A Warm Welcome and Introduction to

Rev. Dr. Janice Holmes, RN

In this New Year 2015, the Mercy Parish Nurse and Health Ministry Program has added a new Health Ministry Specialist. We are proud to welcome Janice Holmes, BSN, MNed, PhD, MPH, MDiv, RN, Faith Community Nurse who feels called and blessed to join our team having recently retired from Indiana University of Pennsylvania’s Department of Nursing where she taught for many years in their undergraduate, masters, and doctoral programs. She was commissioned as a parish nurse through our program in the cohort of 2002 which opened the door for her ministry to grow.

Since then Janice completed residencies as a hospital chaplain and graduated from Pittsburgh Theological Seminary. In 2012, she became an ordained minister in the Presbyterian Church USA (PCUSA), and currently pastors a small church in West Elizabeth, Pa. Janice comes to us with a breadth of experience in medical-surgical and community nursing, public health epidemiology, education, and research. She has a special interest in ethics, cultural diversity issues, and domestic violence awareness and prevention.

In her spare time, she likes to read, crochet, and sing in the MonYough Community Chorale. She is excited to see what challenges God has planned, and hopes to plant and nurture many seeds of faith in the fertile fields of health ministry that lay ahead.

God’s blessings, Janice!
According to the American Heart Association’s 2015 Heart Disease and Stroke Statistics Update, which is compiled annually by the American Heart Association, the Centers for Disease Control and Prevention, the National Institutes of Health and other government sources, heart disease is the No. 1 cause of death in the world and the leading cause of death in the United States, killing over 375,000 Americans a year. Heart disease accounts for 1 in 7 deaths in the U.S. as someone dies from heart disease about once every 90 seconds.

Although there has been some decline in the overall death rate of cardiovascular disease during the past decade, heart disease remains the No. 1 killer of women, taking more lives than all forms of cancer combined. One in four women dies each year of heart disease in the U.S. A woman’s risk increases with age and related menopausal estrogen hormone changes. Women are particularly susceptible to coronary Microvascular Disease (MVD) which is a problem that affects the heart's tiny arteries, and also to Broken Heart syndrome when extreme emotional stress leads to severe but often short-term heart muscle failure. Although some women are at greater risk, all women need to take recommended measures to prevent the disease by changing to healthy lifestyle habits.

The American Heart Association reports that they gauge the cardiovascular health of the nation by tracking seven key health factors and behaviors that increase risks for heart disease and stroke. These “Life’s Simple 7” are measured to track the progress toward the AHA’s 2020 goal which is to improve the cardiovascular health of all Americans by 20 percent and reduce deaths from cardiovascular diseases and stroke by 20 percent. “Life’s Simple 7” are: not smoking, physical activity, healthy diet, body weight, and control of cholesterol, blood pressure and blood sugar. The February 6, 2015 “National Wear Red Day or “Go Red Challenge” AHA campaign is a good time to educate your faith community about these risk factors and recommended lifestyle changes. Resources and additional information are available online at the AHA’s “Go Red for Women” website, https://www.goredforwomen.org/wearredday/resources.


Blessed are the pure in heart, for they will see God. Matthew 5:8 NIV
**Electronic Documentation System for Faith Community Nurses**

from the Mercy Parish Nurse and Health Ministry Program

This user-friendly electronic program was designed by FCNs, rigorously tested by FCNs, and is now in use by FCNs nationally. This documentation system offers the following:

*Documents client problems easily* by using a concise list built-in to the system with drop-down boxes (physical, mental, spiritual, social, financial and relational areas)

*Rates the problem* initially and at follow-up assessments using a 1-5 scale

*Demonstrates the outcomes* of your parish nurse interventions

Includes many more useful features!

Read more in the following article in **IPNRC’s Perspectives**

**Contact us!**

To receive a link to download the demo version or to set up an online meeting where we can personally demonstrate the system, email or call us.

ParishNurse@pmhs.org  412-232-7151
News from You!

Faith Community Nursing & Health Ministry
...on the Move in your area.

Our Lady of the Valley Parish in Donora, PA
Louise Kowall, RN, FCN (Cohort Fall 2014)

Beginning in December 2014, Louise offers blood pressure screenings the first weekend of every month. Another project that she facilitated was obtaining an AED through donations from the Knights of Columbus and the Christian Mothers. Her two goals for the New Year 2015 is that she is coordinating two educational programs and expanding the volunteer program. Many blessings to Louise...We are proud of her efforts in beginning this new health ministry.

