

# The Faith Connection

~ News and Ideas for Your Health Ministry ~

**May 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)

## Grants available to fund projects serving seniors

**O**pen Your Heart to a Senior is a United Way sponsored volunteer recruitment initiative of Interfaith Volunteer Caregivers (IVC) and North Hills Community Outreach's *Faith in Action* program. *Four mini-grants of \$500 each will be awarded to groups* that implement volunteer recruitment and outreach projects that help older adults. Proposed volunteer projects may be innovative new ideas, expansions of current outreach efforts, or replications of successful models used elsewhere. Proposals will be evaluated based on the soundness of their plan and project activities, especially their potential to engage both volunteers and seniors in response to an identified community need.

*The deadline to submit proposals is June 4, 2010* and proposed projects must be conducted in Allegheny County and completed by October 15, 2010.

Please e-mail [seniors@nhco.org](mailto:seniors@nhco.org) or call **412-307-0071** for more details and to register for one of the following *information sessions*:

- **Saturday, May 15, 9:30 to 11 a.m.** at the IVC office, 6401 Penn Avenue, 2<sup>nd</sup> Floor, Pittsburgh, PA 15206
- **Tuesday, May 18, 5 to 6:30 p.m.** at North Hills Community Outreach, 1975 Ferguson Road, Allison Park, PA 15101

## Upcoming Events

### Parish Nurse Basic Preparation Course

#### Spring Session:

A four-day course: May 21-22 and June 11-12, 2010

**Cost:** \$395. RNs will earn 30 CEs\* and be commissioned as Parish Nurses. Others will be commissioned as Health Ministers.

#### Fall Session:

October 1-2 and November 5-6, 2010

This course is endorsed by the International Parish Nurse Resource Center (IPNRC). For more information and an application call 412-232-5815 or e-mail [ParishNurse@mercy.pmhs.org](mailto:ParishNurse@mercy.pmhs.org)

*UPMC designates this continuing education activity for 30.0 clock hours. UPMC 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, ANCC COAC and PSNA do not endorse any commercial products as a result of the CE activity.*

# Parish Nurses Making a Difference

## Health Ministry is Happening...

*Barb Isett, RN, Mt. Hope Community Church in Penn Hills, PA wrote to tell us:*

During the monthly blood pressure screening at Mt. Hope Community Church in March, one of our health ministry team nurses noted that a church member had an elevated blood pressure of 200/100, along with other possible cardiac symptoms. The elevated reading was confirmed by a physician's assistant, one of the health ministry team members taking blood pressures that day. The daughter-in-law who was with the woman, gratefully accepted the suggestion to take the woman to the emergency room. After the recommendations from our health care professionals, she agreed to go, although she had refused her daughter-in-law's plea to do so the previous day. She was admitted to the hospital that afternoon and had a balloon angioplasty with two stent placements the next day. She returned to her home later that week and is doing well.

Mt. Hope Community Church is a small church with about 200 members. We have had an active Health Ministry since November, 2004. In addition to our monthly blood pressure screenings, we provide and keep updated first aid kits throughout the church. Educational programs for the congregation are usually offered following a luncheon after worship. A tea this past fall was followed by a program on breast cancer awareness. We assisted the deacons in obtaining an AED and providing AED training for the entire congregation. CPR training with certification was offered by our health ministry team this year. A luncheon is planned for next month with a speaker from Home Instead titled *Get Mom Moving, Body, Mind and Spirit*. A grief support ministry will begin this fall.

**Congratulations to the health ministry team of Mt. Hope!**

*Please call or e-mail to let us know about your latest health ministry activities or the ideas you*

**Duquesne University School of Nursing is proud to announce**

***The First Annual Rita M. McGinley Symposium***

***Exploring Social Justice for Vulnerable Populations: The Face of the Elderly***

**September 23-24, 2010**

**Call for Abstracts**

**For complete details and guidelines go to:**

**<http://sciweb.cc.duq.edu/social-justice/pdf/symposium-abstract.doc>**

**or**

**Sr. Rosemary Donley at 412-396-6555 or [donleyr@duq.edu](mailto:donleyr@duq.edu)**

# Focus on Health and Wellness



May is Older Americans Month  
This year's theme is  
*Age Strong – Live Long*

For a list of the themes since 1978 go to:  
[http://www.aoa.gov/aoaroot/press\\_room/observances/oam/archive/archive.aspx](http://www.aoa.gov/aoaroot/press_room/observances/oam/archive/archive.aspx)

