, Amen.





# ELPNA Connections

## Honoring our Veterans

**Marilee Tollefson, RN, BSN, MSN, Lutheran Church of St. Andrew, Silver Spring, MD (Region 8)**



**Number of years of service - 23**

**Branch of the military in which you served - Army**

**Rank at discharge - Selected for Colonel (O-6) (didn't serve for 3 years in rank, so retirement rank is O5 (LTC))**

**Area of Specialty - 1964 med/surg; 1965-1986 pediatrics/clinical nurse specialist**

**Assignments/deployments and what job/role you were serving, including special duty assignments**

- Entered Army student nurse program at St. Olaf College, graduating in 1964, attended basic training at Ft. Sam Houston, San Antonio, TX.
- First assignment, Walter Reed Army Medical Center, Washington, DC, caring for seriously wounded soldiers from Viet Nam war, until 1965.
- Next assignment was to 34th General Hospital as pediatric staff nurse in Orleans, France 1965-67, then to Fitzsimons Army Medical Center in Denver, CO as head nurse, pediatrics 1967-68.
- Accepted to University of Colorado, where received MSN in Pediatric Nursing 1968-69.
- From there I received orders for Madigan Army Medical Center in Tacoma, WA, as pediatric head nurse.
- 1969-1973 - I married 1971, and had my first daughter in 1973. I expected to be discharged per regulation for female military personnel, who were not allowed to remain on active duty with a child. However, an Air Force nurse had just had a baby, took it to court with Ruth Bader Ginsberg as her lawyer, won the case, and was allowed to stay on active duty. I was then the first Army nurse allowed the same privilege!
- I was then told it was time for my Far East assignment and I assumed I'd have to go unaccompanied, without my family. But I received orders for Tripler Army Medical Center in Honolulu, Hawaii, family and all, where I served as pediatric head nurse until 1977.
- From there I was transferred to William Beaumont Army Medical Center in El Paso, TX where I served as pediatric clinical nurse specialist until 1980 when I was moved to my final assignment at Walter Reed Army Medical Center, again serving first as pediatric head nurse of a 60 bed unit, then as clinical nurse specialist. At this point I was the senior pediatric nurse in the Army Nurse Corps, and also served as the pediatric nurse consultant to the Army Surgeon General.
- During this time I was selected by the promotion board for O6, full colonel. My assignment would have been a command as chief nurse in a medical center, Brooke Army Medical Center in San Antonio, TX, where the assignment branch knew my husband would easily transfer with USAA Insurance Co. But my specialty was clinical nursing, not administrative. I knew my assignment would not fit in this position, so retirement was my best choice at that time.

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## Honoring our Veterans

### Reason for entering military service

I entered military service, because while I was in college in a BSN program at St. Olaf College in Northfield, MN, a private Lutheran college, the tuition in the 1960's was \$1,385, which was a challenge for my working class family, with a younger brother coming up behind me. This was during the Viet Nam war, and the military was offering the Army Nursing Student Program that included tuition, books and monthly pay at an enlisted rank. There was also an obligation to serve for one year of active duty upon graduation for every year paid by the Army. My parents loved the plan!

### A highlight of your career

The most memorable moment and highlight of my career was while at Tripler Army Medical Center, in Honolulu, Hawaii. The orphan airlift originated from Viet Nam. We had only a few hours' notice that the infants would be arriving, and we had to totally reconfigure the entire ward arrangement, lining the walls with cribs side by side for the number of babies we would be receiving. I can't accurately remember, but it was close to 50-60. We had to create charts for all the babies, and I learned all their names. My staff reminded me about this in a FB post years later, on the anniversary of that momentous time. The poor little angels were all so tiny, so frightened, and we gave them all the love and nutrition we could until their air evac was arranged back to the US to Letterman Army Medical Center at the Presidio in San Francisco, CA. We all stayed at the hospital 24/7 until they were sent to flights which moved them on. Tears were shed by all of us, as we realized that they would find loving homes and be spared a life of misery under the North Vietnamese regime.



### Ellen Ellickson , RN, Peace Lutheran Church, Cold Spring, MN (Region 3)



I was in the Navy Nurse Corps from 1967 through 1970. It was the Naval Officer Candidate Corps – the Navy paid for my last two years at Saint Olaf and in return I had an obligation of 3 years of service. I was stationed at the Navy Medical center in Bethesda, Maryland. This was during the Viet Nam war so the population were mainly young men, mostly Marines , who had been injured in duty in Viet Nam. When I was discharged I was a Lieutenant. I liked the poster that the Navy had – Respected as an Officer, Honored as a Navy Nurse.





