

Wholeness ~ Wellness

# Wisconsin Parish Nurse Coalition

Special Interest Group of the Wisconsin Nurses Association



Volume 8 Issue 3: August 2009

## Salutations from the WPNC Chair



**“With a new day, comes new strengths and new thoughts”**

*Eleanor Roosevelt*

As I begin this newsletter article, while drinking my coffee, hence the picture, I personally reflect on all the changes and opportunities I have seen and been involved with in parish nursing over the last years.

Monroe Clinic’s Parish Nurse program began in January of 1997. At that time, I worked for Monroe Clinic as a homecare and hospice availability nurse while contemplating returning to school to complete my bachelor degree in nursing. After much thought and contemplation, I did return to school and attended Viterbo University’s RN to BSN program that was held in Janesville, about a 35-mile drive.

While attending this program, I still felt the nudge to explore parish nursing. Sue Potter, RN, the Parish Nurse Coordinator at that time for Monroe Clinic, provided me, as well as several other Registered Nurses the opportunity to attend a workshop on the development of curriculum for parish nurses that was to be held in Park Ridge, Illinois. While attending

this pilot program, I met many other RN’s and parish nurses and once again experienced this “nudge” to begin a parish nurse program at my church.

Working with Sue, I did propose a parish nurse program for my parish in November of 1999. In February of 2000, the program began. Prior to its beginning, I had met with the parish council and pastor of the church as well as completing Marian University’s basic education program for parish nurses. I found that I received the support I needed from both the Monroe Clinic Parish Nurse Program as well as from the pastor and members of the church.

Fast forward to December of 2001. I completed my BSN and attended graduation ceremonies at Viterbo University. In January of 2002 I began as the Parish Nurse Coordinator for Monroe Clinic and I continue in this role today. It is during this same time period that I returned to Edgewood College and received my Master Degree in Nursing with an emphasis on health ministry, graduating in the spring of 2006. It is also during this time frame that I became active in the Wisconsin Parish Nurse Coalition, first in the role of Professional Development chair and now as the WPNC chairperson.

### THANK YOU!!!

Waukesha Memorial Hospital ProHealth Care for funding the printing, labels and mailing of the 2009 WPNC Newsletter!!

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### WNA Celebrates 100 Years 1909 - 2009

#### Rich Past, Bright Future

**Kick off:** The Pfister Hotel, Milwaukee, WI

**Date:** October 22-24, 2009

**Grand finale:** The Monona Terrace, Madison, WI

**Date:** October 7-9, 2010



Wisconsin Parish Nurse Coalition Newsletter... Submissions Welcome!!!

This quarterly publication is made possible through the efforts of Publication and Communications Committee. It is written by, for, and in honor of Parish Nurses and those interested in Parish Nursing.

**PLEASE submit your articles, reflections, education opportunities by Saturday, October 31** to Dorothy Flees @ 9522 County Road T, Marshfield, 54449 or [dorothy.flees@tznet.com](mailto:dorothy.flees@tznet.com).

Today, as I reflect on the special practice area of professional nursing, I remind myself that we will continue to see change as well as new opportunities in parish nursing. Meeting new people who are engaged in beginning parish nurse programs has been one such opportunity.

Recently In Fort Atkinson, I have had the pleasure of attending a monthly meeting in the planning of the Fort HealthCare Faith Nursing Program, whose mission is to provide support, education and resources for faith-based health professionals, clergy, and lay leaders within faith communities. In La Crosse, a Parish Nurse Coordinator has been hired to work with Catholic parishes throughout the diocese.

Challenges have also affected this special area of professional practice. Some of the parish nurse programs that have hired and employed parish nurses through their healthcare organizations are experiencing challenges as these organizations tackle issues related to the economy.

My hope is simple. As parish nurses, we have the opportunity to continue to promote our professional practice of nursing, emphasizing holistic health and wellness, keeping spirituality as central to the practice. We must continue to grow professionally as well.

