



# LFCNA Connections

Lutheran Faith Community Nurse Association (LFCNA) is a membership organization for parish/faith community nurses who are Lutheran and/or provide ministry in a Lutheran congregation.

Volume 3 Issue 3 May/June 2023

Our Vision

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

Connections Editor: Phyllis Bruce

## Message from our Executive Director

### *May Your Deep Gladness Meet Great Need*

*"Some journeys are direct, and some are circuitous; some are heroic, and some are fearful and muddled. But every journey, honestly undertaken, stands a chance of taking us toward the place where our deep gladness meets the world's deep need" ~ Parker J. Palmer*

I'm mindful of how each of our personal journeys have varied and also, how the journeys of those we serve differ. As I read the descriptors in the quote ... circuitous, heroic, fearful, muddled ... I surmise that we each have experienced all of them at some point in life. The question is not how could we have avoided the 'less than heroic' parts of the journey, but what have we learned along the way? Where have we seen God's hand in our journey, if only in retrospect?

The same is true for those to whom we minister. As witnesses of the health journeys of many, you see diverse outcomes. Their individual responses are not right or wrong; good or bad. Most likely those that struggle are not lacking faith or resolve; those that seem more resilient perhaps have lived a different story. Multiple influences shape our respective journeys. I think back to the presentation on Trauma and Its Healing by Dr. Pat Fosarelli. Some suffer "BIG T" trauma while most of us live lives filled with "little t" traumas. Each and all experiences shape and color who we are and who we become.

The priceless gifts we give one another and those we serve are presence, listening, inspiring one another to give voice to stories and pain, acceptance, and prayer. Absolutely we individually and collectively do much more than that in many cases, but these quiet offerings are lifelines to hope and healing. Compassion can be hard. Some days it requires every ounce of our strength and wisdom. Think about it this way -- you are helping someone else find God on the

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#### LFCNA Board Members:

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Carol DeSchepper, Region 5

Visit us at [lutheranfncna.org](http://lutheranfncna.org) and follow us on Facebook at <https://www.facebook.com/lutheranfncna>

## Message from our Executive Director Continued

journey, even, as you are moving yourself toward discovering and knowing that place where your deep gladness meets the world's great need ... one compassionate encounter at a time.

***I celebrate you and nurses everywhere as we observe Nurses Day/Week 2023. I'm grateful for your generous hearts and spirits and the privilege of sharing ministry with you. Know deep gladness!***

Carol DeSchepper, Executive Director

### *A Prayer for Nurses' Hands*

May you be blessed with a spirit of gentleness and a heart that is tender.

May you be blessed with a spirit of strength shining within you.

May you be blessed with a spirit of compassion and a fervent caring.

May you be blessed with a spirit of courage, daring to be who you are.

May you be blessed with a spirit of openness, understanding and respect.

May the earth hold you.

May the wind lift you ever up.

May the fire draw and warm you.

May the water soothe your soul.

May you walk in the oneness of purpose, extending grace and dignity with your whole being.



*Home Health Care Management, Inc 2013*

## Committee Reports

### Education Committee:

The Education Committee is planning the following events for the remainder of 2023:

#### Upcoming Planned Events

May 11 – Sondra Weinzierl from Region 3 will speak on **What Every Nurse Needs to Know About Spiritual Care**. This will be the Valborg Tollefsrud event for 2023. See page 12.

August – Denise Vickers from DuetHealth will speak on topics such as **documentation and legal issues in nursing**. Date for the event and other details are being finalized.

October 10 – Faith Roberts, international speaker and storyteller will present on *From Nose Rings to Wedding Rings: Generational Differences in the Pews*.

November 15 – A free event will be offered as part of the LFCNA Annual Meeting. The topic and speaker are yet to be determined.

**This is How People Die:** Brenda Bauer from Region 3 will host a 3- or 4-part series using Barbara Karnes DVDs *This is How People Die*. Final details are unavailable, but this series will likely occur in September. Watch your inbox!

### Outreach Committee:

Work continues on PPT presentations about Faith Community Nursing for Schools of Nursing, Synods, Congregations, and Seminaries. We continue to discuss how we will use/deploy them.

