

Spiritual Care

AUTUMN 2005

A ministry of meaning



*"The meaning
of life is
the most urgent
of questions."*

—Albert Camus

Seeking meaning in life or struggling to make sense out of suffering is a spiritual journey that transcends religions and cultures. At times, questions about why suffering occurs are private, inner reflections. At other times, we face common events such as natural disasters like recent hurricanes with collective laments, "Why did this happen?" "Where was God when so many were harmed or killed?" Such questions are more than intellectual quandaries; they are instinctual human responses that seek to integrate faith and life.

Rather than providing *the* answer, a chaplain's role is to journey along in this quest to find meaning, validate questions, facilitate the expression of feelings and explore alternative viewpoints. This approach recognizes both our limitations in understanding and the variety of responses present in Scripture and faith traditions. For some, all of life's events are determined by God, while others accept the randomness of the world in which we live. While some are comfortable with leaving questions unanswered and in the realm of mystery, others strive to understand every possibility. Often times, the tension created by suffering in relation to belief in a loving God significantly

impacts faith and relationship with God. Therefore, it is crucial that the need to find meaning is not ignored or avoided. As Author Philip Yancey has written, "To lead others to the edge of life's greatest mystery, the mystery of suffering, a guide needs to demonstrate humility and compassion."

The young father was angry that his son was ill. He stated that he felt abandoned by God and that he "couldn't understand what he had done wrong to deserve this." Although he wasn't a particularly religious man, his son's illness forced him to struggle with some of the most difficult questions that life can bring. In conversation with the chaplain, he was able to ask his questions directly and be affirmed that his need to find meaning in the midst of a personal tragedy was important. Over the period of his son's illness, the father's view of God changed from a judge who rewards or punishes to One who is present amidst a broken world.

Ministry in a health care setting recognizes the need to find meaning and seeks to guide with "humility and compassion."

"The mystery of life is comprehended in meaning, though no human statement of the meaning can fully resolve the mystery.

— Reinhold Niebuhr, Protestant Theologian

Bethesda Rehabilitation Hospital

Rev. Nancy Wigdahl, System Director, 651/232-2041
 Rev. Jerry Storm, Coordinator, 651/232-2042
 Rev. Naa-Abashie Ankrah, 651/232-2440
 Cindy Rudh, Secretary, 651/232-2060

St. John's Hospital

Rev. Ted Hein, System Director, 651/232-7397
 Rev. Cheryl Szabo, 651/232-7398
 Rev. Jonathan Fischer, OSB, 651/232-7598
 Rev. Leo Schneider, 651/232-7060
 Debra Bottjen, 651/232-7597

St. Joseph's Hospital

Rev. Stephen LaCanne, System Director, 651/232-4155
 Rev. Marian Eisenmann, 651/232-3119
 Rev. Mike Erlander, 651/232-3071
 Rev. Jonathan Fischer, OSB, 651/232-3075
 Sr. Geri Lane, CSJ, 651/232-3441
 Renee Miller, Eucharistic Min. Coordinator, 651/232-3441
 Sr. Anita Swansen, Secretary, 651/232-3060

Woodwinds Health Campus

Sr. Marian Louwagie, CSJ, System Director, 651/232-0062
 Joan Wittman, Eucharistic Min. Coordinator, 651/232-0062

HealthEast Hospice Care

Maureen Feely, 651/232-3606
 Sr. Judith Oberhauser, 651/232-3606
 Rev. Mary Suelz, 651/232-3335
 Rev. Steve Seifert, Interim, 651/232-3301

HealthEast Parish Nurse Program - 651/326-8033 fax

Lori Anderson, RN, Coordinator, 651/232-5521

Clinical Pastoral Education Residents 2005-06

Julie Schaffer, Bethesda Rehabilitation Hospital, 651/232-2044
 Rev. Tony Wong, St. John's Hospital, 651/232-7596
 Rev. Erik Saxvik, Bethesda Rehabilitation Hospital, 651/232-2256
 Alma Langley, St. Joseph's Hospital, 651/232-4368

On-call chaplains

Rev. Elizabeth Mahan, 651/232-6138
 Rev. F. Peter Morlock, 651/778-3823
 Deacon Don Fidler, 651/793-2115
 Rev. Scott Cartwright, 651/232-1842

HealthEast Care System

Rev. Allen Dundek, CPE System Director, 651/232-3612
 Rev. Scott W. Hinrichs, Vice President, 651/232-2307

St. Joseph's chapel central to mission

In a busy and challenging environment, the plan for St. Joseph's new chapel will provide a quiet place for prayer, meditation and solace. Central to the mission of St. Joseph's Hospital is the spiritual care provided to patients, family members and staff.

