

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 4 –July/August 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



It seems summer 2022 arrived with hotter than average weather over much of central U.S. A.! Here in Texas, it is when we tend to stay indoors. Just the opposite of my life in Iowa, when winter was the time, we stayed inside.

I am excited about three task forces that are doing projects for our organization. As you will read in this newsletter, we have a Program Library Task Force that is preparing an online library of programs to be posted on our website. Members have been asked to send program ideas for the category of physical wellness. Program ideas for other health focus areas will follow in the coming months.

The BP Task Force has formed and has decided on areas to address in their work. They would still like others to join them in developing an evidenced-based BP program for faith community nurses. If you would like to help with this initiative, please send your name to Judy Hughes at hughesbj4339@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
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Norah Bertschy, Director Region 6
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Marilee Tollefson, Director Region 8
Ruth Manchester, Director Region 8
Nancy Roberts, Director Region 9

The third task force is the Branding Task Force. At the time of this writing, we have only met once, but team members were open to updating our organizational name/title and logo. In regard to our name, the group felt it should still include “Lutheran”, and possibly a change to faith community nurses. For the logo, the team is considering/discerning possible symbols that exemplify our emerging organization. Stay tuned, as I am sure we will be soliciting input from our membership for our title and logo.

As we begin to address re-branding ourselves, it is interesting to read how church-based nursing has come to encompass many different faith traditions ([Chweddyk, 2014](#)). This specialty of “parish nursing,” that was first recognized in the late 1990s by the ANA, was soon questioned by the team

(Continued on next page...)

Visit us at ELPNA.org and follow us on Facebook at [Evangelical Lutheran Parish Nurse Association](https://www.facebook.com/Evangelical Lutheran Parish Nurse Association)

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Message From Our President...continued

working on the 2005 Scope and Standards of Practice. They questioned whether one had to be Christian to claim this name. At that time, it was determined that any nurse from any faith can practice in this specialty (Chwedyk, 2014). Hence, the term faith community nurse became the more encompassing term for nurses who practice in any faith community. “The term “parish nurse” is still alive and well. It’s widely used to denote FCNs who work to improve health in specifically Christian settings” (Chwedyk, 2014, para. 4).

The roles of the FCN are similar from faith tradition to faith tradition. According to the Canadian Association for Parish Nursing Ministry those functions fit into this easy-to-remember acronym:

- H – Health advisor
- E – Educator on health issues
- A – Advocate and resource person
- L – Liaison to faith and community resources
- T – Teacher of volunteers and developer of support groups
- H – Healer of body, mind, spirit, and community (Chwedyk, 2014).

While I am not sure what we will come to call ourselves in the near future, I do believe the Canadian Association for Parish Nursing Ministry has succinctly named our functions, no matter in what Lutheran denomination the nurse practices.

May the Lord continue to bless and keep you in the palm of His hand.
Lu Kimpel, ELPNA President

Chwedyk, P. (2014, June 26). Come All Ye Faithful: Diversity in Faith Community Nursing. *Minority Nurse*.
<https://minoritynurse.com/come-all-ye-faithful-diversity-in-faith-community-nursing/>





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Committee Reports

Membership Committee

We currently have 122 members. This includes 12 lifetime members! The membership profile questions have been revised, approved by the Board of Directors, and implemented in our Wild Apricot/Personify membership management program. We are encouraging everyone to update your profiles. We have also implemented two new membership categories, retirees and associate memberships. These will be explained further in a separate article in this issue.

A letter was sent to the 18 members from 2021 who have not renewed to encourage them to renew or let us know the reason for not renewing. So far we have heard back from two who stated they are no longer active in parish nursing. Work continues on a consistent strategy for follow up with lapsed members.

We discussed a plan to have a welcome and orientation Zoom program for new members. Work on timing and content will proceed during the summer and we will pilot this in September/October. Other methods of recruiting new members are being discussed.

