‘Twas The Month After Christmas
A Christmas Poem by Author Unknown

‘Twas the month after Christmas and all through the house
Nothing would fit me, not even a blouse.

The cookies I’d nibbled, the eggnog I’d taste.
All the holiday parties had gone to my waist.

When I got on the scales there arose such a number!
When I walked to the store (less a walk than a lumber).

I’d remember the marvelous meals I’d prepared;
The gravies and sauces and beef nicely rared,

The wine and the rum balls, the bread and the cheese
And the way I’d never said, "No thank you, please."

As I dressed myself in my husband's old shirt
And prepared once again to do battle with dirt—

I said to myself, as I only can
"You can't spend a winter disguised as a man!"

So—away with the last of the sour cream dip,
Get rid of the fruit cake, every cracker and chip

Every last bit of food that I like must be banished
Till all the additional ounces have vanished.

I won't have a cookie—not even a lick.
I'll want only to chew on a long celery stick.

I won't have hot biscuits, or corn bread, or pie,
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore---
But isn't that what January is for?

Unable to giggle, no longer a riot.
Happy New Year to all and to all a good diet!

http://www.reindeerland.org/christmas-poems/twas-the-month-after-christmas.htm

For everything there is a season, and a
time for every matter under heaven.
Ecclesiastes 3:1
March 31 to April 1, 2017  Spiritual Retreat

Listening and Becoming Free

Sponsored by Mercy Parish Nurse & Health Ministry

at Kearns Spirituality Center
9000 Babcock Blvd.
Allison Park, Pennsylvania 15101

The Mercy Parish Nurse and Health Ministry Program is offering a two-day retreat from Friday, March 31 through Saturday, April 1, 2017 at Kearns Spirituality Center (https://cdpsisters.org/kearns). Located in the North Hills of Pittsburgh, on the beautiful campus of the Sisters of Divine Providence, Kearns Spirituality Center is a peaceful, spiritual environment that offers a break from the busy cares of today. You can spend quiet time in the Visitation Chapel, walk the labyrinth or woodland reflection trail, or visit Ketteler Grove. You will no doubt witness God’s Providence made visible as you enrich your faith and enjoy the solitude and time for silent introspection.

The opening session begins Friday at 4:00 p.m., and the retreat ends 4:00 p.m. on Saturday afternoon. Participants are invited to a time of prayer, learning, self-reflection, and fellowship.

The retreat will be facilitated by Dr. Carrie Nickerson who has an extensive background in nursing, higher education, spiritual and pastoral care, and spiritual direction and leadership. She is a member of Spiritual Directors International. She travels globally conducting retreats and other teaching engagements. We are thrilled to have Carrie facilitate our retreat.

In his Spiritual Exercises, the 16th century Spanish saint, Ignatius of Loyola, invites us in ways that our whole being is affected to a greater openness to God’s Spirit. Swiss theologian, Hans Urs von Balthasar, called his experience of praying the Spiritual Exercises a “listening to the Word that calls and becoming free for the expected answer.”

In this retreat experience, the way of praying the Spiritual Exercises and music listening are blended to help us bring our whole beings—our memories, images, understandings, and desires—into dialog with God about God’s desire for us. We will use a process of audio divina to aid our listening to God’s particular invitation to us and to grow in the freedom to respond.

Each retreatant will have a private room with a bed and sink. Handicap accessibility is available upon request. The cost is $110 per person. Parking is free at the retreat center.

More exciting details coming soon… visit our website!

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People need more than bread for their life; they must feed on every Word of God.

Matthew 4:4
On the Road... in Burgettstown, Pennsylvania

The Mercy Parish Nurse and Health Ministry Program have been on the road in December 2016 helping health ministry teams strategize for their New Year 2017 programming. We recently visited in Burgettstown a health ministry team comprised of three churches... Our Lady of Lourdes Roman Catholic Church, St. Ann’s Roman Catholic Church and Paris Presbyterian Church. We conducted our meeting at the local Senior Citizen Center and shared new insights and suggestions for health ministry.