# ELPNA Connections

## Honoring our Veterans

**Leslie Hollowell, RN, MSN, CCM, Lutheran Church of St. Andrew, Silver Spring, MD (Region 8)**



**Number of years of service:** 31

**Branch of the military in which you served:** Army Nurse Corps

**Rank at discharge:** Colonel

**Area of Specialty:** Pediatrics

**Assignments/deployments and what job/role you were serving, including special duty assignments:**

I was a WRAIN graduate and was initially assigned to Walter Reed Army Medical Center from 1974-1978. I then entered the Army Reserves where I held a number of positions, both in nursing but also administrative. I was deployed to Walter Reed during Desert Storm.

**Reason for entering military service:** I was the oldest of 4 children in a rural farm family so was applying for any scholarship opportunities.

**A highlight of your career:** I was 1 of 106 applicants selected for the WRAIN program from 2000 applicants. I also earned the Expert Field Medical Badge and awarded a Meritorious Service Medal.



**Martha Jewett, RN, BSN, Christ Lutheran Church, Washington, DC (Region 8)**



**Number of years of service:** Mostly reservist for 30

**Branch of Military in which you served:** Army

**Rank at Discharge:** LTC

**Assignments/deployments and what job/role you were serving, including special duty assignments**

Worked mostly at Walter Reed, DC in ICU, ER, Labor and Delivery, NICU as a staff and head nurse.



# ELPNA Connections

## Wait for the Lord

By Annette Toft Langdon, RN, BSN, MA



Wait. Look both ways before you cross the street.

Wait. The clerk will get to you soon.

Wait. Your test results will be come in a few days.

What, wait? Who likes to wait? It often raises anxiety. We like to keep moving, to get things done or resolved and to be tended to now.

And then comes Advent, a time of waiting, anticipation and preparation. It seems a bit ironic that as the days get shorter and the darkness deepens, we tend to get busier and there is no room for waiting. Waiting is not easy. It is counter-culture... and it is a posture of the heart that yields an abundance of blessings... if we wait.

As you move toward the holidays, here are a few thoughts on ways to wait, to prepare your heart, to make room in your being for Jesus, for more love.

- Set aside 5 minutes to pause, quiet the mind, still the body and open your heart...letting peace, joy, love, whatever may come, settle in your being.
- Take 5 minutes to focus your heart on one verse or a small portion of scripture. Perhaps taking a psalm or the story of Jesus's birth (Luke 1:26-2:20) and reading just a bit every day. What word stands out, speaks to you, makes you wonder or want to ponder?
- Before or during an activity, like baking or decorating the tree, pause to ponder what this activity means to you. What memories does it hold? What gift is wrapped in it?
- Carry awareness into the day. Where do you find anxiety, worry, vexation? What might need to shift in your life, your heart, in order to invite in peace and love?
- Pause to sing a prayer. Perhaps an Advent hymn or song or make one up from what is stirring in your heart.

Waiting is something that those we care for in our ministry may struggle with, too. Waiting for this year of deep grief to pass. Waiting for surgery or test results or healing to come. The gift of deepening our own comfort with waiting can open us to be with, wait with those who are waiting.

May your heart be blessed with blessings borne of waiting, of comfort and joy as you prepare and celebrate the Love that comes down to us on Christmas.





# ELPNA Connections

## Research you can use!



We are blessed to have Jean Bokinskie, PhD, RN from Fargo, ND (Region 3 Member) find research articles for us that provide professional development skills and other information that is pertinent to the Faith Community Nurse.

For November/December here is a brief review of the articles that you will find.

1. Earlix, K., Shive, N., & Coats, H. (2021). Unpacking characteristics of spirituality through the lens of persons of colour living with serious illness: The need for nurse-based education to increase understanding of the spiritual dimensions in healthcare. *Journal of Clinical Nursing, Implications for FCNs:*

These researchers identified three major themes – religion, self, and family – of what brought value, meaning and purpose. To provide good spiritual care, we need to understand what is important in the lives of our patients and parishioners.

2. Olson, L., Zonsius, M., Rodriguez-Morales, G., & Emery-Tiburcio, E. (2022). Promoting safe mobility. *American Journal of Nursing Implications for FCNs:*

The article provides some excellent tips for addressing mobility and fall prevention during and after a hospital stay. In addition, there are excellent resources/websites shared to provide additional information. These were great resources to share with caregivers and perhaps materials that could be included in an educational session.

