

HealthEast®
SPIRITUAL CARE

*Compassion
Grace Hope*

ANNUAL REPORT | FY 2007

HealthEast®
Care System 



Rev. Scott W. Hinrichs
Vice President – Spiritual Care/Mission

In a USA TODAY article, “Health System struggles with spiritual care,” February 15, 2007, the results of a study by radiation oncologist Tracy Balboni, MD, were described. The study focused on the spiritual needs of dying patients (Journal of Clinical Oncology), and several points were highlighted, including:

- > In a survey of 230 people with less than a year to live, nearly half said they received little to no support for their spiritual needs.
- > More than 70 percent reported that their spiritual needs were not met by hospital chaplains or others in the health care system.
- > Patients who felt supported spiritually reported better quality of life (14 points higher on a 50 point scale).

The authors of the study noted the importance of addressing spiritual needs as a component of quality care, as well as concerns that many hospitals facing tight budgets have cut their chaplain services. The article also recognized that congregations often lose touch with members who are too sick to attend regular services.

At HealthEast, spiritual care remains a high priority as a component of holistic, compassionate care. Our survey of hospital patients includes three questions about spiritual needs: Were your spiritual needs addressed during your hospitalization? Who spoke with you about your spiritual/religious health during your stay? Did you find discussion of your spiritual/religious well-being helpful in your recovery? In fiscal year 2007, 1,091 survey respondents acknowledged spiritual needs, and to the question “Were your spiritual needs addressed?” the responses were 63 percent definitely, 18 percent for the most part, 8 percent somewhat and 11 percent not at all (see graph included in this report).

This level of care is only possible within a health care system that supports and acknowledges the spiritual dimension of health and well-being. At HealthEast, spiritual care is provided by physicians, nurses, aides and staff members who listen, empathize, encourage and at times, pray with patients, clients, residents and families.

This annual report documents primarily services provided by chaplains, students and volunteers of the Spiritual Care department, however, we understand that ministry within HealthEast Care System is not limited to the statistics or highlights documented in this report. If you have any feedback regarding the ministry described in this report please contact me at 651-232-2307 or shinrichs@healtheast.org.

Rev. Scott W. Hinrichs
Vice President – Spiritual Care/Mission

The mission of HealthEast Spiritual Care is to offer spiritual care services that contribute to the health and well-being of all who are served by the HealthEast health care system.

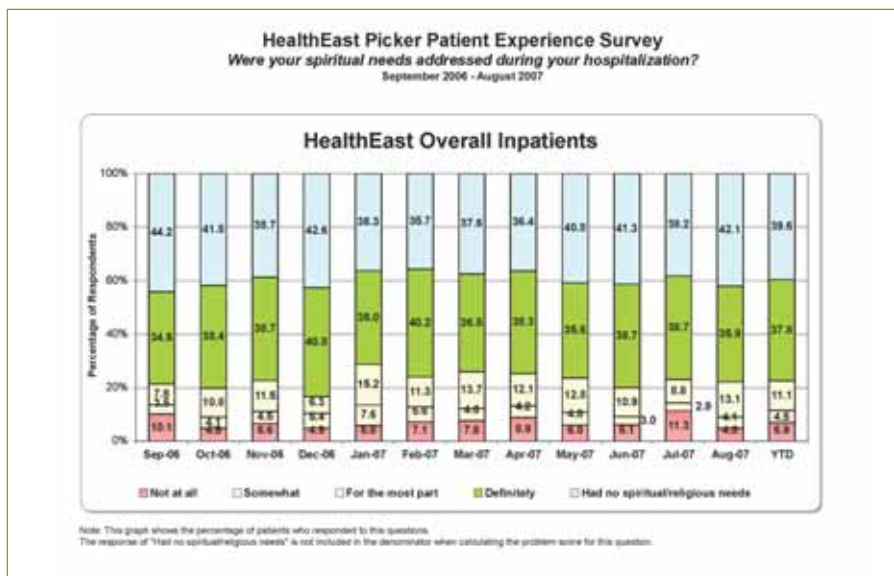
The goals of HealthEast Spiritual Care are to:

