

The Faith Connection

~ News and Ideas for Your Health Ministry ~

September 3, 2009

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

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

Upcoming Events

Presented by Mercy Parish Nurse & Health Ministry Program

◆ **Parish Nurse and Health Ministry Meeting: Education and Support**

Topic: *Healthy People 2010* will be presented by Michalene King, PhD, RN, Parish Nurse, and Maria Pappas-Rogich, Dr. PH, RN, Parish Nurse, 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.**

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 two goals of Healthy People 2010 are to increase quality and years of healthy life and to eliminate health disparities. Join us as we discuss methods of attaining these goals through community partnerships, including faith communities. Parish nurses are in an ideal situation for providing education, counseling, referral, and support to address the 10 Leading Health Indicators, the major public health issues in the U.S. 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.

Select the date that is best for you and call to Register – 412-232-5815

**Save
the Date**

Mercy Parish Nurse and Health Ministry 17th Annual Symposium

November 7, 2009, 9:00 a.m. to 3:15 p.m.

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

Keynote Speaker: Jean C. Kennedy, RN, MA

4.0 CEs for RNs

◆ Parish Nurse Basic Preparation Course

The International Parish Nurse Resource Center recently revised their Parish Nurse Basic Preparation Course. The new course consists of 16 modules to be presented in four sections. Participants will earn 30 CEs. As an educational partner of IPNRC, we are planning to offer this course twice in

2010: a winter session scheduled for January 22 & 23 and February 26 & 27 and a summer session June 7 – 10.

The new materials look great. Contact jschumm@mercy.pmhs.org or 412-232-7151 for more information.

Health Ministry Programs in the Southwestern PA Area

◆ The Many Faces of Breast Cancer

An event focusing on the unique needs and issues of survivors and providing the latest information on breast cancer

Tuesday, September 15
Allegheny Cancer Center
320 East North Avenue
Pittsburgh, PA 15212
6:00 – 8:00 p.m.



Admission, parking, and refreshments are free
RSVP, call 1-888-866-0858 or e-mail
ManyFacesPittsburgh@zenogroupevents.com

◆ Childhood Health in West Virginia, Saturday, October 10th, 2009 Chestnut Ridge Community Church in Cheat Lake, WV

Topics include

- ✚ Depression in Children and Adolescents
- ✚ CARDIAC Project & Childhood Obesity
- ✚ Camp New You at WVA
- ✚ A Snapshot of Children's Dental Health in WV
- ✚ A networking session that addresses child health.

Perfect for nurses, social workers, and anyone working with or caring for children.

Cost: \$10 – lunch and materials included - 4 Contact hours

RSVP – Shannon Shrewsberry, Health Ministry Coordinator at

(304) 212-8321 or (304) 319-1534

e-mail: sshrewberry@hospicecarecorp.org

Parish Nurses Making a Difference

If you've had an experience helping a member of your faith community that you could share with your parish nursing colleagues, please e-mail us at ParishNurse@mercy.pmhs.org or call us at 412-232-7151 to tell us about it so we can write it up. The confidentiality of the client and/or church will be maintained. Recently we heard from a parish nurse in suburban Pittsburgh who wrote:

My pastor told me about a phone call he received from a woman who did not belong to the parish, but called to ask him, "Would you bury me?" She told the pastor that she attended church only sporadically during her life because her career involved a great deal of travel.

Now well past retirement and having some health problems, she has been thinking that she would like to return to the church of her parents so that she could be buried from the church. The pastor told her that he would need to meet with her, but she offered numerous excuses that she was very busy for the next several weeks. A subsequent call by the pastor got the same response of being too busy to meet with him. I suggested to the pastor that he call and ask her if she would like to have the Parish Nurse visit. The woman agreed, and I called to make arrangements.

During the visit, she shared many concerns about her declining health and the increasing difficulty of living alone. I did a lot of listening, checked her blood pressure, and answered questions about her medications.

Just as I was getting ready to guide the conversation to talking about her returning to the church, she brought the subject up herself. "Since I've been away from the church so long, I just don't feel like I want the pastor to visit me." Her anxiety was understandable. I told her that it's never too late to come back to the church and promised that she would not regret having the pastor visit her. Of course I will follow up with a phone call next week...but as I left her apartment, she said, "I'm going to call and ask him to come over to see me."

Focus on Health and Wellness

- ◆ When looking at the long list of “awareness” ideas for September, we can’t help but think about how we are called to take care of our own bodies and honor our Lord with service to others. **September puts an emphasis on what we eat and what we do to keep ourselves in the best of shape. Safety at home and in the community is a priority.** As we leave the less hurried summer months and go into the more structured part of the year, we need to choose our activities wisely so that we can best use our time to serve our Lord and those around us while not allowing ourselves to become overburdened with activities. That is a tall order.
- ◆ Don’t forget to **stay informed** with the possible spread of H1 N1 flu. Go to www.cdc.gov/h1n1flu for the latest updates. Remind people to stay healthy with plenty of

rest, eating right and taking all of the simple but important precautions like hand washing and staying away from people who are ill as much as possible. Seeing a doctor promptly if flu symptoms do occur can limit the time and severity in some cases.