Submitted by Phyllis Bruce, Membership Committee Chair

Outreach Committee

Our membership in LSA, Lutheran Services in America, has been accepted. Various newsletters and communications are now available to the board and membership.

Small Groups have been created to develop the content and presenters for each of four areas identified: Lutheran Schools of Nursing, Lutheran Seminaries, ELCA Synods, and local Lutheran congregations. These small groups are meeting to formulate content for the planned educational programs for each of the four audiences.

Working with LCMS Parish Nurses continues. Carol DeSchepper and Marilee Tollefson attended the Annual Concordia University Conference for Parish Nurses: "Praise God From Whom All Blessings Flow", this past May. There was a letter of welcome from our organization in the program, an information table, in addition to Carol making a presentation. Both Carol and Marilee had positive feelings about the interest in our display.

Submitted by Andy West, Outreach Committee Chair



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Committee Reports Con't

Communication Committee

Our newsletter, *Connections*, is a very important means of communication for this organization. The current rate for opening the May/June newsletter is 59%. Although that is considered good, it still means that 41% miss this opportunity to keep up to date about our organization, read inspiring parish nurse stories, learn about educational events, helpful resources, and more.

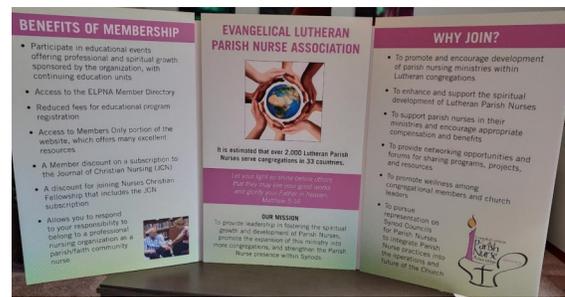
We would like more members contribute to the Facebook page. Carol DeSchepper's inspiring articles and beautiful photos are wonderful, but please consider how you can contribute as well.

More photos of parish nurses in action are needed for both the website and newsletter. Think of taking photos of the following and send them to Phyllis.

- VBS with PN involved
- Displays at WELCA or church meetings
- CPR training
- Exercise groups
- Walking groups
- BP checks
- Support groups

Carol brought our updated ELPNA brochure and the updated brochure on starting a parish nurse ministry to the Western Iowa Synod WELCA meeting. She also developed a display board and is happy to help anyone who would like to do this in their region.

Submitted by Phyllis Bruce, Communication Committee Chair



Education Committee

Twenty-two (22) people participated in the May 24 event. After the speaker honoraria and CEU expense, the organization broke even financially on the event. The next event is being planned for September 27. Rev. Kent Mechler, Chaplain in Retirement Community in Mason City, IA will speak on **Spending Time in Their Shoes: Spiritual Care with the Elderly and Those Dealing with Dementia**. See page 8 for the event announcement.

Submitted by Carol DeSchepper, Executive Director/Education Committee Chair

Infrastructure Committee

The first meeting of the Infrastructure was held on June 29. This committee focuses on Board succession planning, Bylaws, and long-term funding of the ED position. Priorities were discussed and subcommittees formed to begin working on the ballot for fall of 2022 and on the Bylaws review.

Submitted by Carol DeSchepper, Executive Director/Infrastructure Committee Chair



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Committee Reports cont.

Finance Committee Report

The requisite MN Secretary of State Report for ELPNA has been filed for calendar year 2021

The committee reviewed the current Financial Report format and will evaluate report content for the board and the finance committee going forward.

Proposed Committee Goals for the remainder of 2022 (pending board approval):

- Articulate a Financial Vision for ELPNA
- Develop a Budget for 2023 to present to the board for approval
- Detail a workplan for the Finance Committee, outlining our functions
- Develop or review a minimum of 5 policies between now and the end of 2023
- Articulate the origin and use of donor directed and board directed funds categories
- Begin to explore Investment options for ELPNA assets

Policies to consideration for development or review in 2022 (see #4 above):

- Reimbursement policy
- COI and associated declaration form
- Investment policy
- Gift Acceptance Policy
- Document retention and destruction policy

Submitted by Carol DeSchepper, Finance Committee Chair

Task Force Reports

Branding Task Force

The Branding TF, met on June 27th. The group is considering symbols that represent us and a potential name change for the organization. See the report from the President, pages 1 and 2. They plan to meet again on July 25.

