

Parish Nurse Newsletter

The Faith Connection

~ News and Ideas for Your Health Ministry ~

Sent to you by:

The Mercy Parish Nurse and Health Ministry Program

1515 Locust Street, Suite 705 ~ Pittsburgh, PA 15219 ~ 412-232-5815 ~

ParishNurse@mercy.pmhs.org

Dorothy Mayernik, manager ~ Esther Gass, consultant to churches ~ Joyce Schumm,
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News:

The Mercy Parish Nurse and Health Ministry Program started a monthly e-newsletter last month to help us stay connected to you. The responses that we received told us that the news, articles and information were 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

Position Opening for Parish Nurse

We are seeking applicants for a part-time position (20 hours/week) as a Mercy Parish Nurse in Pittsburgh's West End. Bachelor of Science in Nursing **AND 1** year of related experience **OR** Registered Nurse **AND 2** years of nursing experience, including med-surg, community health, home health, or parish nursing is preferred. Completion of Parish Nurse Basic Preparation Course is preferred. Basic computer skills. Requires Act 33/34 Clearances. See the job posting and application on www.mercybehavioral.org

Health Ministry Training was completed by Shenango Valley Cluster of five churches. Our parish nurse, Esther Gass, conducted a one-day workshop and 6 were commissioned as health ministers. For more information about Health Ministry Workshops, contact us at 412-232-5815.

Prescription Discounts Available

Pennsylvania recently became the 22nd state where people can get a free prescription drug card that will provide an average savings of 30% on medicine. Discounts will help 800,000 Pennsylvanians without health insurance. Thomas J. Shaw, program director for the Pennsylvania Drug Card said, “There are no age or income restrictions to membership.” Anyone can get the card, which is available at www.padrugcard.com. The website also lists the pharmacies which accept the discount card.

Prescription assistance for those aged 65 and older who meet the income guidelines is available through Pennsylvania’s PACE and PACENET programs. Information is available at 1-800-225-7223.

Focus on Health and Wellness:

January is a good time to take a moment to look at how we are living our lives. Most of us are well into our New Year’s Resolutions. Hopefully we have kept at least one of them. With the cold weather in many places it is easy to opt for the cozy chair, a good book and a big cup of tea. While we need to do this when we can, it is also important to keep up the exercise other than paging the garden catalogs that have started to arrive. Getting outside for even a short time each day gives us a chance to catch some light that is so important for the production of Vitamin D and also warding off Seasonal Affective Disorder (SAD). Common symptoms of SAD are depression, fatigue, mood changes, and carbohydrate cravings. It is best to get some light in the morning to shut off the production of melatonin. Moving vigorously with a brisk walk is a natural antidepressant that can ward off SAD. If you can’t take the cold, sit by a bright window with a strong source of natural light. Plan some household chores to get the body moving. Winter is a good time to clean out those closets and give yourself that fresh start feeling. Best of all, dig through the cabinet to find that exercise DVD that you bought and have never used. (We all have them.) Increase vitamin D intake with foods such as eggs, fish, and fortified milk. Lastly, keep those seed catalogs handy as inspiration to keep you going.

(Adapted from “Wellness Tip of the Week” by JoAnn C. Kauss, RN, MSN,

a resource available to you through Mercy Parish Nurse and Health Ministry
Program)

Bulletin Article for February:

February is American Heart Month. There are many resources available making this an easy event to promote. Many churches have a Red Dress Sunday and encourage the women to wear red. But, don't forget the men. Many good brochures and posters can be ordered from the American Heart Association or downloaded from their website (www.americanheart.org or 1.888.MY HEART). Check out the easy to assemble heart bulletin board under Parish Nurse Resources at the bottom of this page.

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

"So then...offer yourselves as a living sacrifice to God, dedicated to His service and pleasing to Him." (Romans 12:1)

HEART HEALTH

The heart is the powerhouse of the body! It is too vital of an organ to ignore. The heart beats an average of 80 times a minute and works day and night endlessly supplying oxygen and nutrients to the body and taking away toxic end products that can poison the body. Hopefully we are working at keeping it as healthy as we can. The following factors affect the day to day working of the heart either directly or indirectly:

- High blood pressure
- Obesity
- High cholesterol with thickening of the vessels of the heart
- Sedentary lifestyle
- Smoking

Things we can do to keep our powerhouse going for many years to come include maintaining normal blood pressure, losing weight, reducing the fat and cholesterol in our diet, quitting smoking, drinking only in moderation, and exercising at least 20 minutes three times weekly. Please see your doctor regularly and remember we have been blessed with our parish nurse. Call or see her if you have any questions.

"Dear Lord, Strengthen me to take care of my heart in a way that honors you. Amen"

Upcoming Events ~ presented by Mercy Parish Nurse and

Health Ministry Program:

Parish Nurse and Health Minister Meeting

Networking brunch and education program – Nurses earn 2.5 CEs

Saturday, February 7, 2009 – 9am – 1pm, brunch served at 11 am.

Lawrence Wickerham, MD and Margaret Rosenzweig, PhD, APN-BC will present

Breaking Down Barriers to Early Detection of Breast Cancer.

Early diagnosis means the odds of cure are 98%, but too many women fail to have annual screenings.

Learn ways to encourage the women in your church, neighborhood, and family to schedule a yearly mammogram.

Co-sponsored by Mercy Parish Nurse Program, American Cancer Society, and Oncology Nursing Society.

Location: UPMC Mercy Hospital, Sr. M. Ferdinand Clark Auditorium.
Registration Fee: \$10.

Wednesday Evening Meeting for Parish Nurses And Health Ministers

Wednesday, February 11, 2009 ~ 5:30 p.m. - 8 p.m.

