

Spiritual Care

SPRING 2008

A ministry of gratitude

In the Dictionary of Pastoral Care and Counseling (Abingdon Press), B. H. Childs writes that gratitude is an "...appropriate, spontaneous, joyful response to an act of forgiveness, favor or other kindness shown to one by another, especially if unexpected or undeserved."

It seems that gratitude is both a response to acts of kindness and a virtue or spiritual discipline that may be cultivated and developed over time. Oftentimes, in a health care setting, chaplains participate in moments of deep gratitude when prayers can barely contain the heartfelt emotion of thanksgiving. This is, to some extent, anticipated when a test or procedure results in a positive outcome. What had been previously taken for granted, life and health, is now appreciated anew; the fear of a debilitating or life threatening illness is removed, resulting in relief and gratitude.

At other times, gratitude is unexpected. A person with significant physical disabilities or chronic pain may be genuinely moved by the care of an aide or nurse; one recovering from a heart attack is overwhelmed by the care of his family and faith community; a dying

person is grateful for their life and for all they have experienced. To journey alongside grateful hearts amidst such challenges and difficulties is humbling. Within pastoral conversations, it is clear that gratitude does not mean that all questions are answered nor are other feelings, such as fear or anger, removed. In fact, gratitude stands out all the more amidst difficult challenges and loss. It's like an early spring flower growing through the melting snow.

In an article, "Patient's Expectations of Hospital Chaplains" [Mayo Clinic Proceedings., January 2008;83(1):58-65], hand written comments on the returned surveys expressed gratitude for chaplain visits. One patient wrote, "It was very comforting to have a chaplain visit. He was quite reassuring at a most anxious time in my life. I appreciated a kind voice and caring attitude during a lonely time. Thank you so much." Chaplains understand that gratitude for spiritual care offered is more than that; it is gratitude for life, for hope, for God's love. The symbol of a chaplain is an embodiment of God's presence within our collective and individual worlds. This inspires gratitude.



"Joy is the simplest form of gratitude."

~Karl Barth

*"If the only Prayer you ever say in your entire life is
"Thank you," it will be enough. – Meister Eckhardt*

HealthEast Spiritual Care

Bethesda Hospital

Rev. Nancy Wigdahl, System Director, 651-232-2041
 Rev. Naa-Abashie Ankrah, 651-232-2440
 Cindy Rudh, Secretary, 651-232-2060
 Julie Schaffer, Interim Chaplain, 651-232-2042

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

St. Joseph's Hospital

Rev. Stephen LaCanne, System Director, 651-232-4155
 Rev. Claire Cassell, CSJ, 651-232-4368
 Rev. Marian Eisenmann, 651-232-3119
 Rev. Jonathan Fischer, OSB, 651-232-3075
 Rev. Brian Gutzmann, 651-232-3071
 Sr. Geri Lane, CSJ, 651-232-3441
 Rev. Thomas McDonough, 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
 Rev. Rebecca Fletcher, St. Joseph's Hospital, 651-232-4368
 Rev. Sandra Masters, Bethesda Hospital, 651-232-2044
 Rev. Jessica Rivera, St. John's Hospital, 651-232-7596

On-call chaplains

Rev. Scott Cartwright, 651-232-1842
 Rev. Marian Eisenmann, 651-232-3119
 Rev. Mike Erlander, 651-247-5723
 Deacon Don Fidler, 651-793-2115
 Rev. F. Peter Morlock, 651-778-3823
 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

