

The Faith Connection
~ News and Ideas for Your Health Ministry ~
March 5, 2009

Sent to you by:

The Mercy Parish Nurse and Health Ministry Program

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News:

The Mercy Parish Nurse and Health Ministry Program hopes that you are able to use some of the information that we are presenting this month. Please, keep in touch.....our new e-mail address is ParishNurse@mercy.pmhs.org

The Mercy Parish Nurse and Health Ministry Program is happy to announce that we have a new website. Please, check it out and let us know what you think.

www.pmhs.org and click on “Parish Nurse Program”

Upcoming Events

Presented by Mercy Parish Nurse and Health Ministry Program:

◆ **March 14th Workshop – 4 CEs – 10 am - 3 pm – \$15 – includes lunch**

The Process of Theological Reflection

Presenter: Sr. Carole Riley, CDP, a member of the Sisters of Divine Providence, Executive Director of the West Virginia Institute for Spirituality, and Professor of Music at Duquesne University in Pittsburgh.

To register: Call us at 412-232-5815 or email DMayernik@mercy.pmhs.org

◆ **May Support Meeting**

Applying Leadership Skills in Parish Nurse Ministry – 2 CEs

This will be offered on two different dates – Choose the day that is best for you:

Saturday - May 16 - 9 a.m. – 12 p.m. or

Wednesday - May 20 - 5:30 p.m. – 8 p.m. (Brown Bag or cafeteria dinner)

Room 2190 of Bldg D at UPMC Mercy Hospital.

Program is free - 2 CE's for \$10.00

Contact us at 412-232-5815 or ParishNurse@mercy.pmhs.org

◆ **2009 Parish Nurse Basic Preparation Course** ~ June 15 – 20.

Our Parish Nurse Course offers official certification and pin from the International Parish Nurse Resource Center and 40 CE's for RNs. Others taking the course will be given a health minister pin. This is an intensive, but rewarding six day course ending with a commissioning service.

For more information ~ 412-232-5815 or e-mail at jschumm@mercy.pmhs.org

◆ **September Support Meeting – *Healthy People 2010*** –

Saturday, September 12, 9:00 a.m. – 12:00 p.m.

Wednesday, September 16, 5:30 p.m. - 8:00 p.m. (Brown Bag or cafeteria dinner)

Room 2190 of Bldg D at UPMC Mercy Hospital

Program is free - 2 CE's for \$10.00

◆ **Symposium 2009** – Save November 7, 2009 for our annual Parish Nurse Symposium.

Other details to be announced later.

Focus on Health and Wellness:

March is Colorectal Cancer Awareness Month. Responses to talking with people about getting their regular colonoscopy range from light-hearted joking to complete refusal. Sometimes starting with honest talk from our own experience will work to relieve any fears and help to encourage them to make the dreaded appointment. Below is some information that might help you be more convincing.

COLON CANCER

“O You who created me, return to my side, forget me not in my weakness...When I commit myself into your hands, You are ever my strength and comforter.”
(Ps. 10:1, 17 and 18)

The second leading cause of cancer death in the United States is cancer of the colon and rectum, frequently referred to as colorectal cancer. Risk factors associated with colorectal cancer are:

- Age - more common in persons 50 years +
- Diet - high in fat and calories and low in fiber
- Presence of polyps - benign growths on the inner wall of the colon and rectum
- Personal and family history- diagnosis of other types of cancer
- Ulcerative colitis - intestinal lining is inflamed

Be alert to some of these sign and symptoms:

- Changes in bowel habits, e.g. diarrhea, constipation, blood
- Frequent gas pains, bloating, fullness, and/or cramps
- Unexplained weight loss

The American Cancer Society recommends an annual stool test for hidden blood, a flexible sigmoidoscopy every five years, and a colonoscopy every ten years. If you are at high risk or have symptoms, these tests should be done sooner than age 50 and more frequently thereafter. For additional questions, seek the guidance of your health care provider and call the American Cancer Society at 1-800-227-2345.

EARLY DETECTION IS EXTREMELY IMPORTANT! The five year survival rate for people whose colorectal cancer is treated at an early stage (before the cancer has spread) is 90%.

“Dear Lord, comfort me with your presence in my time of need. Amen.”

Submitted by Marge Kerlin

April is National Cancer Control Month. Why not use the bulletin board provided in our Parish Nurse Resources below to welcome in Spring while giving some ideas for controlling cancer.

Bulletin Article for April

APRIL – IS CHILD ABUSE PREVENTION MONTH

“Lord, we ask your guidance in raising our children in safe and loving ways. Give us the strength to follow your example of kindness and patience, and the courage to provide and seek support from others.”

The Effects of Child Abuse and Why Parents Abuse:

- Abuse robs children of the opportunity to develop healthy, trusting relationships with adults, contributes to low self-esteem and often impairs healthy psychosocial development.
- Most runaways, adolescents, prostitutes and teenage delinquents report having been victims of child abuse or neglect and many among the criminal population suffered abuse as children.
- The effects of childhood abuse often last a lifetime.
- Many adults who were victims of child abuse carry a sense of inadequacy and worthlessness with them into their jobs and relationships.
- Parents who abuse their children may love their children very much but not very well.

