

# Spiritual Care

AUTUMN 2007

## 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.



*"Love consists in this, that two solitudes protect and touch and greet each other."*

Rainer Maria Rilke

*"A true friend is someone who reaches for your hand and touches your heart." – Anonymous*

## HealthEast Spiritual Care

### Bethesda Hospital

Rev. Nancy Wigdahl, System Director, 651-232-2041  
 Julie Schaffer, Interim Chaplain, 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. Jonathan Fischer, OSB, 651-232-7598  
 Rev. Albert Kleinsasser, Jr., (Interim) 651-232-7398  
 Rev. Leo Schneider, 651-232-7060  
 Rev. Michel Willard, 651-232-7597

### St. Joseph's Hospital

Rev. Stephen LaCanne, System Director, 651-232-4155  
 Rev. Marian Eisenmann, 651-232-3119  
 Rev. Jonathan Fischer, OSB, 651-232-3075  
 Sr. Geri Lane, CSJ, 651-232-3441  
 Rev. Claire Cassell, CSJ, 651-232-4368  
 Rev. Brian Gutzman, Interim, 651-232-3060  
 Renee Miller, Eucharistic Min. Coordinator, 651-232-3441  
 Rita Ryan, Eucharistic Min., 651-232-3060  
 Nancy Walter, Secretary, 651-232-3060

### Woodwinds Health Campus

Sr. Marian Louwagie, CSJ, System Director, 651-232-0062  
 Nancy McGrew, Eucharistic Min. Coordinator, 651-232-0062

### HealthEast Hospice

Maureen Feely, 651-232-3133  
 Rev. Timothy Nelson, 651-232-3301  
 Judith Oberhauser, 651-326-3699  
 Rev. Mary Sultz, 651-232-3335  
 Rev. Tony Wong, 651-326-3729

### HealthEast Parish Nurse Program

Lori Anderson, RN, Manager, 651-232-5521  
 651-326-8033 FAX

### Clinical Pastoral Education residents 2007-08

Peter Bauck, Bethesda Hospital, 651-232-2256  
 Rebecca Fletcher, St. Joseph's Hospital, 651-232-4368  
 Sandra Masters, Bethesda Hospital, 651-232-2044  
 Rev. Jessica Rivera, St. John's Hospital, 651-232-7596

### On-call chaplains

Rev. Mike Erlander, 651-247-5723  
 Rev. F. Peter Morlock, 651-778-3823  
 Deacon Don Fidler, 651-793-2115  
 Rev. Scott Cartwright, 651-232-1842  
 Rev. Bonnie Nash, 651-232-6138

### HealthEast Care System

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

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 HealthEast Care System, 559 Capitol Blvd.,  
 St. Paul, MN 55103; 651-232-2307;  
 shinrichs@healtheast.org.

## HealthEast Parish Nurse Network update

St. Pascal Baylon Catholic Church split the parish nurse and pastoral minister into two positions. The 10 hours per week parish nurse position is listed on the HealthEast web site and Archdiocese web site.

Karen Blume, RN, Peace United Methodist Church, (left in photo with Lori Anderson, Parish Nurse Manager) established mentor relationships with HealthEast parish nurses. The church survey and brochures are in process.



An inquiry from the St. Paul Jewish Community regarding congregational nursing was received. Lori Anderson met with Jewish Family Services leadership to explore how they might partner with our HealthEast Parish Nurse Network (HEPNN).

A proposal is being developed for a community outreach faith community nurse based at Salud Integral Clinic, a HealthEast Clinic. The nurse will work with health promoters in area parishes in relation to diabetes and heart health initiatives in the Latino Population.

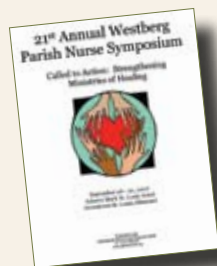
At Cerenity Residence – Marian of Saint Paul and Scandia Shores, a prayer shawl ministry has been developed wherein residents knit shawls for individuals for whom they are praying. A Pathways to Better Health: Chronic Disease Management Program is also being planned at both senior living sites.