For the printable poster seen to the left go to:  
[http://www.aoa.gov/AoARoot/Press\\_Room/Observances/oam/Archive/2010/Materials\\_Downloads.aspx](http://www.aoa.gov/AoARoot/Press_Room/Observances/oam/Archive/2010/Materials_Downloads.aspx)

**May** always brings to mind our mothers and the many observances that go along with women. This is a good time to look around for women who may not have their children living near or have lost a child. A special card or lunch invitation would certainly lift their spirits. In many areas breast cancer walks are held on Mother's Day. *The Susan G. Komen Race for the Cure* is being held May 9 in Oakland. Go to: <http://www.pittsburghraceforthecure.org/index.html> for complete details. If you don't feel in shape for the breast cancer walk, consider participating in one of the Relay for Life Cancer Walks held in June. Many of the relays are held around a track, making it possible for some people to walk at least one lap. If you are a cancer survivor, be there for the special lap just for you.

**June** is also *Mental Health, Lyme Disease, Osteoporosis, Trauma, Skin Cancer, and High Blood Pressure Month*. For more health observances go to:

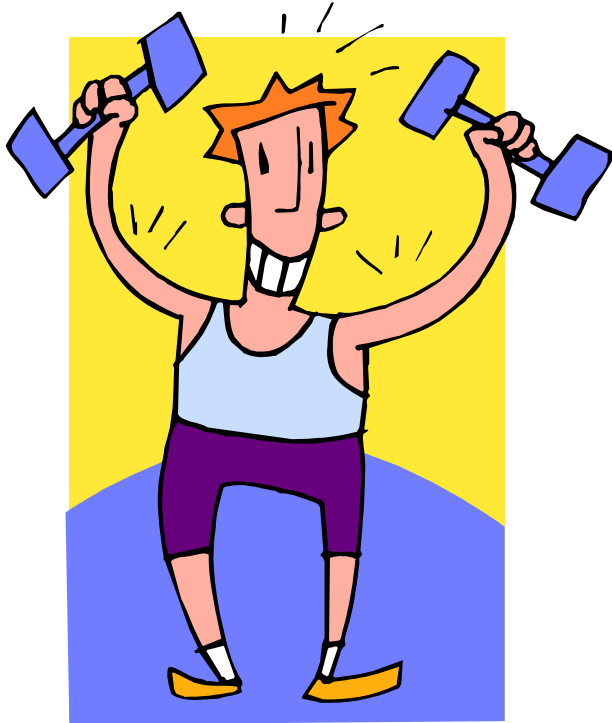
<http://www.healthfinder.gov/nho/nho.asp#m4>



# Bulletin Article for June

*June is a good time to remember our dear fathers and all the men in our lives.  
Keeping dad healthy is important.*

## HEALTH MAINTENANCE FOR MEN



How many of the men in our lives are more concerned about maintenance of their cars than the care of their own bodies? Like cars, our bodies need their regular maintenance visits. Be sure to schedule a visit with your doctor for a routine physical. Summer is a great time to do this since the offices are less busy and the doctor can spend more time with you. Reminders about what you need to have checked:

- **Blood pressure**
- **Cholesterol** at least every five years
- After age 50, due to risks of **prostate** cancer, all men should have a digital rectal exam and talk to their doctor about a blood test for prostate-specific antigen (PSA) particularly if there is a family history of prostate cancer
- **Vision** exams every 3 to 5 years; after age 50 every 2 to 3 years
- **Dental** checkups every 6-12 months

As men grow older, the risk of developing a serious illness increases. Routine physical exams are important in preventing problems before they become serious...call for that annual exam!!!

(Adapted from our CD *Health Notes from the Hill*)



June is also **Fireworks Safety** and **Home Safety** Month. June 6 is **National Cancer Survivors Day** and June 6-12 is **Sun Safety** Week. While it may sound silly to have so many “awareness” days, weeks, or months, it does make good sense to remind ourselves and others of good health and safety practices.