Submitted by Lu Kimpel, ELPNA President/Branding TF Chair

Program Library Task Force

The Program Library TF has requested the submission of program offerings related to Physical Health from the membership. These submissions will allow us to start entering program information into the On-line library on the Member's Only page of the website. Discussion continues regarding a model to support this effort.

Submitted by Carol DeSchepper, Task Force Chair



ELPNA Connections

Sharing our Parish Nurse/Faith Community Nurse Stories



Editor's Note:

We would like to continue this series of parish nurse/faith community nurse stories. We all have experiences that we recognize as God working through us in some way. They are meaningful, insightful, and very dear to our hearts. Even something that seems small to us, may be just what was needed at that moment for another person. We invite you to share these stories. Please submit them to Phyllis Bruce, *Connections* Editor at pbceildhdancer10@gmail.com.



By Carol Harding, RN, RT, Faith Community Nurse (Region 8) Moxham Lutheran Church, Johnstown, PA

This experience occurred prior to the pandemic. One situation that remains present in my mind involved a family of nine. The family consisted of seven children aged 2-16 years and both parents. The living situation was not good. The family had no stove or refrigerator. They had a microwave; however, no electricity. The children were sleeping on bare mattresses placed on the living room floor. The 16-year-old girl was pregnant, undernourished, and had no access to prenatal care. The 16-year-old was the main caregiver for the other children. The mother was not employed. The father was employed; however, he did not have consistent work. The family's social worker tried to help the mother establish and maintain a food budget and a schedule of household chores. Once I was introduced to the family, I worked with several local agencies to obtain a refrigerator and a working stove. I contacted the gas and electric companies to ensure the outstanding bills were paid. The family was connected to a local food bank and the church was able to assist with food, monetary donations, and clothing. The 16-year-old started to bring her siblings to church. I coordinated women's clinic visits for the 16-year-old to receive prenatal care. Unfortunately, she came to us in her third trimester and the baby was born underweight and with physical anomalies. The 16-year-old mother and her newborn son were placed with a separate social worker. We made a small difference for a short time; however, as is common with these situations, the family relocated. I worked for over 20 months with this family. I must admit it was disappointing when they suddenly were just gone. I do know that the now 22-year-old girl has four children and her now 16-year-old brother is in a juvenile justice center for molesting his young siblings. The family has moved out of our county and church area. All I can hope for is that the children will remember Sunday School and the church members who welcomed and cared for them. And so it goes.....we keep them in prayer.



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Sharing our Parish Nurse/Faith Community Nurse Stories, Continued

By Beth Ewing, RN, Faith Community Nurse, Abiding Christ Lutheran, Fairborn, OH (Region 6)

I am the Parish Nurse for a consortium of churches called the Lutheran Saints in Ministry (LSIM). LSIM consists of 4 churches, three of which are rural, but all are within about 30 miles of each other. The purpose of this consortium is to share resources and support one another. This past year, I was again invited to speak to the “Senior Shepherds” group at one of the churches. I had come to know many of the members of this church, and it was very enjoyable to go and visit with them again.



Rewind to April 2020. The leader of the Senior Shepherds group, Meg, called to say that her husband Mark had contracted COVID. Mark was a retired Lutheran pastor and was also very involved in the Senior Shepherds group. I tried to help as much as I could by searching for answers and supporting Meg. Unfortunately, Mark entered the Church Triumphant on June 28, 2020. Because of the pandemic, his funeral was not well-attended and many were afraid to visit or support Meg the way that usually happens after the loss of a spouse. I talked with Meg a few times over the next year.

