

# Society for the Advancement of Modeling and Role Modeling



Fall Newsletter



## Special Points of Interest

- ◆ MRM 2012 Conference Update:  
The call for abstracts for the 2012 conference in Bloomington, MN, Oct. 4-7 will be available in early October.
- ◆ October 29, 2011 at Central Texas VA in Temple. The first annual Texas Holistic Nursing Complimentary and Alternative Nursing Conference with several speakers including Filipa Lechin!
- ◆ The MRM website [www.mrmnursingtheory.org](http://www.mrmnursingtheory.org) was updated this summer. If you go to the website and see the old version, you may need to "refresh." Look for more additions by mid-October.

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## Message from the President

*By Ellen Schultz, President, SAMRM*

Last week I awoke to find my front lawn covered in frost. It was an alert that fall will soon be here whether I am ready or not. Summer was not long enough for me to accomplish all that I had planned. My "to do" list for summer was too ambitious. I suspect that I am not the only one in this situation.

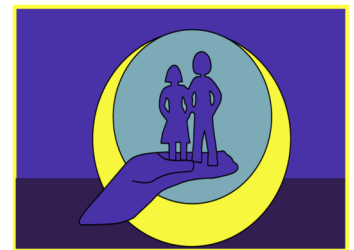
The severe forces of Nature this summer have affected the lives of many in our SAMRM community. Our thoughts are with those of you who have experi-

enced heat and drought, floods, winds and fires.

As I was thinking about all the challenges of the past summer, I was reminded of a book that I read a few years ago, *The Seven Whispers* (Baldwin, 2002). It may offer guidance for the days ahead. I saw so many parallels with Modeling and Role-Modeling theory.

The book is about connection with spirit. Baldwin (2002) described the *Seven Whispers* as "spiritual common sense." The first whisper is *Maintain*

*Peace of Mind*, or be in a quiet receptive state. We "extend an invitation for the divine sensation to be present itself... and prepare to walk the day in a spiritual manner" (p. 21). This is related to the second whisper, *Move at the Pace of Guidance*. This means to be fully present in life, to *Continued on page 3*



## SAMRM Members Making a Difference

*The following article is written by Bobbi Hopkins, MRM treasurer. Bobbi and her husband, Donald, have started a non-profit organization to provide medical and dental care to people in Honduras.*

Medical/Dental Mission Brigade to Honduras

In July 2011, Honduras Good Works took a group of 65 volunteers from all walks of life to rural Honduras for a medical-dental brigade. This annual

medical mission was started in 1999 by my husband, Donald, and I, as Mission Honduras; in 2010, the mission became recognized as a nonprofit organization called Honduras Good Works. Over the years we have provided primary medical care to over 30,000 rural, medically underserved Hondurans.

For the past two years a dentist has volunteered for duty; he is an amazing, energetic, dedicated man who has

pulled as many as 100 teeth in one day (more about this later). This year we were also joined by two Honduran physicians and four Honduran student interpreters. Included in our group this year were seven RNs, seven nurse practitioners, seven physicians, three LVNs, 13 interpreters, and two pharmacy students.

Some of the most important work we do is planning and pre-trip preparation. *Continued on page 2...*

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## SAMRM Members Making a Difference continued...



"I've heard it said that every day you need half an hour of quiet time for yourself, or your Self, unless you're incredibly busy and stressed in which you need an hour..."

Our work begins with lots and lots of packaging and



packing. Each patient we see gets a "Personal Pak". This package, a zip lock plastic bag, includes two bars of soap, shampoo, toothbrush, other toiletries, Tylenol, vitamins, and a bottle of cough syrup. (We give away 50 gallons of cough syrup each year.) We have been told that mothers often wash their babies face with sand because they have no soap! We also must pack and carry all our medical supplies and the medication we provide to the patients. All of the medication is put into packages with Spanish labels and instructions. We leave all the unused supplies and medication with local clinics in Honduras where we know they will dispense these items free.

Each workday morning we break into four teams and each team goes to a different rural village, in 2011 we pro-

vided primary care to 18 villages. Our clinics are held in churches or schools and are coordinated by local church

workers. This year, we even got flooded at some locations.

The most common problems for these rural Hondurans are parasite infestation, respiratory, GI, and nutritional problems. We ask each patient if the people living in their house have parasites. If the answer is yes, we give enough medication to treat everyone in the family.