For instance, health ministry teams must continuously reinforce that faith communities are the foundation of healing. Spiritual health is integral to one’s overall wellness. By encouraging congregations to be the ‘glue’ of community health, we as faith community nurses and health ministers must lead by example. For more information on congregational health ministry, visit http://chreader.org/why-health-ministry/

We are grateful for this sharing opportunity and ask for God’s continued blessings on this wonderful community ministry into the New Year 2017.

Praying the Lord God gives all our readers a new year of favor and love!

*May the favor of the Lord our God rest upon us; establish the work of our hands for us—yes, establish the work of our hands.* Psalm 4:17

Craft Corner:

“Heart Shaped Tea Bags”

As Valentine’s Day approaches, spend a day in fellowship with other members of your ministry team crafting some special tea bag messages. Be creative and inspirational as you write tags caring, and compassion for others. warm cup of tea with a shut-in or spiritual companionship on a cold winter day. Enjoy the healing time spent together!!

**Instructions:**

Cut two hearts out of red construction paper using a heart-shaped crafter's hole punch (available at crafts stores). Use a metallic pen to write a short message on one of the hearts. Next, remove a tea-bag tag and, at the end of the string, affix two hearts, back-to-back, using double-sided tape or a stapler. Package bags to give as a present, or steep one in hot water and serve.

http://www.marthastewart.com/270560/heart-shaped-tea-bags
Faith Community Nurse & Health Minister Preparation Course
Westberg Institute for Faith Community Nursing Curriculum

Class size is limited to 20 participants.
Registration ends February 15, 2017.
Cost: $395 for RNs which include CEs.
Cost: $200 for non-RNs.
$50 early registration discount with full payment and postmarked by January 24th.
Pittsburgh Mercy employee discount.
Hybrid course: online modules and classroom presentations.
Limited, partial scholarships are available upon request.
Location: UPMC Mercy, Uptown.
Free parking and continental breakfast.
Call our office and ask about our church group rate for 3 or more participants.

Winter 2017 Session
February 24 & 25
March 18, 24, & 25

RNs will be commissioned as Faith Community Nurses, and will receive a pin; and are awarded 38 CEs.
UPMC is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.
Other interested persons are most welcome, and will receive a pin and be Commissioned as Health Ministers.

For Application, please visit
https://www.pittsburghmercy.org/parish-nurse-program/events.aspx

Health Ministry Workshops for Winter 2017
Br-r-g-r... Does your health ministry team need a “jumpstart” this Winter? Are you seeking fresh ideas and suggestions for church programming? Do you need help motivating your team to try something new? Are you tired of doing the same old programs? Contact us for the New Year 2017. We would be happy to work with you and your team. Ask the Mercy Parish Nurse and Health Ministry Program for a presentation or workshop at your church. We have a variety of topics to choose from, or we can tailor-make it to fit your church’s learning needs. Contact us at: 412.232.5815 or Parishnurse@pittsburghmercy.org
Severe Weather Forecast: Emergency Preparedness 9-1-1

The Allegheny County Departments of Emergency Services, Human Services and Health offer the following tips and information on how to prepare for the extreme cold:

⇒ Have an emergency kit with enough food, water, medicine and other supplies to last for at least 72 hours. Utility and service outages should be anticipated, so consider sufficient heating fuel if you have a secondary source of heat, and also have adequate clothing and blankets to keep you warm.

⇒ Keep fire extinguishers on hand and all must know how to use them. The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire.

⇒ Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors. At no time should a cooking stove or oven be used for heat. This can be a fire hazard as well as a source of deadly carbon monoxide.

⇒ If a carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door. Call for help from the fresh air location and remain there until emergency personnel arrive to assist you. Don’t have a carbon monoxide alarm? The most common symptoms of carbon monoxide poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain and confusion.

⇒ If your pipes freeze, allow faucets to drip a little during cold weather. Running water, even at a trickle, will prevent freezing. As a precaution, you should also know how to shut off water valves in the event that a pipe bursts.

