



The Faith Connection

~ News and Ideas for Your Health Ministry ~

August 4, 2009

The Mercy Parish Nurse and Health Ministry Program 1515 Locust Street, Suite 705 ~ Pittsburgh, PA 15219
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The Mercy Parish Nurse and Health Ministry Program started this monthly e-newsletter to help us all stay connected. The responses we receive tell us that the news, articles and information are helpful 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

◆ Parish Nurse and Health Ministry Meeting: Education and Support

Topic: *Healthy People 2010* will be presented by Michalene King, PhD, RN, Parish Nurse, and Maria Pappas-Rogich, Dr. PH, RN, Parish Nurse, on **Saturday, September 12 from 9 a.m. – 12:00 p.m. and again on Wednesday, September 16 from 5:30 p.m. – 8:00 p.m.** The meeting will be held at UPMC Mercy Hospital in conference room 2190 (down the hall from Sr. M. Ferdinand Clark Auditorium in Bldg. D). The two goals of Healthy People 2010 are to increase quality and years of healthy life and to eliminate health disparities. Join us as we discuss methods of attaining these goals through community partnerships, including faith communities. Parish nurses are in an ideal situation for providing education, counseling, referral, and support to address the 10 Leading Health Indicators, the major public health issues in the U.S. 2.0 contact hours for RNs – Fee \$10.00. No cost to attend for those not wanting CE credits. Reduced-rate parking in the UPMC Mercy garage is offered at \$2.50.

Select the date that is best for you and call to Register – 412-232-5815

Save the Date

Mercy Parish Nurse and Health Ministry

17th Annual Symposium

November 7, 2009

Parish Nurses and Health Ministers:

In the Forefront of Changing Health Care

Keynote Speaker: Jean C. Kennedy, RN, MA

◆ Health Ministry Workshops

Learn how to assist your congregation members to lead healthier lives, whether you're a health professional or not. The Health Ministry Workshops are designed to help you start (or re-energize) a health ministry by giving tips on team development and ways to plan various health-related activities. Our staff will come to your church to present the basic series as a 6 hour workshop. Call for more information.



Commissioning Service following the Health Ministry Workshop held at SS. Cosmas and Damian Catholic Church in Punxsutawny PA on July 25, 2009. Msgr. Joseph J. Riccardo and Health Ministry Coordinator Marianne Hampton are in the back row on the right.

Stories of Caring

Back in June we asked for some short stories that showed how parish nursing and health ministry programs are making a difference in people's lives. We received our first story from Eileen O'Conner, the facilitator for the health ministry at St. Margaret Mary in Lower Burrell. Eileen conducted two healthy life-style/weight loss classes since January of 2008. Eileen writes: "The first class netted a total weight loss of around 250

pounds with 16 active participants. The second class which ran February 2009 had 6-7 active participants and netted a loss of 50 – 60 pounds. The nicest part was incorporating the spiritual aspect of weight loss and self-denial into the class without worrying about offending anyone. This was a 12-week class so the commitment was huge. Some people continued to lose more weight after the class was over, and others kept their weight off. We did

see where some people did regain, but they have expressed a desire to try to lose again. This was a great experience."

If you've had an experience you could share with your parish nursing colleagues, please e-mail us at ParishNurse@mercy.pmhs.org or call us at 412-232-7151 to tell us about your experience so we can write it up. The confidentiality of the client(s) will be maintained.

Focus on Health and Wellness

August is the month when our opportunities to relax without so many pressures of school and church activities comes slowly to an end.

Many churches start organizing their activities for the year. As parish nurses and health ministers, we need to get in on those activities. If there is a planning retreat, we need to be there.

School will be starting soon, so let's focus on all of those students who are returning to the

books. Why not send off letters of encouragement to the college students so they'll feel the support of the church family. If your church has a day school or preschool, offer to weigh and measure the children. With school items now on sale, we need to look around the congregation and community to see if there are less fortunate students that need help with supplies.

Medicaid and SCHIP Coverage for Children



2009 Federal Poverty Level (FPL) Guidelines

For the 48 Contiguous States and the District of Columbia	
Persons in family	Poverty guideline
1	\$10,830
2	\$14,570
3	\$18,310
4	\$22,050
5	\$25,790
6	\$29,530
7	\$33,270
8	\$37,010

For families with more than 8 persons, add \$3,740 for each additional person.

Issued yearly by the Department of Health and Human Services Administrative. Varies by family size. Used for determining financial eligibility for certain programs.

Many children come to school in the fall without their current immunizations. Some parents feel that since they can't afford to see a doctor, there is no available way for their children to receive needed health care. Under the new SCHIP program, children of families earning less than 200% of the Federal Poverty Level are eligible. The poverty level chart below is a guide that could prove helpful when working with families. Families using this guide just need to double the amount listed for their size family.

