Spiritual Care

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.

“Kindness is a language which the deaf can hear and the blind can see.”

– Mark Twain

“Be the living expression of God’s kindness: kindness in your face, kindness in your eyes, kindness in your smile.”

– Mother Teresa
HealthEast Parish Nurse Network update

- Area parishes seeking information about the HealthEast Parish Nurse Network (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.

- Resident health surveys were recently completed at Cerenity Marian Residence and Scandia Shores.

- Six University of Minnesota nursing students and two Bethel University nursing students completed educational modules with the HEPNN, including a Master’s thesis.

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 in Shoreview, Minn. The first health fair for Scandia Shores, a senior independent living community, 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 was conducted in April to help determine the health and spiritual needs of the residents in this independent living facility and will serve as a template for developing this new ministry at Scandia Shores.

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.
Spiritual Care

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.

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

A Health Care Directive (HCD) has been described as a “gift to the family if done before a health crisis” and “a means to give a person some control over the type of health care they receive.” A HCD, also called an advanced directive or living will, contains specific instructions intended to direct a person’s medical care if he or she becomes unable to do so. It can also designate someone the patient trusts to make decisions about medical care if the patient becomes unable to make (or communicate) these decisions. HealthEast uses a HCD called Five Wishes.

Federal law requires hospitals, nursing homes and other institutions that receive Medicare or Medicaid funds to provide written information regarding HCDs to all patients upon admission. A HCD can reduce:

- Personal worry
- Futile, costly, specialized interventions that a patient may not want
- Overall health care costs
- Feelings of helplessness and guilt for family
- Legal concerns for everyone involved

Woodwinds Health Campus recently began an Advance Health Care Directive pilot program. The goal is to increase the number of patients who complete and file HCDs. In order to accomplish this goal, Woodwinds is in the process of training 10 volunteers to assist the public with completion of directives. Fran Conklin, Minnesota Hospice Association, is leading the training based upon a model developed by Gunderson Lutheran Hospital in La Crosse, Wis., a program recognized for its success in respecting patients’ wishes at the end of life. The Woodwinds Advance Health Care Directive program makes four promises to their clients:

**Promise 1** – Woodwinds volunteer facilitators will help clients understand the components of the HCD, as well as the actions and information necessary to complete the directive.

**Promise 2** – Woodwinds volunteer facilitators will initiate meaningful conversation between clients and their families or potential designated proxies regarding the client’s preference about future medical care and end-of-life decisions.

**Promise 3** – Woodwinds volunteer facilitators will listen to the clients and help them to develop questions for their physicians and other health care providers regarding implications of their medical conditions.

**Promise 4** – Woodwinds volunteer facilitators will read directives for clarity and will provide advice on how to write a clear directive. Volunteers will not give medical advice or lead clients in making decisions.

The program will be supervised by Woodwinds Spiritual Care staff and Ethics Committee and managed through Volunteer Services. If you would like assistance in completing your HCD, please contact Abby Christiansen at 651-232-0933.

For additional information on Five Wishes, visit www.agingwithdignity.org.
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.

Residents accepted for the 2007-08 Clinical Pastoral Education Residency year are: Peter Bauck, Lutheran, ELCA; Rebecca Fletcher, Presbyterian; Sandra Masters, Reformed; and Jessica Rivera, Lutheran, ELCA. 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 2007-08 Extended Unit of CPE is currently filled. Students may request to be placed on a waiting list for this program. CPE is partially funded by the HealthEast Foundation. For additional information, please contact Rev. Allen Dundek at 651-232-3612 or adundek@healtheast.org.

Association for Clinical Pastoral Education

HealthEast CPE is accredited by the Association for Clinical Pastoral Education, Inc. (ACPE), based in Decatur, Ga. ACPE is a multicultural, multifaith organization devoted to providing education and improving the quality of ministry and pastoral care offered by spiritual caregivers of all faiths through the clinical educational methods of CPE.

