

# **The Faith Connection**

~ News and Ideas for Your Health Ministry ~

**April 2010**

The Mercy Parish Nurse and Health Ministry Program, 1515 Locust Street, Suite 705 ~ Pittsburgh, PA 15219  
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***Christ is Risen! – He is Risen Indeed!  
Blessings in the name of the Risen Lord!***

## **News:**

**Let's share this "news" with others and make plans to honor our beloved founder.**

This was taken from a letter written by Rev. Dr. Deborah Patterson, IPNRC Executive Director, to Missouri's Senator Claire McCaskill.

*"I am writing to inquire whether you might help us find a way to have **May 12**, the anniversary of Florence Nightingale's birth, designated as the **National Faith Community Nurse Day** in the United States?"*

*Most people know that Ms. Nightingale was tremendously interested in access to quality health*

*care for all, but few know that she also was a gifted theologian: accomplished in classical Greek, and the author of an 823-page theological work. We believe that the fusion of spirituality and health embodied in her practice is well represented through Faith Community Nursing.*

*2010 will be the 100<sup>th</sup> anniversary of Florence Nightingale's death. Would you please help us in our quest to have May 12 designated "National Faith Community Nurse Day?"*

## **Upcoming Events**

### **Parish Nurse and Health Minister Meetings for Education and Support**

**APRIL 10**

#### ***Parish Nurse and Health Ministry 201: Developing and Sustaining a Program***

- This meeting is in response to the many questions we hear...
  - Parish Nursing (or Health Ministry) is started at my church...but now what?
  - I'm not sure where to go from here.
  - How do I get a Health Ministry Team started?
  - How do I re-energize my team?
  - I have concerns and need to hear from others.
  - How can we get more volunteers?

- We have a new pastor who doesn't understand health ministry. Help!
- I don't want to get overwhelmed and wonder how others manage.
- I need help with bulletin boards and publicity.

**And**

- We've had great successes at our church. I'd like to share them with others.
- Come join with others. Share concerns. Brainstorm solutions. Celebrate success.
- Contact others who trained with you. Plan a mini-reunion to hear what everyone is doing!

**“We work together as partners who belong to God.” *I Corinthians***

Saturday April 10, 2010 9 a.m. – noon  
 UPMC Mercy, Room 2190  
 1400 Locust Street, Pittsburgh, PA 15219  
 Free parking in the UPMC Mercy Locust Street Parking Garage

Contact us to register for the meeting.  
 412-232-5815  
[ParishNurse@pmhs.org](mailto:ParishNurse@pmhs.org)

**MAY 1 & 5**

***How to Start a Parish Nurse Ministry***

- Steps and organizational structure for beginning a parish nurse ministry
- Realistic expectations and priorities for the first six months
- Learn how to assess resources within the congregation and the community

Speaker: Dorothy Mayernik, RN, MSN, Manager, Mercy Parish Nurse and Health Ministry Program.

**Two dates: choose the one that best fits your schedule:**

Saturday, May 1, 2010, from 9 a.m. – noon      **OR**      Wednesday, May 5, 2010, from 5:30 p.m. – 8 p.m.  
 CE Offering: 2.0 Contact Hours for RNs – Fee \$15; No cost to attend for those not wanting CE credits

UPMC Mercy, Room 2190  
 1400 Locust Street, Pittsburgh, PA 15219  
 Free parking in the UPMC Mercy Locust Street Parking Garage

UPMC Mercy designates this continuing education activity for 2.0 clock hours. UPMC Mercy is approved as a provider of continuing education in nursing by the Pennsylvania State Nurses Association, which is accredited as an approver of continuing education in nursing by the American Nurses Credentialing Center's Commission on Accreditation. UPMC Mercy, ANCC COAC and PSNA do not endorse any commercial products as a result of the CE activity.

## **Parish Nurse Basic Preparation Course**

**Summer Session:** A four-day Course: May 21-22 and June 11-12, 2010

**Cost:** \$395. RNs will earn 30 CEs\* and be commissioned as Parish Nurses. Others will be commissioned as Health Ministers.

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# Parish Nurses Making a Difference

## Health Ministry is Happening...

*We were very happy to hear from Lori Jo Bell, from Graystone Presbyterian Church in Indiana, PA. Lori took the Parish Nurse Basic Prep Course last June and joined Jean Clark, who was commissioned in 2005.*

Hello everyone,

I was preparing a list of things Jean Clark and I were doing at Graystone for my Deacon's meeting next week, so thought I would send you a copy – I know you like to hear about what we are up to. We are keeping busy up here in Indiana. I am now a Deacon and “officially responsible” for the Parish Nurse Ministry, but of course Jean and I are equal partners. We are both still excited about what we are doing. We have over 1,200 active members in our congregation. Here are some of the programs we have to promote health and wellness:

1. Monthly newsletter and health information bulletin board
2. New informational bulletin board
3. Bookshelf of health information
4. Completed a “Resource Binder”
5. **“STOP! Wash Your Hands”** signs posted in all restrooms and at all sinks
6. Continuing to send out the grief pamphlet series to those who have lost a loved one; and making contact with them on holidays, anniversaries, and birthdays
7. The new **GriefShare** group begins April 8
8. **“Good Night Buddies”** is continuing to build lists of individuals who wish to have a buddy and those who want to be a buddy.
9. Continuing to connect individuals who need caregivers/sitters and those who wish to provide those services
10. Collecting “pull-tabs” from aluminum cans – benefits burned children
11. Will start collecting old cell phones to donate to soldiers, which helps them call home
12. Working on getting posters with tear-off phone numbers for Alice Paul House in Indiana (offers services to victims of domestic violence) to place in the ladies restrooms
13. Working on Emergency Medical Information packets for families

Thanks again for the great education and being wonderful role models for parish nursing.

