

# 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 1 Issue 2 - September/October, 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



## Executive Director Musings

*"I am reminded today of the beauty of the posture of God's heart towards me and his desire that my life would be blessed. In his book 'Gentle and Lowly', Dane Ortlund writes, 'the kindness of Jesus is kinder than we would be to ourselves.' I think of places in my life where I have doubted the radiant glory and bright presence of God; where I have only seen the darkness and questions instead of hope and blessing."*

Do you ever feel this way? As faithful servants in congregations and communities we have opportunity to show kindness to many. God opens doors so we can share His blessings with others. With simple, yet profound, gestures of prayer, presence, or touch we can bring life and hope to another's parched or defeated spirit. But in the midst of serving and caring for others we too can be emptied and miss the glory and presence of God. Unless you care for yourself you will miss the light and the hope that God sends as a benediction on your life. May God's hope, peace, and abundant blessings be with you and those you serve in His name.

I pray this blessing over you today and encourage you to share it with those to whom you minister.

*The LORD bless you and keep you;  
the LORD make his face to shine upon you, and be gracious to you;  
The LORD lift up his countenance upon you, and give you peace.*

*Numbers 6:24-26*

*(adapted from Lectio365, August 25, 2021)*

May God's abundant blessings be yours as you serve,

*Carol*

Carol DeSchepper, ELPNA Executive Director, [cjdeschepper@gmail.com](mailto:cjdeschepper@gmail.com)

### 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  
Sue Ann Glusenkamp, 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  
Marilyn Kranich, Director Region 9

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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## Committee Reports

### Membership Committee

#### ELPNA Current Membership Report

Total members = 126

Annual = 65; 2 year = 50; Lifetime =10; New Parish Nurse Graduate =1

New members = 8 (most signed up and paid online using our new membership program!)

In reflection, during August of 2020 we had 118 members, demonstrating an increase of 8 new members!

#### Completing your Membership Profile

We are making progress with members completing their Membership Profiles on Wild Apricot. From the first 20 members to sign onto the ELPNA website and complete their personal profile, we randomly selected five “early adopters” who were sent a book that could be used in their faith ministry.

#### Congratulations with our thanks for completing your membership profile to:

Jo Ambrose/Phoenix, AZ – Region 2

Gloria Christensen/Roseville, MN – Region 3

Becky Elsbernd/Mason City, IA – Region 5

Louise Nesdahl/West St. Paul, MN – Region 3

Connie Squibb/Savannah, GA – Region 9

#### Lapsed Members

The Membership Committee and Regional Directors have been busy calling and emailing lapsed members to encourage them to renew, or determine any specific reasons prior members have not renewed and identify possible improvements we can address as an organization. We plan to poll current members in the future to complete an evaluation and identify organizational effectiveness and recommendations for improvement. We encourage you to contact us with your suggestions to help make ELPNA your optimal organization!

#### New Members

We are happy to welcome the following ELPNA New Members who have joined us since June:

**Sandra Reifsteck, Region 5**, parish nurse at Good Shepherd Lutheran Church, Champaign, IL

**Bev Gravdahl, Region 3**, parish nurse at Olivet Lutheran Church, W. Fargo, IL

**Jean Bendt, Region 3**, Parish Nurse at St. Anthony Park Lutheran Church in St. Paul, MN

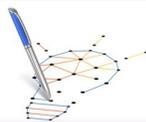
**Denise Gaard, Region 3**, Parish Nurse at First Lutheran Church, Detroit Lakes, MN

If you reside within their Region, please consider reaching out and helping support our newest members!

Submitted by Phyllis Bruce, Region 3 Director & Membership Chair [pbceiidhdancer10@gmail.com](mailto:pbceiidhdancer10@gmail.com)



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## Committee Reports cont.

### Communication Committee

#### Wild Apricot Update

Recently the option to add your date of birth (DOB) was added to the ELPNA member profile. If you have already completed your profile please go back into your profile at your convenience and enter it. Date of birth is used in some situations to clarify continuing nursing education. Plus, you never know, you might get a birthday card in the future!

We are frequently adding additional content throughout the website. Please visit our ELPNA website often to stay informed.