- Many, but not all abusing parents were abused as children and lacked a successful model of parenting and family life to follow.
- Immaturity and the absence of parenting preparation and skills, coupled with a lack of understanding relative to child development, often result in the creation of unrealistic expectations for a child's behavior. Failure to meet those expectations results in frustration on the part of the parent, which may erupt in anger toward the child.
- Abusing parents often feel isolated or keep themselves isolated from others. They may expect the child to satisfy their unmet emotional needs.
- Financial pressures, poor housing conditions, loss of a job and the inability to provide for the needs of the family can cause parents to feel overwhelmed and unable to cope.
- Alcohol and substance abuse are frequently related to child abuse and family violence. They compound the chances for loss of control and the eruption of violent behavior.

Source: National Council on Child Abuse and Family Violence – www.nccafv.org

(Taken from “Health Notes from the Hill” available at Mercy Parish Nurse and Health Ministry Program – 412-232-5815)

Positions Available – Wanted: Part-time Community Parish Nurse.

Crafton United Presbyterian Church is seeking a registered nurse to work 12 hours per week as a Community Parish Nurse. The Community Parish Nurse would visit people in their homes and other settings to consult with them about their medical needs; refer people to appropriate healthcare providers and community services; and address people's mental, emotional and spiritual needs. The Community Parish Nurse will also work with a Health Ministry Team at the church to offer a variety of events that would promote whole person health and wellness of members of the church and community. Applicants may send a resume (with three references) to Reverend Dr. Edward Bowen at 80 Bradford Ave., Pittsburgh PA 15205, or e-mail the information to craftonup@yahoo.com.

Free Helpline for the Uninsured – 412-456-1877

Consumer Health Coalition (CHC) reaches out to and assists uninsured individuals, families with low incomes, and people with disabilities in navigating and applying for publicly funded health insurance programs (i.e., Medical Assistance, CHIP, adultBasic). CHC's Outreach and Enrollment Specialist helps clients by completing applications, navigating documentation requirements, serving as a liaison between the patient and the appropriate state agency, following up to ensure coverage is received, and reminding clients when it is time to renew. She also helps connect families to doctors at community health centers, refers people to prescription assistance programs, and educates individuals about free and low cost preventive health services (i.e., breast and cervical cancer screenings). If you have a client who needs assistance, please call CHC's helpline at 412-456-1877. Services are free.

Parish Nurse Resources

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

Free Bulletin Articles

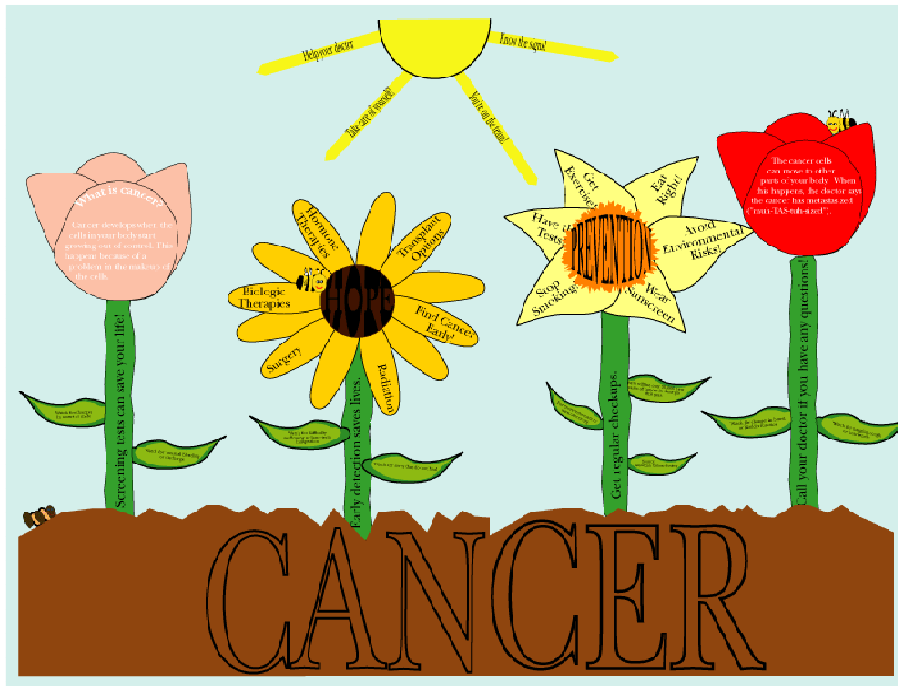
Debbie Best is a program coordinator for Family Life Services, Congregations and Community Services, Diakon Lutheran Social Ministries in Williamsport, PA. Debbie offers a monthly collection of weekly bulletin news articles that she would like to send to all interested people. E-mail her directly at BestD@diakon.org to be put on her e-mail list.

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 . 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.

GHA Bulletin Board - - April



Seven Weeks to Better Health

Mercy Parish Nurse and Health Ministry Program is printing one of the seven sections to our "Seven Weeks to Better Health" bulletin board each month for the next seven months. The bulletin board comes in Word or PowerPoint format. 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.

Have Confidence

- Believe in yourself and your ability to change
- Recognize your strengths — celebrate small changes
- Develop a "can-do" attitude

- **Use humor — laugh at yourself**

*Present your bodies as a living sacrifice, holy and acceptable to God,
which is your spiritual worship.
Romans 12:1*

Parish Nurse “Store”

Mercy Parish Nurse and Health Ministry Program offer products that are designed to help you in your health ministry and parish nurse program. This month we would like to feature our health ministry pin. This makes a great way to recognize your health ministers. The pin is gold-tone with purple enamel, a white candle and “Health Minister” printed on the front. They are \$8.00 each or \$6.00 each for ten or more.

Contact us ParishNurse@mercy.pmhs.org or 412-232-5815.

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.***