Building on its Catholic identity, St. Joseph's Spiritual Care has supported a variety of religions, cultures and faith traditions. The caring presence and gentle touch of chaplains embody the values of its founding Sisters of Saint Joseph of Carondelet.



Here's an architectural rendering of what St. Joseph's Hospital could look like.

In the new facility, the chapel will be centrally located in the flow of people as a reminder of God's presence. It will incorporate both sky and water elements, symbolizing life and baptism, and contain stained glass and woodwork from the current chapel. HealthEast Foundation recently initiated a fundraising campaign for St. Joseph's Hospital and the chapel. For more information, call the campaign office at **651/232-4931**.

Bethesda's chapel to reopen in November

Bethesda Rehabilitation Hospital's chapel will reopen in November with a new look. The main structural changes have been completed, including moving the entryway to the rear sidewall of the chapel. Additional plans may include:

- The "Prayers for Healing" art piece, a beautifully designed tapestry with pockets to hold prayer requests (written on cards) from patients, staff, families and visitors
- Paraments (altar and lectern decorative cloths) of a similar design to the Prayers for Healing tapestry
- Recovering and refinishing chapel chairs and kneeling pads on the altar
- A devotional material center consisting of a table or information display center for devotional books, Bibles and CareNotes®.
- Modifications that return the lighting to the original design of the chapel



A look at Bethesda's chapel, mid-construction.

While the chapel is closed, prayers for healing continue to be broadcast on the in-house cable channel.

Spiritual Care is a publication of HealthEast Spiritual Care. Direct inquiries to Rev. Scott W. Hinrichs, Editor, HealthEast, 559 Capitol Blvd., St. Paul, MN 55103, call him at 651/232-2307 or send an e-mail to shinrichs@healtheast.org.

Parish Nurse Network – 10 years of caring <http://www.healtheast.org/parishnursenetwork>

Over the past 10 years, 18 churches representing more than 25,000 parishioners have had access to a parish nurse through the HealthEast Parish Nurse Network. Offering consultation for start-up, resources, networking, continuing education and financial partnership, the Network has offered support to a variety of churches in the East Metro area.

HealthEast Foundation provided funding for the initial three-year pilot project at St. Mary's of the Lake Catholic Church in White Bear Lake in 1995. Building on the support of St. Mary's and HealthEast, the program quickly expanded into the East Metro area.

The Network helps churches find and hire a parish nurse, helps nurses secure training in parish nurse ministry and provides ongoing opportunities for continuing education through monthly Network meetings, HealthEast seminars and the larger community.

During the past year, a pilot project was initiated at Marian Residence of St. Paul. A pastoral nurse role was created for this senior assisted living/independent living community. Services offered include a listening presence, weekly prayer circle, free blood pressure checks, apartment visits,

Order it online

Faith Community Nursing: Scope and Standards of Practice may be ordered online, along with the companion document, Nursing: Scope and Standards of Practice (2004), from the Health Ministries Association at www.HMAssoc.org or the American Nurses Association.

referral to on-site home care department and health education classes and materials. Nationally, the Parish Nurse Scope and Standards of Practice have been updated and renamed Faith Community Scope and Standards. This reflects the desire of a greater variety of faith-based churches and communities to embrace the role of parish nursing. The Faith Community Scope and Standards require parish nurses to be prepared for both nursing and pastoral aspects of their roles. A variety of programs are available on site or online for nurses to receive training as parish nurses.

As the HealthEast Parish Nurse Network celebrates 10 years of partnering with churches for parish nurse ministry, we look forward with excitement to new opportunities. Efforts are currently underway to respond to eight churches that have expressed interest in learning more about the HealthEast Parish Nurse Network.

Personal note: Alice Rodgers, RN (former Parish Nurse, Central Baptist Church, St. Paul, MN), recently died after a long battle with cancer. Her husband, Larry Rodgers, created a memorial fund through HealthEast Foundation for a future parish nurse position at Central Baptist Church in Alice's honor. More than \$3,000 has been designated to date.