She was grieving mightily and was very angry at God and her church family due to the lack of support and she had stopped going to church. I encouraged her to seek counseling and return to church, but she said she was not ready.

Back to my invitation to speak to their group again in Nov 2021. There were no specific requests for a topic. I prayed and asked God to guide me in choosing a topic that would be most beneficial to the group. Finally, I felt called to talk about grief. I focused my preparation not just on grief after the death of a loved one but on grief after loss in general. When I arrived, I was surprised to see Meg. It was her first time coming back to the church for anything and she had come because she saw the topic.

The discussion was slow and guarded at first. It was obvious that there was a lot of unspoken emotions in the room. After about 30 minutes, everyone except Meg had shared thoughts and their experiences with grief. But then Meg sheepishly raised her hand. You could have heard a pin drop in the room! All were aware of Meg’s long absence from the church. She slowly began to speak, very softly at first but building in volume and intensity. She shared how angry she was at all of them and how she couldn’t understand why everyone had abandoned her. She cried and she yelled. Then, everyone took turns apologizing and crying with her. We all cried, and we all began healing that day. It was truly amazing and awesome: The Holy Spirit moved among us and through us. I am so thankful that I first prayed and asked God to lead me. All glory and honor be to God.



ELPNA Connections

Education Opportunities

Spending Time in Their Shoes: Spiritual Care with the Elderly and Those Dealing with Dementia



Speaker: Rev. Kent Mechler, Director of Pastoral Care at Good Shepherd Health Center in Mason City, Iowa

The next ELPNA Educational virtual offering will be held on **September 27, 2022 at 4-6 pm PT, 5-7 pm MT, 6-8 pm CT, 7-9 pm ET**. This is offered as part two of our earlier program on Ministering to those with Dementia (in October 2021) and will focus more intently on spiritual care.

Our speaker, Rev. Kent Mechler grew up on his family's farm near Titonka, Iowa. He received his B.A. from Luther College and M. Div. from Luther Northwestern Seminary in St. Paul, MN. Following ordination, Pastor Kent served congregations in Steinhude, Germany and Sheffield, Iowa, before becoming Director of Pastoral Care at Good Shepherd Health Center in Mason City in 2007. His work with residents dealing with dementia has been greatly influenced by the Validation Method developed by Naomi Feil.

Registration information will be sent in the near future. More information is available behind the events tab on our website: <https://elpna.org/page-18165>



As Parish/Faith Community Nurses we have opportunity to interact with 'mature' and wise people in your ministries. **August 21 is National Senior Citizen's Day**, a day during which we have the privilege of honoring those seniors who are part of our worship communities, may continue to contribute to ministry in your congregations, who may be caregivers or care receivers, but nonetheless have and/or will continue to impart their wisdom to those who are blessed to know them.

On Sunday, August 21 you may wish to find ways to honor these individuals in your congregations and help others do the same. See this link for ideas. <https://respectcaregivers.org/national-senior-citizens-day/>



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Church or Worship?

By Annette Toft Langdon, RN, BSN, MA



Have you ever gone to church and never got to worship? I know I have! On Sunday mornings, Faith Community Nurses are often busy with activities or connecting/ listening to people and may not even make it into the sanctuary. And once in the sanctuary, there is the mind. It often takes some effort to let go of distracting thoughts like: don't forget to or I wonder how so & so is doing? ...or thinking about the conflict just under the surface.

Worship renews us, helps us let go of what we no longer need and allows God to pour into us all the love and care that we do need. I remember learning that liturgy means the work of the people or the response of the people. Our response to God's presence is to receive and give thanks as we bring our hearts to the experience.

Being in a sanctuary may help us to worship but worship can actually happen just about anywhere. It may involve paying attention, intentional openness to the Holy, and perhaps quiet, silence and solitude. Or it may occur in a single moment of wonder as you appreciate the beauty of a flower, the gracefulness of a bird in flight or the kindness of a stranger.