#### Focus on Our ELPNA Facebook Page

You are encourage to check out our ELPNA Facebook page. <https://www.facebook.com/Evangelical-Lutheran-Parish-Nurse-Association-ELPNA-274776935872967>. Our Executive Director, Carol DeSchepper, submits regular posts that often include an inspirational reflection and one of her beautiful photos-like this wonderful cream heart in your morning coffee! An easy way to get to our ELPNA Facebook page is to go to the ELPNA website, scroll to the bottom of the page, and click on the Facebook link in the bottom left corner. I know you will be blessed by the shared devotions and information! ELPNA members are welcome to post on Facebook using the recommended guidelines on the Member's Only page at [https://www.elpna.org/resources/Documents/Policies%20and%20Guidelines/0004.21\\_Website\\_Guidelines.pdf](https://www.elpna.org/resources/Documents/Policies%20and%20Guidelines/0004.21_Website_Guidelines.pdf). Submitted by Phyllis Bruce, Region 3 Director & Membership Chair [pbceildhdancer10@gmail.com](mailto:pbceildhdancer10@gmail.com)

### Education Committee

#### Announcing our next Educational Event!!

#### ***Ministering to Those Who Live with Dementia and Those Who Love Them Through It***

The next ELPNA Education Event will be October 12 from 7-9 pm Eastern Time; 6-8 pm Central Time; 5-7 pm MT; and 4-6 pm PT. The program entitled *Ministering to Those Who Live with Dementia and Those Who Love Them Through It*. Our speakers will be Marty Finley, M.Ed. and Masters in Gerontology, Memory Care Navigator at Sun Health in Arizona; and Carolyn Klaver, RN and former Lyngblomsten Parish Nurse. Carolyn is now the Community Dementia Care Specialist at Lyngblomsten in St. Paul, MN. To register, please see Events on the ELPNA website at <https://elpna.org/>. The ELPNA Education Committee hopes you will join us for what we believe will be an excellent and informational event!

Submitted by Carol DeSchepper, Executive Director & Education Chair [cjdeschepper@gmail.com](mailto:cjdeschepper@gmail.com)



# ELPNA Education Program

(Please print and post or share this page)



## Ministering to Those Who Live with Dementia and Those Who Love Them Through it

### Program Presenters



**Marty Finley**, Memory Care Navigator – Sun Health, Surprise, AZ. Marty has a master's degree in education, counseling and gerontology, and has worked with noteworthy organizations in the community, including the Alzheimer's Association. As a Memory Care Navigator, Marty shares, "It's important to me to ensure that people who are experiencing memory impairment have the best resources and opportunities to live safely as they travel this path."



**Carolyn Klaver**, Community Dementia Care Specialist – Lyngblomsten, St. Paul, MN. Carolyn has an associate's degree in liberal arts and a diploma in nursing. Her 37 years of experience in nursing includes acute and long-term nursing care, intensive care, and faith community nursing. Carolyn has extensive experience with dementia care including training congregations to be Dementia Friendly Congregations and coordinated *The Gathering* – a group respite program for dementia clients and their families through Lyngblomsten's Community-Based Services for 15 years, where she provided for training and supervision of 300 volunteers providing respite for 100 participants. She is a member of Roseville Alzheimer's Disease Action Team.

**Date:** October 12, 2021

**Time:** 4-6pm PT; 5-7pm MT, 6-8pm CT; 7-9pm ET

**Location:** Zoom [online]

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

### Objectives:

- Describe the physical and emotional impact of the Covid-19 pandemic and isolation on those with dementia.
- Explain family system dynamics for those caring for a family member with dementia and how it impacts care and relationships.
- Identify implications for ministry by parish nurses and congregations.

**Registration is online. Please go to [ELPNA.org](http://ELPNA.org) for information and to register!**

ELPNA has applied for 2 contact hours of continuing nursing education credit by the Alabama State Nurses Association, an accredited approver of continuing nursing professional development by the American Nurses Credentialing Center's Commission on Accreditation.



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## Committee Reports cont.

### Grants Committee

In our last newsletter issue we announced the one grant request received was contingent on the hiring of a parish nurse. We are elated to announce that Mt. Tabor Church in West Columbia, South Carolina has hired a parish nurse and will be receiving the grant of \$750. We have now received a second grant application which will be reviewed and processed as soon as possible.

If you are interested in applying for a grant, please contact Marie Wiegert at [hmbwiegert@gmail.com](mailto:hmbwiegert@gmail.com) for more information. No further grants will be accepted until after October 1, 2021 for 2022. You may also go to <https://www.elpna.org/Resources-for-Congregations> for more information and the application form.

