

The Spiritual Caregiver

A Newsletter of the Ecumenical Institute for Pastoral Care

Enhancing Spiritual Care for the Elderly— Pilot Project Update

By Karen Borchers—2001 Graduate of EI and Executive Director



How can Ecumenical Institute partner in ministry with pastors, churches, local leaders and agencies providing spiritual care in the community? How can EI enhance and strengthen the established networks to mobilize pastoral care?

(continued in column 3)



Mobilizing Pastoral Care In Northwest Iowa

"Spiritual care of the elderly in Plymouth County will be seen as an important mission of our entire faith community through an ecumenical and intergenerational approach."

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(continued from column 1)

In May, 2005, you heard the announcement that EI would continue to train spiritual caregivers AND complement that with putting "faith into action." In the Fall of 2005, our steering committee of Margie Moir, Elaine Doorenbos, Mike Donlin, Dick Porter, Pastor Pete Petersen and Rev. Gene Sitzmann narrowed the focus to how EI could enhance spiritual care for seniors.

This spring, Lisa Niebuhr facilitated a visioning process in Plymouth County involving 46 community leaders and providers bringing forth the goal of "Spiritual care of the elderly in Plymouth County will be seen as an important mission of our entire faith community through an ecumenical and intergenerational approach."

(continued on page 2)

Ecumenical Institute's Board of Directors



Front row from left: Di VanderBroek, Joan Ballantyne, Carol Johnson-Miller, Elaine Doorenbos

Back row from left: Gene Sitzmann, Terry Benson, DuWayne Rupp, Jean Miller, Duane Queen, Ivan Wiersema

Officers for 2006 are Rev. Duane Queen, President; Di VanderBroek, Vice-President; Jean Miller, secretary; and Ivan Wiersema, Treasurer

Thank you for your service and dedication!

Thank You



"Thanks for the care and prayers during this time of loss for the Maryhill community in losing our church."

Fr. Gene Sitzmann

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The action plan includes:

- Assess the spiritual needs of the elderly and community
- Connect the elderly to appropriate services
- Provide training to volunteers and service providers
- Reach out to the community and elderly
- Market the project to various organizations and churches in the county
- Advocate for spiritual needs of the elderly.

The first task was to determine what information was available regarding spiritual care for seniors. Finding little compiled information, a group convened to write a survey to assess the spiritual needs and interests of seniors.

Valuable input in the survey process was provided by Mary Herbst (court appointed advocate), Eileen Sohl (social worker), Lisa Niebuhr (Director of Development at Gehlen), Mike Donlin (CEO of Floyd Valley Hospital), Margie Moir (mental health worker), Elaine Doorenbos (community and church leader), and Judy Bauerly (hospice provider). Rev. Gene Sitzmann and Karen Borchers also facilitated in the process.

Thanks to Judith Roddey, Michelle TenNapel and the Park Place residents for giving feedback on a "test" survey.

The survey will be for those 65 and older in Plymouth County. EI is partnering with the research department at Iowa State University to conduct the survey. Watch for the "Plymouth County Senior Survey" soon and encourage those that get it to fill it out.

What are the unmet spiritual needs for our seniors? The survey will be a key way to determine the answer to this important question. With this information, we can plan to meet them.

(continued in column 3)



New Board Member

Ivan Wiersema is our newest board member. Ivan is a Vice-President at the Cherokee State Bank and is the bank's Compliance Officer. He has been employed there since 1970 and now serves on the board as treasurer.

Ivan is active in church leadership and teaching and has been active in the Jaycees, 4-H Youth Committee, ISU Extension Council, Fair Board, Kiwanis, Western Iowa Tech Advisory Board (WIT), and the Council Against Domestic Abuse (CADA). Ivan and his wife Darlene have 3 children and 6 grandchildren.

Ivan says, "It is good to be a part of a board that helps promote spiritual caregiving in NW Iowa and that has representation from many counties. I know from personal experience from when my wife had health problems that it is important to know what is most helpful to say or not say. **Ecumenical Institute helps the students learn how to be more caring and helpful in times of need.** Spiritual caregiving is so important and the more people that get the opportunity to improve these skills, the better our community will be. That's why I'm glad to be on the board."✝

(continued from column 1)

How can EI assist the community to coordinate spiritual care? Ideas include having a spiritual care coordinator (paid or volunteer) to mobilize spiritual care for elderly through concerned Christians, churches and other providers.

There could also be a committee of caring individuals to oversee and direct other partnership and community opportunities. A "tool box" for care could be assembled that includes many "tools" or ideas of ministry shared by those providing ministry. Community caregivers could see ministry options others are using, and could choose the "tool" that works best for them in their situation.

Stay tuned for further updates as Ecumenical Institute works to mobilize pastoral care for the elderly in Plymouth County. ✝

Successful Workshop

Seventy-six people attended a presentation about spirituality and mental health. Ecumenical Institute co-sponsored the event for alum and anyone interested in this topic.