- ◆ Many of the people we come in contact with in our faith communities are students from the very young to adults going back for more education. As parish nurses and health ministers, **we may come in contact with those who are being bullied in a variety of ways.** While many older people remember a little bullying as just part of growing up, today’s bullying tends to be much more sinister. There are many resource helps offered on the web including: www.mayoclinic.com/health/bullying/MH00126

Bulletin Articles for October



October is Breast Cancer Awareness Month. While a long list of other October Awareness ideas is available at <http://www.healthfinder.gov/nho/nho.asp>, many people need this brought before them every year along with the encouragement to get a yearly mammogram.

***Bless the Lord, O my soul, and forget not all his benefits;
He pardons all your iniquities, he heals all your ills.
He redeems your life from destruction,
He crowns you with kindness and compassion.
(Psalm 103:2-4)***

Bulletin Articles, continued

American women have a **one in eight chance** of developing breast cancer in their lifetime. The exact causes remain unknown, but risk factors include the following:

- Aging, alcohol use, and obesity
- Family history (mother, sister, or daughter)
- Race; Caucasians are slightly higher
- Women who have not had children
- Long term use of Hormone Replacement Therapy

Detection through mammography and monthly self-breast examination are the best known methods of early discovery, when the cancer is most treatable. The American Cancer Society recommends that every woman age 40 and over should obtain an annual mammogram and breast examination by a healthcare professional. Women between the ages of 20 and 39 should have a breast exam by a healthcare professional every three years. A diagnosis of breast cancer is alarming, but is more hopeful than in the past because most women (83%) now recover.

**“Lord, grant me the wisdom and courage to participate in
safeguarding the health of my body. Amen”**

written by Marge Kerlin

Adapted from “Health Notes from the Hill” – CD of over 100 bulletin articles available through
Mercy Parish Nurse and Health Ministry Program

Contact the American Cancer Society for brochures and ways to offer free mammograms to those that cannot afford them – call: 1-800-4CANCER or go to www.cancer.org. For more ideas on presenting Breast Cancer Awareness Month, see our Resource Section of this e-news.

**From the
International Parish Nurse Resource Center (IPNRC):
23rd Annual Westberg Parish Nurse Symposium
Opening Doors to Wholeness
September 25-27, 2009**

Check out their website for more information. - www.parishnurses.org

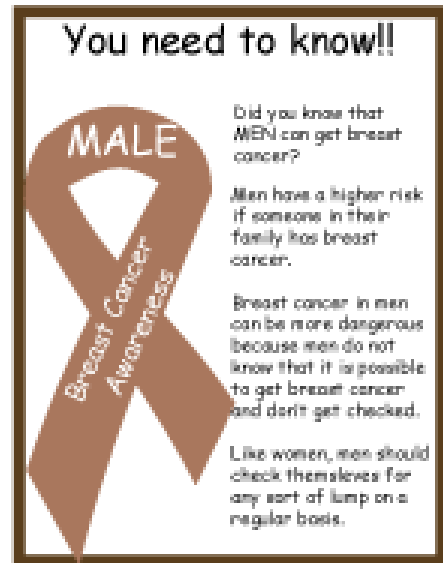
This looks like a great symposium, and our manager Dorothy Mayernik will be presenting a breakout session on our new database designed to make documentation of your parish nurse client records more efficient.

Parish Nurse Resources

These two Breast Cancer Awareness posters can be downloaded from:

<http://www.gha.org/phaold/resources/bulletinboards/index.asp>

This is a great site to find posters, bulletin boards, and bookmarks. If you have difficulty accessing this link, drop the web address into "Google". It is worth the effort.



Online Resources on Breast Cancer

Georgia Division of Public Health

http://health.state.ga.us/pdfs/epi/cdiee/CDIEE%20Data%20Summaries%202007/2007_Cancer_Program_Data_Summary.pdf (GA stats)

American Cancer Society

http://www.cancer.org/docroot/CRI/CRI_2_3x.asp?dt=5

Breast cancer in men: http://www.cancer.org/docroot/cri/cri_2x.asp

Medline

<http://www.nlm.nih.gov/medlineplus/breastcancer.html> (women)

<http://www.nlm.nih.gov/medlineplus/malebreastcancer.html> (men)

Spanish:

<http://www.nlm.nih.gov/medlineplus/spanish/breastcancer.html> (women)

<http://www.nlm.nih.gov/medlineplus/spanish/malebreastcancer.html> (men)

Mayo Clinic

<http://www.mayoclinic.com/health/breast-cancer/BR99999>

WebMD

<http://www.webmd.com/breast-cancer/default.htm>

Centers for Disease Control and Prevention (CDC):

<http://www.cdc.gov/cancer/breast/>

Spanish:

<http://www.cdc.gov/spanish/cancer/breast/screening.htm>

Susan G. Komen For the Cure

<http://cms.komen.org/komen/index.htm>

National Breast Cancer Awareness Month
<http://nbcam.org/>
National Breast Cancer Foundation
<http://www.nationalbreastcancer.org/>
AstraZeneca Site
<http://www.getbcfacts.com/index.aspx> (on recurrence)

The Breast Cancer Research Foundation
<http://www.bcrfcure.org/>
National Cancer Institute
<http://www.cancer.gov/cancertopics/types/breast>
in Spanish: <http://www.cancer.gov/espanol/tipos/seno>

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 *HealthBag*. HealthBag is a program that connects volunteers with homebound seniors in your parish or community. HealthBag is designed to promote wholistic health by bringing music, exercise, and relaxation exercises into the home through weekly volunteer visits that last about one hour. Everything that you need to create this program is provided. Checkout our website for more detail about other products – www.pmhs.org and go to “Parish Nurse”.



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