Submitted by Marie Wiegert, Vice-President, Region 3 Director, Grants Committee Chair  
[hmbwiegert@hotmail.com](mailto:hmbwiegert@hotmail.com)

### Outreach Committee

In early summer, members of the Outreach Committee, Carol DeSchepper and Lu Kimpel met with Dr. Carol Lueders Bolwerk and Christie Hansard, parish nurses from the Lutheran Church-Missouri Synod (LCMS). The discussion centered around various ways we could work together. Suggestions included inviting parish nurses from LCMS to attend our educational webinars, sharing information on the website, and sending a letter of welcome to be included in the brochure for the 2022 Annual Conference, which will be held at Concordia University, Mequon, WI. After the meeting, the ELPNA group felt that while there may be theological differences between the two groups, we should focus on what we have in common. Carol Lueders Bolwerk invited us to submit a proposal for a presentation at their 2022 conference, with the theme of: "Praise God From Whom All Blessings Flow."

Early this fall, letters (via e-mail) will be sent to Lutheran Schools of Nursing and Lutheran Seminaries introducing ELPNA. Various board members will be key in connecting with these institutions and informing the faculties and students of the work of parish nurses within Lutheran faith communities. We will also be exploring connecting with secular schools of nursing.

Carol DeSchepper has developed a draft list of Faith Community Networks across the country. We will seek to update the list with additional networks, over time. A similar letter will be sent to these networks introducing our organization.

Submitted by Andy West, Region 2 Director, Outreach Committee Chair [amwestrn@yahoo.com](mailto:amwestrn@yahoo.com)





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## Technology Report

We have been busy continuing forward with the utilization of technology to promote ELPNA and the needs of our organization and our members. Phyllis Bruce (Region 3), Carol DeSchepper (Region 2), and I (Yvette Duloherly, Region 3) have been meeting weekly on Mondays for 2 hours to work “behind the scenes” on the Wild Apricot membership management platform and our new website. It seems we are learning something new each week! Additionally we have been assisting Phyllis Bruce with this newsletter and the editing, information, and formatting. Phyllis is new to Microsoft Publisher, but she is an amazingly quick learner! We would appreciate knowing if we are meeting your needs for information in the newsletter?!

Carolyn Crowe (Region 4) is starting to contact the individual regional directors to update and obtain information for the regional pages. Our most recent additions to the website and the regional pages are the Position Openings, National Foundation Courses, and the National Education Programs. The Regions will soon be able to host information concerning regional educational events on their regional page, while events that are distance-formatted will appear on the National Education page. Please submit your regional program information to Carolyn Crowe.

We have posted a couple of items in the ELPNA Edge section for Members Only and currently “Hat Not Hate” is featured on the ELPNA Home Page. The intention for “ELPNA Edge” is to identify health ministry projects or processes that may be beneficial to you. We would gladly accept ideas, topics, suggestions, or your featured projects to present in this information sheet format for others to utilize, so please contact us! Submitted by Yvette Duloherly, Region 3, Technology Director, [yduloherly@gmail.com](mailto:yduloherly@gmail.com)

## Hat Not Hate



For more information on an antibullying initiative for children and youth, please go to the website <https://elpna.org> and find information on the Home Page about Hat Not Hate and a link to the tip sheet, or go to the Members Only section and click on ELPNA Edge to find a tip sheet on how to start this initiative in your congregation. See if you can have a Hat Not Hate and Anti Bullying Sunday!

## ELPNA Friends

We are starting a database of other Parish Nurses/Faith Community Nurses who might want to be on a list of ELPNA Friends that would be used for communicating information, such as educational programs. If you would like to be included on that list, please contact Carol DeSchepper, Executive Director & Education Chair [cjdeschepper@gmail.com](mailto:cjdeschepper@gmail.com)



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## Research Reviews

### New Research Reviews are now available on the ELPNA Website For Members Only area!

We extend our gratitude to Jean Bokinskie from Region 3, who has completed additional research reviews that have been posted on the Members Only website, including:

Garssen, B., Visser, A., & Pool, G. (2021). Does spirituality or religion positively affect mental health? Meta analysis of longitudinal studies. *International Journal for the Psychology of Religion*, 31(1), 4-20.

Caton, M. (2021). The impact of spirituality, social support, and self-esteem on the resilience of Haitian nurse: Implications for nursing education. *Archives of Psychiatric Nursing*, 35, 206-212.

Simpson, V., Edwards, N., & Kovich, M. (2021). Conversations about wellness: A qualitative analysis of patient narratives post annual wellness visit. *Geriatric Nurse*, 42, 681-686.