For though we have never yet seen God, when we love each other God lives in us and His love within us grows even stronger.
1 John 4:12 TLB

St. Timothy Lutheran Church in Troy, NY
Liz Macris, Parish Nurse

“Thank you so much for sharing your Mercy Parish Nurse ‘Blue Christmas’ service program with me. I used your information and added my own touch with readings, and other hymns for Advent and our Healing Service. We had 33 attendees who expressed how it touched them so much. They were all very appreciative. It was a very spiritual and rewarding experience for both our Pastor and myself. I am sure we will continue this ‘Blue Christmas’ Healing Service in 2015. Peace to all.”

Our Lady of Victory Parish in Harwick, PA
Kelli Leahy, RN, FCN (Cohort Winter 2014)

The Bundles of Joy outreach program has been a huge success due to the efforts of Kelli and her ministry team. This program provides meals (for 3 weeks) to new mothers and their families as soon as they arrive home with their newborn or ‘bundle of joy’. This program was started in 2012 and has served numerous families in the church. By delivering meals to homes, this gives Kelli an opportunity to answer questions from the new mom regarding her own health concerns as well as the baby’s. A wholistic care approach (balancing body, mind, and spirit) is provided as they welcome a new member into the family and church body. Kelli also teaches the Baptism classes with new parents. Bundles of Joy is a wonderful program that supports growing families as a result of birth or adoption.
Low Vision Awareness Month
American Heart Month
International Prenatal Infection Prevention Month
National Children’s Dental Health Month
Teen Dating Violence Awareness Month
African Heritage & Health Week  Feb 1-7
Give Kids a Smile Day  Feb 6
National Wear Red Day  Feb 6
Congenital Heart Defect Awareness Week  Feb 7-14
National Black HIV/AIDS Awareness Day  Feb 7
National Donor Day  Feb 14
National Eating Disorder Screening Program  Feb 22-28

Go Red for Women in Feb
https://www.goredforwomen.org/

The month of March is National Nutrition Month sponsored by the American Dietetic Association. Everywhere we go we see groups encouraging healthy eating habits and life-style change. Visit the Church Health Center website for healthy eating flyers that can be downloaded for church bulletin boards and postings.
http://chreader.org/health-ministry-flyers/

Months:
*National Colorectal Cancer Awareness
*National Endometriosis Awareness
*National Kidney Month
*National Nutrition Month
*National Problem Gambling Awareness
*Save Your Vision
*Trisomy Awareness
*Workplace Eye Wellness

Weeks and Days:
• 2-8 National Sleep Awareness Week
• 2-6 National School Breakfast Week
• 8-14 Patient Safety Awareness Week
• 10 National Women and Girls HIV/AIDS Awareness Day
• 12 World Kidney Day
• 15-21 Flood Safety Awareness Week
• 15-21 National Poison Prevention Week
• 16-22 Brain Awareness Week
• 20 National Native American HIV/AIDS Awareness Day
• 23-27 National Youth Violence Prevention
• 24 American Diabetes Alert Day
• 24 World Tuberculosis Day
I am always looking for books and articles that are written for faith community nurses ranging from novices to experts, and so I have found one recently.

Janet S. Hickman’s book *Fast Facts for the Faith Community Nurse: Implementing FCN/Parish Nursing in a Nutshell* is an excellent resource (Springer Publishing Company, LLC, 2011, ISBN 978-0-8261-0712-1.) As the author explains special people are “called” to heath ministry. Faith community nursing combines the caring aspect of nursing with the spiritual and the sacred. Faith community nurses assist others in meeting their spiritual and emotional needs through striving to achieve wellness. It is an important specialty of nursing for both churches and the community especially in this time of diminishing community resources and health care delivery system changes by the day.

This easy-to-use, pocket-sized book uses bullet lists for quick access to content topics. This resource is based on the American Nurses Association’s (ANA) Scope and Standards for Practice of Faith Community Nursing. It is divided up into three main parts so it is easy access for the reader. Part I provides an overview of FCN practices such as its roots, practice models, roles, and legal and ethical parameters. This information is a good foundation for anyone interested in starting a faith community nurse program and/or health ministry in their church and/or organization.

Part II discusses how to begin a FCN ministry, congregational needs assessment, health education programming and the evaluation process.