Talking With Your Elderly Parent About Important Issues

Research shows that 47% of adult children are not comfortable speaking to their parents about their health care needs, financial situation, ability to live independently, safety behind the wheel of a car, and their end-of-life wishes.

Learn how to sensitively begin these important discussions.

Guest speaker: Betty Karleski, Community Service Representative, Home Instead Senior Care of South Hills

No cost to attend ~ Earn 1 CE for \$10.00

From our Partners in Ministry.....

Heritage Valley Hospital Sewickly Campus invites us to an educational program and luncheon on Saturday, January 24th, 2009, 11am to 1pm. Andrea Estes from the American Heart and Stroke Association and the Go Red Program will talk about the workshops and screenings that you can present in your congregations, in partnership with Heritage Valley Health System. RSVP by January 15th – call 412-749-7730.

Planning ahead.....

**2009 Parish Nurse and Health Minister Basic Preparation Course ~ June 15
– 20.**

Call us for more information ~ 412-232-5815

From the IPNRC in St. Louis

Credentialing for the specialty of Parish Nursing is in our future!

The IPNRC Task Force continues to work out many details with the American Nurses Credentialing Center (ANCC). The credentialing method will be a portfolio process, rather than an exam. Requirements of the web-based portfolio system are not finalized yet but will likely include: a resume, letters of support, peer evaluation, narrative of your spiritual journey, a description of the faith community in which you minister, and case studies to demonstrate how your parish nurse practice has made a difference in people's lives.

Task Force member Nancy Durbin, RN, MS, (Advocate Health Care PN Ministry, Park Ridge, IL) advises us to **“SOS – Save Our Stuff !”**

Start saving documentation for your portfolio in an electronic format. When the credentialing process is ready, you will be well on your way to submitting your portfolio.

The IPNRC has recently produced a CD titled “Get My People Going”.

This CD contains the materials to present a walking program to your group. If you would like to review this CD or other program materials, plan a visit to our resource center at 1515 Locust Street, Suite 705, Pittsburgh, PA 15219

Parish Nurse Resources

Heart Bulletin Board

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 . This is “Heart 2007”, but could be used any time. 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.

PHA Bulletin Board - American Heart Month - February

Keep it strong!
 of my
 Your heart is about the size of a fist and has 4 chambers or parts. It has 4 valves to make the blood flow in the right direction. Blood moves through your body by the pumping of your heart. Your heart is one big muscle.

You owe it to yourself!
 and Soul!
 If you smoke, stop!
 If you are overweight, try to lose weight. Eat right!
 Get out and move!
 Exercise can save your life.

Know the signs of a heart attack!
 break Hotel
 ♥ Pressure, squeezing, fullness or pain in the center of your chest
 ♥ Pain in one or both arms, your back, neck, jaw, or stomach
 ♥ Shortness of breath
 ♥ Breaking out in a cold sweat, sick to your stomach, or light-headed

February is National Heart Month

Know the signs of a stroke!
 I left my
 ♥ Sudden weakness or numbness in your face, arm, or leg
 ♥ Suddenly having trouble talking or understanding
 ♥ Suddenly having trouble seeing in one or both eyes
 ♥ Sudden trouble walking, you get dizzy, or lose your balance
 ♥ Sudden bad headache

And the winner is YOU

Seven Weeks to Better Health

We had many requests for our “Seven Weeks to Better Health” bulletin board. We are printing a section of it here, and in the upcoming 6 newsletters. To receive the entire program, e-mail JSchumm@mercy.pmhs.org.

Take Charge of Your Health!

- Don't neglect your body - and then wonder, “What happened to my health!!!”
- Taking care of yourself is not being selfish
- Listen to yourself — list what nurtures you
- List what is keeping you from starting to make changes
- Long term goals happen with daily change

Put on the new self, created after the likeness of God in true righteousness and holiness. Eph 4:24

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Request from a Nursing Colleague who serves as a member of the PA State Fetal Alcohol Spectrum Disorders Task Force and asked us to share this information with Parish Nurses.....

From:

Lenore Resick, PhD, FNP-BC, NP-C
Duquesne University School of Nursing
Associate Professor; Director, Family Nurse Practitioner Clinical Specialty Graduate Program

Dear Colleague,

As a member of the Pennsylvania State Fetal Alcohol Spectrum Disorders (FASD) Task Force, I am pleased to advise you of the FASD Action Plan.

FASD is an umbrella term that is used to describe the nation's leading category of preventable birth defects that range from subtle to severe and last a lifetime. It is estimated that 1 in 100 live births has a Fetal Alcohol Spectrum Disorder resulting from prenatal alcohol exposure.

Given your professional and community involvement and expertise, I felt the State Plan would be of special interest to you, not only from an information standpoint, but so you might become involved in promoting the Plan's concepts. In order to prevent future cases of FASD and to adequately provide interventions for those individuals who have an FASD, it is imperative to increase awareness and involvement. You can access and read The Pennsylvania Fetal Alcohol Spectrum Disorders Action Plan 2008 by utilizing the following link:

www.health.state.pa.us/bdap

Please assist the Task Force by completing the "FASD Action Plan Survey," also located on the same webpage. This will help identify who has been informed about the State Plan, indicate training needs on the topic, and so forth. Also, kindly forward this communication on to **your** colleagues, friends and family members so that they, too, can have and share this important information about a birth defect that is 100% preventable and occurs without prejudice. With your help, we can reduce the occurrence of alcohol impacted pregnancies in Pennsylvania!

Sincerely,
Leni Resick

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Thank you for reading The Faith Connection!

Wishing many blessings on your ministry

and a very Happy New Year!