A few thoughts:

- ◆ Notice a tree or flower or clouds. What might they say to you?
- ◆ Look at a person, known or unknown, and find gratefulness for the way God has created them.
- ◆ As you do some weeding, let go of any "weeds" in your heart.
- ◆ Underline or jot down a word or phrase that catches your attention and let it break open your heart in awareness.
- ◆ Hold a cross or gaze at a sacred image and let love enfold you.

May you recognize God drawing you in new and known ways, inviting you into God's great love and may your heart be filled, refreshed and renewed.





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Membership Changes

New Membership Categories

The Board of Directors has approved two new membership categories. Please review these and if you know other Lutheran Parish /Faith Community Nurses, faculty, or retirees who fit these categories, please send them a note with encouragement to consider joining ELPNA!

- **\$20/year for Retirees:** This category includes 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.
- **\$40/year for Associate Members:** 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.
- **New members joining July 1 and following** will pay prorated dues of \$20 for the remainder of the calendar year, with renewal for the full amount in the following year.

Membership Profile Questions Updated

Since we started using our membership management program, Wild Apricot/Personify, we have been able to make membership renewal and new memberships available on line. This is good news for many, but it can also make access more difficult for others who don't like the extra effort and challenges of this online option. However, with just a bit of effort it is really possible for everyone to manage. Both Carol DeSchepper and Phyllis Bruce are available to help you, just let us know by sending a help message to elpna.national@gmail.com.

We have worked to streamline the questions we ask and, hopefully, clearer to answer. This gives us a profile database that is very helpful for our organization. **But we need your help!!**

It is important that you actually go into the website, www.elpna.org, and find your account using this [TIP Sheet](#). This will give the step by step directions to edit your profile questions.

YOUR MEMBERSHIP IS VALUABLE!!

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



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Church Health Program Resource for Grief and Loss

By Donna Kleister RN MS Parish Nurse/ Faith Community Nurse
Abiding Savior Lutheran Church, Anderson, South Carolina

During the past two years we, as a society and as communities of faith, have experienced so much grief and loss due to the COVID19 pandemic, among other things. Pandemic restrictions changed how we supported family members who have been hospitalized and how we mourned and coped with grief and loss. The effects of grief, loss, and mourning are long term as in reality we cannot cure grief. However, we can learn to live with grief with the hope we have in Jesus Christ and the presence of His Holy Spirit.



The faith community where I serve has experienced many losses these past two years, not unlike many others across the nation. We lost three members of our Bible study group to illnesses and COVID19. The need to address grief and loss became evident as well as the question of what format should be used to accomplish this. In exploring options, I found two great resources that I used with congregational members in need of grief support.

The first resource, is a book authored by Pastor Kristian Kincaid, *Living with Grief: Bound by Sorrow, Wrapped in Comfort* (Concordia Publishing House). I found this book to be a great resource for a short-term Bible/book study. This book is also featured on the Concordia Publishing House Faith Courses website which offers supplemental video clips to use with this study either individually or with the group. During the month of June 2022, our congregational health ministry offered a 4 week study (1.5 hours each Monday) to read and explore Living with Grief.

When one is on the journey with grief, we may sometimes question our faith, wondering where God is, in the midst of this struggle. Pastor Kincaid poignantly shares his experiences with his own significant, and in certain instances, tragic losses; in addition to his pastoral care experience working with people on their grief journey. He understands the perception of feeling trapped and bound by sorrow. Throughout the book, the author presents Christ as the one and only source of comfort. He invites us to look to Christ, and only Christ, wrapping oneself in the comfort of His promise in the resurrection.

Living with Grief has an introduction and 8 chapters; we covered two chapters each week. Throughout the book, Pastor Kincaid infuses rich scriptural passages addressing the journey of grief that supports one's faith during this difficult journey. We learned: (1) the importance of listening to the person in grief-meet them where they are, (2) to point to Christ in our moments of peril and (3) to receive Christ in our times of greatest need through prayer, God's Word and Sacrament.