Submitted by Carol DeSchepper, Region 5, Executive Director and Education Chair [cjdeschepper@gmail.com](mailto:cjdeschepper@gmail.com)

## Capturing ELPNA Roots!

### Preserving ELPNA History

We are excited to announce that in the months ahead, we will be developing a system to archive the precious history of ELPNA, including but not limited to:

- Persons who have provided leadership
- Important board decisions
- Annual membership numbers
- Financial Milestones
- Dues Structure and changes over the years, including changes to membership options
- Scholarships granted – who gave them (regions vs. national), how much, to whom, and when
- Retreats and educational conferences
- Board retreats – where and when; pertinent outcomes
- Our relationship with ELCA and other denominations

What we are missing are early documents from the beginning of what is now Region 3 until about 2012. If any of you have early documents in files or boxes, please send them to me! We are extremely interested in early photographs with information as to the event and those present! Thanks!

Carol DeSchepper, ELPNA Executive Director

[cjdeschepper@gmail.com](mailto:cjdeschepper@gmail.com)

162 West Bay Road

Lake Park, IA 51347



# ELPNA Connections

## Regional Peer Group Sharing

These are special times to gather and share what is happening in your churches and your ministry. Please contact your Regional Director(s) to learn more. A list of the Directors can be found on the website (<https://www.elpna.org/National>). If you are uncertain as to your Region, please go to: <https://www.elpna.org/Regions>. A zoom link will be sent to each Regional member to attend the networking meeting.

**Regions 1 and 2**—Tuesday, September 14, 4:30 pm MT, 3:30 pm AZ and PT

**Regions 5 and 6** — October 6, 2021, 11:00 AM - 12:00 PM CT

**Region 7 and 8** — October 7, 2021, 5:00 - 6:00 pm ET

**Region 3**—Monday, November 8, 5:00 - 6:00 pm CT

## ELPNA Annual Meeting

**The ELPNA Annual Meeting will be held on November 17, 2021 from 1:30-3pm PT; 2:30-4pm MT; 3:30-5 pm CT; and 4:30-6pm ET on Zoom.** This is the opportunity for our members to hear about the work of the board and committees over the past year and to offer input regarding future direction of ELPNA. The 2021 goals and activities to date will be shared. Also discussed is the financial position of the organization, raising member awareness of the 2022 Westberg Symposium and other churchwide events, and the electronic election process for Regional Directors and Officers which begins soon after the annual meeting. Please put the date on your calendars. You will receive an email for registration.



## End of Life Issues and the Role of the Faith Community Nurse

We welcome this article from Annette Langdon, who was a parish nurse for many years before taking a position with Fairview Health Services working with Advance Care Planning. Annette is also a deacon in the ELCA on the Word and Service Roster and a member of the Deaconess Community of the ELCA/ELCIC. During her time as a parish nurse, she also helped teach the Faith Community Nurse Foundation Course through Concordia University in Moorhead, MN. She has recently retired and has agreed to share her expertise in the areas of Spiritual care and assessments, and end of life issues" To review her article, please click on this link: [End of Life Issues - Aug 2021.pdf](#)

## Nursing Spiritual Gifts



Faith Community Nurses International (FCNI) is offering a free presentation entitled "Nursing Spiritual Gifts" that will be presented by Teri Darnall, MSN, RN, FCNI Treasurer. The hour-long session will be held on October 25th at 4pm PT; 5pm MT; 6pm CT; and 7pm ET. To register, please go to: <https://www.fcniinternational.org/event-4477797> and to complete the gift assessment, please click [HERE](#).



# ELPNA Connections

## Upcoming Foundations of Faith Community Nursing Courses (now also available on the website!)

**Foundations of Faith Community Nursing Course - In person - Ft. Myers, Florida.** Dates: October 1,2,3 and October 8,9,10. Cost \$425 and 36 CEUs provided for full attendance. Breakfast, lunch, snacks and a pinning service included. Contact: Joann Andrews, Manager Lee Health Faith Community Nurse Program for registration details: Call: 239-343-5182 or email: [joann.andrews@leehealth.org](mailto:joann.andrews@leehealth.org)

**Faith Community Nurse & Health Minister Preparation Course 2021 - Pittsburgh Mercy, Pittsburgh, PA**  
Our 5-day Preparation Course 2021 will be held the following October dates: 1, 2, 16, 22 and 23. Sessions are online via private Zoom invitation. Course modules include spiritual care, self-care, health & healing, ethics, documenting practice, legal aspects and more. [Course brochure is available here](#). Cost is \$350.00 for registered nurses with active licenses. This includes 39.25 nursing contact hours. The cost is \$250.00 for all others. Each participant is required to purchase the textbook before the Course begins. Course details are available at <https://bit.ly/3IR2i6c>. Early bird registration discount of \$50.00, but registrations must be postmarked by September 4, 2021. Limited, partial scholarships are available upon request. For questions or more information, call 412-232-5815 or email [ParishNurse@pittsburghmercy.org](mailto:ParishNurse@pittsburghmercy.org). To apply, visit <https://bit.ly/3xEjsWP>