Friends of Ecumenical Institute

After the workshop in Storm Lake at BV University, these alum and friends gathered for discussion and fellowship. Friends updated each other regarding their ministries, and how their EI training had impacted their life and ministry. They shared ideas about how EI could continue to provide support and training. ✝

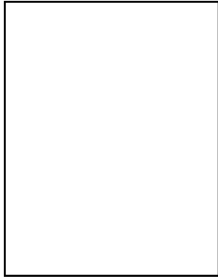


Friends gathered were Wende Douglas (00), Mike Stover (05), Sherry Hittle (00 & 03), Frances Drey, Edna Miller (05), Karen Borchers (01), Rev. Gene Sitzmann, Rev. Deb Mechler (03), Rev. Thomas Clark (97) and Doug Burton (taking the picture.)

Ministry in Action

Speaking Out

By Dawn Freese ('05)



When Karen asked me to tell how CPE had changed my life at Fr. Gene's retirement party last year, I was really nervous and didn't think I could do it. I was working on overcoming my fear of public speaking and I was gaining courage and confidence as I

progressed through the CPE training, but I didn't know if I was ready for that big of an event. God did equip me and I did it!

Now a year and half later, I do lay speaking at churches and I can miraculously say, "That felt good!" It is such a dramatic change to know that I can do public speaking and even enjoy it! I have an open heart and find that I can work with God in new ways.

Sometimes I don't understand how God is using me in this way ... but I try to be open to how God wants me to serve Him.

I wish I could have known what I learned in CPE before I had kids so I could have communicated at a deeper level with them sooner. I am so blessed to be able to model to them now and help more when they have a concern. My daughter called saying that my granddaughter had started "acting up". I was able to guide her through really listening to my granddaughter to find out what was "eating her." When this young girl was listened to, understood, and comforted, her fears were relieved and she could be "good" again.

I find my listening skills very helpful with building relationships with the youth of the church as a youth leader. Young people stop by my house and "unload." Sometimes I don't understand how God is using me in this way ... but I try to be open to how God wants me to serve Him. †

Thanks for the cards and words of support at the loss of my father in April.

Karen Borchers

Building Relationships

By John Jensen ('05)



John, a Lutheran lay minister from Everly, explained how his Certified Pastoral Education (CPE) training helps him today:

"I usually do some pulpit supply 2 or 3 times a year ... but recently I was asked to fill in for eight weeks when a pastor left a neighboring congregation.

I found out that it takes a lot of time and energy to prepare for a service every week - more than I realized. However, the benefit of doing pulpit supply over a longer time period is the relationships that develop through listening well and really getting to know people.

Regardless of whether I'm doing pulpit supply in my home congregation or a neighboring congregation, visiting the sick or shut-ins, my CPE training has been a great help and resource. When a new situation or crisis arises, I refer to my CPE materials to better help in that situation." †

"Come and See"

Jesus invited His disciples to **"COME AND SEE"** the invitation is for you also!

The journey begins Oct. 21, 2006 at the Early United Methodist Church from 10 AM-2:30 PM.

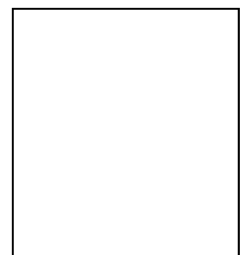
Please bring an open heart and \$20 for the meal and materials.

Cary Brown, **EI alum ('05)** will be our facilitator. She is the Director of Faith Formation at St. Mary's in Storm Lake . She is experienced in giving retreats and has a passion for sharing the faith.

This is a non-denominational retreat- ALL ARE WELCOME!!!

RSVP by Oct. 14, 2006 by calling:

Cary Brown @ 712-732-5160
Tonia Toomer @ 712-273-5339
Anita Mason @ 712-273-5421
Dawn Freese @ 712-273-5430



Alum Caring and Connecting

The alum from 2005 continue to meet regularly to stay connected and encourage one another in ministry. Pictured are John Jensen, Lynn Noel, Cary Brown, Karen Borchers (guest), and Dawn Freese.



Using God's Gifts

One of the most important and most procrastinated tasks for families is *estate planning*. If you do not have an up-to-date estate plan in place to protect your family (and your wishes), you risk unnecessary taxation, along with the state telling your heirs what must be done with your assets. Many farms and family businesses have been lost for this reason. We urge you to take action and plan ahead now.

For Christians, there is an added dimension to estate planning – recognizing that God ultimately is the owner of “our” estate. We are His stewards. It is important that we use our estate assets to their fullest potential during our lifetimes, for both our families and for His glory. As God’s stewards, we have a responsibility to see to the orderly transfer of our assets - we have the profound choice whether these assets will continue to be used by individuals or charities who reflect our own Biblical values.