Several important contacts have been initiated

- Contact with Emily Wiles – Sue Ann Glusenkamp, Region 2 Committee member, has exchanged emails with Emily Wiles, who convenes the DEMs (Directors for Evangelical Mission) from the 65 Synods. She will present to the group on May 9.
- Contact with Barbara Lund, Senior Director of Operations and Innovation/Service and Justice Area; ELCA Churchwide. Dialogue will continue.
- LFCNA has been invited to have a presence/respice center at the Rostered Ministers Gathering in Phoenix, AZ in July. Planning is underway.
- LFCNA is planning to have a presence at the following Synod Assemblies thanks to four of our board members: NW Washington, SW Washington, Florida-Bahamas, and Minneapolis Synods. Others are pending.

## Committee Reports Continued

### Governance Committee:

The Governance Committee has made a recommendation to the board that the organization move the role descriptions for the President, Vice President, Secretary, and Treasurer from the Bylaws to policy. Many organizations do not have those descriptions in Bylaws and this change will enable more efficient modifications of those role descriptions, if needed. The proposal was reviewed by the board at their April meeting and the proposal will go to the membership in the form of a Bylaws revision, for their vote. The committee is also reviewing the position descriptions for the Executive Director and the Regional Directors. Policy review and updates also fall under the purview of this committee. Over the course of the year all LFCNA policies and forms will be reviewed and updated, as needed.

### Finance Committee:

The Finance Committee is focused on options for creating financial sustainability of the organization. These include but are not limited to the possibility of grants, donations from major partners, wise investment of our assets, and seeking personal donations. New streams of income will be critical for the organization's future. The committee also reviewed and forwarded to the board the annual reports for the Minnesota Secretary of State and MN Attorney General. These reports are required to maintain our non-profit status as an organization incorporated in Minnesota.

### Communication Committee

The Communication Committee is responsible for overseeing our website, newsletter, and Facebook page. We are currently working on reorganizing and updating all the resource pages in our website. Each Region also has a Regional page where you can find information about your Regional Director(s), specific events, and Regional information.

### Communication Reminder!

**If you are seeking to communicate with LFCNA via email and/or wish to go to our website, please use these addresses effective immediately. Our previous email and website addresses will automatically take you to the new addresses (for now). That said, you are highly encouraged to begin using the correct addresses.**

**Our new website address is: <https://lutheranfcna.org/>**

**Our new email address is: [lutheranfcna@gmail.com](mailto:lutheranfcna@gmail.com)**

## Membership Update

We have 127 active members. Our retention rate for renewals is currently 88.45%. We are continuing to contact lapsed members to reach our goal of 90% retention. If you have chosen not to renew, we would love to hear from you about your reason, in case there is something we should be doing better. We also want a chance to personally thank you for your past support and wish you well. We have reached out in a variety of ways to contact everyone who has a lapsed membership.

We are thrilled to welcome 11 new members!! We hosted a New Member Orientation in March that was attended by 5 of the 8 new members at that time and we will be having another in May. The plan is to invite the 3 who were unable to attend the first time, plus the 3 who have joined in April and May. Welcome to Sonya Holloway (Region 7), Lorrie Nickel (Region 2), and Prudence Musser (Region 6).

To help reach other Lutheran FCNs who may not know about us, we are working on communicating with the 35 FCN networks we have identified. They currently receive our newsletter. We also want to connect with Lutheran schools of nursing to explore ways we can collaborate by offering Associate Memberships and providing broader access our educational programs.

Submitted by Phyllis Bruce  
Membership Committee chair

[Click here to renew or join](#)

**"Every nurse is in a sense a minister. Therefore she will include in her nursing care the care of the whole man. She will be as sensitive to spiritual pain as to organic pain. She will not walk away from spiritual suffering, because she knows that there are ways she can help to relieve it and assist in turning suffering into a growth experience." Rev. Granger Westberg**

### Board Contact Information

Just a reminder that if you are looking for board contact information, you can find it in the Member's Only section of the website. In an effort to protect their privacy and offer security to our board members, we have removed most contact information from the public website pages.