HealthEast Parish Nurse Network	Parish Nurse	Members
Arlington Hills Lutheran Church, St. Paul, MN	Open position	1,100
Central Baptist Church, St. Paul, MN	Open position	580
Central Presbyterian Church, St. Paul, MN	Open position	233
Church of St. Thomas Aquinas, St. Paul Park, MN	Maureen Dillon, RN	4,575
Corpus Christi Catholic Church, Roseville, MN	Eileen Stack, RN	1,475
St. Mary of the Lake Catholic Church, White Bear Lake, MN	Bonnie Wek, RN	7,600
St. Paul's Lutheran Church, Minneapolis, MN	Arlis Bresnahan, RN	150
St. Thomas the Apostle Catholic Church, St. Paul, MN	Carol McKenna, RN	1,500
Woodbury Baptist Church, Woodbury, MN	Lee Cummins, RN	250



In partnership with HealthEast, 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 and integrator of the faith/health relationship. For additional information on the HealthEast Parish Nurse program or to receive a copy of the parish nurse brochure, call Lori Anderson, RN, Parish Nurse Coordinator, at 651/232-5521.

CareNotes® now at HealthEast sites

With a grant from the HealthEast Foundation Spiritual Care Fund, CareNotes® were recently purchased for HealthEast sites. These compact, five by seven inch, eight-page full color booklets are a means to extend caring to the spirit at times of illness, surgery or rehabilitation and amidst significant events such as birth, transition to a long-term care center or death. More than 50 million have been sold to date. The booklets have proven to be popular with HealthEast patients, clients and visitors and are placed in chapels and waiting areas throughout HealthEast sites.



Guardian Angels and HealthEast partner to provide burial of infants

In August the Guardian Angels Catholic Church parish community dedicated and blessed a new infant section of the Guardian Angels Cemetery. Since August 2001, Guardian Angels Church, located in Lake Elmo, has had a written agreement with HealthEast hospitals to bury pre-term babies and infants up to one year of age who have died at one of our three acute care hospitals.

Guardian Angels Church provides this service at no charge to the families or hospitals. Each child is offered its own burial lot in a section of the cemetery dedicated solely for the burial of babies or infants. The Woodwinds Spiritual Care staff approached Guardian Angels in 2000 indicating a need for the proper burial of pre-term babies, stillborns and infants. Guardian Angels enthusiastically accepted the opportunity to minister to these grieving families, and to share the cemetery section with them. The Guardian Angels Christmas Boutique group followed with a monument to the section, and their crafters group donated benches to the area.

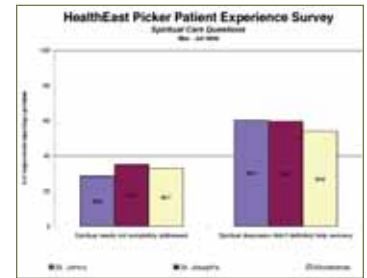
Foundation

The HealthEast Spiritual Care Endowment Fund provides financial support for the provision of spiritual care throughout HealthEast Care System. HealthEast Foundation recently published an envelope that will be used for fundraising purposes. For information regarding donations, call the Foundation at [651/232-4990](tel:6512324990).

Spiritual Care at HealthEast – Picker Survey

Stephanie Drake, HealthEast Customer Satisfaction Survey Analyst, presented the first five months of survey data on the HealthEast patient experience in relation to spirituality. The three questions on the Picker survey are:

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?



An entire year of data is necessary before conclusions are drawn due to the size of samples and variations month to month. The data is available on HealthEast's network and is updated on a monthly basis. The initial data may point to an opportunity to increase the number of nurses, physicians and other HealthEast staff members who address this area. The data stating that patient needs were not completely addressed may also be impacted.

Learning the Art of Spiritual Care

Clinical Pastoral Education (CPE) is experience-based theological education that combines the practice of pastoral care with qualified supervision and peer group reflection. Using a case-study style of learning, CPE learning goals include self-awareness, pastoral skills and pastoral formation.

Comprised of four units of CPE, the residency curriculum features emphases on pastoral identity and theological reflection, spiritual assessment and intentional ministry, bioethics and ministry leadership and systems theory. The 2004-05 CPE residency students completed their residency year this August, and their ministry has been much appreciated. This program is partially funded by HealthEast Foundation.

Rev. Nancy Wigdahl has accepted six students for the fall extended unit. One or two students will be assigned to HealthEast facilities.



Four students have been accepted into the 2005-06 HealthEast CPE residency. From left: Alma Langley (Baptist) – St. Joseph's Hospital; Rev. Tony Wong (ELCA Lutheran) – St. John's Hospital; Julie Schaffer (Baptist) – Bethesda Rehabilitation Hospital; Rev. Eric Saxvik (ELCA Lutheran) – Bethesda Rehabilitation Hospital.