Last year, we distributed the medication Albendazole for parasites for 8,000 patients. Free, acute care is available if the Honduran can reach a larger city, but treatment for chronic care is minimal and most of the patients cannot afford to purchase the medication. Therefore, we give 400 days' worth of medication

to each patient with chronic problems such as blood pressure and diabetes so they will have enough medication until we come back. Often we feel like we are the circus that has just come to town. Practicing in these circumstances is like seeing patients in a bus station. Curious Hondurans, children and adults alike, are at every window which are all open as there is rarely electricity in the villages. Usually all the providers are in one large room, patient privacy is not well known concept in Honduras health care. We see

patients, do treatments, and pray for patients in one big area. Thankfully the

"pharmacy" is usually separated somewhat.

Just as we leave all unused supplies behind, we want to leave other resources behind also. Several times each year, we take down first aid

*Continued on page 4*

## Self-care: Finding Time for Wonder

*By Ellen Schultz*

The topic for the self-care column for this edition of the newsletter was inspired by an article written by author Anne Lamot (2011). In the article Lamot describes the reaction of her writing course students when she tells them that in order to get the benefits of creative expression, they will need to make time. The students are distressed when she tells them "... your

manic forms of connectivity - cell phone, email, text, Twitter - steal most chances of lasting connection or amazement. That multitasking can argue a wasted life" Lamot's description of her students' responses rang true to me as I reflect on a similar reaction from my students when they get their self-care assignment at the beginning of each semester. They often believe that there is no time for

self-care when beginning a new program, working in stressful jobs, and managing family responsibilities. Some of the suggestions that Lamot (2011) gives her students may be helpful for us in finding time to engage in activities that give us a sense of creative fulfillment and wonder. First, she says that unless you are married to the anchor, no one

*Continued on page 4*



## The Botswana I am Proud to be a Nurse campaign

By Debra Rose Wilson

Last summer I was a visiting scholar at the University of Botswana in Southern Africa. The image of nursing in Botswana was in poor condition and the nursing shortage is felt particularly sharply there. In the US and Canada, there are between 10 and 15 nurses per 1000 people, and we think we are experiencing a nursing shortage. The ratio of nurses is ~ 3.8 per 1000 people in Botswana. Globally the ratio varies between <1 to > 15 / 1000 (ICN, 2010).

Most of us practicing in North America are proud to be nurses. In Botswana, however, the image of nursing is

tainted (Nurses Association of Botswana, 2010). There is a significant nursing shortage and when healthcare is not up to expected standards, it is often the nurses who are blamed. Nurses are leaving the profession or emigrating.

In response to this concern the Nurses Association of Botswana (NAB) and the Ministry of Health have started an "I am proud to be a nurse" campaign in the context of the 2010 International Year of the Nurse. Outstanding nurses from each of the health regions in Botswana were chosen and in November 2010 were brought into the capital city for training to be ambassadors of the "I am proud to be a nurse" cam-

paign. These nurses were trained to speak about the essence and image of nursing, to inspire nurses to feel pride in their profession, and to collect data about the nursing image in Botswana. Currently these nurse ambassadors are spreading the message to the public and colleagues, and distributing a pin to every nurse in Botswana.

Pins were sent to Botswana before Christmas in 2010. Now we are selling these pins to help pay for the project. If you would like to buy a pin, sell pins, or give towards the "I am proud to be a nurse" campaign, please email me at [debrarosewilson@comcast.net](mailto:debrarosewilson@comcast.net) or send contributions to Debra Rose Wilson, 303 Luna Drive, Nashville TN,

### Seven Whispers ..

- ◆ *Maintain Peace of Mind*
- ◆ *Move at the Pace of Guidance*
- ◆ *Practice Certainty of Purpose*
- ◆ *Surrender to Surprise*
- ◆ *Ask for What You Need and Offer What You Can*
- ◆ *Love the Folks in Front of You*
- ◆ *Return to the World*

## President's Message continued...

question, and take time to listen for the answers. Slowing down helps achieve peace of mind. The challenge is to move at the pace of guidance when the world is pushing us to move faster.

*Practice Certainty of Purpose* is the third whisper, which means figuring out why we are here, determining the "next right thing." Baldwin (2002) states, "The purpose of life is not to maintain personal comfort: it's to grow the soul" (p.47). As we move forward with our life purpose, we are assisted by the next whisper *Surrender to Surprise*. This allows us to be open to experiences and to practice resilience as we encounter life's offerings. "Being spiritual doesn't save us from anything. But being spiritual allows us to hold whatever happens in spiritual way" (Baldwin, p. 60).

The fifth whisper is *Ask for What You Need and Offer What You Can*. A sense of reciprocity is established as we give and receive. It is described as becoming "...traders of life's energy, time, abundance, and interrelatedness" (Baldwin, 2002, p. 66). This whisper also calls us to live simply.

