Back to School Days

“Study to Show Thyself Approved”
Louise Nelson

To study and know all about the Word of God
To take the Good News, the Gospel into your heart
For you can’t tell anyone about something that you don’t know
And you can’t take anyone to a place where you don’t go
You need to know the Word of God for yourself
You need to know the Word of God for your spiritual health

Look to Jesus Christ for your identity
Look to the Word of God in it is your destiny
Study on the Word of God and show thyself approved
For the Word will help you determine in life what will be your next move

Many think that everything is pre-destiny
And that the Lord God already knows what it will be
But no matter the direction or the path that we decide to take
We need to know the Word of God to avoid life’s little mistakes
So study on the Word and divine the wisdom in it
Study and meditate on the Word and then embrace the Holy Spirit
Let the truth in the Word be your guiding light
Follow the basic instructions and you will get it right
Let the Word be your business and the force that makes you move
Study on the Word of God and show thyself approved.

1 http://www.poetrysoup.com/poem/study_to_show_thyself_approved_88312

“Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth.”

2 Timothy 2: 15 NIV
Norma Small, PhD, APRN, Faith Community Nurse, went to be with the Lord on July 10, 2015. She served 22 years in the Army Nurse Corps. Norma was a founding member of the Health Ministry Association and was a loyal supporter of our Mercy Parish and Health Ministry Program. Her dedication and leadership to the profession of faith community nursing will be greatly missed. May she rest in peace.

*Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever.* Psalm 23:6 KJV

---

**News from You: Military Squares**

Our Health Ministry Outreach is small in numbers, but big in heart. Sometimes we take an idea from the Mercy Parish Nurse E-Newsletter and change it up a bit. Take the Military Squares for example. We had no one to supply us with any addresses for family & friends in the military so we decided to use them in another way by focusing on our church’s high school graduates. We used the pattern that looks like an E and place 3 knots on it, (Representing the Father, Son and Holy Spirit). We have a prayer "For the Future" which we attach to the back. At the Senior Recognition Breakfast, we present it to the graduates with the message that The Father, Son and Holy Spirit are always with them. It is something they can tuck under their pillow or carry in a book bag. Also, we have a church member who can’t always make the meetings, but can sew. Whenever we need squares, she is willing to make them for us. This project is a great way of using our people’s talents and involving them in church ministry. This group is not only fun to work with but we provide support to each other.

Kathleen McConahy at Christ the King Parish in Bessemer/Hillsville, Pennsylvania

Also, find another pattern at: [http://www.prayerquilt.org/downloads/Military_Prayer_Square.pdf](http://www.prayerquilt.org/downloads/Military_Prayer_Square.pdf)
*** Save the Date ***

Saturday, October 24, 2015

23rd Annual symposium

“A Spiritual Journey: Opening Mind and Heart”

Guest speaker:
JoVeta Wescott, RN, MSHA
Parish Nurse Consultant/Educator
and
Executive Director of Kansas Parish Nurse Ministry
http://www.kansasparishnurseministry.com/

Author of the book

*Because I Care... I am a Parish Nurse: Becoming an Agent of Hope and Healing*

More details about the symposium coming soon on website and September E-Newsletter.

https://www.pmhs.org/parish-nurse-program/events.aspx

In this book, JoVeta has taken the beauty of Parish Nursing and coupled it with the Spiritual Strengths Healing Plan that was conceptualized and designed by Dr. Richard Johnson. If you are a Parish Nurse or know someone who is, you will enjoy this journey of self discovery.

But the path of the righteous is like the light of dawn,
That shines brighter and brighter until the full day.”

Proverbs 4:18 NASB
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  412-232-5815
A ministry of caring is an important part of parish life. The gospel of St. Matthew 25:34-46 calls us to be more aware of needs of the people around us and places importance on caring for needs of others.

**Visitation Ministry Workshop**

‘Love your neighbor as yourself’

_Caring for Others through Visitation Ministry_

Do you need a “jump start” to your health ministry this fall season? Then call the Mercy Parish Nurse and Health Ministry office and schedule our team to conduct a presentation or workshop at your church or organization.

We will teach on ways to reach out in love to those in your church families who are homebound, bereaved, coping with health conditions, or experiencing other difficulties. Encourage your parishioners to attend our presentation and learn more about how God is opening their minds and hearts to visitation ministry. The workshop includes motivating parishioners to participate in a variety of visitation ministry team activities such as prayer, making phone calls to those who live alone, creating small gifts for the homebound, baking cookies, delivering soup, mailing cards to those who need an encouraging word, home visitation, and much more! This ministry contributes to the mission of the church – to teach, preach and heal – and is a way for individuals to live out the Great Commandment “Love one another.”