- > Represent God's love and presence
- > Maintain values based in the religious heritage of HealthEast
- > Fulfill the mission and vision of HealthEast
- > Integrate spiritual care throughout the continuum of care
- > Provide leadership in the provision of compassionate health care
- > Contribute to the understanding and application of ethical care
- > Facilitate HealthEast's relationships with area churches and community groups
- > Develop the community stewardship role of HealthEast

Picker Patient Experience Survey

HealthEast uses the Picker Survey to monitor how well patients believe their spiritual needs were met during hospitalization. Three questions on the Picker Survey address this issue.

1. Were your spiritual needs addressed during your hospitalization?
2. Who spoke with you about your spiritual/religious health during your stay?
3. Did you find discussion of your spiritual/religious well-being helpful in your recovery?



Results for question 1 for fiscal year 2007 were 38 percent “yes, definitely,” 11 percent “yes, somewhat,” 5 percent “for the most part,” 6 percent “no” and 40 percent “no spiritual needs.”

Spiritual Care

During illness, surgery or rehabilitation and significant life events such as birth, transition to a long-term care center or death, it is especially important to attend to the spiritual and emotional dimensions of people. HealthEast Care System recognizes that a person's spirit needs care to help restore health and to maintain wellness. Therefore, HealthEast Spiritual Care is an integral part of our mission.

As a faith-based health care organization, HealthEast offers spiritual care to people of all religions, cultures and faith traditions. The Spiritual Care department offers support to patients, clients, residents, family members and staff by listening, praying, offering Sacraments, facilitating communication and helping resolve ethical concerns. A chaplain is always available on a 24-hour basis for ministry in an emergency situation.

FY 2007*

A week in the life
of HealthEast
Spiritual Care...

1,683

Spiritual Care visits

164

Referrals

33

Staff consults

10

On-call responses

555

Prayers

66

Visits to dying patients

586

Sacraments

7

Support groups

21

Worship services

71

Team conferences/rounds

6

Family conferences

3

Funerals/memorial services

*September 1, 2006
through August 31, 2007.

Fiscal year 2007 HealthEast

- > More than 87,000 Spiritual Care visits were made in fiscal year 2007 by chaplains (15.4 FTEs), Eucharistic Ministers, volunteers and students.
- > Significant service increases in fiscal year 2007 occurred in visits to dying patients, counseling, family conferences, consultations and support groups.
- > HealthEast Spiritual Care collaborated with Insight Consulting to create a new statistical recording tool to track first on-call and back up on-call responses.
- > Bethesda Hospital chaplains participated in guest relations and patient satisfaction efforts.
- > Bethesda Hospital chaplains provided education and support to staff relative to palliative care in the context of a long-term acute care setting.
- > Rev. Naa Abashie Ankrah helped lead a Workplace Language Program in partnership with Lifetrack® Resources.
- > St. John's Hospital volunteer visitors program was expanded as a means to increase support for patients and family members in St. John's outpatient care and waiting areas.
- > A faith resources display area in the St. John's chapel was completed to offer patients, family members and staff a greater diversity of faith resources.

Without a doubt, a health crisis includes the need for support from family and friends. At Bethesda, the family of a long-term patient received much needed support and respite through the generous and dedicated efforts of several staff members.

As the spouse's father lived in South Africa, Rev. Naa Abashie Ankrah, Chaplain at Bethesda, was named as community liaison for the family. She worked through Senator Norm Coleman's office and the South African Embassy to expedite a visa for the family member. Other departments involved were Marketing and the HealthEast Foundation. The father was able to come from South Africa and spend several months with the family, helping to care for children and provide support so that the spouse could continue to work, providing much needed income throughout her husband's rehabilitation.

- > HealthEast Spiritual Care collaborated with the Archdiocese of Minneapolis/St. Paul Deacon Formation program.
- > HealthEast Spiritual Care provided Psychological First Aid training to all chaplains for increased readiness to respond to a disaster event.