## Helping Those With Mental Health Issues

By Barb Hanson BSN RN  
Faith Community Nurse, Region 3



I am a registered nurse and faith community nurse. I have walked alongside those that have struggled with mental health issues, hopelessness and despair and have supported those who have lost loved ones to suicide. I know how this can affect individuals, families, our schools, work and faith communities. I believe we all have a part to play in suicide prevention. And that is what brought me to serve on the North Dakota Board of the American Foundation for Suicide Prevention, currently as the Board Chair and as a Project 2025 Champion.

Established in 1987, the American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death. AFSP is dedicated to saving lives and bringing hope to those affected by suicide, including those who have experienced a loss. AFSP creates a culture that's smart about mental health by engaging in the following core strategies:

- Funding scientific research
- Educating the public about mental health and suicide prevention
- Advocating for public policies in mental health and suicide prevention
- Supporting survivors of suicide loss and those affected by suicide

These four strategies align well with the pillars of faith community nursing.

*"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."* (Romans 15:13) This verse has been a guiding verse for me as I have worked with AFSP to carry out their mission of saving lives and bringing **hope** to those affected by suicide.

This May for Mental Health Awareness Month, I would like to share How to Start (and continue!) a Conversation About Mental Health. Consider searching #RealConvo Guide at <https://afsp.org/story/how-to-start-and-continue-a-conversation-about-mental-health-a-realconvo-guide-fr> for more information.

As those who work in ministry, we can have an open, authentic conversation about mental health – and often, just talking about it can be the first step in understanding where someone is with their mental health and helping them get support or treatment if needed.

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## Helping Those With Mental Health Issues Continued

Here are some quick pointers you can use for having a real conversation with those we serve.

- 1. Let people know you're willing to talk about mental health.** The easiest way to let people know you're willing to talk about mental health is to be open and honest. Try to think of it in the same way you think about your physical health. Allow it to come up naturally in conversation. If you've seen a mental health professional in the past, when the subject comes up, you might say, in your own words: *"I've had times in my life when I've struggled. I went to talk to someone, and it really helped me."* A casual reference like this can have a powerful effect, letting others know you're a safe person to talk to if needed.
- 2. What can you say to someone you think may be struggling?** Trust your gut if you think someone's having a hard time and speak to them privately. Start with an expression of care, followed by an observation. *"I care about you, and I've noticed you haven't been yourself lately. You seem more frustrated than you've been in a while, and I'm wondering how you're doing."* *"I wonder if what's happening at work these days is stressing you out."* *"With everything that's going on in your family, I wonder if you're feeling overwhelmed."* Let them know you get it, and that it's okay – and normal – to struggle in response to life's challenges. *"I've been through things in my life, too, and what I've often found is that talking about it helps. Whatever it is, I'm here to listen and support you."*
- 3. The timing doesn't have to be perfect.** You may not always be able to speak with someone the moment you notice they might be struggling. It's fine to circle back some other time soon. *"The other day I noticed you seemed upset. I made a note that I wanted to talk with you. I'm really concerned about how you're doing. So, let's talk."* Sometimes creating some space is the perfect thing to do. Let them know you can have the conversation at a time that's right for them. *"Can we grab some coffee and talk about it?"* *"Would you like to go for a walk?"*
- 4. What if they hesitate?** The other person might worry that sharing how they feel will be a burden to others. They might say something like, *"You must be sick of hearing about all of this,"* or *"I don't want to saddle you with my problems."* In your own words, tell them: *"Not only am I not sick of it, but I care about you, so I want to be there for you. I get that life is complex – so I'm here to listen and support you."*
- 5. Would they be more comfortable talking to someone else?** If you suspect the other person might be more comfortable talking with someone else, you can offer to help connect them to someone they trust. *"Is talking to me about this helping you right now? Or is there someone else you'd feel more comfortable with, who we can bring in to help support you?"* You could consider making a referral to a pastor, priest, youth director, and/or mental health professional.
- 6. What if they tell you they really are having a hard time?** Reassure them that it's okay to talk about. *"You know what? Everyone goes through periods in their life when they're struggling. But just because you're struggling now doesn't mean you'll always feel this way."* Then ask for more detail and let them know they can go to that dark place with you. *"What's the worst thing about what you're going through right now?"*

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## Helping Those With Mental Health Issues Continued

And, make sure to include that getting help from a mental health professional can truly make a big difference in their situation.