If interested, call our office at 412.232.5815 or email us ParishNurse@pmhs.org

**Read of the Month**

*_The Missional Leader:_

_Equipping Your Church to Reach a Changing World_*

We live in a changing world. Some of us love change and some do not. Some believe change is good while others are cautious with change. This book’s authors Alan Roxburgh and Fred Romanuk give church clergy and leaders a clear model for leading the change necessary to create and foster a missional church focused outward to spread the message of the Gospel into the surrounding community. *The Missional Leader* emphasizes principles to help transform a congregation and its leaders. A “missional church” is a community of God’s people who live into the imagination that they are, by their very nature, God’s missionary people living as a demonstration of what God plans to do in and for all creation in Jesus Christ. This book will help guide clergy and church leaders to cultivate a local church environment where God is the center of conversation and God shapes the focus and work of the people.
7 USDA Food Safety Steps for Successful Community Meals

Whether preparing food for a family reunion or a community gathering, people who are great cooks at home don’t necessarily know how to safely prepare and store large quantities of food for large groups. Food that is mishandled can cause foodborne illness. Here’s some simple steps for volunteer cooks to follow so to make the event safe and successful.

1. Plan Ahead — Make sure the location meets your needs.
   * Have enough oven, stovetop, refrigerator, freezer, and work space. Is there a source of clean water? If not, bring water for preparation and cleaning.

2. Store & Prepare Food Safely
   * Refrigerate/freeze perishable food within 2 hours of shopping or preparing; 1 hr when the temperature is above 90 °F.
   * Find separate preparation areas in the work space for raw and cooked food.
   * Never place cooked food back on the same plate or cutting board that held raw food.
   * Wash cutting boards, dishes, utensils, and work surfaces frequently with hot, soapy water. Cleanse hands with soap and warm water for at least 20 seconds before and after handling food, after using the bathroom, changing diapers, and/or handling pets.

3. Cook Food to Safe Minimum Internal Temps—Only way to tell if harmful bacteria are destroyed!
   * Use a food thermometer to check the internal temperature of meat, poultry, casseroles, and other food. Check temperature in several places to be sure food is cooked to a safe minimum internal temp. Never partially cook food for finishing later because you increase the risk of bacterial growth.

4. Transport Food Safely — Keep hot food HOT. Keep cold food COLD.
   * Keep hot food at or above 140 °F. Wrap well and place in an insulated container. Keep cold food at or below 40 °F. Place in a cooler with a cold source such as ice or frozen gel packs.

5. Reheat? Food must be hot & steamy for serving. Just "warmed up" is not good enough.
   * Use the stove, oven, or microwave to reheat food to 165 °F. Bring sauces, soups, and gravies to boil.

6. Keep Food Out of the "Danger Zone" (40-140 °F).
   * Keep hot food hot - at or above 140 °F. Place cooked food in chafing dishes, preheated steam tables, warming trays, and/or slow cookers. Keep cold food cold — at or below 40 °F. Place food in containers on ice.

7. When In Doubt, Throw it Out!
   * Discard food left out at room temp for more than 2 hours; 1 hour when temp is above 90 °F.

The above government information is quoted from the cited sources below:
BeFoodSafe.gov
For more food safety information, "Ask Karen" at AskKaren.gov or call the toll-free USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854).
Pittsburgh Mercy Health System invites you to “follow” and “like” us!

Like Pittsburgh Mercy Health System on

Follow @PghMercy on
#ParishNurses

We need your feedback!

We love hearing from our E-Newsletter readers. Please email us your feedback on how we are doing with newsletter articles, design and topics of interest. We value your ideas and suggestions.

If you should no longer wish to receive communications from the Mercy Parish Nurse and Health Ministry Program, please unsubscribe by contacting us at ParishNurse@pmhs.org or by phone at 412.232.5815. Thank you.
Health Observances
http://www.healthfinder.gov/nho/default.aspx

JULY

• Mental Health Awareness Month
• Juvenile Arthritis Awareness Month
• 28—World Hepatitis Day

August

• National Breastfeeding Month
• Children’s Eye Health & Safety Month
• National Immunization Awareness Month

August 1 National Girlfriends Day
• Girlfriends' Health and Safety Tips
• Women’s Health e-Cards

1 http://www.healthfinder.gov/NHO/AugustToolkit.aspx
2 http://www.cdc.gov/women/observances/#august

SEPTEMBER

* Ovarian Cancer Awareness Month
* National Childhood Obesity Awareness Month
* Fruits & Veggies — More Matters Month
* Childhood Cancer Awareness Month
* Healthy Aging Month
* National Food Safety Education Month
* National Sickle Cell Month
* Prostate Cancer Awareness Month
* World Alzheimer’s Month
* 7–13 National Suicide Prevention Week
* 16 National Backpack Awareness Day
* 18 National HIV/AIDS and Aging Awareness Day
* 24 National Women’s Health and Fitness Day™

At http://www.healthfinder.gov/NHO/ there are NHO toolkits to help your church make a difference as related to health ministry. Show everyone that you are committed to health and wellness. For example, write important health messages in bulletins and newsletters as well as promoting fun and fellowship at your church events!

http://www.cdc.gov/women/observances/#august