

The Faith Connection
~ *News and Ideas for Your Health Ministry* ~
April 2, 2009



Sent to you by:

The Mercy Parish Nurse and Health Ministry Program

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News:

The Mercy Parish Nurse and Health Ministry Program's monthly e-newsletter is being sent to help us all stay connected. We hope the news, articles, and information we pass along will help you in your ministry. We welcome news from your church and suggestions for our future newsletters. Please keep in touch.....our new e-mail address is parishnurse@mercy.pmhs.org

Upcoming Events

Presented by Mercy Parish Nurse and Health Ministry Program:

- ◆ Don't forget our Parish Nurse and Health Ministry meeting for Education and Support Saturday, May 16, 9AM until 12 noon or Wednesday, May 20, 5:30 PM until 8 PM. Choose the day that is best for you. We will be meeting in Sr. M. Ferdinand Clark Auditorium to hear Luann Richardson, PhD, CRNP, Parish Nurse speak on "Applying Leadership Skills in Parish Nurse Ministry". 2.0 contact hours for RNs – Fee \$10.00. No cost to attend for those not wanting CE credits. Reduced parking is offered at \$2.50.
Call to Register – 412-232-5815

- ◆ *Planning ahead for summer.....*

2009 Parish Nurse Basic Preparation Course ~ June 15 – 20.

This course is filling up fast. Don't miss out on a wonderful week of fellowship, learning and spiritual growth. CEs – 40.

Call us for more information ~ 412-232-5815

Compare Prices of Prescription Drugs

Pennsylvania Gov. Rendell announced a new website to help consumers compare the prices of prescription drugs at various pharmacies in their area. 300 of the most commonly prescribed medications are listed. To check the prices, you will need to know the drug name, dosage, and Zip code or town. Data is updated weekly. Prices for brand name drugs often vary from \$10 - \$40, and even generic drug prices vary. Go to www.PaRxPriceFinder.com

Free Services sponsored by the Sisters of St. Francis & their partners in ministry

Two free clinics are offered monthly at the Neighborhood Wellness Site, 517 Lincoln Avenue in Millvale.

Legal Clinic – 3rd Tuesday of every month from 6 pm – 8 pm. To schedule an appointment, call on Mondays between 10 am and 2 pm only – 412-526-8545.

Counseling Services for those struggling with anxiety, stress, depression, relationship issues, etc. Appointments scheduled on the 2nd and 4th Tuesday of every month from 6 pm – 8 pm. Call 412-335-4253.

Focus on Health and Wellness:

April 12 is Easter and the time we celebrate the Resurrection of Christ. Without this there would be no hope for us. May the following 10 suggestions for Celebrating Easter bring you new meaning to this day.

100 Ways To RE-joice In The RE-Surrection!

- 1. RE-Joice** He is Risen! Indeed!
- 2. RE-Fresh** your body by sound sleep and good eats.
- 3. RE-New** acquaintances and habits of health and hope.
- 4. RE-Deemed** know that you are loved forever in the Lord.
- 5. RE-View** your past lumps and bumps... and know you're forgiven.

6. **RE-Late** Talk, and listen closely, to those around you.
7. **RE-Store** “unto me a clean heart, O God.” (Psalm 51:10)
8. **RE-Vive** your faith through the Word and Sacraments.
9. **RE-Focus** on all the great gifts the Lord has given you.
10. **RE-Member** those special people around you.

* **And now, RE-Peat** each of the 10 items above 9 more times!

We are RE-Surrection RE-Sources!

(Taken from “Living Well: 100 Seeds to Grow Your Spirit” - available at www.wheatridge.org)

Bulletin Articles for May:

(The following was adapted from “Health Notes from the Hill” available at Mercy Parish Nurse and Health Ministry Program – 412-232-5815)

ARTHRITIS

“I waited patiently for the Lord to help me...He set my feet on solid ground and steadied me as I walked along.” (Psalm 40:1-2)

Osteoarthritis or “arthritis” is a disease that usually begins after age 40. It develops most commonly in those over age 65. After age 55 it is more common in women than in men, and is reported to affect 21 million Americans. Changes occur in the cartilage and bone of joints causing joint pain, stiffness, and swelling. Most often, it affects the knees, spine, hips, and small joints of the fingers. Morning stiffness which may be severe but brief is common. The cause of osteoarthritis is unknown but research indicates there are factors that increase one’s risk. These include:

- Heredity
- Obesity
- Repeated overuse of certain joints
- Muscle weakness
- Aging

Heredity cannot be changed, but weight gain is manageable. Studies indicate that increased body weight affects a person’s risk for developing arthritis in the knees for the

eight to twelve years before symptoms appear. Preventing excess weight gain especially as one ages may help to prevent arthritis in the knees.

