



WELS Nursing Today

St. Paul's Care Committee

A group of willing volunteers at St. Paul Slinger, Wis., led by a precious soul able to organize their efforts, started a visitation committee for their members in need. With their pastor's approval and the council's blessing, they contacted the WELS Parish Nurses and had a short informational meeting for guidance on how to make a home visit from one of our parish nurses, who introduced the group to the wealth of WELS resources available for spiritual encouragement when making a visit. Here is a sample of their committee update written by Terri Garvers, in the church's monthly newsletter.

You may have heard we recently changed our name from the St. Paul Visitation Committee to the St. Paul Care Committee. We expanded the name to better align with our overall mission to reach out and nurture those in need. Being a care committee invites more than just a visit and expands beyond those considered as "shut-ins" in our St. Paul family. Our efforts as an organized committee started a year ago, and the population of those we support continues to grow each month.

The committee consists of congregational members. We meet once a month, prayerfully discussing creative and thoughtful ways to best serve those in need. We explore opportunities to help members get to and from church functions and celebrations throughout the year. We use our meetings to pick up materials to take on our visits, such as beautiful art work from Sunday school and preschool children, copies of sermons, Bible verses, and the WELS website Daily

Devotions. These simple gifts are a reflection on the outside of the love God has created in all of us on the inside. What a wonderful way to serve each other and stay connected.

We've had the privilege to visit and comfort members who are recovering from health or life challenges, those seeking encouragement, and some who just want to spend time talking with others. You don't need to be a "shut-in" for us to visit or make a connection. Our outreach efforts can be a visit, a prayer, a phone call or even just dropping a card in



the mail. Our efforts are driven by the needs and preference of the individual we are serving.

The purpose of our care committee is to keep our church family connected. God has given us the opportunity to demonstrate our love for him by loving and caring for one another.

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A congregation's care committee need not be led by a nurse, but this might be a wonderful way for us to serve our Lord, helping our church family stay connected to the body of Christ! Contact us at welsnurses@wels.net for more information. We can help you get started.



Life as a Camp Nurse

By Ann Mackey

Before I tell you about being a camp nurse, I should explain how this all started. . .

In early 2013, my husband and I had been praying about the possibility of serving as a camp nurse. Then about a month later I and a friend were volunteering at our church when a man walked in. He told us he was here for a Camp Basic meeting. He waited for his group to arrive, giving us a chance to visit. I asked him about Camp Basic, and he told me it was a camp for the developmental and cognitively disabled. I then asked him if they needed a nurse. And as you would say, "the rest is history!" We both believe that God sent him to the wrong place so Camp Basic could have a nurse (an answer to prayers). "For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do." Ephesians 2:10.

Camp Basic has two different sessions in June that each run for six days. The total capacity is 40 campers, plus about 40 staff volunteers for each session. We stay in one of the group camps at Wyalusing State Park, near Prairie du Chien, Wis. Similar activities are

planned for the residents and staff for both sessions. They include swimming at an indoor pool, hiking Pike's Peak (WI), a boat trip, Walmart shopping, a carnival, Karaoke night, campers' and counselors' talent nights, dances, craft making, and skits, plus cookouts and campfire singing, and of course daily devotions.

So...what does the camp nurse do? My main focus is setting up the medications for the campers and overseeing the distribution of these medications. I also treat minor injuries or ailments and determine (consulting with the camp director) if urgent or emergency care is needed. I go on all the outings, taking along the camper and staff medical information and first aid supplies. I also train the counselors how to administer medications.

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Session Two camp starts on Sunday morning with camper registration. All the staff arrive the day before in the afternoon to get acclimated. We have supper and then a devotion by our camp pastor or camp director. On Sunday morning, my helper and I check in the campers and review their medical needs and



medications with the family. I do receive each camper's registration form prior to camp so I can set up their med cards and med pass times.

Camp Basic had not had a camp nurse for many years and members of the staff had overseen the medication administration. They were so happy when I came to help, and I am so happy to be there to help them and serve the Lord!

Anne Mackey, also serving as the WELSNA council secretary is a member of Eastside Lutheran Church in Madison, WI. More information on a camp in your area is available in the WELS Yearbook or for camps available for this with special needs, visit wels.net/special-needs.