The sixth whisper is to *Love the Folks in Front of You*. This seems to me to be another way of describing unconditional acceptance. "To love the folks in front of us is a challenge to drop our judgments and to become curious instead... to reveal ourselves to one another, to look at the ways we need each other" (Baldwin, 2002, p. 80). This builds relationships and facilitates our own development. "Day by day, loving the folks in front of us consists of little moments of connec-

tion that build understanding of who we are" (p.80).

Finally, the seventh whisper is *Return to the World*. This means a return to and being connected to the cycles of Nature. Find the healing that the natural world has for us.

Prior to writing the column, I read the article that Bobbi Hopkins wrote about her foundation, Honduras Good Works. As I was writing, I was struck by the ways in which the Seven Whispers are reflected in the work that she does through the foundation. Read about the ways that Bobbi and her husband are asking for what they need, offering what they can, and loving the folks in front of them.

*Baldwin, C. (2002). The seven whispers. Novato, CA: New World Library.*

## SAMRM Members Making a Difference continued...

supplies, glucometers, and blood pressure cuffs to local village health volunteer workers called "Guardiennes de Salud", or Health Guardians. On these visits we also provide education for these "first responders". They are initially trained using the book "Where There is No Doctor" by another missionary group. Talk about a holistic approach, these minimally trained "guardiennes de salud" deliver babies, stabilize fractures, dress wounds, monitor blood pressure, and do health education. Most of the guardiennes are from villages of 25 families that are 6-8 hours from acute care.

Not everything I do in Honduras is work related. Relationships are very important in Honduras and the relationships I have formed and friends I have made are the main reason I keep returning. I must say that playing with the wonderful children is my favorite reward.



They love chasing bubbles.

Honduras Good Works also works to develop and support local churches. This year we were in attendance for the official opening of THE church in Agua Viva by the Episcopal Bishop of Honduras, The Very Rev. Lloyd Allan. This church was funded by donations from HGW.

Sadly we see much suffering, malnutrition and neglect. It is very hard to eat your lunch when you are being watched by children and adults that you know are not getting enough to eat. This two year old is feeding her younger brother the tuna fish I just could not eat in their presence. The older child also has a stash of chips tucked up in her top for later. This past year the rains came at the wrong time so that the bean and the corn crops did not grow. We are often told that "I eat one tortilla in the morning with salt" – their only food for the

day. We do provide beans and rice as we can. This is given out by prescription of the providers to those who are medically malnourished.

Preventive dental care is non existent in Honduras. The local public dental clinic does not have any dental mirrors, anesthetics; the one dental drill available is broken. That means that our dentist spends his day pulling teeth because preventive care is not available to the local population. This year the team dentist pulled the last eight teeth of a 82 year old man. When the dentist was done the man just would not leave. When asked what else he needed, the patient replied, " I just need to hug you. You have just taken care of the pain that I have been living with for a long time." Can you imagine being grateful that a dentist just pulled your remaining teeth?




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**If you have never been on a mission trip I urge you to do so. It does not matter if you go to Appalachia or a barrio in San Antonio or a foreign country, you always receive more that you give.**

*Bobbi Hopkins*

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## Finding Time for Wonder continued...

needs to watch the news every night. That could be a half hour gained several days a week. Could we give up one day a week at the gym in exchange for two hours of "fresh, delectable moments?" If we can't find time at the beginning or the end of the day, perhaps we could consider not doing one thing every day? Could you give up an hour of house maintenance in exchange for coffee with a friend or just meandering? This is just the

beginning of the possible ways to exchange routine for creativity.

"I've heard it said that every day you need half an hour of quiet time for yourself, or your Self, unless you're incredibly busy and stressed, in which you need an hour. I promise you, it is there. Fight tooth and nail to find time, to make it. It is our true wealth, this moment, this hour, this day" (Lamott, (2011).

<http://www.sunset.com/travel/anne-lamott-how-to-find-time->





## Membership Application

Please Print

Name

Address

Phone (home)

(Cell)

(Work)

Fax

Email

Profession

Highest Degree

Employee/Agency Affiliation

Field of Employment/Position

Area of Specialization

How do you want to be involved as a member?

Please indicate your area(s) of interest

Clinical practice

Teaching MRM

MRM related research

Other

Membership Desired

\_\_\_ General (\$25/year)

\_\_\_ (\$50/2 years)

\_\_\_ Student (\$15/year)

\_\_\_ (\$30/2 years)

\_\_\_ Scholarship Donation

\_\_\_ TOTAL

Please make checks payable to SAMRM

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