**7. When the conversation's winding down...** End the conversation by reiterating that you are so glad for the chance to connect on this deeper level. Remind them that we all have challenges at times, and that you'll continue to be there for them. Offer to pray with them.

After having a conversation with someone about their mental health, don't just leave it at that. Follow up to let them know it was okay to open up, that you care, and that you're still a "safe" person to talk to about mental health. *"You know, you've been on my mind since we had that conversation the other day." "I've really been thinking about what we talked about, and I want to circle back. How're you feeling since we spoke?"*

Being available to have a conversation about mental health is an important way we can all be there for the people in our lives, whether it's a friend, family member, or someone in our faith community. All it takes is a willingness to be open, honest, and present with the people we care about.

As a faith community nurse, it is important to know and have available the list of your local community mental health resources.

*If you or someone you are caring for are in crisis, please call the Suicide & Crisis Lifeline by dialing 988 (Press 1 for Veterans, Press 2 for Spanish) or contact the Crisis Text Line by texting TALK to 741741.*

***"Carry each other's burdens, and in this way, you will fulfill the law of Christ."***

Galatians 6:2

For more resources go to: <https://afsp.org/>

With hope and gratitude,

Barb Hanson BSN RN  
Faith Community Nurse  
American Foundation for Suicide Prevention, North Dakota Chapter  
Board Chair  
Project 2025 Champion  
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## Program Library Toolkit UPDATE (found on the Members Only page of the website)

As you have learned in past issues of *Connections*, the Program Library Toolkit is now available. All parts of the program are now developed and have been added to the website. They include:

- A Health Assessment that can be used for individuals, small groups or for a congregation. This will help determine educational priorities/needs. To accompany the assessment there are guidelines for use AND a separate listing of the definitions for each health category which an FCN can use when administering the assessment.
- A MODEL representing eight (8) health focus areas and definitions for each:

**Health & Wholeness Model - LFCNA**  
The Lutheran Faith Community Nurse Association



- A document called 'The LFCNA Program Library Toolkit and Suggestions for Use in Your Ministry'. This offers suggestions to the FCN for creative uses of the toolkit.
- A brochure which contains the definitions for the 8 health focus areas, information on the role of the FCN, and a note of encouragement to contact their FCN for more info on moving toward greater health. These can be printed for use in your ministry.
- Our online library of program submissions. Programs will be added as they are submitted.

We will continue to promote the Toolkit through targeted communication to members, the website, and in *LFCNA Connections* and we will continue to request ongoing program submissions.

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## PROGRAM LIBRARY UPATE Continued – What You See and How to Contribute

As you begin to contemplate use of the Program Library Toolkit, below is an example of the kind of program information shared and how it is formatted. Please go to the site to find programs of interest and please contribute your programs! A submission form is found on the home page of the library. Because this resource is for members only, we cannot provide you a link, but you are encouraged to investigate by going to the **MEMBERS ONLY** page.

Thank you, in advance for your submissions. This is a wonderful way to support one another in ministry!

### **Name of Program: First Place For Health**

**Contact person:** Melanie Simpkins, Region 5

**Brief Description of the Program:** Weight-loss/wellness program with 9-12 week Bible Studies that include daily activities for participants including bible readings, prayer, nutrition, and exercise tracking. Each session is 1-1.5 hours. Optional weigh-in. Can be done in person or virtually. Website lists current groups in your area. Many studies are available in the same format. Leader and member kits are available with excellent resources, but not required (\$60-100.) Each individual study has an optional leader guide. Each participant needs their own bible study (about \$20)

**Cost:** Less than \$50.

**Tips for Implementing:** Website videos and resources helpful. Consider buying one leader and one member kit to share as you start.