For more information go to

<http://www.cms.hhs.gov/LowCostHealthInsFamChild>

Infant Safe Sleep Program

The Infant Safe Sleep Church Outreach Committee is working with local churches to help get information to the community about how to reduce the risk of an infant sleep-related death. The Committee wants to ensure new moms and everyone else who cares for newborns places their baby in a “Baby Safe Sleep Zone”. We invite nurses who are interested in helping with this effort to contact Peggy O’Malley at 412-578-8350.

The safe-sleep guidelines, which are consistent with the recommendations of the American Academy of Pediatrics, are available by visiting the Health Department’s website at www.achd.net or by calling **412-687-ACHD**

(2243). For an extended article, go to www.pmhs.org/ParishNurse and click on the July issue of *The Faith Connection e-news*.

October is SIDS Awareness Month. If you are planning ahead and would like to order or make copies yourself, you can go to the following website for more information.

To download a brochure, go to: <http://www.nichd.nih.gov/sids/>

To obtain free brochures, Google: “Back to Sleep Campaign Free Materials Order Form”.

Bulletin Articles for September

September is “Fruit and Veggie Month”. This insert talks about our need for a good basic diet. This could be just a starting point for your newsletter or bulletin.



“I, the Lord, am your God...open wide your mouth that I may fill it.” (Ps. 81:11)

Healthy nutrition is essential for the life of body, mind, and spirit. God graciously provides us with gifts...land, water, sun...and creative hands to give us food and drink. He invites us to share these gifts with others – family, friends, the poor, the homeless.

Some guidelines to assist in making healthy food choices include:

- ◆ Eat a variety of foods, rich in vitamins and minerals
- ◆ Consume less sugar
- ◆ Increase fiber intake
- ◆ Reduce salt

Bulletin articles, continued

- ◆ Eat less fat, especially animal fat
- ◆ Ingest the right amount of food for you (consider your weight, height, and exercise patterns)
- ◆ Follow a regular meal schedule

If the goal is to lose weight, remember to stay away from Fad Diets. The following 5 tips help you spot such diets:

1. The diet is based on drastically cutting back calories
2. The diet is based on taking special pills, powders, or herbs
3. The diet tells you to eat only specific foods or foods in certain combinations
4. The diet makes you completely cut out fat, sugar, or carbs.
5. The diet requires you to skip meals or replace meals with special drinks or food bars.

(For more information: www.Kidshealth.org/teen/food_fitness/dieting/fad_diet_tips.html)

May the Lord bless your eating and strengthen your body, mind, and spirit. Amen.

For more information about the “5 A Day” program go to:

www.sunkist.com/5aday www.5aday.gov or Google “5 A Day” for even more ideas.

When looking for ideas for bulletin articles, you may want to visit

www.healthfinder.gov/nho/nho.asp . From this site you can go directly to each Observance to download materials and ideas for a presentation, news article, etc. As you can see from the list below, there are many choices for the **Month of September**. Add a spirituality component to each of the ideas you select.

America on the Move Month
Baby Safety Awareness Month
Biodiversity Month
Children’s Eye Health and Safety Month
Fruit & Veggie Month
Healthy Aging™ Month
Leukemia & Lymphoma Society Month
National Alcohol and Drug Addiction Recovery Month
National Cholesterol Education Awareness Month
National Food Safety Education Month
National Ovarian Cancer Awareness Month
National Menopause Awareness Month

National Pain Awareness Month
National Preparedness Month
National Sickle Cell Disease Awareness Month
National Work & Family Month
National Yoga Month
Prostate Health Month
Sports and Home Eye Safety Month
Whole Grains Month
1-7 National Childhood Injury Prevention Week
6-12 Suicide Prevention Week
7 National Threatened Species Day

September observances, continued

11 My Good Deed: Honor the Victims of September 11
11 World Suicide Prevention Day
13-19 Prostate Cancer Awareness Week
15 Take a Loved One to the Doctor Day
16 Backpack Awareness Day
20-26 National Rehabilitation Week

20-26 National Adult Immunization Awareness Week
21-27 Active Aging Week
21-27 National Farm Safety and Health Week
23 America on the Move Day
26 Family Health and Fitness Day USA
26 National Public Lands Day
30 National Women's Health & Fitness Day

From the
International Parish Nurse Resource Center (IPNRC):
23rd Annual Westberg Parish Nurse Symposium
Opening Doors to Wholeness
September 25-27, 2009

Check out their website for more information. - www.parishnurses.org

This looks like a great symposium, and our manager Dorothy Mayernik will be presenting a breakout session on our new database designed to make documentation of your parish nurse client records more efficient.

Parish Nurse Resources



<http://www.gha.org/phaold/resources/bulletinboards/index.asp> and go to Healthy Eating

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 CD – “Creative Hands for Help and Comfort”. This CD gives you 10 brochures that you can use to introduce craft ministries in your outreach setting. Prayer shawls, hats and gloves for the homeless, Meals-on-Wheels seasonal inserts, and other items are explained simply in brochures. You can customize each brochure by adding your church’s name to the front panel. Suggested donation for this CD is \$15.00.

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