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During the course, I infused some of the concepts of lament that we learned in a recent ELPNA hosted continuing education webinar presented by Rev. Dr. Kathryn Schifferdecker, “Learning to Pray the Psalms: Lament and Praise”. Participants found this added content helpful in expressing their grief and hearing God’s promises to never leave us in this journey.

A second resource was utilized during this study, “Hope When Your Heart Breaks: Navigating Grief and Loss (Michael W. Newman- CPH). This is a book offering small essays/devotions categorized in the following topics: the beginning, feelings, thoughts, life, self, faith people, future, fears, love and hope. The Words for Healing at the end of each short devotion/essay had 3-4 reflective questions following a reading in the Psalms. The book is not meant to be read sequentially front to back, but to be resource to focus on whatever topic may be present at the time. For example: Feelings- when you’re angry, Feelings-when you feel helpless, Self- when you hate your situation, Life- when you want to go back to the way it was.

During this four week session, eight participants joined the group either live at the church or on Zoom (hybrid course). These two resources promoted moments of rich discussion, sharing and mutual support. What a blessing it has been! I hope to offer another class again in the future as the need presents itself.

Thanks be to God for His providence, His presence and His peace in this healing process!

Fear not, for I am with you, be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with My righteous right hand. Isaiah 41:10 (ESV)

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. Roman 8:38-39 (ESV)

Resources:

Kincaid, Kristian (2020). *Living With Grief: Bound by Sorrow, Wrapped in Comfort*. St. Louis, MO. Concordia Publishing House.

Concordia Publishing House Link:

<https://www.cph.org/p-33513-living-with-grief-bound-by-sorrow-wrapped-in-comfort.aspx>

Newman, Michael W. (2017) *Hope When Your Heart Breaks*. St. Louis, MO. Concordia Publishing House.

CPH Faith Courses weblink

<https://cphfaithcourses.com/browse/>

Concordia Publishing House Link:

<https://www.cph.org/p-31480-hope-when-your-heart-breaks-navigating-grief-and-loss.aspx>. Also available through Amazon and Christian Book Distributors.



ELPNA Connections

ELPNA Member's Only Program Library Reminder

As you read in the May/June issue of *ELPNA Connections*, a Task Force has been meeting to implement an online library of programs that will be gathered from you, our members. The first submission request has gone out for programs related to **Physical Health**. The request would have come to you from our Personify Website program. This and future requests will come from this email address: **Evangelical Lutheran Parish Nurse Association** admin@elpna.org



So, be watching and submit program ideas that you offer or have offered, and when shared, will allow us to support one another in ministry. The form is designed for easy and quick completion! In like manner, you will be able to access the library for new program ideas for your ministry.

Here is a link to the submission form: [PHYSICAL HEALTH Program submission form](#)

Use one form for each program idea submitted. Please save the completed form and email OR scan and return your forms to Carol DeSchepper at cjdeschepper@gmail.com by July 15. If you'd rather mail the forms, please send them to Carol at 162 West Bay Road, Lake Park, IA 51347.

Thank you for your support of this project. It's a wonderful way you can offer ministry support to your colleagues.

The Program Development Task Force

A RESOURCE YOU CAN USE

FREE Printable Resource from the Humanitarian Disaster Institute Helping Children Cope with Traumatic Events

Helping Children Cope with Traumatic Events was developed in response to the tragedy at Sandy Hook Elementary School in Newtown, Connecticut. This booklet provides practical guidance for caregivers—including parents, family members, teachers, clergy, and volunteers—on how to help support children after a traumatic event. This booklet provides readers with an overview of common reactions to violent acts, including a breakdown of common signs and symptoms by age. Concrete steps for caring for children's emotional and spiritual needs in the wake of a traumatic event are also provided.

To access and print the book [click here](#).