Spiritual Care highlights

- > HealthEast Spiritual Care participated in a disaster preparedness drill to respond to those seeking their family members and friends in a simulated disaster.
- > HealthEast Spiritual Care enriched the care of parents who experienced an infant loss through a collaborative venture with Social Services.
- > Each HealthEast hospital television network included a channel dedicated to chapel services and/or to programming that facilitates meditation and relaxation. At Bethesda Hospital, the C.A.R.E. (Continuous Ambient Relaxation Environment) Channel 16 offers programming of nature scenes and relaxing music. Research has supported the use of such viewing to promote stress relief and reduce anxiety.
- > Rev. Ted Hein and Sr. Marian Louwagie, CSJ were guests on two FM107 radio programs, hosted by Kevyn Burger. Both programs focused on coping with cancer.
- > Planning continued regarding specific features of the chapel within the new building at St. Joseph's Hospital. The chapel will be located above the lobby. Fundraising for the interior of the chapel continues.
- > St. Joseph's Hospital Spiritual Care initiated a memorial service, where families whose loved ones had died within the previous three months gathered for a time of prayer, remembrance and meditation.
- > HealthEast Spiritual Care staff members met quarterly for continuing education and staff support/retreat. Fiscal year 2007 topics included multi-cultural education and disaster preparedness.
- > New artwork was completed for the HealthEast Midway Campus Chapel entrance on the first floor. The stained glass art, installed on February 28, highlights the chapel's location and encourages people to use the space for a moment of reflection or prayer. Rev. Allen Dundek, Chaplain and System Director for Clinical Pastoral Education, and a group of Midway employees worked with Laurie Bieze, an artist from Eau Claire, Wisconsin, to create the stained glass sculpture specifically for the Midway Chapel. The design features three colored leaves surrounding a globe in the center, evoking images of creation, care and restoration – all part of our healing mission at HealthEast.



For the record
FY 2007

87,506 (+2%)

Spiritual Care visits were made to patients, residents and family members/friends

498 (-12%)

On-call responses made evenings, nights and weekends

8,523 (+40%)

Referrals received from staff, patient/family, parishes and care management pathways

1,087 (+17%)

Worship services offered in HealthEast facilities

154 (+81%)

Funerals/memorial services officiated/attended by HealthEast chaplains

318 (+33%)

Family conferences attended by HealthEast chaplains

3,680 (+37%)

Team conferences/rounds attended by HealthEast chaplains

A ministry of blessing

In a chapter of the book, "Spiritual Caregiving in the Hospital: Windows to Chaplaincy Ministry" (Leah Dawn Buechert and Daniel S. Schipani, editors), Rev. Helen Wells O'Brien describes the chaplain as bearer and giver of blessing. Chaplain O'Brien* writes that, "... the role and function of the chaplain is to mediate between the great tragedies of life and the spiritual human need to feel blessed and assured that God has not abandoned creation and the created ones. Blessing others is a way of acknowledging the sacredness of their existence. In the hospital setting, where people become vulnerable by losing privacy, control, routine and daily relationships, the act of blessing is powerful medicine." To describe blessing, Chaplain O'Brien cites Marilyn Robinson's novel "Gilead" as Reverend Ames reflects on blessing. *"There is a reality in blessing ... It doesn't enhance sacredness, but it acknowledges it, and there is a power in that. I have felt it pass through me, so to speak. The sensation is of really knowing a creature – I mean really feeling its mysterious life and your own mysterious life at the same time."*

Chaplains offer blessings at the beginning of life, at the end of life and at every point of care along the path of life. A blessing is a means of sharing God's unconditional love and attention to the details of our lives.

Chaplains also receive blessings through the stories of patients and families as God's presence is revealed amidst difficult situations and life's transitions. Chaplain O'Brien described this reality, imagining that, "The blessings I have received as a chaplain from patients and families stretch out behind me like jewels on a rosary that I pick up and finger whenever I am discouraged or sick at heart."