HealthEast Parish Nurse Network (HEPNN) update

- At the February staff meeting of HealthEast Parish Nurses, Rev. Tim Nelson, HealthEast Hospice, presented "Spiritual Tasks at the End-of-Life."
- St. Pascal Baylon Catholic Church has put hiring a parish nurse on hold, pending available funds.
- Lori Anderson, RN, Parish Nurse Manager, met with representatives of Jewish Family Service of St. Paul to discuss the possibility of a faith community nurse shared by Jewish congregations.
- Two bilingual nurses have been identified as potential candidates for a faith community nurse position at Salud Con Fe (Health with Faith). A grant application is in process with the St. Paul Foundation.
- HealthEast's Passport Program is exploring the possibility of a faith community nurse.
- The HEPNN was recently presented to Church of St. Joseph's in West St. Paul.
- First year reviews are in process for pastoral nurse positions at Cerenity Residence, Marian of Saint Paul and Scandia Shores.
- Lori Anderson, RN, Parish Nurse Manager, has been accepted as a fellow of the University of Minnesota Area Geriatric Education Center. She will be working on a project to improve geriatric education.
- Concordia College's Parish Nurse Renewal took place February 1 and February 2 at Luther Seminary, St. Paul, Minnesota. Eighty-five parish nurses participated. The next Faith Community Nurse Course, sponsored by United Theological Seminary, is scheduled for May 2008.

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.



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.



Faith Community Nurse Course

May 6, 8, 10, 13, 15, 20, 22, 24
Tuesdays and Thursdays, 6 to 9 pm; Saturdays, 8:30 am to 4 pm

This inter-faith course will discuss the steps in initiating a Faith Community Nurse (parish nurse) program, the role of the faith community nurse and the impact this important ministry offers a congregation. This course, endorsed by the International Parish Nurse Resource Center, is the Basic Preparation Course and is open to registered nurses interested in faith-based community nursing.

Instructors: Vicki Gustafson, MA, RN, PHN, FCN, and Barbara Zell, MS, RN, PHN, FCN.

The instructors have 20 years of parish nurse practice together and are current faith community nurses. Vicki Gustafson is a parish nurse faculty instructor at the International Parish Nurse Resource Center.

Fee: \$500

Contact hours: 36 CEUs are available

Registration deadline: Tuesday, April 29

For information: Vicki Gustafson at gusty419@comcast.net or 763-315-4909.

For more information, visit www.unitedseminary-mn.org/ce/index.asp#nurse.

HealthEast is a leading training center for health care chaplains

Founded and maintained as a faith-based organization, HealthEast Care System understands its mission of providing health care as a calling to offer compassionate service in this world. Chaplains symbolize and sustain this heritage and identity. As a part of HealthEast's Spiritual Care department, residents function as members of the chaplaincy staff. They are an integral part of the interdisciplinary care provided throughout HealthEast. HealthEast provides a unique and rich environment in which to learn Spiritual Care. A variety of settings give students the opportunity to have diverse experiences and tailor their clinical training to individual learning needs.

Clinical Pastoral Education: Learning the art of spiritual care

Clinical Pastoral Education (CPE) is experience based theological education which combines the practice of pastoral 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.

Applications for the 2008-09 Clinical Pastoral Education residency year are currently being accepted. Comprised of four units of CPE, the residency curriculum features emphasis 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. For additional information, please contact Rev. Allen Dundek, 651-232-3612 or adundek@healtheast.org

Recommended Reading



"When the Game is Over, It All Goes Back in the Box" by John Ortberg, Zondervan.

John Ortberg, pastor of Menlo Park Presbyterian Church in Menlo Park, California, uses games as a metaphor to understand priorities in life. Gently, in one section, he calls readers to reassess a preoccupation with "stuff" and concentrate on what is most important. A "richness of being" is always available, Ortberg says. "I can seek at any time, with God's help, to be compassionate, generous, grateful, and joyful ... usually it will not mean seeking to accumulate more stuff."

As he shows through a moving story about Larry, a church member who is killed in an accident, in the end it's not about our achievements or our wealth. It's about our capacity to love. It's the people, not the stuff, that we need to focus on.

