

Parish Nurse E-newsletter



June 2, 2009

***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

## News:

**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](mailto:parishnurse@mercy.pmhs.org)

## Upcoming Events

Presented by Mercy Parish Nurse and Health Ministry Program:

◆ *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. If you live too far to commute, the Tabor House of Prayer is in a lovely location to stay during the course.

Call us for more information ~ 412-232-5815

◆ Parish Nurse and Health Ministry meeting for Education and Support

**Healthy People 2010** will be presented by Michalene King, PhD, RN and Maria Pappas-Rogich, Dr. PH, RN 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. Select the date that is best for you. 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 purpose of this program is to discuss Healthy People in Healthy Communities including the public health challenges for each of the 10 Health Indicators. Parish nurses will be invited to describe how they are meeting these challenges through their parish nursing practices. 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.  
**Call to Register – 412-232-5815**

◆ Symposium 2009 –

**Mercy Parish Nurse and Health Ministry  
Annual Symposium**

**November 7, 2009**

*Parish Nurses and Health Ministers:*

*In the Forefront of Changing Health Care –*

Keynote Speaker: Jean C. Kennedy

## **Stories of Caring:**

We would like to start including some short stories that show how parish nursing and health ministry are making a difference in people's lives. If you've had an experience you could share with your parish nursing colleagues, please e-mail us at [parishnurse@mercy.pmhs.org](mailto: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 will be maintained.

## **Focus on Health and Wellness:**

### **June Awareness topics:**

#### **Safety:**

June is Safety Awareness Month. Safety needs to be addressed in the home and in the community where we live and work. Interfaith Volunteer Caregivers here in Pittsburgh will work with you on training your volunteers to make safety checks in the homes of people over 60. They will update the home with smoke detectors if needed and can make arrangements to have grab bars or stairway hand rails installed where needed. Contact Interfaith Volunteer Caregivers at 412-687-6712.

#### **Cancer Survivors:**

Since June is Cancer Survivors Month, now is the time to recognize persons that are living or have lived with cancer. If you can't be part of a cancer walk, why not drop a note to the survivors in your congregation or put a rose on the altar for each person who is to be recognized.

**Resources from the American Cancer Society (ACS)** – Use the ACS auto referral form

If you know someone who is coping with cancer treatment, please refer them to the help and support offered by the American Cancer Society.

ACS provides free, comprehensive patient services and programs designed to help your patients with their needs for information, day-to-day living, and emotional support.

To receive a copy of the ACS Service Referral Form, contact us at [parishnurse@mercy.pmhs.org](mailto:parishnurse@mercy.pmhs.org) or call ACS at 1-800-227-2345. After ACS receives the form, they will contact the client and arrange for the services. All information remains confidential.

Some of the programs we can connect clients to include:

**Reach to Recovery®** – Trained breast cancer survivors provide one-on-one support and education to individuals dealing with the emotional and physical effects of breast cancer.

**Transportation** – The Society provides assistance to help cancer patients get to and from their treatment appointments, including the Road to Recovery program, where rides are provided by trained volunteer drivers.

**Man to Man®** – This comfortable, community-based setting for discussion and education provides men facing prostate cancer with support individually or in groups. Man to Man also offers men the opportunity to educate their communities about prostate cancer and advocate with lawmakers for stronger research and treatment policies.

**Hope Lodge®** – Cancer patients who need treatment far from home sometimes face a problem: how to pay for a place to stay. The American Cancer Society may be able to help through our Hope Lodge program. Hope Lodges offer free, overnight housing for cancer patients while they are being treated for cancer. Our Hope Lodges offer a comfortable place where you can find support and friendship from others going through the same thing.

**Look Good...Feel Better®** – Licensed volunteer cosmetologists teach cancer patients techniques to help restore their appearance and self-image during chemotherapy and radiation.

**“tlc” TM magalog** – A magazine and catalog in one, “tlc” supports women dealing with hair loss and other physical effects of cancer treatment. The magalog offers a wide variety of affordable products, such as wigs, hats, and prostheses, through the privacy and convenience of mail order.

**Children’s Camps** – The American Cancer Society sponsors camps in some areas for children who have or have had cancer. Each of these camps is specially equipped to handle the specific needs of children who are in treatment.

**Cancer Survivors Networks** – Created by and for cancer survivors and their families, this “virtual” community is a welcoming, safe place for people to find hope and inspiration from others who have “been there.” Services include pre-recorded discussions and personal stories from people with cancer and their loved ones, discussion boards, chat rooms, private and secure email, personal Web pages, an Expression Gallery, and more. All are available online at [www.cancer.org](http://www.cancer.org).

**I Can Cope®** – This educational program for cancer patients and caregivers provides reliable information, peer support, and practical coping skills.