HEPNN initiated a data collection project to analyze the type of data collected and to evaluate current methods of data collection.

Metro-wide parish nurse survey results were presented to the Faith Community Nursing board. Char Samuelson, PN Advisory Council member, joined Lori Anderson in serving on the board.

Three blood pressure clinics continue on a monthly basis, serving an average of 65 seniors each month.

A nationwide Parish Nurse Coordinator List Service, coordinated through the International Parish Nurse Resource Center in St. Louis, offers a valuable expertise exchange between coordinators.



A presentation, Strengthening Healing Ministries to Seniors Through the Pastoral Nurse Role, was presented by Lori Anderson, RN, at the 21st Annual Westberg Parish Nurse Symposium in St. Louis, Missouri, in September. Thirty-three people from around the nation attended the session.

HealthEast Parish Nurse Network	Parish Nurse	Members
<b>Parishes</b>		
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
<b>Community outreach</b>		
Cerinity Care: Marian Center of Saint Paul	Lori Anderson, RN	125 apts.
Scandia Shores, Shoreview	Lori Anderson, RN	108 apts.



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 Manager, at 651-232-5521.

## HealthEast 2007 Hultkrans Seminar – October 30



**The 2007 HealthEast Hultkrans Seminar** is scheduled for Tuesday, October 30, 2007, 5:30 to 8 pm at Woodwinds Health Campus. The speaker will be Edward T. Creagan, MD, a cancer specialist, Professor of Medicine at Mayo Medical School. Dr. Creagan presents nationally on the topics of cancer prevention, healing and health care professional's burnout. He is the author of the book, *How Not To Be My Patient*.

Objectives for the seminar are: to learn steps in taking care of yourself so you can best care for others, to understand how attitude creates reality and aids in finding meaning and purpose, and to learn how to harness the incredible healing power of the mind, body and spirit.

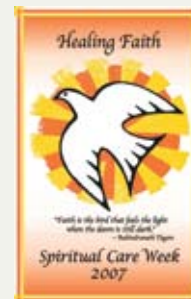
Register on-line at [www.healtheast.org/hultkrans](http://www.healtheast.org/hultkrans). For additional information, call 651-232-5060.

The Hultkrans Seminar series is made possible through the generosity of the family of the late Rev. Carl Hultkrans, who served as superintendent of Bethesda Lutheran Hospital from 1891 to 1915. The mission of the seminar series is to encourage exploration of the relationships among ethics, theology and medicine.



## 2007 Spiritual Care Week: October 21 to 27

**Each day spiritual caregivers** are invited into the life experiences of women, men, children and organizations. Faith can be tested and



questions arise about the meaning of suffering and pain. Where can strength be found? Can hope be restored? How can one draw on his or her faith as an anchor in the midst of the storms of life? These are serious matters attended to by the host of caregivers in specialized settings of care. Pastoral caregivers bring many gifts to the process of healing and wholeness. They are trained to help individuals draw on their own faith traditions and teachings for comfort and guidance as they walk through dark valleys. Using faith as a starting point, they help restore a sense of balance and peace to those going through difficult situations.

Held first in 1984, Spiritual Care Week is sponsored by the Coalition On Ministry In Specialized Settings Network (COMISS), a national organization of pastoral care providers, pastoral care professionals and faith group endorsers. The weeklong observance promotes spiritual values as a part of the healing process and invites us to celebrate the work of caregivers in such settings as hospitals, prisons, mental health facilities, nursing homes, counseling centers, etc. For more information, visit [www.pastoralcareweek.org](http://www.pastoralcareweek.org).



## “Pause for Prayer” – Woodwinds Health

**Staff at Woodwinds Health Campus** have a new tool available to use when patients or family members request prayer support. “Pause for Prayer,” a new code put in place by the Woodwinds Holistic Practice Council, began in July. The new code was inspired by a similar practice at North Hawaii Community Hospital, a small, community-based hospital, that is focused on the blending of traditional Western medicine with Oriental medicine.