In 1979, archaeologists discovered a silver amulet in a Jerusalem tomb. Inscribed on the silver foil, which dates to the seventh century BC, were the words of a blessing, making this the oldest known quotation from Scripture. *"The Lord bless you and keep you; the Lord make his face shine upon you and be gracious to you; the Lord turn his face toward you and give you peace."* (Num. 6:24-26)

*Rev. Helen Wells O'Brien is a staff chaplain, Gillette Children's Speciality Healthcare and Regions Hospital, St. Paul. She completed her chaplaincy residency in a joint HealthEast/Regions Clinical Pastoral Education program in 1998.

Fiscal year 2007 HealthEast

Clinical Pastoral Education

HealthEast Care System is a leading training center for health care chaplains. A track record of excellence marks the Clinical Pastoral Education (CPE) program at HealthEast:



- > Seventy-five percent of the past three residency graduating classes have found employment as chaplains within six months of program completion.
- > A recent accreditation review noted the programs' excellence in addressing educational standards and curriculum.
- > Five units of CPE were conducted with a total of 22 student units and 8,800 hours of supervised ministry.
- > Program participants provided a total of 8,169 pastoral visits at HealthEast facilities, representing 9.3 percent of the chaplaincy staff's total visits.
- > CPE residents provided a significant portion of on call ministry: 46 percent of weekend shifts and 20 percent of weeknight shifts. Three of the four residents providing this service were funded through a HealthEast Foundation grant.
- > Analysis of program evaluations and exit interviews continue to show a high degree of satisfaction reported by persons who have completed CPE units at HealthEast, with statistically significant increases in overall ratings of various program elements. This survey process is conducted by the HealthEast Research and Education Department and reviewed by the program's advisory board and the CPE Supervisors.
- > CPE 2006-07 residents completed four units of CPE in August 2007.



Left to right: CPE residents LauraRose Paradis, Michael Otto, Jan Murphy and Rev. Al Kleinasser

HealthEast Parish Nurse Network

In partnership with HealthEast Care System, parish nurses are experienced registered nurses who have additional education in parish nursing. Parish nurses work with pastoral staff, promoting health and wellness in a faith community, through five primary roles: health educator, health counselor, volunteer coordinator, advocate, integrator of the faith/health relationship.

For additional information on the HealthEast Parish Nurse Program (HEPNN) or to receive a copy of the Parish Nurse brochure, call Lori Anderson, RN – Parish Nurse Manager, 651-232-5521.

- > Area parishes seeking information about the HEPNN include Hazel Park United Church of Christ, Blessed Sacrament and Lumen Christi Catholic Churches.
- > A blood pressure clinic at Loaves and Fishes, a community program, was initiated in May by Woodbury Baptist Church Parish Nurse, Lee Cummins, RN.
- > Six University of Minnesota nursing students and two Bethel University nursing students completed educational modules with the HEPNN, including a Master's thesis.
- > Resident health surveys were completed at Cerenity Marian Residence and Scandia Shores.

Spiritual Care highlights

HealthEast Parish Nurse Network	Parish Nurse	Members
Parishes		
Church of St. Thomas Aquinas, St. Paul Park	Maureen Dillon, RN	4,575
Corpus Christi Catholic Church, Roseville	Eileen Stack, RN	1,475
Peace United Methodist Church, Shoreview	Karen Blume, RN	250
St. Mary of the Lake Catholic Church, White Bear Lake	Bonnie Wek, RN	7,600
St. Pascal Baylon Catholic Church, St. Paul	Open position	1,150
St. Thomas the Apostle Catholic Church, St. Paul	Carol McKenna, RN	1,500
Woodbury Baptist Church, Woodbury	Lee Cummins, RN	250
Community outreach		
Cerenity Care: Marian Center of Saint Paul	Lori Anderson, RN	125 apts.
Scandia Shores, Shoreview	Lori Anderson, RN	108 apts.