Among the 2,600 members that make up ACPE are some 350 accredited centers and 600 ACPE certified faculty members (CPE supervisors). There are 113 theological schools and 23 faith groups/agencies who are partners with ACPE in seeking to provide excellence in theological education.

Since ACPE formed in 1967 (as a merger of four CPE organizations), nearly 150,000 units of CPE have been offered to about 65,000 individuals from the United States and many other countries internationally. Approximately 7,000 units of CPE are completed annually. CPE students come from many different ethnic and cultural groups. Individuals from many faith traditions – Protestant, Roman Catholic, Judaism, Islam, Orthodox Christian, Native American religions and Buddhism – have taken CPE. For additional information visit www.acpe.edu.

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Anton Boisen (1876-1965)

Anton Boisen is the pioneer founder of the clinical pastoral education (CPE) movement. He was the first clergy to supervise students in what is today known as CPE. He believed in the firsthand study of human experience as a way to challenge seminarians to think theologically. What he called reading “living human documents” was a necessary supplement to classroom training in the seminary experience. In 1926, he wrote about his method. “Theological training for the future will be a continuous affair, with the parish as the laboratory and a person with need the main concern, and the seminary a ‘clearing-house’ of theological tradition and formation. The attention will be shifted from the past to the present; from books to the raw material of life.”

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**HealthEast**

**Clinical Pastoral Education**

**A leading training center for health care chaplains**

The 2007 to 2008 HealthEast CPE Residency Program offers:

- A faith-based organization that values its Spiritual Care staff
- A variety of unique and diverse clinical ministry opportunities
- Outstanding stipend and benefits with an award-winning employer
- A track record of success in training persons for certification and employment following graduation

For program details, visit our web page at [www.healtheast.org/cpe](http://www.healtheast.org/cpe) or contact Rev. Allen Dundek at 651-232-3612 or adundek@healtheast.org.
Recommended reading

And Grace Will Lead Me Home, by Robert M. Brusic, includes a collection of 52 works of art inspired by the story of the Prodigal Son (Luke 15) as compiled by Jerry A. Evenrud. The author’s essays introduce the reader to the depths of the simple story of the Prodigal. He says, “As you will see, through nearly two thousand years of ‘filling in the gaps,’ artists have presented us with innumerable possibilities for understanding. Interpretation is shaped by context, just as the original story must be. This volume and the collection of artistic renderings of the parable of the man with two sons will press you to interpret the story, the art work and finally yourself. Look, listen and celebrate.” (p. 25)

C.A.R.E. Channel

Each HealthEast hospital has a television channel dedicated to chapel services and programming that facilitates meditation and relaxation. At Bethesda Hospital, the C.A.R.E. (Continuous Ambient Relaxation Environment) Channel offers programming of scenes from nature and relaxing music. Research has supported the use of such viewing to promote stress relief and reduce anxiety.

A demo of this channel can be found at www.healinghealth.com.

Memorial service – St. Joseph’s Hospital

In March and June, memorial services were held in the St. Joseph’s Hospital Chapel, where families whose loved ones had died within the previous three months gathered for a time of prayer, remembrance and meditation. As a part of the service, family members were invited to come forward, light a candle and share a brief memory of their loved one. Following the service, light refreshments were served in the fireplace area near the front lobby. Family members attending the service shared how meaningful this time of remembrance had been and how much they appreciated being invited. St. Joseph’s Spiritual Care department will continue to conduct quarterly memorial services. The next service will be held in the fall. For further information, contact Rev. Marian Eisenmann at 651-232-3119.

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 HealthEast Care System. Rev. Marlin Stene, former HealthEast Vice President, Spiritual Care/Mission, recently made a gift to the Spiritual Care endowment in honor of Sr. Marie dePaul Rochester, CSJ, who played a significant role during HealthEast’s formation in 1987.

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.
Notes

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• **Spiritual Care volunteers**
  For information 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**