**Email or website for more info:** [www.firstplaceforhealth.com](http://www.firstplaceforhealth.com)

## Funding Our Future

One of several options to provide financial support LFCNA is to direct your **Thrivent Choice Dollars®** to the organization. If you are member of Thrivent, you are given the option to direct **Thrivent Choice Dollars®** to one or more of thousands of non-profit organizations. LFCNA is one of those organizations and has been a grateful recipient of gifts over the past few years.

Members become eligible for **Thrivent Choice®** based on insurance premiums, contract values and Thrivent volunteer leadership. To be eligible to direct **Thrivent Choice Dollars®**, you must be a client with benefit membership. Individual eligibility is also based on at least one of the following:

- Having \$750 or more in annual billed premiums of qualifying life and health insurance products.
- Having \$20,000 or more in contract value of qualifying life insurance and annuity products.



If you are a member of Thrivent and have not participated in **Thrivent Choice®** in the past, please explore the opportunity with your Thrivent Financial Associate. If you already participate, please consider choosing LFCNA for your donation. If your congregation is not a designated recipient of **Thrivent Choice Dollars®**, please consider sharing with your congregation, that LFCNA is an option to receive their gifts.

LFCNA is grateful for any gifts directed to the organization. If you have questions, please contact Carol DeSchepper, Executive Director at [lutheranfcna@gmail.com](mailto:lutheranfcna@gmail.com) or contact your personal Thrivent Financial Associate.

[DONATE NOW](#)

*Happiness is not so much in having as sharing. We make a living by what we get, but we make a life by what we give." ~ Norman MacEwen*

## 2<sup>nd</sup> Annual Valborg Tollefsrud Educational Event

### What Every Nurse Needs to Know About Spiritual Care

*Presented by Sondra Weinzierl, MA, PAB, PHN, Faith Community Nurse*

The intentional care of the spirit is foundational to faith community nursing. Yet, many FCNs feel unprepared to identify spiritual needs and provide care in complex situations with diverse clients in a rapidly changing world. This workshop provides information on assessing spiritual needs, spiritual care barriers and interventions.

#### OBJECTIVES:

**As a result of attending this workshop, participants will be able to:**

- ♦ Define spiritual care and reasons why it is important
- ♦ Differentiate between spirituality and religion
- ♦ Identify three barriers to providing spiritual care
- ♦ Use a spiritual assessment tool
- ♦ Describe practical spiritual care interventions for nurses.



**Date: May 11, 2023**

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

**Registration fee: \$20 for LFCNA members/ \$ 30 for non-members**

**Contact hours provided upon successful completion of the event: 2.0**

Sondra received her Bachelor in Nursing degree from Gustavus Adolphus College and her Masters of Arts degree from the University of St. Thomas in Adult Education and Human Resource Development with a Certificate in Training. Her nursing experience includes Medical-Surgical, Neurology, Diabetes Education and Health Promotion and Education. Sondra was the owner of Weinzierl Education Associates for over 25 years and provided workshops, team facilitation, strategic planning and health promotion consultation to a wide variety of organizations in government, health care, education and industry. She served as an FCN in faith communities in Boston, MA and in Minnesota over the past 11 years. She currently serves as Chair, Foundations of Faith Community Nursing Course for the Faith Community Nurse Network of the Twin Cities (FCNN) and consults with FCNN on other projects.

## Faith Community Nurse Education Opportunities

### Foundations of Faith Community Nursing Course Concordia College, Moorhead

The Parish Nurse Ministry Program of Concordia College in Moorhead, MN will be offering the Foundations of Faith Community Nursing course June 5-9 of 2023 (the deadline to register will be May 26<sup>th</sup>). The course will be held at First Lutheran Church in Fargo, ND. This will be a full week of in-person learning activities as we do not offer a distance learning option. The program is open to licensed registered nurses who are interested in personal growth and/or starting a health and healing ministry within a faith community.

