Parish Nurse E-newsletter

The Faith Connection

~ News and Ideas for Your Health Ministry ~

February 5, 2009

Sent to you by:
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News:

The Mercy Parish Nurse and Health Ministry Program will be presenting a series of four workshops starting on February 26 at 6:00 p.m. as part of the Steps to a Healthier Fayette County. These four workshops will lead to commissioning as a health minister. For more information about our Health Minister Training Program and having Health Ministry workshops in your area, call 412-232-5815.

Focus on Health and Wellness:

May God, the Source of Hope, fill your heart with all joy and peace by means of your faith in Him, so that your hope will continue to grow by the power of the Holy Spirit. Romans 15:13

February is National Heart Month. We hope that in some way you are taking the time to celebrate both as an individual and as part of a congregation. If it has been a while since you have had those numbers checked, why not make the appointment to have your blood pressure, cholesterol and glucose checked. Ash Wednesday is February 25. This is also a good time to turn our hearts back to God with a rededication in service to Him.

Bulletin Articles for March:

(The following article is adapted from the "Health Notes from the Hill" CD available at Mercy Parish Nurse and Health Ministry Program – 412-232-5815.

Behold! I make all things new, says the Lord. Alleluia! (Rev. 21:5)

Spring is a time when all creation comes alive anew - we, too, are refreshed in body, mind, and spirit. Maintaining our bodily health is a way of making sure of this renewal. Spring is a time to choose to be healthy. Where to begin? Quit smoking, exercise more, shed pounds, manage stress, laugh frequently, and achieve your best blood pressure - these are a few goals that lead to healthy living. Don't try to tackle it all at once. Divide a big goal into manageable steps. Celebrate the progress of all of those steps.

Other good topics for the month of March could include:

National Colorectal Cancer Awareness Month
National Nutrition Month (See bulletin board under Parish Nurse Resources below).
March 25 is National Diabetes Alert Day

Upcoming Events

Presented by Mercy Parish Nurse and Health Ministry Program:

- **Wednesday, February 11, 2009 ~ 5:30 p.m. - 8 p.m.**
  "Talking With Your Older Parent About Important Issues"
  Guest speaker: Betty Karleski, Community Service Representative, Home Instead Senior Care of South Hills
  No cost to attend ~ Earn 1 CE for $10.00
  For this dinner hour meeting, we invite you to "brown bag" or stop by the UPMC Mercy cafeteria on your way.
- **Save the Date:**
  Saturday, March 14 – 10am- 3pm
  A Day of Learning and Reflection for Parish Nurses and Health Ministers
  Watch for the brochure in the mail.

- Don't forget our Parish Nurse and Health Ministry meeting for Education and Support Saturday, May 2 and Wednesday, May 6. The topic for both meetings will be "Applying Leadership Skills in Parish Nurse and Health Ministry Programs". CEs to be offered.

- ***Planning ahead for summer…..***
  2009 Basic Parish Nurse Preparation Course ~ June 15 – 20. CEs – 40.
  Call us for more information ~ 412-232-5815

From the IPNRC:

International Parish Nurse Resource Center in St. Louis is a great resource for books on parish nursing and health ministry:

Health Ministries: A Primer for Clergy and Congregations **JUST RELEASED!**

Written by Rev. Dr. Deborah L. Patterson, Executive Director of IPNRC.

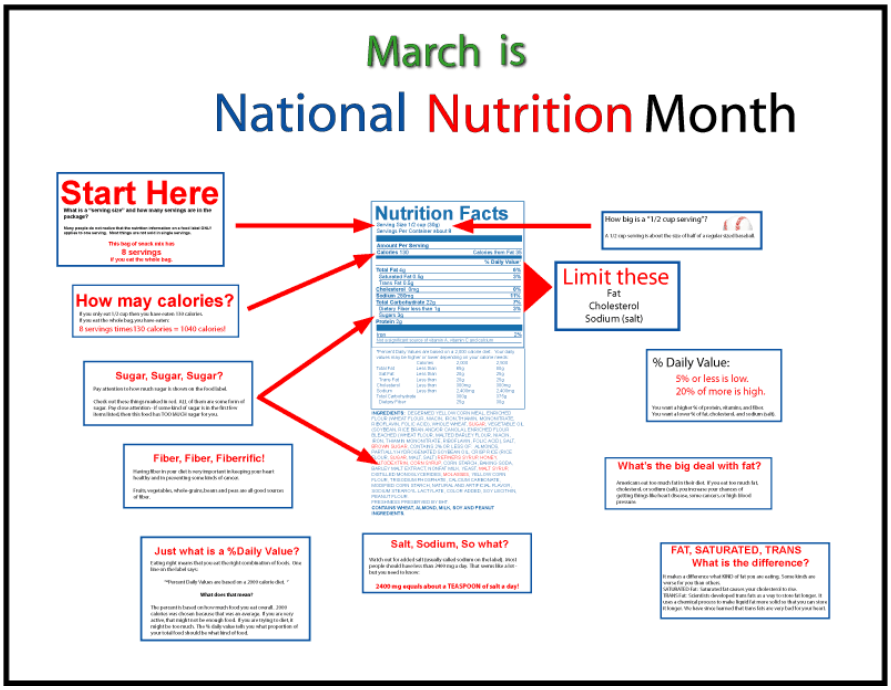
Signs of a new awakening to the Church's role in health and wholeness are everywhere - from parish nurses to health clinics to congregations working fervently for health care finance reform. Across the US and around the globe, faith communities are forming a vision of community and healing that can offer sustenance and hope to all. This book explores diverse themes such as outreach, and care of neighbor through the lens of health ministry. It introduces programmatic ideas for working with differing groups, such as teenagers, caregivers, and the dying. Each chapter includes parish nursing and health ministry stories chosen from settings across the United States and Canada.

Parish Nurse Resources

Nutrition Bulletin Board

March is National Nutrition Month. This bulletin board can be easily reproduced by printing the parts off the Partnership for Health and Accountability website.

www.gha.org/pha/resources/bulletinboards



Seven Weeks to Better Health

We are printing one of the seven sections to our "Seven Weeks to Better Health" bulletin board each month for the next seven months. 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.

Commit to Change

- **Ask yourself what is draining your energy to change (worry, depression, fear of failure)**
- **Accept that change is about making choices**
- **What would help you get started?**
- **It is not about willpower, it's about small deliberate changes every day**
- **Seek a successful role model who made changes to improve health**

Health Ministries Association – Learn more about HMA, the

professional organization for people of faith working together for healthier communities. We encourage you to visit www.hmassoc.org

Thank you for reading The Faith Connection!
Wishing many blessings on your ministry.