Two more articles can be found about what we need to know now about Long COVID and an article in *Perspectives: Spiritual Care in Nursing and Faith Community Nursing Practice*, by Sharon Hinton that provides a summary of the 2021 FCN census sponsored by the Westberg Institute for Faith Community Nursing.

**You will find more information related to these studies with implications for the FCN in the “Members Only” section of our website, [Evangelical Lutheran Parish Nurse Association - Home \(wildapricot.org\)](http://wildapricot.org) . From this home page, click on Member’s Only, then Member, then Member Resources, then Research Reviews.**

***“This Christmas, you have a decision to make. It’s not about toys or gifts or what you’re going to have under the tree. It’s a decision about God’s grace. What are you going to do with the goodness of God that He bestowed on you this past year, and that you look forward to in the year that is to come?” Tony Evans***



# ELPNA Connections

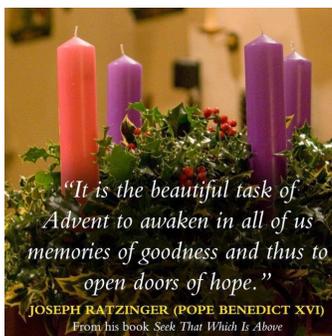
## Practice Ideas

### The ELPNA Program Library

Are you looking for program ideas for your FCN ministry? One of the first places you should look is our website. As a member, you have a wonderful array of program ideas available in the ELPNA Program Library. This is found in the “Member’s Only” section, located at the top right corner of the website.

As stated on the website page, “The Program Library is compiled by ELPNA members across the United States to assist with program planning in other congregations. If a member wishes to offer a new ministry focus area/program they can come here to seek out ideas. It is our goal to offer program and contact information that will allow for sharing and networking. The eight health focus areas are based on those in the Portico Wholeness Wheel, with the addition of a health focus area in environmental health”. These areas include emotional, financial/legal, intellectual, spiritual, social/interpersonal, physical, and vocational health.

So don’t re-invent the wheel! Check out these resources for your programming needs. Click here: <https://www.elpna.org>, then on “Member’s Only”, then Program Library.



### Advent Service of Remembrance, Hope, and Healing

Advent is a time of waiting and remembering. Waiting to celebrate the joyful event of Christ's Birth, and remembering all the gifts that Christ has given us through His birth, life and resurrection. Sometimes our memories bring joy, sometimes memory brings sadness or a “bitter-sweet” feeling. For many people the Holiday Season is a difficult time. It may be due to a loss of a loved one, one's health, a job, a relationship, and the list goes on. For many it is a time of anxiety and isolation.

But as believers, we live in hope that only Christ can bring. During this service we gather as a community to come into God’s presence and receive the gift of hope and healing as we remember our loved ones, God’s love and strength, and the perfect gift of Christ our Savior. Through scripture, prayer, and hymns, we will meditate on the themes of hope, peace, joy, and love as each Advent candle is lit. May we share in the Light of Christ who is our hope this Advent.

[Click here for the template of this service.](#) Scroll down to find the Healing Services.



# ELPNA Connections

## WE WISH YOU ALL A BLESSED AND JOYFUL CHRISTMAS



"For unto you is born this day in the city of David a Savior, who is! Christ the Lord." ~ Luke 2:11

O God, you once lit up the sky with the heavenly host of angels singing your praises, "Glory to God in the highest, and on earth peace, goodwill toward men."

Open our ears to hear their good tidings of great joy, join our voices with them in praise, and move our hearts to constant prayer, that in the course of our daily lives we may see your light shining in the darkness, and that we also may shine like the stars in the universe, reflecting the brightness of the true Light; Jesus Christ our Lord. Amen.

### Mark Your Calendars!

Month	Date	Time (CST or as noted)	Meeting/Event	Location
November	2	12:00-1:00 pm	Region 4, 5, 6, Peer Group	Zoom
November	3	5:00—6:00 pm EST	Regions 7 & 8 Peer Group	Zoom
November	11	3:00 –4:00 pm EST	Region 9 Peer Group	Zoom
November	16	3:30-5:00 pm CT	Annual Membership Meeting <b>Replenishing the Heart: Spiritual Practices for Selfcare</b>	Zoom  Link will be sent after you register
December	1	5:00 pm EST	Regions 7 & 8 Peer Group	Zoom
December	7	12:00-1:00 pm	Regions 4, 5, & 6	Zoom