While almost all of the reasons for procrastinating are understandable, none will serve to lessen the reality that the absence of an estate plan will have a devastating impact on your estate and your lifetime of Biblical “stewardship.” A proper estate plan should accomplish the following:

- Express God’s plan of good stewardship
- Provide for financial and guardianship needs for all minor dependents
- Transfer the assets God has entrusted to you to individual and charitable beneficiaries
- Transfer your estate, in a tax efficient manner, with the least possible amount of heartache, cost or delay.

What is your plan for what God has entrusted to you?

For more information on the free estate planning services available through Ecumenical Institute, contact Karen Borchers at (712) 368-2500. †

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CaregivingNow@yahoo.com

Founder & Emeritus Supervisor
Chaplain Gene Sitzmann

Thank you to our friend, Ralph Hartwig, for his estate gift. It will enable us to continue to train many more students to provide a caring presence just as he provided many valuable visits during his life. Estate gifts like this help us to continue our Ecumenical Institute ministry long into the future.

Thanks, Ralph!

Our sympathy and care is extended to Di VanderBroek, EI Board Vice-President, with the sudden loss of her husband, Tom, age 55, due to cancer. The VanderBroeks have 4 adult children, and blessedly, an increasing number of grandchildren. Tom was a career pilot. He served with Di in multiple missionary development capacities for Hispanic populations - abroad and at home.





Tool Box for Ministry

Do you have an idea you would like to share that others may use in reaching out to others? Let us know. Here are a few:

Covered in Prayer

A person in the community is identified and parishioners pray for that person as they knit or crochet a shawl. Then it is prayed over on the church altar. The shawl is given to the individual so they can be "covered in prayer".

From Dawn Freese, lay leader at United Methodist Church, Early

Bereavement Bag

A bag is delivered to the home of someone who has lost a loved one. The supplies included are items that are useful for hosting extra company, such as paper plates, napkins, plastic silverware, toilet paper, and thank you notes. The bag itself is reusable.

Pastor Craig Miller, St. Paul's Lutheran, Remsen

For Gifts of Stocks or Securities

Ecumenical Institute for Clinical Pastoral Education
1251 West Cedar Loop
Cherokee, IA 51012
712-368-2500
Executive Director Karen Borchers
caregivingnow@yahoo.com

Attorney John Wibe
427 W. Main St.
Cherokee, IA 51012
712-225-3143

Securities Account with Smith Barney
David Silverberg, Terra Suite 1000
600 4th St.
Sioux City, IA 51101
david.silverberg@smithbarney.com
800-848-1355 or 712-277-5483

(If you are transferring stock or other securities, please contact Karen Borchers for account information.)



How Lay Members Team Up With Pastor

CPE Supervisor Dean Meeter provides training to parishioners at St. Olaf Lutheran Church, Fort Dodge. He explains how lay members can team up with the pastor:

- "One of the things we concentrate on in Certified Pastoral Education (CPE) is the difference between a making a social call and making a pastoral call."
- "Lay people have been making social calls on their friends and family most of their lives, and it is not a big step to incorporate more pastoral care into their visiting - with a little training. Most pastors are overwhelmed with all the visitation that could be done - which is why it is a great asset to have lay members who are willing to share that load."
- "CPE programs like EI's are seeing an increased number of lay people who are looking for a practical, down-to-earth training that they will be able to put to use the rest of their lives. We are happy to be a part of providing that kind of specialized training."

Pastor Dave Grindberg (EI '98) of St. Olaf comments, "Rev. Meeter did a fantastic in-service for our lay hospital callers. These people do visits on my day off. They received great hints and instruction and responded very well to the teaching. We are looking forward to a refresher class this fall." †



"The measure of your life will not be in what you accumulate but in what you give away."

- Dr. Wayne Dyer

Thank You

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		Paul & Connie Schnepf	

Welcome New Students

We are excited to start our fall training with seven new students. They meet in Cherokee and at the students' ministry sites.

The students are:

- Connie Kneip**, discharge planner at Floyd Valley Hospital, Le Mars
- Karen Konz**, nurse at Park Place Estates (assisted living), Le Mars
- Julie Walding**, pastoral minister at Sacred Heart Catholic Church in Sioux City
- Carl Benge**, licensed minister with the United Methodist Church in Early
- Matt Wentz**, ministers at The Living Center, Le Mars, and is a pastor with the Christian Church-Church of Christ
- Dale Fopma**, pastor at Calvin Christian Reformed Church in Le Mars
- Ardith Wynja**, Director of Calling Ministries, First Reformed Church in Sioux Center. †



Front from left: Supervisor Dean Meeter, Connie Kneip, Karen Konz, Julie Walding
Back from left: Carl Benge, Matt Wenz, Dale Fopma, Ardith Wynja