In addition to the full week of instruction, the program cost of \$450 includes the participant workbook, practice standards for FCNs, and a binder of program specific materials. A small scholarship is available to those who are not sponsored by a faith community. The cost also includes refreshments and some meals for the week! Lodging is not available on site but there are many [hotels in the F/M area](#).

For additional information, please email Dr. Jean Bokinskie, PhD, RN, PNM Program Director, at [bokinski@cord.edu](mailto:bokinski@cord.edu) or call 218-299-3825 or 701-866-3063. Please [visit our website](#) for detailed information, program resources and a link to complete your registration.

### Compassionate Service The 31<sup>st</sup> Annual Parish Nurse and Congregational Health Ministries Conference

May 17-18, 2023

Hosted by:

Concordia University Wisconsin School of Nursing, Mequon, WI 53097

Dr. Carol A. Lueders Bolwerk,

[Carol.luedersbolwerk@cuw.edu](mailto:Carol.luedersbolwerk@cuw.edu) or 262-243-4233

For Registration information and the complete program details follow this link:

[parish nurse 2023 final brochure 31st annual conference.docx](#)

In addition, the Lutheran Parish Nurses International will offer four (4) \$250 scholarships to offset the costs of attending the event. Click this link for the scholarship applications.

[parish nurse 2023 LPNI scholarshipPNconference.doc](#)

LFCNA Connections

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## Eileen Weller, In Memoriam (August 27, 1955 - November 30, 2022)



Eileen Willer was from West Allis, WI. Eileen was a Registered Nurse for over 40 years, and served as a parish nurse from September of 2005 through February of 2015 at Luther Memorial Church in West Allis, WI. Her passion for this unique niche of nursing touched many people. Her big smile, hearty laugh, sense of humor, witty personality and caring heart will be warmly remembered. Her responsibilities included planning and leading healing services and organizing health monitoring clinics for the community. Eileen also made house calls to sick church members, brought communion to homebound members, organized and trained health care volunteers, implemented care support groups like Divorce Care and Grief Share, provided health monitoring for members weight and blood pressure, helped countless people obtain the health care they needed, prayed with individuals in their time of need, and the list could go on!

At the request of the Eileen's family, LFCNA has received several gifts in her memory. Although Eileen was never a member of ELPNA/LFCNA we are privileged to carry out the wishes of her family and friends by directing these gifts to the LFCNA fund that provides grants to congregations. Our sincere gratitude to the following generous donors:

David Weller  
Gretchen and John Emmerich  
George Weller  
Melissa McDade  
Beth Gerholt  
Marlene Cook  
Paul and Jane Schmidt  
Ruth Wood

Margaret Phillips  
Ruth Biggs  
Sharon Gamm  
Bill and Cathy Simpkins  
Ruth Bloesl  
Felicia Niermann  
Carolyn and John Fredriksen

## Practice Ideas

### Walking the Mourner's Path

*"Come to me all who are heavy laden and I will give you rest." Matthew 11:28-29*



While assessing our community – both the congregation and the surrounding neighborhood - it was identified that a grief program was needed. My church had previously offered a “Grief Milestone” where we gathered people together who had experienced a loss for a couple of hours on a Saturday afternoon and then recognized them during the worship service, but it wasn’t enough.

Through review of multiple grief programs, we determined that Walking the Mourner’s Path best fit our needs. Walking the Mourner’s Path differed from other programs because it was not open ended. Research has shown that effective grief programs have a beginning and an end.

Prayer is at the heart of the eight-week program. Each participant has someone praying for them for the duration of the program. Their prayer partner is revealed at the closing worship service. The groups are intentionally small (no more than 10) which allows all participants the opportunity to share. A workbook is available for each participant; the workbook provides the framework for the program with prayers, reflections and exercises. Homework assignments enhance the experience.

Walking the Mourner’s Path is a place for taking risks. The participant has the opportunity to discover new solutions to problems and the encouragement to begin again. Each session ends with the following: “I place my hand in yours and together we can do what I cannot do alone.” It is through the experience of sharing with others and being comforted by God’s love that healing occurs.