## Other Education Opportunities

### FCNI Free Health Ministry Series!



Faith Community Nurses International (FCNI), is offering a free 3 session program to help boost your health ministry, entitled “Initiating, Developing, and Sustaining a Faith Community Nurse Practice”. Ann Solari-Twadell, RN, PhD, MPA, FAAN, Associate Professor at Loyola University Chicago Niehoff School of Nursing and current FCNI President will present the series being held on consecutive Monday evenings (September 13, 20, and 27) at 6pm CT. To register for the series, please go to: <https://www.fcniinternational.org/event-4473673>

## Free Bereaved Caregiver Virtual Workshop—Offered by CaringMatters of Montgomery County, MD

**Oct. 8-10, 1:00pm-5:00pm on each of the three days.**

This Bereaved Caregivers Virtual Workshop Series is a special, no cost, virtual weekend workshop for former full-time caregivers whose loved one has died within the past 18 months.

Here's a link to the website for information: <https://www.caringmatters.org/bereaved-caregivers-workshop>



# ELPNA Connections

## Spiritual Reflection

### An Autumn Blessing

Blessed are you, autumn, chalice of transformation,  
You lift a cup of death to our lips and we taste new life.

Blessed are you, autumn, season of the heart's yearning, you usher us into places of mystery  
and like the leaves we fall trustingly into eternal, unseen hands.

Blessed are you, autumn, with your flair for drama you call to the poet in our hearts,  
"return to the earth, become good soil; wait for new seeds."

Blessed are you, autumn, you turn our faces toward the west.  
Prayerfully reflecting on life's transitory nature we sense all things moving toward life-giving death.

Blessed are you autumn, you draw us away from summer's hot breath.  
As your air becomes frosty and cool you lead us to inner reflection.

Blessed are you, autumn, season of so much bounty.  
You invite us to imitate your generosity in giving freely  
from the goodness of our lives, holding nothing back.

Blessed are you, autumn, your harvesting time has come. As we gather your riches into our barns,  
reveal to us our own inner riches waiting to be harvested.

Blessed are you autumn, season of surrender, you teach us the wisdom of letting go  
as you draw us into new ways of living.

Blessed are you, autumn, season of unpredictability.  
You inspire us to be flexible to learn from our shifting moods.

Blessed are you, autumn, feast of thanksgiving.  
You change our hearts into fountains of gratitude as we receive your gracious gifts.

Joyce Rupp and Macrina Wiederkehr  
Reprinted with permission





# ELPNA Connections



## Sharing Hope, Shining Light

Sharing hope is an important part of healing after COVID. The Church Council at Grace Evangelical Lutheran in Ripon, WI has started recognizing a Volunteer of the Month. So far, these have been volunteers who are more behind the scenes. An article about the volunteer is published in the church newsletter and in the weekly announcements throughout the month. It includes their picture and description of their activities that support our congregation. As a result, the congregation learns more about the varied gifts and talents of our members, volunteer opportunities are shared, we connect as a church family & can say “thank you” to those who make a difference. Some examples have been the farmer that keeps our boilers running & makes repairs to the physical building, a retired carpenter who has helped with renovations and projects throughout the property, and an artist who creatively transforms our worship space each year for VBS & has a gift for coordinating volunteers. Nomination ideas are shared by the congregation with the Pastor and Church Council each month. Looking for opportunities to shine light on the people who have continued to bless our church family during this past year, can be part of the healing that we all need during this time.

A Shared Gift from:

Melanie Simpkins, RN BSN MPH  
 Region 5, Grace Lutheran Church, Ripon, WI

We would love to make this a regular column in our newsletter-would you please share one of your project successes with us? Please send your Sharing Hope, Shining Light project to [elpna.national@gmail.com](mailto:elpna.national@gmail.com)

## Mark Your Calendars!

Month	Date	Time (CST)	Meeting/Event	Location
October	6	11am-Noon (CT)	Region 5 & 6 Peer Group	Zoom
October	7	5pm-6pm (ET)	Region 7 & 8 Peer Group	Zoom
October	12	6pm-8:15pm (CT)	ELPNA Education Program	Zoom
November	8	5pm-6pm (CT)	Region 3 Peer Group	Zoom
November	17	3:30pm-5pm (CT)	ELPNA Annual Meeting	Zoom