On October 22<sup>nd</sup>, the WPNC Pre-conference will take place in Milwaukee at the Pfister Hotel. Please mark your calendars and plan on attending this marvelous opportunity for continuing education, networking and fun.

Finally, many thanks to all of you for what you do. Recently I received a letter from one of our parish nurses that has worked with the Monroe Clinic Parish Nurse Program since September of 1999. Ruth Beckman, RN has been a parish nurse for 10 years in Albany WI. She has had a caring and compassionate professional practice, where her work and her

presence have positively affected those whom she served. Ruth will be greatly missed! I wish her blessings, health and happiness at this time of change in her life.

I wish all of you blessings as well. May you enjoy the rest of this summer and I hope to see you in October.

Kris Wisnefske, RN MSN  
WPNC Chairperson

## Greetings from the Conference Planners for the WNA Parish Nurse Pre-Conference!

**Mark your calendars...  
Thursday, October 22, 2009  
at the Pfister in Milwaukee.**

**Join us for**

**“Celebrating Joy in the Journey”**

- **Registration Form:** Don't delay...fill out the registration form for the conference accompanying this newsletter. Scholarship opportunities are also available; please see the contact information in the registration application.

- **Poster Presentations:** We are excited to invite you to share a poster display for this event. Poster presentations are to be focused on the support and advancement of Parish Nursing. Please have “Parish Nursing” in your title and respond via email to Mary or Jennie at the addresses below by September 15<sup>th</sup> with a description of your poster.

- **Silent Auction:** Please consider making a donation/contribution to the silent auction; this is the Wisconsin Parish Nurse Coalition's major fundraiser. Items donated as of print time include: chocolate desires gift basket, pumpkin pie pan with cover & recipe, nature photo cards, Waterford Chrystal candle holders, granny square afghan, small quilt, “coke” collectibles, antique fruit compote in turquoise glass, kitchen knife set, aluminum ware tray circa 1950, 2 bottles of wine, tan car

blanket with road atlas, jewelry, basket of home canned jelly and pickles, baked goods, and a one night's stay at Isadora's Bed and Breakfast in West Bend.

**Baked Goods:** Conference attendees are welcome to donate a *limited* amount of baked goods which will then be made available for purchase. We ask that you pre-price the items. Please remember, we can not accommodate refrigerated items.

- For Silent Auction or Baked Goods contributions or questions, please contact Maryfran Crist by mail at 132 S. Vermillion, Streator, IL 61364 or [mjcris@crtelco.com](mailto:mjcris@crtelco.com) or phone at 815-257-7012.

Thank you for your interest and support.

Blessings,

Mary Mauer, R.N., Parish Nurse,  
ProHealth Care

E: [mary.mauer@phci.org](mailto:mary.mauer@phci.org)

Jennie Soika, R.N., Parish Nurse,  
ProHealth Care

## MARK YOUR CALENDAR 2007 EDUCATIONAL OPPORTUNITIES

**Parish Nurse Basic Preparation Program/Conferences-Four-Five Day Intensive Conference:**

The Concept & Practice of Parish Nursing and Congregational Health. Tuesday, September 8, 15, 22, 29, October 6, 2009, 9am-4pm OR Monday, May 10 through Thursday, May 13, 2010, 8:30am-5:00pm. Available on site with contact hours, off-site & for undergraduate credit.

**Christ Be Our Leader:** June 2 (pre-conference)-June 3, 4 (conference) Concordia University, Mequon.

Info: 262-243-4233 or [carol.lueders.bolwerk@cuw.edu](mailto:carol.lueders.bolwerk@cuw.edu)

**Faith Community Nursing Basic Preparation Institute:** Marquette University, Milwaukee. Info: Patrice Olin, 414-550-8519 or [patrice.olin@whfc.org](mailto:patrice.olin@whfc.org).

**Connecting With Others: Opening Our Ears, Hearts, and Hands:** October 23; Concordia College, Moorhead, MN. 218-299-3893.