For more information on Walking the Mourner’s Path visit:  
<https://www.mournerspath.com/>

Lynnae Schatz, RN, BSN, FCN  
Kinsmen Lutheran Church  
Houston Texas





## Focus on Research

By Jean Bokinskie, PhD, RN (Region 3)

LFCNA members can find Jean's full report with authors, publication information, full article descriptions and implications for FCNs by clicking here: [Research Articles](#)

Dear Faith Community Nurses,

Greetings! I hope you are enjoying some beautiful spring weather in your community. This is one of my favorite seasons as the beauty of God's creation is springing forth. May you take some time to be out in nature, surrounded by the unfolding creations. Following are highlights of a few studies that I found of interest.

### 1. Religiosity/Spirituality and Cardiovascular Health: The American Heart Association life's Simple 7 in African Americans of the Jackson Heart Study.

Researchers from the Mayo Clinic, Rochester, MN, analyzed data on nearly 3,000 African Americans. with a focus on examining the relationship between religiosity/spirituality and Life's Simple 7 (physical activity, diet, BMI, smoking, blood pressure, cholesterol, and fasting glucose).

**Implications for FCN:** The findings support the work of FCNs as they help to facilitate positive behaviors through educational sessions on a variety of health-related topics, exercise classes, and smoking cessation programs.

### 2. A faith-based intervention to address social isolation and loneliness in older adults

Over 12 weeks, a nurse-developed program of virtual spiritual and religious interventions of mindfulness, prayer, scripture-based meditations, gratitude practices, and online worship to older adults (n=16).

**Implications for FCNs:** This study identified the positive outcomes of providing social interaction via web-based platforms. The author provided links to excellent resources can be found our website as mentioned above.

### 3. Religious/spiritual struggles and psychological distress: A test of three models in a longitudinal study of adults with chronic health conditions.

The researchers found evidence that religious/spiritual struggles and psychological distress worsen each other, leading to a downward spiral of spiritual and psychological unrest.

**Implications for FCNs:** The FCN is an important part of the healthcare team as this helps to assure attention to spiritual care in addition to physical, emotional and psychological interventions.

### 4. Perinatal bereavement

The article provides resources to assist nurses, physicians, nurse aides and therapists when working with perinatal loss.

**Implications for FCNs:** The article provided an excellent outline on the importance of providing grief support for families experiencing perinatal loss. In addition, the authors provide an excellent outline of the educational program for staff. Including an FCN in the program would be a recommendation.

# LFCNA Connections

*"Nursing is an art: and if it is to be made an art, it requires an exclusive devotion as hard a preparation as any painter's or sculptor's work; for what is the having to do with dead canvas or dead marble, compared with having to do with the living body, the temple of God's spirit? It is one of the Fine Arts: I had almost said, the finest of Fine Arts."* Florence Nightingale

## Mark Your Calendars!

Month	Date	Time	Meeting/Event	Location
May	3	12:00 pm CT; 1:00 pm ET	Regions 4, 5, and 6 Peer Group	Zoom
May	4	5:00 pm ET	Regions 7 and 8 Peer Group	Zoom
May	11	4 pm PT; 5 pm MT; 6 pm CT; and 7 pm ET	<b>What Every Nurse Needs To Know About Spiritual Care</b>	Zoom
May	24	3:30 pm—5:00 pm CT	Board of Directors Meeting If you desire to attend request link: <a href="mailto:cjdeschepper@gmail.com">cjdeschepper@gmail.com</a>	Zoom
June	1	5:00 pm ET	Regions 7 & 8 Peer Group	Zoom
June	2	See emailed announcement—offered 2 different times	<b>Replenishing Your Heart—Spiritual Practices for Self-care by Annette Langdon</b>	Zoom
June	7	12:00 pm CT	Regions 4, 5, & 6 Peer Group	Zoom
June	16	3:00 pm ET	Region 9 Peer Group	Zoom
June	22	2:30-3:30 pm CT	Region 3 Peer Group	Zoom
June	28	3:30 pm—5:00 pm CT	Board of Directors Meeting If you desire to attend request link: <a href="mailto:cjdeschepper@gmail.com">cjdeschepper@gmail.com</a>	Zoom