Introducing Kingdom Workers' Wellness Circle Program

Kingdom Workers invites you to lead a Scripture-based Wellness Circle (WC) program centered on improving overall health and wellness for individuals desiring to live a healthier life. The WC program works in collaboration with WELS congregations to initiate a WC in their congregation and community. In Scripture, Paul reminds the Corinthians that whether they eat or drink, they should do it all for the glory of God (1 Corinthians 10:31). In chapter 6 of 1 Corinthians, Paul reminds them to honor God with their bodies. Taking care of our bodies and maintaining our health and energy to serve God as part of our Christian stewardship as we honor him for all that he has done for us in Jesus.

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Wellness Circles serve as an outreach opportunity as congregation and community members support one another to achieve the common goal of a healthier lifestyle. Over time, it is our prayer that the motivation for a healthy lifestyle is also shared and the circle grows together in their fellowship in Jesus.



The circles can be organized by non-health professionals with parish nurses serving as advisors and facilitators. Each circle will help participants achieve two critical health goals for healthier living. These two goals make up the 5|150 framework: 5 servings of fruits and vegetables a day and 150 minutes of exercise a week.

The WC program is designed to help people adjust their priorities to include better nutrition and exercise habits, one fruit/vegetable serving and 10 minutes of exercise at a time. After 2-3 months, our goal is that each participant is achieving 5|150. The 5|150 framework includes eight lessons to help participants slowly increase the amount and variety of their fruit and vegetable intake and physical activity. The program is intended to get people back on track to living healthier lives around nutrition and exercise in a supportive Christian environment.

If you are interested in starting a Wellness Circle in your congregation, consider attending the one-day training in Milwaukee, Wis. at the Kingdom Workers office. The training costs \$10 to attend and includes lunch. The next training will take place on Saturday, April 30 from 9:00 a.m.–4:00 p.m.

For more information, contact our Wellness Circle coordinator, Nathan Rosenberg, RN at: lutheranhealthalliance@kingdomworkers.com or sign up at kingdomworkers.com/wellnesscircle. Please contact us if you would like to schedule a Wellness Circle training in your area.



• News & Notes •

- The **2016 Spring Conference** will be April 1 and 2 with a preconference gathering at The Wildwood Lodge on the evening of April 1 and then the conference, all day on Saturday, on April 2 at the beautiful WELS Center for Mission and Ministry. Registration closes on March 29 but if your schedule opens up after that, contact Sue Bolha at 262-677-3485 to check on registration availability. There are times when we have last minute cancellations and we will accommodate you if at all possible. Go to welsnurses.net for more information or to register online. Not able to join us? We hope to Livestream and/or videotape our event.

We are still looking for sponsors to allow our WLC seniors to attend as our guests. \$30 will provide for one student, \$60 for two! Send a check to Wisconsin Evangelical Lutheran Synod, Attn. Doreen Ziesemer, N16W23377 Stone Ridge Drive, Waukesha, WI 53188 or go to welsnurses.net and click on "Donate" found across the top. We are thankful for your support!

- Volunteering on your school's accreditation committee? Needing to put together a **Church/School Emergency Response Plan**? We have a sample plan available for download on the Parish Nurse home of our WELSNA website under School/Church Parish Nurse Articles. Check it out and edit as needed for your own purposes.
- **WELS Nurses Association Scholarship:** You know that nursing is a unique, caring profession that serves God's people and reflects Christ's love worldwide. Partner with us to help prepare the next generation of compassionate and capable nurses through the WELS Nurses Association (WELSNA) Scholarship at Wisconsin Lutheran

College. Our scholarship fund is made up of two distinct funds. The Annual Scholarship Fund will provide a \$1000 scholarship each year. When the Endowment Fund reaches a balance of \$25,000, this fund will be able to generate a yearly \$1000 scholarship from the interest alone. We are currently trying to build up the Endowment Fund. The scholarship is announced at the annual WELSNA Spring Conference for the coming school year. Selection of the recipient will be determined by the WLC financial aid office in collaboration with nursing faculty as necessary and appropriate. Criteria for the award is that the recipient must be a WELS member (or member of a church body within WELS fellowship), must be a Nursing major with a 3.0 GPA and a full-time junior. Please prayerfully consider joining us as we help prepare the next generation of compassionate and capable nurses! Contact Kris Metzger at kris.metzger@wlc.edu for more information or to donate.

- **"Nurses in WELS: A Gathering of Professionals"** This year's annual fall gathering is going on a road trip! In an effort to make our events more accessible for nurses who live a distance from southeast Wisconsin, we are considering possible venues in other areas. Stay tuned for more information on our new destination. Save the date! October 22, 2016.

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