# Bulletin Articles for July:

(Adopted from “Wellness Tip of the Week” written by JoAnn C. Kauss, RN, MSN. Available on CD from Mercy Parish Nurse and Health Ministry Program – 412-232-5815)

## WELLNESS TIP OF THE WEEK







The 4<sup>th</sup> of July is just around the corner. What would our Independence Day holiday celebration be without FIREWORKS?

**SAFETY does not take a holiday.**

It is estimated that more than 12,000 individuals in the USA are injured by fireworks each year. Most injuries are caused by poor common sense and from misuse. The most common accidents cause hand injuries from a firecracker or clothing catching fire from a sparkler. Burn injuries are also seen as a result of sparklers or firecrackers.

There is no safe way for *nonprofessionals* to use fireworks. A *professional* fireworks display is the *only* safe way to enjoy the beauty and splendor of the celebration.

Often sparklers are used for the celebration. Caution must be taken to prevent a disaster from ruining the holiday. Sparklers heat to 1800 degrees Fahrenheit and are very dangerous. If you do celebrate with sparklers, follow these burn prevention MUSTS:

-  MUST provide adult supervision
-  MUST wear protective eyewear
-  MUST light them outdoors only
-  MUST never throw a sparkler
-  MUST extinguish in a bucket of water
-  MUST dispose of sparklers in a trash can

**Safety does not take a holiday.**

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

**July is Eye Safety Month.** Check out Parish Nurse Resources for a great bulletin board to teach about eyes and our need to keep them protected from ultraviolet light. July is a good month to schedule eye exams for the children before school starts.

## From the IPNRC

International Parish Nurse Resource Center  
Annual Westberg Symposium

# *Opening Doors to Wholeness*

September 25-27, 2009

Check out their website for more information. - [www.parishnurses.org](http://www.parishnurses.org)

## **Parish Nurse Resources**

### **Health in the News:**

Everyone seems to be talking about the H 1 N 1 flu (once known as the Swine Flu). While it doesn't seem to be as threatening as it once was thought to be, it is a good time to talk about how flu is spread. We know that most germs are spread through the mucous membranes of the eyes, nose and mouth. With summer children's programs starting, why not take a minute to teach the children why it is so important to not touch these areas with dirty hands. Teaching good hand washing is easy with this simple "experiment". You will need three children to volunteer. Put a small amount of cooking oil on their hands and sprinkle with cinnamon. Have them rub their hands together to make them appear really dirty. Have one child wash using cold water, one with cold water and soap, and one with warm water and soap. Give them each a white wash cloth to dry with. It is easy to see what needs to be done to get our hands clean. Some really fun handwashing posters can be downloaded from [www.henrythehand.com](http://www.henrythehand.com). We don't need to wait until National Hand Washing Week in December to stress good hand washing technique. Plus, remember that the new place to sneeze or cough is into your elbow! It may be hard to break old habits, but it really does make more sense to put those germs some place that we aren't as likely to spread them.

### **Free Bulletin Boards:**

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](http://www.gha.org/pha/resources/bulletinboards/index.asp). Many topics are already done for you and delivered with the touch of the "print" button.

[http://www.gha.org/pha/Provider/bulletinboards/fireworks\\_safety/index.asp](http://www.gha.org/pha/Provider/bulletinboards/fireworks_safety/index.asp)

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



## PHA Bulletin Board - - July

### Seven Weeks to Better Health:

Mercy Parish Nurse and Health Ministry Program is printing the fifth of seven sections to our “Seven Weeks to Better Health” bulletin board. The bulletin board comes in Microsoft Word or PowerPoint format. E-mail me at [jschumm@mercy.pmhs.org](mailto:jschumm@mercy.pmhs.org) for the entire program which includes a brochure on the seven weeks and a health survey. The program will be e-mailed back to you.

## Find a Cheerleader

- **Someone to encourage you and keep you on track — this is not a do-it-yourself project**

- **There is strength and power in support**
- **Maintain regular phone or e-mail contact**
- **This could be a prayer partner**
- **Could be mutual cheerleading**

*Therefore, confess your sins to one another and pray for one another, that you may be healed.  
The prayer of a righteous person has great power as it is working. James 5:16*

*Mercy Parish Nurse and Health Ministry Program—[www.pmhs.org/parish\\_nurse](http://www.pmhs.org/parish_nurse) — [ParishNurse@mercy.pmhs.org](mailto:ParishNurse@mercy.pmhs.org)*

## **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 “Health Notes From the Hill: Look Well, Feel Well, Stay Week” CD of over 100 bulletin inserts and newsletter articles used by a parish nurse serving in the Hill District section of Pittsburgh. Working with a doctor in the congregation, she created articles that brought scripture and health information together. These articles can easily be edited to make them useful for your setting.

**Thank you for reading The Faith Connection!**

**Wishing many blessings on your ministry.**

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