⇒ Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas with non-frozen drinking water.

⇒ Stay indoors as much as possible. If you must go outside, wear several layers of loose-fitting, lightweight, warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent. Wear mittens, which are warmer than gloves. Wear a hat as you can lose as much as 50 percent of your body’s heat through the head. Cover your mouth with a scarf to protect your lungs.

⇒ If you are outdoors, watch for signs of frostbite and hypothermia, the dangerous and sometimes fatal lowering of body temperatures. Frostbite includes loss of feeling and white or pale appearance in extremities such as fingers, toes, ear lobes, and the tip of the nose. Symptoms of hypothermia include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. Cover as much skin as possible to guard against frostbite.

⇒ Avoid alcohol and caffeinated beverages because they cause the body to lose heat more rapidly. Instead, drink warm, sweet beverages, broth or soup to maintain body temperature.

⇒ Check on older neighbors to make sure they are safe during periods of severe weather. Seniors should have a list of emergency telephone numbers that include neighbors and family members who can help, if needed. Ensure that walkways and steps leading to their homes are cleared and that there is proper heating, food and water in the house. Lack of electrical power not only presents dangers associated with lack of heat, but also risks associated with non-functioning vital medical equipment, such as oxygen systems, emergency lighting, stair glides and medication timers. If you cannot contact someone you believe is in the house, contact your local police or emergency services.

⇒ Go back later or the next day, if at all possible, to make sure everything is still alright. Remove your coat and stay at least 15 minutes to determine if the home is warm enough. This is also a great chance to share a cup of coffee.

⇒ Help distribute “Snowy Weather Boxes” to at-risk older adults who often live alone. The boxes include toilet paper, non-slipper socks, hand sanitizer, flashlight and batteries, peanut butter, crackers, tuna, fruit juice, bottled water, and other shelf-stable meals and drinks.

⇒ If a home loses power or heat during periods of extreme cold, public shelters are typically opened and information on such openings will be provided online, and through the media.

⇒ Listen to a NOAA Weather Radio or other local news channels for critical information from the National Weather Services and other resources. Be alert to changing weather conditions.

While extreme cold weather cannot be controlled, we can all be prepared by taking action in advance to protect ourselves and our families. Be informed. Make a plan. Build a kit. Get involved. Those are the four fundamental steps to being prepared if an emergency occurs. For more information, visit https://www.ready.gov/, your State or local County Health Department, as well as your Area Agency on Aging.
This Year

Hang on to your truth and respect the truth of others

Choose to be happy

Forgive those that you can forgive and seek the forgiveness of someone who deserves it

Do something outside of your comfort zone

Be the voice for someone who has no voice

Be quiet strength

Be the type of kindness that is strength

Remember that love is a verb

Choose healthy foods, activities, and people.

Fall six times, get up again seven, persevere

Wish people a lovely day

Live honestly, truly, and with integrity

Author Unknown

2017 WESTBERG ON THE ROAD

A YEAR OF COMMUNITY CONVERSATIONS

The Westberg Institute is bringing the Westberg Symposium to you in 2017 in partnership with regional conferences or faith community nurse events held at six different locations!

MARCH 15-16 | ORANGE COUNTY, CA
APRIL 21-22 | LANSING, MI
APRIL 28 | ATLANTA, GA
MAY 2 | SAN ANTONIO, TX
JUNE 8-9 | KENNEBUNK, ME
MARCH 2017 | UNITED KINGDOM

Experience fellowship and support.

STAY CONNECTED!!

www.churchhealth.org/theplatform
Read of the Month

Thirsting for God:
Daily Meditations Mother Teresa

Beacon Publishing with permission of Servant Books, an imprint of Franciscan Media

07/02/2013

Author, Mother Teresa of Calcutta (1910–1997) was the founder of Missionaries of Charity, an organization that ministers to the world’s impoverished and destitute.