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Scandia Shores Health Fair

Eleven HealthEast exhibitors and several community organizations offered health screenings, information and consultation to Scandia Shores residents and the surrounding community. Scandia Shores is a senior independent living community. This health fair served as an introduction to the pastoral nurse position that began in April. The role combines nursing and ministry to seniors, helping them to navigate the spiritual and health challenges that aging brings. A survey helped determine the health and spiritual needs of the residents of Scandia Shores.



Health screenings included blood sugar, blood pressure, balance assessments, and vision and hearing screenings. A HealthEast doctor, dietician and pharmacist were available to answer questions.

The Passport Program, Customer Advocacy, Capistrant Parkinson's Clinic and Pathways to Better Health offered information. HealthEast Home Care offered HealthAlert Emergency Call Device demonstrations. HealthEast Transportation offered ambulance tours and giveaways. A senior specific moving company and an elder law attorney were also present. The pastoral nurse position at Scandia Shores is one of two pastoral nurse positions (also Cerenity Residence: Marian of St. Paul) in the HEPNN. Parish nurses often host health fairs as a means of community outreach.

Advocacy roles for parish nurses

Advocacy is one role that a parish nurse plays in a congregation. This role includes:

- Help obtain access to care
- Serve as a health navigator
- Serve as advocate in health care systems
- Work to acquire needed service
- Mobilize for the health of neighbors
- Raise awareness of legislative issues
- Advocate for environmental health concerns
- Work for others in developing countries

Eight Advocacy Roles for Parish Nurses – What can a congregation do to address health issues that cry out for advocacy? Written by Rev. Deborah Patterson, Executive Director of the International Parish Nurse Resource Center, Journal of Christian Nursing, Volume 24, Number 1, Jan-Mar 2007, p.35.

Parish nurse recognized

Arlis Bresnahan received a prayer shawl upon her retirement from the HEPNN to commemorate 12 years as a parish nurse at St. Paul's Lutheran Church.



Back left: Parish Nurses Marylss Wolf, Deb Gisch, Bonnie Wek, Lori Anderson, Eileen Stack, Sue Ristow, Carol McKenna.
Front left: Penny Kaiser, HealthEast Research and Parish Nurse Arlis Bresnahan.

HealthEast Mission

HealthEast Mission involves community service initiatives coordinated by staff members in response to community need, as well as mission identification activities and events designed to heighten awareness and to clarify the meaning of the HealthEast mission.

Fiscal year 2007 HealthEast

HealthEast 2006 Christmas Family Program



This year, 140 HealthEast departments and two Cerenity Care Centers sponsored 132 families through the Christmas Family Program (195 adults and 377 children). A total of

\$8,705 in grocery gift cards along with thousands of gifts were packed in 449 boxes. Some of those presents included dishes, pots and pans, car seats, winter jackets, clothes, gift cards and toys.



The statistics are proportionate to last year's numbers except there was about a \$2,000 increase in grocery dollars. HealthEast is fortunate to have generous employees who enjoy sponsoring a family for Christmas.

Year	HealthEast Families	Catholic Charities	Other Families	Total Families	Food Certificates	# Family Members	# Sponsors
2004	68	100	6	174	\$2,600	740	140
2005	55	91		146	\$6,655	659	149
2006	66	70		132	\$8,705	572	142

HealthEast Global Health Project

HealthEast partners with Global Health Ministries (GHM) as a means of stewardship for surplus medical supplies and to help clinics and hospitals in third world countries. On the second Tuesday of every month, staff from HealthEast come together to sort, package, and catalogue supplies at the GHM warehouse in Fridley.

One project involved Dr. David Hale, an Emergency Care physician at Woodwinds Health Campus who served in Iraq. He requested that HealthEast collaborate with Global Health Ministries to put together first aid kits and maternity care kits. These kits were given to Iraqi civilians to whom



Dr. Hale and his colleagues taught first aid. Dr. Hale wrote in an e-mail, "The more we do for the people directly, the better the relationships we have and the more willing they are to stop the terrorists."