**Housing  
Alternative  
for Parish  
Nurses  
Attending  
the WNA Convention**

This year WNA celebrates 100 years and the Parish Nurse pre-conference and the WNA convention will be experiences to remember. Many Parish Nurses do not receive financial support to attend educational events. Parish nurses – on a first come, first served basis – have the opportunity to secure housing accommodations for the pre-conference and the WNA Conference at the St. Rose Catholic Church Retreat Center. This center is regularly used by retreat groups from Milwaukee and beyond. The parish center is located on 31<sup>st</sup> Street 2 blocks South of Wisconsin Avenue – a short distance from the conference site. The parish is asking a free will donation to the parish to stay any or all nights from Wednesday, October 21 through Saturday, October 24.

Available rooms can accommodate from 1 – 4 individuals to allow you to room with friends or room on your own. There are shared bathroom and shower (private stalls) facilities on each floor. Kitchen facilities are available. You will need to bring your own bedding (including pillows) and towels. There is a chapel and several sitting areas in the building.

If you are interested in staying at the parish center for the convention, please contact Patti Varga at [pattivarga@hotmail.com](mailto:pattivarga@hotmail.com) or if you do not have email access at 414-699-4296. Please state your name, the names of others who would be staying with you in the same room, your arrival date and your departure date. A confirmation will be sent to you!

**Call for Nominations  
Invest in Parish  
Nursing—  
Join the WPNC  
Steering Committee**

Looking for a great return on your investments – consider serving on the WPNC (Wisconsin Parish Nurse Coalition) Steering Committee.

- You are asked to attend 4 board meetings in a year-phone conferencing is an option.
- You have the opportunity to exchange ideas with a strong and dynamic group of individuals.
- You become one of the caretakers of our special interest group and parish nursing in our state.

This year we have 3 positions up for election:

**Treasurer:** Keeps our financial books in collaboration with the WNA office.

**Professional Development Chair:** Facilitates connections to PN continuing education opportunities.

**Nominations Chair:** Solicits a slate of candidates, prepares ballots and reports results of annual steering committee elections.

If you are interested in serving in any of these servant leadership positions, please contact Patti Varga, Nominations Chair at [pattivarga@hotmail.com](mailto:pattivarga@hotmail.com) or 414-774-6492.

**PLEASE  
HELP...**

For the past 2 years, Waukesha Memorial Hospital ProHealth Care has been offsetting the cost of printing & mailing the WPNC Newsletter by generously providing the funds to make it possible to reach over one-half of the individuals in our database who have either indicated it is their preference to receive a mailed hardcopy and/or do not have internet services whereby they can receive the newsletter electronically. For those WPNC members & friends who have been in our database for some time...the discussion/information to follow will not be new to you. For all members, the WPNC is not unlike many other organizations for whom it is important to look at ways to remain financially stable & viable. The WPNC Steering Committee has been notified that Waukesha Memorial Hospital ProHealth Care will be unable to continue their generosity in 2010. For our membership/friends, this means, we too must look at how we communicate with you to ensure you receive important & helpful information in a timely manner.

Electronic Communication is the most cost-effective, widely-used and quickest way to get information to individuals in today's world. Therefore we are asking (begging) you to:

**PLEASE HELP...**

If you are currently receiving a mailed hardcopy of the WPNC Newsletter...e-mail Megan at the WNA office ([megan@wisconsinnurses.org](mailto:megan@wisconsinnurses.org)) and request the WPNC Newsletter be electronically sent to your e-mail address.

Thank you for your prompt response and continued interest in the Wisconsin Parish Nurse Coalition!!