Part III expands upon specific needs of the health ministry including acute vs. chronic care needs, palliative care, bereavement, grief and loss, working with vulnerable populations, and connecting with community resources. Hickman provides tools for designing programs.

This little book can be used by faith community nurses beginning their ministry or as an excellent refresher for seasoned faith community nurses. If you would like to share your feedback on this book or any book, then please let us know. We love hearing from our readers.
What is Act 31?

Act 31 was approved in Pennsylvania in April 2014 and mandates that health-related licenses and other professions (i.e. childcare workers, teachers, etc.) are required to complete approved training in child abuse recognition and reporting with each licensing cycle. This is effective with the first license renewal after January 1, 2015 for all health related licensees applying for renewal of a license issued by the Board-approved continuing education in child abuse recognition and reporting requirements as a condition of renewal; two hours of training is required for each licensing cycle. This applies to all healthcare licensed professionals such as RNs, RDs, Social Workers, Pharmacists, Physical, Occupational and Speech Therapists, and physicians. If you are not sure if your profession requires this training, please contact your licensing board. It is suggested that you have your license number available when you sign-in for this particular training. After completing this training, print or electronically save your certificate of completion. You will need to include proof of completion with your application renewal.

A list of Board-approved training providers can be found on the Pennsylvania Department of State website http://www.dos.state.pa.us/portal/server.pt/community/child_abuse_ce_providers/21920 including the Pennsylvania Child Welfare Resource Center.

Also training is offered through the following:
*The University of Pittsburgh
https://www.reportabusepa.pitt.edu/webapps/portal/execute/tabs/tabAction?tab_tab_group_id=2_1

*Pennsylvania Dental Association
www.padental.org/ChildAbuseCE

*Pennsylvania Family Support Alliance
http://www.pa-fsa.org (click on Mandated Reporters)

*Pennsylvania State Nurses Association
http://www.psna.org/

*Pennsylvania Psychological Association
http://www.papsy.org/

*Lehigh County Office of Children and Youth Services
http://www.lehighcounty.org/

*J&K Seminars http://www.jkseminars.com

Lenten Preparation

Teaching the Whole Family How to Eat Right

How does a health ministry team help prepare the church for a healthier Christian season of Lent? Rather than “giving up” a food for Lent, consider “taking up” the practice of preparing healthy, delicious, easy-prep foods and recipes. Then share them with others.
Save the Date:

**Spiritual Retreat**

**April 24 and 25, 2015**

We are excited to share with you this wonderful opportunity to draw closer to God this Easter season through a spiritual retreat offered by the Mercy Parish Nurse and Health Ministry Program.

The dates are April 24 and 25 (Friday early evening until Saturday late afternoon) at Martina Spiritual Renewal Center in the West View area (15229) of Pittsburgh, Pennsylvania.

Our time together will be a contemplative-themed retreat in celebration of Jesus’ resurrection. It will be a time for developing spiritual practices using Holy Scriptures of our resurrected Christ. Our hope is that retreatants will experience peace and spiritual renewal at Martina as we walk with Jesus and each other during this special time of the year.

Each retreatant will have their own private room with a bed and mirrored sink. Handicap accessibility is available. Reservations will be limited to 20 participants, so early registration is encouraged.

Watch for details in February for a special email invitation as well as details on our website http://www.pmhs.org/parish-nurse-program/events.aspx

Please join us as we walk with Jesus to be inspired by His Spirit in celebration of Easter (Holy Pascha).

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**God’s Unfolding Plan**

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”  Jeremiah 29:11

Remembering that God’s plans are not necessarily my plans is easier said than done. During times of chaos and transition, I am drawn to pray with the words of Jeremiah—God’s plan is one of hope and a future. This started on my first week-long, silent retreat as a novice. Spending extended quality quiet time with God—asking the hard questions, expressing the doubts, listening, and trusting. When I let go and trust the Divine Providence, over time I can see God’s plan is much more than I could have imagined.

This continues today not only for personal discernment, but also on a community level. Yes, data is a necessary piece of discernment, but if I am buried with demographics, thousands of practical details, and numerous “what ifs,” I can spin my wheels as if on a treadmill, constantly in motion, but not moving. In these situations I need to step back, take quiet time with God, listen and trust—God’s plan is unfolding.

(Reference: “Praying in These Emerging Times: A Reflective Journal” 2014)