

# The Faith Connection

~ News and Ideas for Your Health Ministry ~

**March 18, 2010**

The Mercy Parish Nurse and Health Ministry Program, 1515 Locust Street, Suite 705 ~ Pittsburgh, PA 15219  
412-232-5815, [ParishNurse@mercy.pmhs.org](mailto:ParishNurse@mercy.pmhs.org)



## Congratulations!

**...to the 18 nurses who recently completed the Parish Nurse Basic Preparation Course conducted by the Mercy Parish Nurse and Health Ministry Program on February 27, 2010.**

## Parish Nurse Commissioning

**Patricia Aul**

St. Thomas á Becket Catholic Church, Jefferson Hills

**Joyce Barrow**

St. Stephen's Catholic Church, Hazelwood

**Diane Battaglia**

St. Albert the Great Catholic Church, Baldwin

**Gail Boucek**

Saints John and Paul Catholic Church, Franklin Park/Marshall Twp..

**Joan Brooks**

Faith Community Church, Penn Hills

**Donna Deakin**

St. Albert the Great Catholic Church, Baldwin

**Maria DiCicco**

St. Joseph Catholic Church, Coraopolis

**SuEllen Dillon**

Bethany Presbyterian Church, Bridgeville

**Joyce Ferri**

St. Benedict the Abbot Catholic Church, McMurray

**Bonnie Fleissner**

Christ Lutheran Church, New Castle

**Beth Haskins**

Saints John and Paul Catholic Church, Sewickley

**Elaine Jenkins**

Covenant Church of Pittsburgh, Wilkinsburg

**Alfred Maradei**

Fox Chapel Presbyterian Church, Fox Chapel

**Brenda Pearlman**

Monroeville United Methodist Church, Monroeville

**Ena Seltzer**

Ministry to the Latino Community, Pittsburgh

**Karen Simpson**

Christ Outreach Church, Butler

**Johanna Sperandeo**

St. Bernard Catholic Church, Mt. Lebanon

**Mary Ann Wuyscik**

St. James the Greater Catholic Church, Apollo

*Also pictured, three nurses who will complete course work and be commissioned in June:*

**Stacey Cuba**, Saints John and Paul Catholic Church, Wexford

**Julianne Hagan**, Fox Chapel Presbyterian Church, Fox Chapel

**Barbara Reuning**, St. Luke's Evangelical Lutheran Church, Saxonburg

# Upcoming Events

## Health Ministry Workshop

*If health ministry is new idea in your church, this program will help you to get started. Ask one or two people, or more, to join you. 128 people have taken this training in the past year.*

- Health care background is not required – just a desire to help your fellow church members
- Answer the question, “What is health ministry?” and “Why should this be a ministry of the church?”
- Learn ways you can reach out to those who are experiencing difficulties and promote healing
- Hear about simple things you can do to encourage church members to adopt healthier lifestyles and decrease risk factors for developing illnesses
- Tips on team building, how to organize your group of volunteers, and how to select one (or two) projects to undertake in the coming year
- As a volunteer, you can give as much or as little time as you have to serve the Lord by serving your fellow church members.

Date: Saturday, March 20, 2010

Time: 9 a.m. – 1:30 p.m.

Location: UPMC Mercy  
Room 2190

Free parking in the UPMC Mercy Locust Street Parking Garage

Bring a lunch or purchase one in the hospital cafeteria.

\$15 per person

Advance registration requested – 412-232-5815

## 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 CE\*s\* 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...

*Along with her husband, a Presbyterian minister, Cathy Giesey recently retired to Fountainview Estates in Tampa, Florida with the idea of slowing down. It didn't take her long to see that there was much parish nursing to do and called us to get another manual since she had given hers away. Cathy writes:*

“There is so much going on; I hardly know where to start. The bottom line is that initially I started a health ministry program at our church last May (Keystone Presbyterian Church) and it is continuing at the present time with monthly blood pressure screening and medication checks (drug compatibility and brown bag questions) the first Sunday of every month. I started an exercise class with a YMCA-certified trainer who later joined our church and volunteers two classes a week, Tuesday and Saturday—free of charge. I also include the bulletin inserts from the CDs that I purchased from you, and also use the bulletin board ideas from *The Faith Connection*.

“Then, upon becoming a Session member of the church, I was led to suggest that we extend this health ministry as a church outreach to the community in which Jim and I live - Fountainview Estates with 800+ residents. Both the church and corporate executives and director of Fountainview Estates were very excited about the idea.

“The exercise trainer and I piggybacked the exercise classes on the same days and began the first week of this month. We have a dozen at the church and thirty-four at Fountainview. We have a gentleman in a wheelchair, three other men, and the rest are women - some in their 80s. Rhonda alternates a monthly dance routine with weight lifting and cardio. She begins with a nutritional quiz and measures toning and flexibility. They seem to love it and are very passionate about it, helping set up the room, transfer weights, mats etc. from her car to the clubhouse. She will be introducing some nutritional and cooking classes later. In the beginning of March, I'll start the blood pressure screening component.

“As you can see, retirement does not have to be boring!”

*Thank you, Cathy, for sharing this with us!*

*Please call and tell us what's happening in your parish nurse ministry!*

# Research Study: Can you help?

Please consider signing up for The Habit Study, a research study being conducted by the nursing faculty at the University of Pittsburgh.