WCCO interview as first aid kits were being assembled at Global Health Ministries warehouse

community volunteer highlights

Caring Hearts for Homeless People February 2007

Jointly sponsored by HealthEast Care System and the Ramsey Medical Society Foundation, the Caring Hearts for Homeless People supply drive collected personal hygiene and related items for St. Paul programs that offer services to homeless people. In addition to HealthEast's staff and area clinic contributions, faith congregations and area schools participate in the drive. Supplies are distributed to Health Care for the Homeless, Listening House of St. Paul and SafeZone.



Organizations interested in participating in the February 1 through February 29, 2008 supply drive should contact Cindy Rudh at 651-232-2060.

Caring Hearts for Homeless People Supply Drive						
	Clinics	Congregations	Other	Weight	Cash	Value
2007	13	25	1 sixth grade class 15 HealthEast sites Thrivent Financial Individual donors	4,560 lbs	\$7,312	\$56,295



Volunteers sort supplies donated to the Caring Hearts for Homeless People 2007 supply drive.

2006 Caring Hearts for Homeless People donation analysis		
Item	Approx. wt.	Approx. \$
Medicine (flu, cold, pain, etc.)	572	\$17,627
Health, hygiene and baby products	3,377	\$23,277
Miscellaneous	611	\$8,079
Cash donations	—	\$7,312
TOTAL	4,560 lbs.	\$56,295

HealthEast Foundation

The HealthEast Foundation supports Spiritual Care, assisting in fund raising and approving grants for specific requests. This past fiscal year, grants supported the HealthEast Clinical Pastoral Education residency program, purchase of CareNotes®, the 2007 Hultkrans Seminar, lighting for the Midway Chapel entrance, remodeling of the St. John's Chapel resource display area, and continuing education for chaplains. Contributions to Spiritual Care funds in fiscal year 2007 totaled \$22,413, and the largest number of donors were HealthEast employees. Thank you to all who have contributed to this ministry and to the HealthEast Foundation for its support.

Mission Month – April 2007

The 2007 President's Prayer Breakfast featured Ann Hinrichs as the musician, as well as HealthEast staff members John Kvasnicka, MD, and Sue Wadsten sharing their faith stories. More than 400 HealthEast staff members attended this event at the Prom Center.

HealthEast Site Mission Month activities included collections for area food shelves, missions organizations, blessing of hands, and special speakers.



Bethesda Mission committee: food drive for kids, June 2007

The Bethesda Mission committee completed a food drive with a focus on keeping kids fed and healthy over the summer. Items were donated to the Sharing Korner Food Shelf in St. Paul. Donated items included: macaroni and cheese, fruit cups, peanut butter, raisins, jelly, soups, cereal, pudding, pasta, toothpaste, toothbrushes, dish soap, laundry detergent, etc.

Bethesda Mission committee: Back-to-School supply drive, August 2007

The Bethesda Mission Committee sponsored a "Back-to-School" supply drive in August. The donated school supplies were distributed to local schools by Keystone Community Services.

A ministry of kindness

The Saint Paul Pioneer Press has a column, "Sainted and Tainted," in which readers share experiences of kindness (sainted) or experiences of unkindness (tainted). In a recent column, a contributor wrote:

Sainted: "My family had an emergency this past weekend and contrary to what you usually hear and expect about big city hospitals, it was a loving and caring experience we will not forget. It is so refreshing to have personally experienced a positive experience in a critical situation (St. Joseph's Hospital). The final chapter of this family situation remains to be written, but this incident has for me restored my faith and hope."

Kindness is the quality of being friendly, generous and considerate – the act of charitable behavior to other people. Present day hospitals and health care systems originated in acts of kindness toward people in need. Yet today's environment of high technology, short stays and busy lifestyles seem to crowd out simple gestures of kindness that are so meaningful at times of vulnerability. Tending to the spiritual dimension of life, encouraging hope and offering prayer is a kindness that facilitates healing and meaning.

