

E-Newsletter-May 2009



May 7, 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 wants to thank all those who have e-mailed us with your comments about our new e-news – *The Faith Connection*.

We hope the news, articles, and information we pass along will encourage and help you 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

Upcoming Events

Presented by Mercy Parish Nurse and Health Ministry Program:

- ◆ Don't forget our Parish Nurse and Health Ministry meeting for Education and Support Saturday, May 16, 9AM until 12 noon or Wednesday, May 20, 5:30 PM until 8 PM. Choose the day that is best for you. We will be meeting in Sr. M. Ferdinand Clark Auditorium to hear Luann Richardson, PhD, CRNP, Parish Nurse speak on "Applying Leadership Skills in Parish Nurse Ministry".

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

◆ *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

◆ **Symposium 2009** – November 7, 2009

Mercy Parish Nurse and Health Ministry Annual Symposium

Parish Nurses and Health Ministers: In the Forefront of Changing Health Care

To help you in your health ministry:

Stroke Awareness Program Offered to Churches

Kathy Seiler, RN, Coordinator of the Stroke Program at UPMC Mercy is offering to present a talk to your congregation. Great strides have been made in the treatment of stroke. Learn about what's happening with stroke treatment today, and how important it is to receive care without delay. Contact Kathy at 412-232-8738 or seilerkr2@upmc.edu

Depression Self-Assessment

Even though National Depression Screening Day is in October, you may have a need to offer this screening at other times during the year. Individuals can take an anonymous screening from the comfort and privacy of their computer, or you can print it out. If the individual's answers suggest depression and you recommend follow-up care, the form can be taken to the healthcare provider. Click here to see a sample screening:

- <https://www.mentalhealthscreening.org/screening/>
- Keyword: **Sample**

Higher Income Limits for WIC Effective May 1, 2009

County Health Director Dr. Bruce Dixon says, "WIC isn't just for families on public assistance. Eligibility is based on both income and medical or nutritional risk, but the

income limits allow benefits for many working families with modest incomes.” WIC is a federally funded program that provides food vouchers and nutrition counseling for pregnant women, postpartum mothers, breastfeeding mothers, and children under the age of five.

The new limits are an annual gross income of \$20,036 for a family of one; \$26,955 for 2; \$33,874 for 3; \$40,793 for 4; \$47, 712 for 5; \$54,631 for 6; \$61,550 for 7; and \$68,469 for 8.

For information about WIC and how to apply for benefits, call the Allegheny County Health Department WIC Program at 412-350-5801. Outside of Allegheny County, call the statewide toll-free number, 1-800-WIC-WINS. WIC information is also available at www.achd.net/wic

Focus on Health and Wellness:

May is the month that we take the opportunity to thank our mothers for all that they do and have done for us. Why not plan something to show our mothers how much we care about their health? Plan a special healthy lunch to celebrate or offer to make appointments for mammograms and get checked together. Plan a special day that might include a massage. If your mother is no longer living, why not find a substitute? Take a friend or an elderly lady that might not be living near their daughter.

May is Military Appreciation Month. Don't forget to let the troops know you care. This makes a great personal and church project. Send an e-mail or letter of thanks at Amillionthanks.org or Americasupportsyou.mil. Gathering personal care items, snacks, letters and signed cards is a great project. Ask at your post office for the special military boxes with a lower one-rate charge. It is a great way to send a heavy package for little money. Check with your church body's outreach to the military to get the name and address of a chaplain who will distribute your items. Many times you get letters back letting you know just how much it means to our service people serving far from home.

Don't forget to encourage everyone to start getting in shape for the Cancer Walks that will be featured during June which is Cancer Survivors Month. Let's honor these people in some special way.

June is a good time to celebrate National Safety Month by offering a handout dealing with such safety issues as sun, water, backyard and home safety issues. Keep your people informed about the recent outbreak of H1N1 - Swine Flu. Updates of information can be obtained on the CDC website: www.cdc.gov/swineflu/. It is important that we encourage acting responsibly and not promote panic.

Bulletin Articles for June:

With Fathers Day coming up in June, it is a good time to honor our fathers by showing our concern for their health.

MEN'S HEALTH

**“Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”
(Isaiah 41:10)**

Next week will be Father's Day Sunday! I thought it would be a great opportunity to address ALL men in the parish about their health. Have you had your yearly physical yet? Are you long overdue?

Men are well known for their neglect of self and reluctance to see the doctor. We always hear “If it ain't broke, don't fix it.” Yes, that is true.....but if we take our cars in for quarterly maintenance checks, why not our bodies?