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Supporting ELPNA with your Gifts

As you know, ELPNA is reliant upon dues and the generous gifts of members and other supporters to support the mission of the organization. As you begin to plan for short term, longer term, and/or year end giving, please consider ELPNA as a worthy recipient of your gifts. Some ways of giving include:

- 1. Directing your Thrivent Choice Dollars to ELPNA:** To be eligible to participate in Thrivent Choice, you must be a benefit member. Individual eligibility is also based on at least one of the following:
 - * Holding a qualifying Thrivent Financial volunteer leadership position.
 - * Having \$750 or more in annual premiums of qualifying insurance products.
 - * Having \$20,000 or more in contract value of qualifying products.
- 2. Making a Cash Donation at any time:** On the ELPNA website you can set up your donations as a one time, monthly, quarterly or other recurring gift.
- 3. Gifts in Memory of or in Honor of someone special in your life:** There are often times when we want offer a tribute to someone who has touched our lives.
- 4. Donating a portion of the Required Minimum Distribution (RMD) to ELPNA or other non-profit organizations:** It is possible to donate your RMD to a non-profit organization and in doing so, avoid paying taxes on the distribution. Consult with you accountant or investment advisor if this option is appealing to you.
- 5. Shopping at AmazonSmile** and directing Amazon to give a percentage of your purchase to ELPNA is a great option. It's easy and the donation comes from Amazon to ELPNA.
- 6. Leave a Legacy:** Legacy planning is an important part of end-of-life decision making. It involves thoughtful and careful discernment as one seeks to know and make plans for how their life and their gifts can live on. Generous individuals offer generous support and ongoing success to causes that have been important to them personally and professionally.
- 7. Give your experience, expertise, and time:** Every organization is successful because of what is offered by its members. ELPNA is no exception. As members of ELPNA your experience, expertise, and generous sharing of your time are coveted. Become a regional director or committee member. Participate in the peer group sharing events so others can learn from you. Attend educational events where we learn together. ELPNA is stronger because every member has gifts to offer and every voice is important.

If you wish to support ELPNA with your financial gifts, please click on the donate tab on our website. <https://elpna.org/Donate>. The Finance Committee and Board of Directors strive always to be good stewards of ELPNA assets. Contact Carol DeSchepper, ELPNA Executive Director with questions or other funding suggestions.



ELPNA Connections

SHARE GENTLENESS, CHANGE THE WORLD

“Gentleness is not weakness. Just the opposite. Preserving a gentle spirit in a heartless world takes extraordinary courage, determination, and resilience. Do not underestimate the power of gentleness because gentleness is strength wrapped in peace, and therein lies the power to change the world.”

L.R. Knost, author

Mark Your Calendars!

Month	Date	Time (CST or as noted)	Meeting/Event	Location
July	6	11:00 am-12:00 pm	Region 4, 5, 6, Peer Group	Zoom
July	7	5:00—6:00 pm	Regions 7 & 8 Peer Group	Zoom
July	8	3:00 pm EST	Region 9 Peer Group	Zoom
July	27	3:30 pm—5:00 pm CST	Board of Directors Meeting	Zoom Request link at: cideschepper@gmail.com
August	TBD	TBD	Regions 4, 5, & 6 Peer Group	Zoom
August	4	5:00 pm EST	Regions 7 & 8 Peer Group	Zoom
August	11	5:00 pm CT	Regions 3 Peer Group	Zoom
August	24	3:30 pm—5:00 pm CST	Board of Directors Meeting	Zoom Request link at: cideschepper@gmail.com
September	9	3:00 pm EST	Region 9 Peer Group	Zoom
September	27	4:00 pm PT; 5:00 pm MT; 6:00 pm CT; 7:00 pm ET	Spending Time in Their Shoes: Spiritual Care with the Elderly and Those Dealing with Dementia Speaker: Rev. Kent Mechler	Zoom ... Watch for registration information in your email