-- Lori Jo

*“And let us consider how we may spur one another on toward love and good deeds.”*

Hebrews 10:24

*Please call or email to let us know about your latest health ministry activities or the ideas you are working on to serve your congregation.*

# Focus on Health and Wellness

**A**pril is Alcohol Awareness Month. We would like to think that our churches do not have this concern with members, but sometimes this is not the case. Many people do not even realize that they have a problem. The following are warning signs of alcohol abuse. If you can say “yes” to any of the following questions, you may have a problem with alcohol:

- Do you drink when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?

(Taken from <http://ncadi.samhsa.gov/seasonal/aprilalcohol> ) This website offers many resources for free including one designed for youth. Poster can be ordered for free or printed in .pdf.

Other resources: [http://toosmarttostart.samhsa.gov/media/PosterTeachingGuide\\_REV.pdf](http://toosmarttostart.samhsa.gov/media/PosterTeachingGuide_REV.pdf) . Notice the title is “Too Smart to Start”

Posters: <http://www.dol.gov/asp/programs/drugs/workingpartners/wpposter.pdf>

## Bulletin Article for May








In the month of May we focus on Arthritis/Osteoporosis, Bike Safety, High Blood Pressure, Skin Cancer Detection, Stroke Awareness, and many more areas. Women's Check-up Day is always the day after Mother's Day. Women's Health Week is always the second full week in May. For a complete list go to <http://www.healthfinder.gov/nho/nho.asp#m4>

We would like to suggest bike safety awareness month for your bulletin or newsletter article to be used for May. This is something to stress for all ages. A great outing for your people might be picking a bike path and having everyone meet for a Sunday afternoon ride. Pittsburgh offers The Allegheny River Trail starting in Millvale and going along the river into the city. North Park is good for the starter biker, and the new Great Allegheny Passage would be a historic adventure taking you from Pittsburgh down into Maryland. For more information on the Great Allegheny Passage go to: <http://www.atatrail.org/maps/map.cfm>. Google “Pittsburgh – bike trails” for other bike trail suggestions. or those looking for bike trails in other parts of the world, Google the name of the city and “bike trails” to find an adventure waiting to happen.

## WELLNESS TIP OF THE WEEK

Warm, wonderful weather is here and it is time to bring out the bike. Bicycle riding is an excellent form of exercise for young and old.

Riding a bike is especially advantageous for the dedicated, passionate, determined runner to develop activities that facilitate cross training. Bike riding is the answer. It is very important to be aware of a few safety issues related to safe travel on a bike.

-  The best protection for the head is an approved bike helmet that fits properly.
-  The bicycle should be equipped with reflectors, headlights, brakes and a bell or horn. Use a rear view mirror for added safety.
-  Always ride on the **RIGHT** side of the road. Cars will see you better and it is the law.
-  Use caution in wet weather, the road surface will be slippery and dangerous.
-  When approaching a busy intersection get off the bike and walk the bike across the intersection when the light is green or when the **WALK signal** is flashing.
-  Remember, the pedestrian has the right of way.
-  Inspect your bike regularly for proper tire pressure and wear and tear.

Enjoy the relaxing and beneficial effects of riding a bike. Cycling is a good time to just enjoy nature and wheel away all the worries of the day.

Used by permission from "Wellness Tip of The Week"© 2004 by St. Malachy Church written by JoAnn C. Kauss, RN, MSN.

**Bike safety posters can be printed off of the following websites:**

[www.cpsc.gov/nsn/bicyclesafety.pdf](http://www.cpsc.gov/nsn/bicyclesafety.pdf)

**Good handouts:**

[http://kidshealth.org/kid/watch/out/bike\\_safety.html](http://kidshealth.org/kid/watch/out/bike_safety.html)

<http://www.nhtsa.dot.gov/people/injury/pedbimot/bike/KidsandBikeSafetyWeb/index.htm>

**Bike safety pamphlets:** [www.bhsi.org/pamget.htm](http://www.bhsi.org/pamget.htm) Such titles as "Why is Bicycle Safety so Important?", "A Helmet How-To", "Road Rules" and others.

# International Parish Nurse Resource Center (IPNRC)

[www.parishnurses.org](http://www.parishnurses.org)

The IPNRC has recently introduced several new resources. Available this month:

*Taking Care of Business: A Guide for the Discussion of Wills, Healthcare Directives and Funeral Planning with Loved Ones, Physicians and Leaders in the Faith Community.*

For more information, contact the IPNRC office: 314-918-2559

## Parish Nurse Resources

This web address will take you to the Wisconsin Evangelical Lutheran Synod's Resources for the parish nurse. This site includes a great start-up manual, Parish Nurse Care Plan, Parish Nurse Client Records, Parish Nurse Insurance Checklist, and just out is a complete program including manual and PowerPoint to be used for organizing a Caregiver Support Program:

[www.ChristianLifeResources.com/?parishnursing](http://www.ChristianLifeResources.com/?parishnursing)

## Parish Nurse Online Store

Mercy Parish Nurse and Health Ministry Program offers products that are designed to help you in your health ministry and parish nurse program. Visit our website for more details about other products – [www.pmhs.org](http://www.pmhs.org) and click on “Parish Nurse” and go to “Parish Nurse Store”.



***Thank you for reading The Faith Connection!  
We pray for God's blessings on your ministry.***