**CAN YOU HEAR  
ME NOW?**

**SEE YOU AT THE WNA  
PRE-CONFERENCE FOR  
PARISH NURSES!!!**

**"CELEBRATING JOY IN  
THE JOURNEY"**

**THURSDAY, OCTOBER 22  
PFISTER HOTEL,  
MILWAUKEE, WI**

**IT'S EASY TO REGISTER...  
THE REGISTRATION FORM  
IS IN THIS NEWSLETTER!!!**

## A Prayer During Economic Downturns

God of compassion,  
You know the struggles of the  
human heart.  
You journey with us through good  
and difficult times.  
Send your Spirit of perseverance  
and hope  
Upon us during this time of  
Economic crisis  
So that when we are  
Discouraged, we may find hope,  
when we are anxious, we might trust  
your providence, when we are  
empty and afraid, we might  
experience your  
Loving presence.  
Your Son Jesus walked our  
World and knew hunger and  
rejection, fear and  
abandonment, suffering  
And even death.  
Yet, he did your will and embraced  
the cross in loving obedience.  
May we follow his example by  
placing all our hope in you, by  
loving those who are less  
fortunate, and by putting our faith in  
your promise of eternal life.  
We make our prayer through Jesus  
our Lord. Amen

*Bishop Robert Morneau*

There are many parish nurses who regularly minister in their parishes to those who are unemployed or underemployed, homeless, indigent, or uninsured. However, over the past year, there is hardly an organization, family, or person who has not been impacted in some way by the downturn in the United States economy. There are many among us who are fearful, uncertain, and anxious. Churches are often called upon to respond with care and concern to our own parishioners as well as the community at large.

The Green Bay Catholic Diocese has developed a Resource Packet to assist parishes (indeed, churches of any denomination) to respond with pastoral concern to those affected by the economic downturn.

The packet includes a list of "10 Ideas Worth Considering" in ministry to various demographic groups in your congregation, such as parents and children, business leaders, persons who have lost their employment, etc. The materials suggested for each are included in the Resource Packet.

Also included is a list of prayer and worship resources to be used during liturgies or church and prayer services, prayers before committee meetings, etc.

"Thoughts on Organizing a Parish Group" is included with aids and suggestions for developing a "community security club" bringing people of the congregation and the community together for support and prayer. A resource called the "Catholic Serendipity Bible for Personal and Small Group Study" is a suggested resource which offers a number of related studies on Financial Stress, Employment, Careers, etc.

Resources for assistance in the community are listed and could be featured as a bulletin insert or a pamphlet for distribution.

A bulletin insert on Helping Someone Through Job Loss could be of interest to almost anyone in the parish who has a family member or friend experiencing this issue.

Additional Resources include a bibliography of helpful pamphlets and books, Pastoral letters and articles, and Websites full of great information.

Even those among us who have routinely dealt with the unemployed, indigent and homeless due to the demographics of the parish will find new and helpful information in this resource. It can be found online at [www.gbdioc.org](http://www.gbdioc.org). In the SEARCH box, enter "economic downturn", the next screen has a brief message from Bishop Ricken as well as the link to the complete resource: "The Parish Responds to the Economic Downturn".

Blessings...Katie Dykes, Professional Development / St. Willebrord Catholic Parish, Green Bay, WI

## National Depression Screening Day

~ ~

October 8, 2009

For 18 years, Screening for Mental Health's National Depression Screening Day® (NDS) has offered health care providers evidence-based, affordable and easy-to-use mental health education and screening resources. Reaching community members with undetected and untreated mental disorders has never been more important. Studies show that most Americans wait years before they seek treatment for a mental health disorder, and many never seek treatment at all.

National Depression Screening Day® Community Response program is a comprehensive program that provides organizations with all the tools they need to offer mental health screening and education to their communities. Whether it's hosting a in-person mental health screening event or offering online mental health screenings. This year National Depression Screening Day is Thursday, October 8<sup>th</sup>.

As an organization that helps to meet the social, physical, and mental needs of your community, I thought this program could help Parish Nurses promote the positive mental health and wellbeing of your community by participating in this program.

To learn more about the program and materials available for purchase, please visit this site: <http://www.mentalhealthscreening.org/events/ndsd/register.aspx>

Many thanks,

Sara Herman, Program Assistant  
*Screening for Mental Health*  
781.239.0071 x 113

[www.mentalhealthscreening.org](http://www.mentalhealthscreening.org)

Wisconsin Parish Nurse Coalition Pre-Conference  
“Celebrating Joy in the Journey”

Thursday, October 22, 2009 | 8:00 a.m.—4:30 p.m.