A housekeeper entered a patient's room to empty the wastebasket. She noticed immediately that the woman in bed was in pain by the expression on her face. Troubled by the realization, she went over to the bed and held the woman's hand. "Are you in pain," she asked. "Yes," the woman replied. "I'm so sorry," the housekeeper said. "I wish there was something I could do." Seeing a picture on the wall of a river flowing through a wooded area, she said to the woman, "Why don't you try to imagine that your pain is flowing in the river away from you. Maybe that will help. In the meantime, I will remember you in my prayers." The housekeeper later worried that she had done something she shouldn't have. In reality, she expressed a kindness that would probably never be forgotten.

Fiscal year 2007 HealthEast

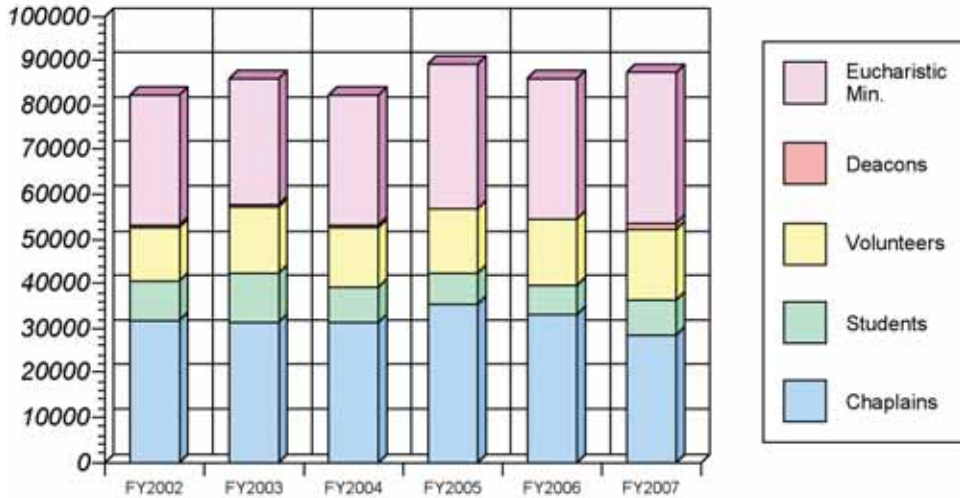
Spiritual Care services Acute and Outpatient Care	FY 2006	FY 2007	Percent Change
Inpatient/families visited	28,703	28,413	-1%
Out-patient/families visited	7,422	7,622	+3%
Total Spiritual Care visits	86,078	87,506	+2%
On-call responses	568	498	-12%
Referrals	6,070	8,523	+40%
Staff consults	1,945	1,713	-12%
Team conferences/rounds	2,682	3,680	+37%
Family conferences	239	318	+33%
Support groups	282	366	+30%
Worship services	933	1,087	+17%
Worship attendance	11,227	9,934	-12%
Communion/anoointing	26,957	30,789	+14%
Preoperative visits	9,813	8,773	-11%
Counseling	925	1,340	+45%
Ethics consults	101	79	-22%
Dying, death, code	2,313	3,455	+49%
Funerals/memorial services	85	154	+81%
Chaplain FTEs	15.4	15.4	0
Total percent patients visited	75%	73%	-2%

FY 2007 religious affiliation of HealthEast acute care patients

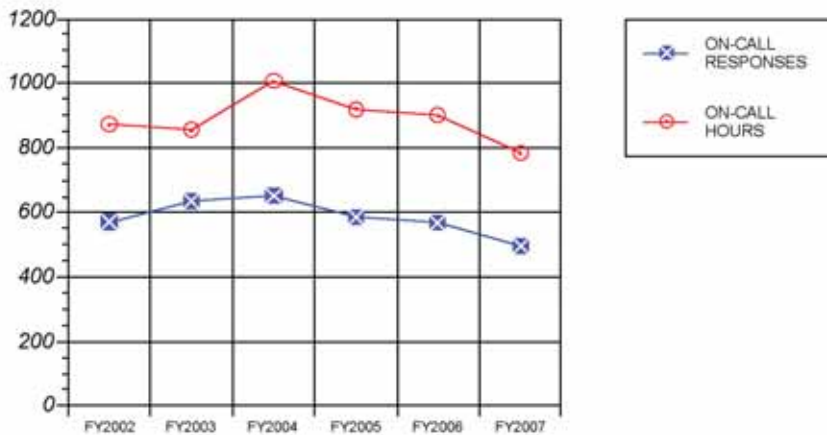
Faith/denomination	Admitted	Percent
Protestant	16,284	42.82%
Roman Catholic/Orthodox	12,713	33.43%
Non-denominational	2,235	5.88%
Jehovah's Witness	137	.36%
Jewish	196	.52%
Mormon	30	.08%
Islam	166	.44%
Buddhist	86	.23%
Hindu	64	.17%
Other	391	1.03%
No religion	4,923	12.95%
Unknown/no religion	801	2.11%
TOTAL	38,026	100%