“We decided it would fit well with our model here at Woodwinds to have an audio of chimes play when a patient or their family requests prayer, or when a staff requests it for themselves,” says Val Lincoln, RN, PhD, Clinical Lead for Integrative Services. The new code is an innovative practice that supports a prayerful, intentional and conscious environment. It is also available to Woodwinds’ employees. “It’s an opportunity to take a moment for a deliberate, spiritual thought for someone in need,” says Dina Fassino, Marketing Lead at Woodwinds.

When a patient or family requests prayer support, or when an employee would welcome the support of other co-workers, there are three different ways “Pause for Prayer” can be communicated. They include an overhead signal, Vocera® notification and an e-mail list.

## Bethesda Hospital Workplace Language Program

**Bethesda Hospital is proud to offer its** employees the opportunity to participate in a program designed specifically to help individuals improve their skill in pronouncing English. Many professional level individuals use this training to help them become more marketable in the workforce and also to facilitate the effective interchange of ideas among team members and patients. Rev. Naa Abashie Ankrah is a program leader (photo - center).



The Workplace Language Program is in partnership with Lifetrack Resources. Lifetrack provides a certified instructor in the nationally known Compton P-ESL (Pronouncing English as a Second Language) Program. This includes individual assessments, analysis and instruction. Instruction includes small groups and self-study materials to improve the pronunciation of English.

## Woodwinds Health Campus – Story Wall



**This summer,** a series of posters were unveiled that depict the story of the development and vision of Woodwinds Health Campus. One of the posters was titled “Spiritual Care” with the following written descriptor:

*“Woodwinds recognizes the important role spiritual and emotional care play in restoring health and maintaining wellness. We understand that a person’s spirit needs attention during hospitalization, particularly during life-changing events such as birth, illness, surgery, rehabilitation or death. Woodwinds is proud to offer spiritual care as part of our hospital services.”*

## Clinical Pastoral Education: Learning the Art of Spiritual Care

**Clinical Pastoral Education (CPE)** is experience-based theological education which combines the practice of spiritual care with qualified supervision and peer group reflection. Utilizing 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. This program is partially funded by the HealthEast Foundation.

### 2007-08 CPE Extended Unit Students:

Dawn Fugelstad (Lutheran, ELCA)  
Jayneann Gagner (United Methodist)  
Julia Rajtar (Roman Catholic)



2007-08 CPE Residents: (left to right) Rev. Jessica Rivera (Lutheran, ELCA), St. John's Hospital; Rebecca Fletcher (Presbyterian), St. Joseph's Hospital; Sandra Masters (Reformed Church in America), Bethesda Hospital; Peter Bauck (Lutheran, ELCA), Bethesda Hospital

Fr. George Thoomkuzhy (Roman Catholic)  
Janell Weum (Lutheran, ELCA)

An extended unit specifically designed for **parish nurses** will be offered next spring and summer, beginning March 17, 2008.

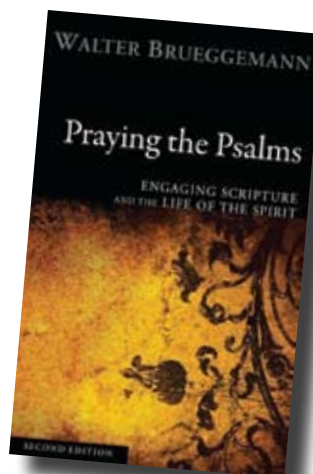
For information on any of the above, contact Rev. Allen Dundek at 651-232-3612 or [adundek@healtheast.org](mailto:adundek@healtheast.org), or visit [www.healtheast.org](http://www.healtheast.org).