Spiritual Care Endowment

The HealthEast Spiritual Care Endowment exists to support the provision of spiritual care services to patients, clients, residents, staff members, physicians and community members/groups associated with HealthEast Care System. The endowment supports such programs as:

- **Clinical Pastoral Education – Spiritual Care education for ministers and theological students, including a year-long residency program.**
- **Spiritual Care literature – Inspirational and comforting brochures designed for specific clinical situations.**
- **Spiritual Care staffing – Financial support for Spiritual Care staff in areas of health care for which funding is not available, e.g. hospice and home care.**
- **Worship materials/supplies – Funding for chapel supplies in HealthEast hospitals and care centers.**
- **Community education/support groups – Funding for educational programs on subjects such as bereavement, faith and health, and perspectives on suffering.**

Your gift is much appreciated. Donations to HealthEast Spiritual Care may be sent to the HealthEast Foundation, 1690 University Ave. West, Suite 250, Saint Paul, MN 55104-3729

Thank you to all who donated to HealthEast Spiritual Care in 2007.



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2008 HealthEast Mission Month activities

Last year, managers filled out a survey on Mission Month events. The President's Prayer Breakfast was rated very high and managers also strongly supported the continuance of the Mission Month Seminar. In addition to site service opportunities, both of these events will be offered this year.

April 7 to 18
HealthEast Foundation Employee Campaign, "Our gifts make a difference!"

April 8
Presidents' Prayer Breakfast, 7:30 am, The Prom Center, Oakdale, MN.



- Featuring the music of Sara Groves
- Personal reflection by Andrew Fink, MD, General Surgeon and Medical Director of Surgery, HealthEast Care System
- Meditation by Sr. Marian Louwagie, CSJ, Spiritual Care Leader, WoodwindsHealth Campus

April 8
"One of Our Best" Celebration, 2:30 pm, Town & Country Club, St. Paul, MN

April 22
Mission Month Seminar
7 to 8 am Continental breakfast
8 to 9:30 am Presentation featuring Bob Murphy, RN, Esq. StuderGroup®, "Making a Difference in Health Care," Minnesota History Center, St. Paul, Minnesota

April 27 to May 3
HealthEast Volunteer Recognition Week

Dying: a guide for beginners

When it comes to the end of life, we're all beginners. This series explores life's greatest mystery.

Understanding death (part 1)

Monday, April 7, 7 to 8:30 pm, Woodwinds Health Campus. Presented by Carol Entwistle, MD, HealthEast Medical Director; and S. Marian Louwagie, CSJ, Spiritual Care Leader, Woodwinds Health Campus.

How do we die and what are some of the common features in most deaths? In a body, mind and spirit approach, a physician will explain the physical process of dying and a chaplain will address the spiritual process. The Advance Medical Directive, Five Wishes, will be made available to participants.

Managing the end (part 2)

Monday, April 14, 7 to 8:30 pm, Woodwinds Health Campus. Presented by C. Richard Guiton, MD.

Who decides how and when a life should end? A medical ethicist will sort through the issues that a dying person and family members often confront. He will also explore the practical steps involved in making our medical wishes known by completing an Advance Medical Directive, Five Wishes.

Developing your end-of-life care plan: (part 3)

Monday April 21, 7 to 8:30 pm, Woodwinds Health Campus. Presented by C. Richard Guiton, MD, and professionally trained volunteers.

Come and receive personal assistance as you develop an easily understood Advance Medical Directive. There will be a focus on understanding initiating conversation regarding end of life with your family, your proxy and your medical provider. If you are unable to attend this session, you can make a free appointment by calling 651-232-0064.

Registration is required. Contact HealthEast Care Connection at 651-326-2273.



Sanctuaries for the soul

HealthEast chapels are available for prayer and meditation at all HealthEast sites. Serving as sanctuaries – as a refuge, haven, and port in a storm – chapels are used by patients, family members and staff of all faiths. Oftentimes, written prayers are left in designated places and incorporated into chapel worship services. Funding for and support of chapels is one way HealthEast honors its faith-based philosophy: "By sustaining HealthEast's Christian heritage and identity, we provide compassionate service that respects the dignity of each person and welcomes all faith traditions, cultures and communities."



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- **Spiritual Care volunteers**
 For information call:
 Rev. Nancy Wigdahl
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651-232-2041
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 St. Joseph's Hospital
651-232-4155
 Sr. Marian Louwagie
 Woodwinds Health Campus
651-232-0062



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- Pastoral Minister
- Parish Educator

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