Spiritual Care highlights

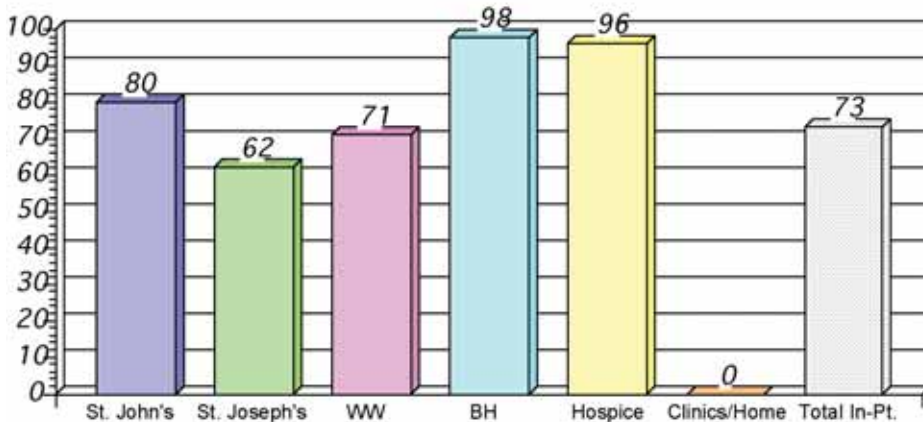
HealthEast Spiritual Care
Spiritual Care Visits



HealthEast Spiritual Care
EMERGENCY ON-CALL MINISTRY



HealthEast Spiritual Care FY2007
% Patients & Families Visited/Site



A ministry of touch

Oftentimes during a prayer, a chaplain will hold the hand of the person for whom prayer is being offered. Usually, a question is asked, such as, "Would it be okay if I hold your hand while we pray?" Occasionally, a minister may gently touch a person's shoulder or perhaps an area that is painful during prayer. A priest offering a blessing or Sacrament of the sick often touches a person's forehead, making the sign of the cross.

Touch is a means to communicate connection to one another, and there is evidence that touch is necessary to health and well-being. Parents of premature infants are taught "kangaroo care," a practice of holding the tiny baby against the bare skin of mother or father because such contact positively effects survival. Even for adults, it has been shown that human companionship and touch contribute positively to health. Spiritual care, representing God's loving presence amidst personal worlds of loss, illness and pain transcends reliance upon the written and spoken Word in making present hope and God's care (Dictionary of Pastoral Care and Counseling). Within the boundaries of professional and cultural guidelines, touch is an important means of tending to the soul.

The elderly man knew that he only had days to live and when the chaplain offered prayer, the man seemed grateful, reaching out his hand toward the chaplain. Holding hands they prayed, recounting parts of the conversation they had just shared and asking for God's strength and presence. After the prayer, the man brought the chaplain's hand to his lips and kissed the back of the chaplain's hand. It seemed to be his way to communicate gratitude. The kiss also had the quality of a blessing, returning the expression of care and intimacy that filled this moment with grace and peace.

HealthEast[®] SPIRITUAL CARE



Passion for Caring and Service

For more information on additional HealthEast services:

www.healtheast.org | 651-326-CARE (2273) | 651-326-JOBS (5627)