## Recommended reading

### Praying the Psalms by Walter Brueggemann

This year's clinical pastoral residents and their mentors are using this small book as a means to integrate spirituality into their learning and experience as a chaplain resident. The author guides the reader into a thoughtful and moving encounter with the Psalms. Walter Brueggemann is a Professor of Old Testament Emeritus at Columbia Theological Seminary, Decatur, Georgia.

"The Psalms, with a few exceptions, are the voice of our own common humanity – gathered over a long period of time – a voice that continues to have an amazing authenticity." [p. 2]



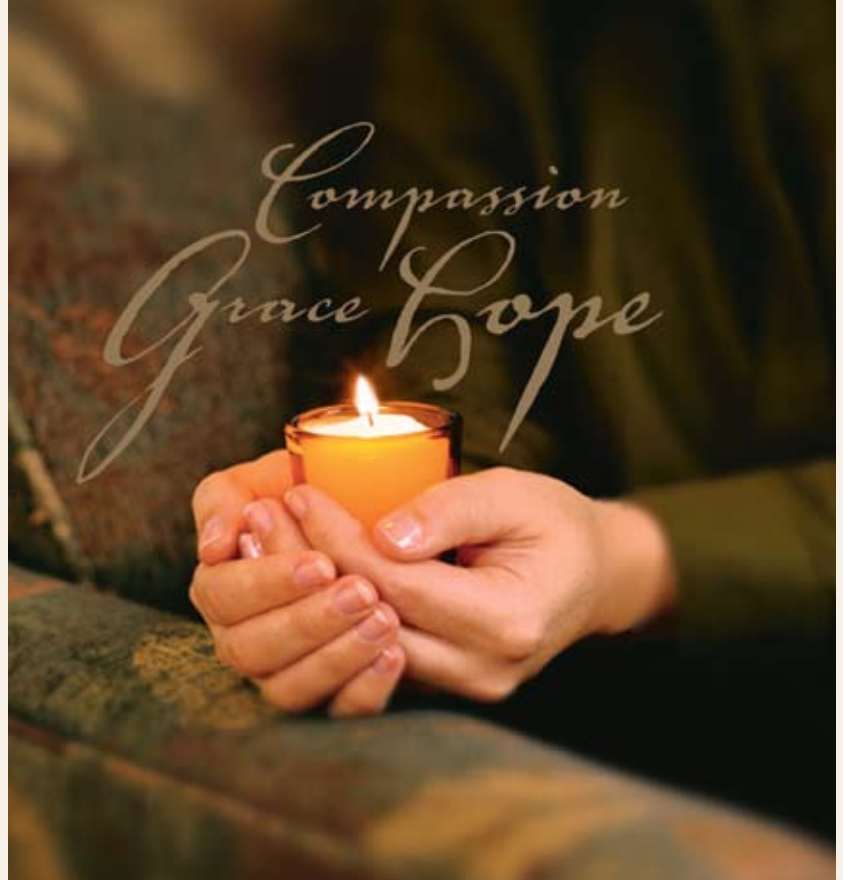
## *Spiritual Care endowment*

*The HealthEast  
Spiritual Care  
Endowment exists to  
support the provision  
of spiritual care  
services to patients,  
clients, staff members,  
physicians and  
community members  
or groups associated  
with the HealthEast  
Care System.*

*Your gift is much  
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to the HealthEast  
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Suite 250,  
Saint Paul, MN  
55104-3729*

# Notes

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 2007-08 chaplaincy residents
- **For information about Spiritual Care volunteering opportunities, call:**  
 Rev. Nancy Wigdahl, Bethesda Hospital  
**651-232-2041**  
 Rev. Ted Hein, St. John's Hospital  
**651-232-7397**  
 Rev. Stephen LaCanne, St. Joseph's Hospital  
**651-232-4155**  
 Sr. Marian Louwagie, Woodwinds Health Campus  
**651-232-0062**
- **A spirit of giving**  
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 HealthEast Foundation, 1690 University Ave. W.,  
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- Parish Nurse
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