Editor, Angelo D. Scolozzi, M.C.III.O., was a close associate of Mother Teresa. He is the cofounder, with Mother Teresa, of the universal fraternity of the Word—Missionaries of Charity Third Order, M.C.III.O. He lives in Mexico.

The Publisher states, “Mother Teresa is known for her radiant smile and the joy of Christ that she brought to all she met, even in the most challenging circumstances. These daily stories and meditations in her own words point to the secret of living in that joy: simplicity, humble surrender to Jesus, thankfulness, and, above all, a heart filled with God’s love. These keys will unlock the gift of joy in every thirsting heart. This book is a great addition to your reading list in the New Year as it offers 365 short, inspiring selections with quotes taken directly from Mother Teresa's own writings. In each of these readings, you will encounter the woman who yearned to know God above all else and whose words point the way for those who long to quench the same thirst.”

Canonized Saint Teresa of Kolkota on September 4, 2016.

“The best way to show your gratitude to God and to people is to accept everything with joy. A joyful heart is the normal result of a heart burning with love.” — Mother Teresa

Our Email Address!

ParishNurse@pittsburghmercy.org

We enjoy hearing from our E-Newsletter readers about your church ministries. Send an email with a short description of your church event and we will include it in our section “News from You!” If you like, include a photo of you and your event.

If you should no longer wish to receive communications from the Mercy Parish Nurse and Health Ministry Program, please unsubscribe by contacting us at 412.232.5815 or ParishNurse@pittsburghmercy.org or by phone at 412.232.5815. Thank you.

Pittsburgh Mercy invites you to “like” us on

Follow @PghMercy on #ParishNurses
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 from the linked 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@pittsburghmercy.org  412-232-5815

ALLEGHENY FAMILY NETWORK
FATHERS INVOLVED NOW
Introducing a New FREE Support Group for Pittsburgh Mercy’s Fathers
Wednesday January 11, 2017
12:00PM — 1:00 PM
330 South 9th Street
Pittsburgh, PA 15203
Refreshments Served
EDUCATION, SUPPORT, & RESOURCES

Contact: George Fleming, FIN Program Supervisor at 412-438-6106 Or
Barnett Harris Unit Manager Psych Rehab at 412-488-4914

News From You!!  “CAMPAIGN TO FIGHT HUNGER IN THE COMMUNITY”

The Health Ministry Team at Mt. Hope Community Presbyterian Church in Penn Hills have begun a campaign to fight hunger in our community. Everyone is asked to bring a healthy, non-perishable, food item on each Blood Pressure Sunday. At this time, our focus is on children. Suggested donations are 100% fruit juice boxes, individual cups of fruit, granola bars, non-sweetened cereals, like Cheerios, and individual boxes of raisins. These items are then taken to the Penn Hills Service Association to be distributed to those in need. For more information, visit http://www.mthopepcusa.org/

Barbara Isett  “Blessed are the merciful, for they will receive mercy.” Matt 5:7 NRSV
Health Observances
http://www.healthfinder.gov/nho/default.aspx
See monthly tool kits too!

Month:
- Cervical Health Awareness
- National Glaucoma Awareness
- National Radon Action
- National Stalking Awareness
- National Winter Sports TBI Awareness
- Thyroid Awareness
Week:
- 3-9 National Folic Acid Awareness
- 25-31 National Drug and Alcohol Facts

Month:
- American Heart
- AMD/Low Vision Awareness
- National Cancer Prevention
- National Children’s Dental Health
Day:
- Feb 03, 2017 National Wear Red
- Feb 04, 2017 World Cancer
- Feb 09, 2017 Toothache
- Feb 28, 2017 Rare Disease


Arise, shine; for your Light has come, and the glory of the LORD has risen upon you.
ISAIAH 60:1 NRSV
FRIDAY, JANUARY 6, 2017

Epiphany

The staff of Pittsburgh Mercy Parish Nurse and Health Ministry Program would like to thank you, our readers and supporters, for all the things that you do to inspire us to keep your loved ones a blessed and happy New Year. We look forward to hearing from you and seeing you in this year of our Lord, 2017.