# International Parish Nurse Resource Center (IPNRC)

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

## A New Look at Dementia

In a recent e-mail, the IPNRC attached an article that we think should be shared. On April 27, 2010 *The New York Times* published an article that talks about the progression of dementia, taking into consideration the physical side of the disease that is often overlooked and why some treatments used in the past might not be in the best interest of the patient.

<http://query.nytimes.com/gst/fullpage.html?res=9C0DEFD9163FF933A15753C1A96F9C8B63>

The IPNRC recently introduced several new resources. Available this month: *Taking Care of Business: A Guide for the Discussion of Wills, Healthcare Directives, and Funeral Planning with Loved Ones, Physicians, and Leaders in the Faith Community*. For more information, contact the IPNRC office at 314.918.2559

## Parish Nurse Resources

### *Walking a Labyrinth*

**A**t a recent Parish Nurse Support Meeting someone asked about walking a labyrinth, its significance, and where one could be found. In researching the topic by using Google, 121 labyrinths are found in the state of Pennsylvania. They come in brick, stone, mulch, grass, and other forms. Some are permanent and some are portable. The designs can be classical or medieval. People walk the labyrinth as one of many ways to pray and meditate. The winding path into the center and back out again is a metaphor for the journeys of life and faith. The labyrinth is a single path in and a single path out, and is designed to quiet the mind for prayer and meditation. If you are interested in purchasing a labyrinth, you can go to [www.labyrinthcompany.com](http://www.labyrinthcompany.com) to purchase one starting at \$99.00 or for as much as \$500,000. Many churches can obtain a labyrinth for around \$2,200 that can be put down in the gym or fellowship area. Some can be rented with an option to buy starting at \$200. For those who want to create their own, <http://labyrinthociety.org/make-a-labyrinth> has many resources for free. For those that wish to experience an already established labyrinth, <http://labyrinthlocator.com> is the source that you need. This might be something to add to your summer vacation.

### *New immunization website*

If you need information on required immunizations in Allegheny County, Pa. go to Allegheny County Immunization Coalition's new website <http://www.immunizeallegheny.org>

### *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".

## *Resources for Uninsured and Underinsured*

Following is a recent e-mail arrived from Lorraine Starsky, Public Health Nurse – Allegheny County Health Department. See the e-mail and the news release below.

*Hi everyone,  
Please see the news release below. Allegheny County's Guide to Health Care Resources for the Uninsured and Underinsured has just been updated and expanded and can be found on our website. Please pass the word to all your contacts and community partners who could benefit from using the guide. We encourage agencies to print as many copies as they like, distribute it, and use it as they deem best. As always, we appreciate feedback and suggestions for the next edition which will probably be issued in September. Thanks and enjoy the spring.*

### **NEWS RELEASE**

**Bruce W. Dixon, M.D., Director**

Guillermo Cole, Public Information Officer  
412-578-8004, e-mail: [gcole@achd.net](mailto:gcole@achd.net)

### **HEALTH SERVICES DIRECTORY UPDATED FOR UNINSURED & UNDERINSURED**

*Guide to Remain Valuable Tool Until Health Care Reform Fully Goes Into Effect*

The Allegheny County Health Department has updated its directory of local health centers and clinics that serve people with minimal or no health insurance.

“Until the new health care reform law fully goes into effect and expands access to health care, our guide will remain a valuable resource for the uninsured and underinsured,” said County Health Director Dr. Bruce W. Dixon.

The directory has been expanded to include additional resources such as help for compulsive gamblers, Neighborhood Legal Services, the Latino Family Center, the Library for the Blind and Handicapped, and Health Care for the Homeless.

First published in 2007, the directory is intended primarily for social service agencies and other community organizations dealing with the uninsured, but individuals also may find it useful as a handy guide to health care providers.

Most of the providers listed in the directory use a sliding fee schedule based on household income and family size for patients with no insurance. The fees may be as little as \$25 or less and possibly even waived in cases of extreme financial hardship.

The 34-page guide lists more than 40 local clinics and health centers as well as resources available to help with other needs, including prescription drugs, vision care, dental care and transportation. It also features a listing of health insurance options for the unemployed and low-income families.

The directory is available on the Allegheny County Health Department web site, under Timely Topics, at [www.achd.net](http://www.achd.net), or by calling **412-687-ACHD**.



***Thank you for reading The Faith Connection!  
We pray for God's blessings on your ministry.***