Medications must be taken on time in order to get the best therapeutic effect. This study is to determine if people are taking their medications properly. Your participation will provide important information to doctors and nurses so that they will be able to help patients take their medications on time. You will receive one-on-one appointments with the researchers to learn new techniques that will help you as well. All the information collected will be treated with confidentiality.

To help with this study, you must:

- Be 40 years of age or older
- Take medication for Type 2 diabetes, high blood pressure, or high cholesterol
- Take at least one medication twice a day

If you would like more information or are interested in participating, please call the nurse researcher at the University of Pittsburgh at 866-681-7556.

## *Your Feedback is Important to Us*

*Please let us know about the health ministry activities you are carrying out in your church. We are interested in knowing how our efforts as a regional resource center are helping you to contribute to the health and well-being of the members of your congregation.*

Send an e-mail with the following information to [ParishNurse@mercy.pmhs.org](mailto:ParishNurse@mercy.pmhs.org)

**Your name and contact information:**

**Church/congregation:**

**Brief description of the activity:**

**Number of people attending/benefiting:**

# Focus on Health and Wellness

By the time that you get this e-news, we should be in the middle of

## National Sleep Awareness Week®

### 10 Tips for Better Sleep by the Mayo Clinic

1. Go to bed and get up at about the same time every day, even on the weekends.
2. Don't eat or drink large amounts before bedtime..
3. Avoid nicotine, caffeine, and alcohol in the evening.
4. Exercise regularly.
5. Make your bedroom cool, dark, quiet, and comfortable.
6. Sleep primarily at night.
7. Choose a comfortable mattress and pillow.
8. Start a relaxing bedtime routine.
9. Go to bed when you're tired and turn out the lights.
10. Use sleeping pills only as a last resort.

Lack of sleep is no joking matter and sometimes needs to be addressed by your physician. Many nurses that work afternoon and night shifts have even greater difficulties because of their need to sleep during daylight hours. For more information go to [www.mayoclinic.com/health/sleep/HQ01387](http://www.mayoclinic.com/health/sleep/HQ01387)

### What Is Insomnia: Symptoms and Causes

This site discusses the causes and effects of sleepless nights.

<http://www.webmd.com/sleep-disorders/insomnia-tired-6/insomnia-causes>

This poster is in ADF form and can be printed by going to

[http://www.nhtsa.dot.gov/PEOPLE/injury/drowsy\\_driving1/human/drows\\_driving/posters/posters.html](http://www.nhtsa.dot.gov/PEOPLE/injury/drowsy_driving1/human/drows_driving/posters/posters.html)



# Bulletin Articles for April

Greetings in the name of our victorious Redeemer!

April is often a month of contrasts. We can experience both winter and summer weather, as well as both the grief of Holy Week and the victory of Easter. April is also observed as **Cancer Control Month**.

What can be done to reduce our risk of the various types of cancer? Seeking Health care at the earliest possible time if you have a change in your health status helps any treatment to be more effective. In addition, it is very important to see your doctor if you experience any of the following warning signs:

- **C**hange in bowel or bladder habits
- **A** sore that does not heal
- **U**nusual bleeding or discharge
- **T**hickening or lump in breast or elsewhere
- **I**ndigestion or difficulty swallowing
- **O**bscure change in a wart or mole
- **N**agging cough or hoarseness

If you or a loved one experiences any of these warning signs, it may not indicate anything serious, but if it is related to cancer, it is important to receive health care as soon as possible. I wish we did not need to be aware of cancer control behaviors, but as long as cancer exists, I want you to know what you can do to reduce your risk. If you have any concerns I would be very happy to visit with you.

*This article was taken from Seasons for Wholeness: Monthly Themes and Programming for Parish Health Ministry-Volume III. This series is available from the International Parish Nurse Resource Center. They recently developed Volume VI which is available on CD for easy use.*

# International Parish Nurse Resource Center (IPNRC)

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



## Taking Care of Business: A Guide for the Discussion of Wills, Healthcare Directives, and Funeral Planning

End of life issues have often been relegated to a quick family discussion at the time of death. This curriculum presents the topic to all ages and encourages thoughtful consideration of wishes for healthcare before any decision is needed. This user-friendly volume provides information on the implementation of five class sessions as well as the lesson plans, speaker ideas, handouts, and additional resources to facilitate the discussion of healthcare decisions and funeral planning. Get your faith community to consider their wishes for health care prior to an emergency by Taking Care of Business.

All forms in the book are included on a CD.

For more information, contact the IPNRC office at 314.918.2559

## Parish Nurse Resources

April is Awareness Month for: cancer control, irritable bowel syndrome (IBS), autism, organ donor, child abuse, dental health, arthritis, foot health, Parkinson's disease, and stress. For a complete list go to <http://www.healthfinder.gov/nho/nho.asp#m4>

**Diabetes awareness** is important every month of the year. If any nurse of health minister needs diabetes materials for their congregation, you are welcome to contact Lorraine Starsky, RN, BSN, Diabetes Nurse Consultant, Allegheny County Health Department. E-mail [lstarsky@achd.net](mailto:lstarsky@achd.net)

## 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.***