For additional information on HealthEast's CPE program, call Rev. Allen Dundek at [651/232-3612](tel:6512323612) or send him an e-mail at adundek@healtheast.org. For information on the Association for Clinical Pastoral Education, go to www.acpe.edu.

Recommended reading: The Care of Souls

“The task of the [care] of souls is not to reject personal experience but to assist people in incorporating their experience within the dimensions of faith. Spiritual care is invitational; it is not prescriptive. It is anchored in discoveries which are evoked, rather than in doctrines which are imposed. Though the care of souls must be anchored in the living tradition, the primary material with which one works is always the living call that is heard, accepted, followed and resisted in the individual’s life.” – Dietrich Bonhoeffer, *Spiritual Care* (Fortress Press – Philadelphia) 1982.



Spiritual Care staff notes

St. Joseph's Hospital



Rev. Marian Eisenmann

- St. Joseph's Hospital is pleased to announce that Rev. Marian Eisenmann has accepted the position of chaplain. Rev. Eisenmann was educated as a registered nurse and worked as a nurse for many years. Later in life, while raising her children, she studied at Luther Seminary, graduating with a master of divinity degree, and was ordained by the Evangelical Lutheran Church of America (ELCA). Rev. Eisenmann completed a Clinical Pastoral Education residency at Fairview University Medical Center in 2000-2001. Most recently she served as Associate Pastor at Arlington Hills Lutheran Church in St. Paul. She has been a frequent visitor to St. Joseph's Hospital visiting parish members. Rev. Eisenmann also serves as a member of the HealthEast Parish Nurse Advisory Board. She and her husband, who is also a Lutheran pastor, live in Maplewood.
- Sr. Anita Swansen, OSM, is continuing as a casual employee on a temporary basis. Applicants for the part-time secretary position have been received.
- A Jesuit student, Marc de Asis, is volunteering nine hours per week through December 12. There is an effort to recruit more Spiritual Care volunteers for St. Joseph's Hospital.

St. John's Hospital



Rev. Cheryl Szabo

St. John's Hospital is pleased to announce that Rev. Cheryl Szabo accepted the position of chaplain on St. John's Spiritual Care team. She was educated at Washington State University with a major in foods, nutrition and institutional management for her bachelor of science degree in home economics. She received a master of education degree in adult education from Oregon State University. She graduated with a master of divinity degree from Luther Seminary, and was ordained by the Evangelical Lutheran Church of America (ELCA). Rev. Szabo completed a clinical pastoral education residency at Fairview Southdale Hospital in 1999-2000 and completed a second year of residency at Bethesda Rehabilitation Hospital in 2003-2004. Most recently she served as chaplain with Hospice of the Twin Cities. Rev. Szabo is endorsed by the ELCA for specialized pastoral care ministry.

HealthEast Hospice Care

- HealthEast Hospice Care has a new part-time interim chaplain, Steve Seifert.
- A department retirement recognition for Fr. Jerry Foley is being planned. A breakfast in his honor was held Sept. 28.
- Efforts to recruit Roman Catholic priests to provide ministry to Roman Catholic hospice patients are underway.

Woodwinds Health Campus

Amanda Daigle is working at Woodwinds two days per week as a Patient Care Aide. She will also assist in mission and research projects throughout the coming year.

2005 Hultkrans Seminar



The 2005 Hultkrans Seminar is planned for Thursday evening, October 27, and Friday, October 28. The evening program will feature Kathleen Culhane-Pera, MD, speaking on “Creating a Welcoming Environment, Cultural Competence: Belief Systems, Spirituality and Healing.” On Friday, educational presentations will focus on welcoming neighbors and understanding belief and healing practices of various cultures.

For additional information on HealthEast's 2005 Hultkrans Seminar, contact De Granstrom at [651/232-5104](tel:6512325104) or dgranstrom@healtheast.org; or Sr. Marian Louwagie, CSJ, at [651/232-0062](tel:6512320062) or mlouwagie@healtheast.org.



Notes

Inside:

- “A ministry of meaning”
- Parish Nurse Network celebrates 10 years
- 2005 Hultkrans Seminar announcement

Spiritual Care Volunteers - For information at Bethesda Rehabilitation Hospital, call Rev. Nancy Wigdahl at **651/232-2041**; at St. John's Hospital, call Rev. Ted Hein at **651/232-7397**; at St. Joseph's Hospital, call Rev. Stephen LaCanne at **651/232-4155** or at Woodwinds Health Campus call Sr. Marian Louwagie at **651/232-0062**.



Spiritual Care

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