



# Pax Christi Healthline

February 2008

**This is the fourth edition on the Health Cabinet Ministries to acquaint you with its ministries and its members. This month's articles are from Margo Kroshus on her experiences as former Parish Nurse; and Marilyn Seidel who began her duties as Parish Nurse in November. We thank Margo for the years she served at Pax, and wish her well as she continues to further her educational goals; and a big welcome to Marilyn Seidel!!**

---

In January 2003, I attended the week long training for parish nursing. I was thunderstruck. There is so much a parish nurse can do. Some parishes have a full time parish nurse - some even have more than one! How was I going to get started? How was I going to accomplish anything? As a full-time employee at Mayo, how was I going to have time to do anything of significance at Pax?

With the help of an excellent Health Cabinet, we started by becoming aware of the ministries already in place at Pax and thought that if we learned about them and worked with them we could perhaps determine what we could do to fill in any gaps within the parish. BeFrienders and Homebound Ministers provide a wonderful service to the parish so we asked representatives from each of those groups to join the Health Cabinet. We also started the Prayer Shawl ministry at Pax. We aligned the Health Cabinet with the Parish Council so we would be sure to support the mission and vision of the parish. We also have provided health topics in the bulletin monthly in the form of an insert. The annual health fair and monthly blood pressure checks are also an effort from the Health Cabinet.

After almost 5 years, I am passing the Parish Nurse baton to Marilyn Seidel. She has also attended the week long training program and is very excited to bring many more components of parish nursing to Pax Christi. My best to you, Marilyn!

Margo Kroshus,  
Former Parish Nurse

---

## **Pax Christi Healthline News: Homebound Ministry**

We are pleased to announce the addition of two new Homebound Ministers: Carol Berns and Jackie Hick. Welcome Carol and Jackie!

Hello Fellow Parishioners,

I joined the Health Cabinet last year by invitation because I was planning on taking the training to become a parish nurse at Pax Christi. I was able to attend the Parish Nurse training in Alexandria in October, 2007 provided by Concordia College.

The development of parish nursing in the United States is rooted in the Judeo-Christian tradition of health and healing. The nursing profession is challenged to reclaim the spiritual dimension of nursing care, provide whole person care, and to restore the faith community to its healing mission. Parish Nursing is a melding of nursing and ministry. Well-being can exist in the presence of disease. Healing can take place even in the absence of a cure.

At our parish, volunteer nurses do provide a monthly blood pressure clinic after masses and at our yearly health fair. I have posted health information on the kiosk in the gathering space in the back of our church and, I will be putting health information and news into the Pax Christi Healthline newsletter each month. Fr. Keefe & I are presently working on a list of functions of the parish nurse that will be suitable to our parish to meet its needs.

Parish nurses do not provide "hands on" nursing care or perform invasive treatments. It is not a substitute for pastoral care, medical assistance, community health nursing or social services. Parish nurses work in partnership with others to advocate for the health and well being of the congregation.

My husband & I became members of Pax Christi Church in Dec. 2000. We came to Rochester after having lived in Florida for eleven years, but our roots are in the Midwest. I have filled many roles in the parish including Eucharistic Minister, adult choir and I co-chaired the Women of Pax group for two years. I have made meals and have provided transportation for Interfaith Hospitality families. I have helped at funeral luncheons and Confirmation receptions. I work at Mayo. I am available at 507-536-4197. There is no cost to accessing the parish nurse and confidentiality is maintained.

Sincerely,  
Marilyn Seidel, Parish Nurse

---

Valentine's Day, February 14<sup>th</sup> is National Donor Day.

Religious views on organ donation and transplantation-Catholicism

Catholics view organ donation as an act of charity, fraternal love and self sacrifice.

Transplants are ethically and morally acceptable to the Vatican. Pope John Paul II stated, "The Catholic Church would promote the fact that there is a need for organ donors and that Christians should accept this as a "challenge to their generosity and fraternal love" so long as ethical principles are followed." **Taken from [www.OrganDonor.Gov](http://www.OrganDonor.Gov).**