The Pfister Hotel, Milwaukee, Wisconsin

Sponsored by the Wisconsin Parish Nurse Coalition, a Special Interest Group of the Wisconsin Nurses Association

### Registration

Registration fee includes: pre-conference registration, handout materials, continental breakfast, and lunch. Email confirmations will be sent if registration and payment are received by **October 9, 2009**.

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

WNA Member?  Yes  No

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ County: \_\_\_\_\_

Phone: (Home) \_\_\_\_\_

Phone: (Work) \_\_\_\_\_

Preferred Email: \_\_\_\_\_

**All fees must accompany registration. Registration cannot be processed without full payment.**

- Full payment: \$80.00 (Non-WNA Member); \$65.00 (WNA Member)
- Awarded a partial WPNC Scholarship: \$40.00

**Registration cannot be processed without full payment.**

- Check enclosed payable to WNA.
- Please charge my VISA/MasterCard/American Express.  
Account Number: \_\_\_\_\_  
Card Expiration Date: \_\_\_\_\_

### How to Register

**ONLINE:** Online registration is available at [wisconsinnurses.org](http://wisconsinnurses.org). You must pay by credit card if registering online - MasterCard, Visa, or American Express are accepted.

**MAIL:** Mail registration to Wisconsin Nurses Association, 6117 Monona Drive, Madison, WI 53716. Payment must accompany your registration.

**FAX:** Fax registration to (608) 221-2788. You must pay by credit card if faxing your registration - MasterCard, Visa, or American Express are accepted.

### Continuing Education

Wisconsin Nurses Association is an approved provider of continuing nursing education by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

**The Wisconsin Parish Nurse Coalition Pre-Conference offers 4.25 contact hours.**

### Scholarship Opportunity

Up to five Special Scholarships are available to provide financial support to eligible Parish Nurses in Wisconsin.

- **Award:** \$40.00
- **Application Due Date:** October 1, 2009
- **Award Announcement:** October 8, 2009
- **Return Scholarship Applications to:**  
Jennie Soika, 2162 N. 58th, Milwaukee, WI 53208

**To Request an Application,** contact Brenda at the Wisconsin Nurses Association at (608) 221-0383 ext. 10 or [brenda@wisconsinnurses.org](mailto:brenda@wisconsinnurses.org), or download the application at [wisconsinnurses.org](http://wisconsinnurses.org).

### Calling: Professional Poster Presenters

Displays are encouraged specific to Parish Nurse practice. Poster Presentation tips are posted at [wisconsinnurses.org](http://wisconsinnurses.org).

- **Abstract Submission Deadline:** October 1, 2009
- **Submit Abstracts to:**  
Jennie Soika, 2162 N. 58th, Milwaukee, WI 53208

### Hotel Accommodations

A block of rooms has been reserved at the Pfister Hotel for the 2009 WNA/WSNA Annual Meeting and Conference & WNA 100th Anniversary Celebration. To make your reservation at the historic Pfister Hotel, please call (800) 558-8222 and refer to the Wisconsin Nurses Association Annual Convention room block. The room rate is \$179.00 (single or double). Suites are also available; please contact the WNA office for rate information. Note that reservations received after September 21, 2009 are subject to space availability, so please make your reservation early!

**Parking:** Overnight parking at the Pfister Hotel is \$25.00/night with unlimited in/out access.

*Continued on next page.*



**Wisconsin Parish Nurse Coalition Pre-Conference**  
**“Celebrating Joy in the Journey”**

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**Cancellations**

A \$25.00 processing fee will be charged for cancellations prior to the Pre-Conference. There will be **NO REFUNDS** after the Pre-Conference begins or for “no shows.”