Meanwhile, there are many advantages of having a yearly check up. You will get to have a good relationship with your physician and he/she will monitor you carefully. Many diseases like hypertension and cancers are silent at the onset and can only be discovered by screening tests and physical exams. By the time these illnesses become obvious to you, they usually are far advanced in disease process. The following are a list of what you'll need to have checked and how often:

- Blood pressure and a general examination at least yearly
- Cholesterol every five years
- After age 50, fecal occult blood yearly and/or flexible sigmoidoscopy every 3-5 years to screen for colorectal cancer
- Vision exams every 3 to 5 years and after age 50, every 2 to 3 years
- After age 50, due to the risks of prostate cancer, all men should have a digital rectal exam and talk to your doctor about prostate specific antigen (PSA) test
- Dental check ups every 6-12 months

As we all age, the risks for serious illnesses increase. Please make a gesture of love towards your family and yourself. Schedule an appointment with your doctor this week. If you do not have a physician, please call our parish nurse.

**“Dear Lord,
Forgive us for putting other things before you. Help us to do what needs doing in a way that pleases you, Amen.”**

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

From the IPNRC

[Called to Care through Faith Community Nursing](#) (DVD)

IPNRC: St. Louis, MO, December 2007

Contact www.parishnurses.org or 314-918-2559

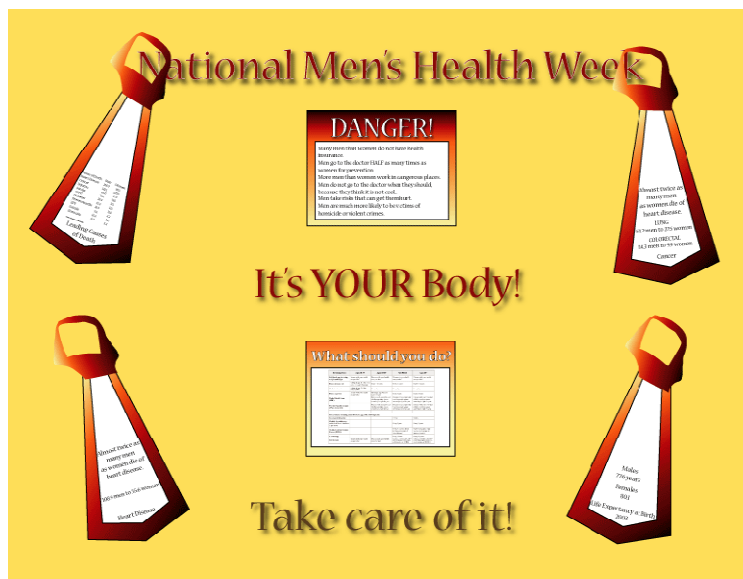
\$23.00 (includes shipping)

This ten-minute video (DVD) is designed to encourage registered nurses to become actively involved in the growing specialty practice of parish nursing. The video introduces several faith community nurses who are among the more than ten thousand health professionals working in this specialty practice across the United States and around the world. Their personal journey into faith community, or parish nursing, is an inspiration to anyone with a passion for helping others. If you want to start a health ministry in your church, this short DVD is an excellent way to explain parish nursing to your pastor.

Parish Nurse Resources

If you would like to do a bulletin board to teach about a health topic, but find your time is very limited, try <http://www.gha.org/pha/Provider/bulletinboards/index.asp> . Many of you may have tried this site last month and were discouraged because it was not working. The good news is that they were updating it and now have some new boards. If this website doesn't open up for you, copy and paste it into Google. It sometimes is a little temperamental, but worth the trouble. Below is the completed bulletin board that would go nicely with the suggested bulletin insert for June.

NATIONAL MEN'S HEALTH WEEK.



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 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.

Be Creative

- Adopt a plan that can work

- **Plan small steps — don't tackle too much at once**
- **Have alternative plans of what you will do when an unhealthy urge strikes**
- **Find a catchy slogan to boost your morale and post it where you will see it**
- **Prepare for the unexpected**

But seek first the kingdom of God and his righteousness, and all these things will be added to you. Matt 6:33

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 Blood Pressure Training Kit. Our “Kit” contains everything that you need to easily conduct blood pressure trainings or refresher courses. Our kit contains a 67-page instructor manual with registration materials, pre-class readings, class day materials and a complete range of handouts to make your presentation thorough. Our 10-minutes DVD clearly shows how to and not to take a blood pressure. This is very useful when working with nurses that have been using poor technique for many years and might not feel the need for any retraining. A special section on taking the blood pressure of children is included. This program is designed to allow you to choose as much as you need to customize your presentation. Our kit is normally priced at \$60.00. We are offering it this month for the special price of \$40.00.

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

Health Ministries Association (HMA) — Learn more about HMA, the professional organization for people of faith working together for healthier communities. We encourage you to visit www.hmassoc.org

June 3 – 5, 2009, Regional HMA Conference, Cincinnati, OH

Thank you for reading The Faith Connection!

Wishing many blessings on your ministry.