If you experience joint stiffness and pain from osteoarthritis, seek the assistance of your health care provider to design an effective treatment plan. Such a plan may include a combination of physical/occupational therapy, exercise, weight control, education, and medication. Although arthritis won't go away, you can take positive steps to control its symptoms.

“Lord, ease my pain and stiffness. Bless me with patience and the grace to trust You to heal my body. Amen”

For additional information about osteoarthritis and other related diseases, contact the local Arthritis Foundation at 332 Fifth Avenue, Pittsburgh, PA (15222) or call 412-566-1645. The Arthritis Foundation is also available online at www.arthritis.org.

Submitted by Marge Kerlin

May is a good month to plan something special for our mothers and women in general. The second full week in May is Women' Health Week and the day after Mother's Day is Women's Check-up Day. May is also High Blood Pressure Month. This would be a good month to offer a blood pressure screening or a Tea. Having a bridal show using wedding dresses and other bridal wear collected from members of the congregation makes a nice springtime activity.

From the IPNRC

New!! Jacob's Journey A Hypertension Wellness Program for Men

Jacob's Journey is a new eight-week wellness program for men living with or seeking to prevent hypertension, developed by the IPNRC. Based on the Biblical story of Jacob, this program is not meant to take the place of treatment by a physician; rather, it offers additional help in making desirable lifestyle changes. These changes include walking and/or adding other exercise on a daily basis, dietary changes, and assistance with finding new ways to reduce the impact of stress on one's life, through prayer and other interventions.

Fellowship is an important component of this program. Included on the CD are lesson plans, bulletin blurbs, newsletter articles, e-mail messages, a poster, bulletin board, sign-up sheet, evaluation form - everything you need to make this program happen (except the men!). Available from the IPNRC on CD for \$35 postpaid.

Parish Nurse Resources

If you would like to do a bulletin board to teach about a health topic, but find your time is very limited, try www.gha.org/pha/resources/bulletinboards/index.asp . Many topics are already done for you and delivered with the touch of the “print” button.

Check out the bulletin board below. All of the parts are printable from the above website.



Seven Weeks to Better Health

Mercy Parish Nurse and Health Ministry Program is printing one of the seven sections to our “Seven Weeks to Better Health” bulletin board each month for the next seven months. The bulletin board comes in Word or PowerPoint format. E-mail me at jschumm@mercy.pmhs.org for the entire program which includes brochures on the seven weeks and a health survey. The program will be e-mailed back to you.

Chart your Course

- **Keep track of food or activity for 2 weeks**
- **Don't try to change everything at once**
- **Make small changes**
- **Review choices, develop plan to change bad choices**

For the moment, all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it. Heb 12:11

Parish Nurse “Store”

Mercy Parish Nurse and Health Ministry Program offers products that are designed to help you in your health ministry and parish nurse program. This month we would like to feature our Blood Pressure Box. Our box contains everything that you need to conduct a blood pressure screening: BP cuffs (4 sizes), stethoscope, reproducible pamphlets from the American Heart Association, forms for documentation and more, all together in one convenient carrying box. \$175.00 plus shipping.

A parish nurse from Florida recently bought a Blood Pressure Box and wrote the following note: “It far exceeded my expectations! Exceptionally well done and user friendly. Comprehensive.”

Contact us at ParishNurse@mercy.pmhs.org or 412-5815.

Health Ministries Association (HMA) – Learn more about HMA, the professional organization for people of faith working together for healthier communities. We encourage you to visit www.hmassoc.org

June 3 – 5, 2009, Regional HMA Conference, Cincinnati, OH

Thank you for reading The Faith Connection!

Wishing many blessings on your ministry.