**Special Menu/Services**

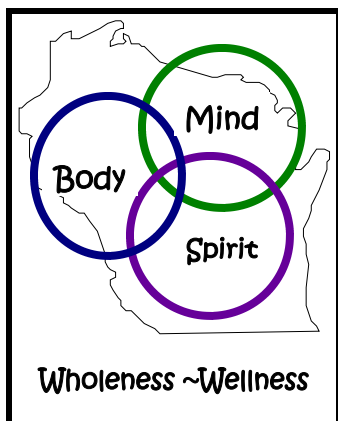
If you have dietary restrictions or require special services, please notify the WNA office at least two weeks prior to the Conference. In conjunction with the conference facility, WNA will make every effort to accommodate special needs brought to our attention prior to the Conference.

<b>Agenda for October 22, 2009</b>	
8:00–8:30 a.m.	<b>Registration/Continental Breakfast</b>
8:30–8:45 a.m.	<b>Welcome /Opening Remarks</b> Kris Wisnefske RN, MSN, WPNC Chair
8:45–9:00 a.m.	<b>Devotion</b> , Mary Mauer
9:00–10:00 a.m.	<b>Joy in the Journey</b> Rosemarie Matheus RN, MSN
10:00–10:30 a.m.	<b>Break (Posters/Silent Auction/Networking)</b>
10:30–11:30 a.m.	<b>Jest for the Health of It</b> Geri Heppe MS, Gerontologist Director for Life Enrichment Lutheran Homes of Oconomowoc
11:30 a.m.–12:00 p.m.	<b>Perceptions of Parish Nurse Training: Research Summary</b> Deb Ziebarth RN, MSN Manager of Community Benefit ProHealth Care
12:00–1:15 p.m.	<b>Lunch followed by Tai Chi</b> Tai Chi Instructor Claire Walchli TE, CI
1:15–2:00 p.m.	<b>Business Meeting /Silent Auction/Networking</b>
2:00–2:15 p.m.	<b>Break (End of Silent Auction)</b>
2:15–3:45 p.m.	<b>Panel of Cultural Diversity:</b> <i>Moderator:</i> Lina Juarbe-Botella, Consultant <i>Hispanic:</i> Terrie Garcia RN, MED <i>African American:</i> Dessie Levy RN, MS <i>Native American:</i> Kate Harrington RN, MSN, CNM <i>Somali Bantu:</i> Julie Parve FNP-BC, APNP
3:45–4:15 p.m.	<b>Rededication/Blessing</b> Rosemarie Matheus RN, MSN
4:15–4:30 p.m.	<b>Silent Auction Winners/Evaluation /Certificate Distribution</b>





Wisconsin Nurses Association  
Wisconsin Parish Nurse Coalition  
6117 Monona Drive  
Madison, WI 53716-3995



## WISCONSIN PARISH NURSE COALITION

**Mission:** The WPNC will communicate a *caring* presence - locally, regionally, and statewide - while *preserving, supporting, and advancing* the professional practice of parish nursing.

**Vision:** The WPNC *unites and nurtures* the professional development and practice of parish nursing within Wisconsin.

**Goals:**

1. Facilitate connections between Parish Nurses throughout WI.
2. Promote high standards of practice among Parish Nurses.
3. Support collaboration/cooperation between and among Parish Nurses and other nursing colleagues
4. Provide a vehicle for communication of issues, education, and concerns of interest to Parish Nurses throughout WI.

### Wisconsin Parish Nurse Coalition Leadership\*

Kris Wisnefske, RN (Chairperson)  
Peg Weber, RN (Secretary)  
Sue Schaus, RN (Treasurer)  
Jennifer Soika, RN / Mary Mauer, RN (Conference Planning)  
Deborah Ziebarth, RN (Educational Development)  
Dorothy Flees, RN (Communications / Publications)  
Patti Varga, RN (Nominations)  
Katie Dykes, RN (Professional Development)

\* Elected every 2 years

### Information. . .

Contact Wisconsin Nurses  
Association: 608-221-0383  
or 800-362-3959

Visit WPNC on the Web @  
[www.wisconsinnurses.org](http://www.wisconsinnurses.org)

We welcome  
your comments and  
encourage contributions