Only a Dad

Only a dad with a tired face,
Coming home from the daily race,
Bringing little of gold or fame
To show how well he has played the game;
But glad in his heart that his own rejoice
To see him come and to hear his voice.

Only a dad with a brood of four,
One of ten million men or more
Plodding along in the daily strife,
Bearing the whips and the scorns of life,
With never a whimper of pain or hate,
For the sake of those who at home await.

Only a dad, neither rich nor proud,
Merely one of the surging crowd,
Toiling, striving from day to day,
Facing whatever may come his way,
Silent whenever the harsh condemn,
And bearing it all for the love of them.

Only a dad but he gives his all,
To smooth the way for his children small,
Doing with courage stern and grim
The deeds that his father did for him.
This is the line that for him I pen:
Only a dad, but the best of men.

Edgar A. Guest

https://www.poets.org/poetsorg/poem/only-dad
Class size is limited to 20 participants.
Registration ends Sept. 15, 2016.
Cost: $395 for the five-day course as RNs include CEs.
Cost: $200 for non-RNs without CEs.
Pittsburgh Mercy employees-half price.
$50 discount for early registration with full payment. Postmarked by Sept. 2nd.
Hybrid course: online modules and classroom presentations.
Limited scholarship funds are available.
Location: UPMC Mercy, Uptown.
Free parking.
For Application, please visit...

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 be commissioned as Health Ministers.

Meet One of our Course Instructors... Esther Gass RN

Sometimes in today's busy world, it is hard to find someone who makes you feel special and offers their undivided attention. Well, at the Mercy Parish Nurse and Health Ministry Program we have a Faith Community Nurse course instructor who invites all to share their stories and their “pearls” of wisdom. Many of you know Esther Gass, RN.

She has been connected with our Mercy Parish Nurse and Health Ministry Program since 1991 and continues to give us her time and energy. Currently, Esther teaches two Course modules: Prayer and Loss, Suffering & Grief. She truly is a woman of prayer and teaches how prayer is a vital aspect of health, healing and wholeness. She has dealt with her own grief personally and professionally and offers sacred space to those who want to learn more about bereavement. She is a role model for self-care time, rest and spiritual renewal... see our photo of Esther sharing her gift of music by playing her bowed psaltery at a spring retreat. Esther is a blessing to many, including us!
ON THE ROAD

The Mercy Parish Nurse and Health Ministry Program have been on the road this spring conducting Visitation Ministry Workshops for church health ministry teams. Sr. Rebecca, Janice, and Amy have received some great comments from workshop participants who have felt energized to either begin a visitation ministry at their church or to enhance their programming this summer. The workshop content focuses on outreach to the sick, homebound, and bereaved. Since each church is unique, the workshop content is tailor-made to fit the learning needs of the health ministry team. Here are some faith community nurses that invited the Mercy Parish Nurse and Health Ministry Program to conduct a workshop recently.

Andrea Jackson RN and Gail Boucek RN
Faith Community Nurses
Saints John and Paul Roman Catholic Church
Sewickley, Pa. 15143

Linda Grimm RN
Faith Community Nurse
Church of the Covenant
Washington, Pa. 15301

Sandy Cobun-Greene RN
Faith Community Nurse
Suncrest United Methodist Church
Morgantown, WVA 26505

Here are some comments from workshop participants...

*Great practical examples and open group discussion.  
*Presented in laypeople’s terms.  
*Amazing short stories!  
*Enjoyed the role-play.  
*Helpful ideas and suggestions.
Healthy Teeth & Bodies!!
Pittsburgh Mercy Family Health Center’s Anniversary Celebration
Wednesday, June 8th
12 Noon—3:00 pm at
249 South 9th Street

Pittsburgh Mercy Health Fair &
American Dental Hygienists’ Association-Institute for Oral Health will provide
Free Dental Screenings, Fun, & Education
No Appointments Necessary

2016 HMA Annual Meeting and Conference
Journey to Wholeness - Faith Leaders Meeting
Community Health Challenges
Sept. 12 – 14, 2016 Crown Plaza, San Marco Golf Resort Chandler, AZ

He answered, “You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself.” But wanting to justify himself, he asked Jesus, “And who is my neighbor?”
Luke 10: 27 and 29 NRSV
On April 8, 2016 the Church Health Center announced a name change from the International Parish Nurse Resource Center (IPNRC) to the Westberg Institute for Faith Community Nursing. The change from a resource center to an institute honors the historical foundation while encouraging faith community nurses from around the world to continue to provide leadership in wholistic health for all.

Rev. Granger Westberg’s vision for the role of parish nurses (now called faith community nurses) in faith communities birthed the IPNRC three decades ago. Today his vision continues in the specialty of faith community nursing. Four years ago, faith community nursing joined arms with the Church Health Center, another organization influenced by Westberg’s persistent vision.

To learn more, visit www.churchhealthcenter.org/FCNHOME  http://www.churchhealthcenter.org/

The Mercy Parish Nurse and Health Ministry’s Spring Retreat 2016

“A Post-Reflection on Nurturing One’s Spiritual Growth” by Barbara B. Belski, BSN, MA

Our recent Mercy Parish Nurse and Health Ministry Retreat on the Enneagram prompted me to explore the foundation of my own spiritual growth and how that life and faith journey became integrated into my professional nursing career. From student nurse to Youth Minister and back into health care, each event has helped to expand and strengthen my spiritual core.

Sustaining positive growth is actually very difficult and requires diligence and focus. Might I suggest the following as a means for maintaining a healthy balance of body, mind and spirit?

1. Volunteer for mission trips or perform service work. Try to avoid excessive amounts of time running committees or doing busy work that fails to focus on the Gospel call.

2. Read books outside your comfort zone. Years ago, I started with “Quantum Healing” by Deepak Chopra MD.

3. Keep a journal; writing or blogging can help us to process our life events and correct our course when we stray off the path.

4. Annual retreats recharge the body, mind and spirit.

5. Listen attentively; people often hold the key to their own healing.

6. Mom was right. Eat your vegetables!

7. Mindful focus on the present moment drives out feelings of past guilt and future anxiety.

8. Discipline in prayer, diet and exercise strengthens our will and sharpens our focus.

9. A daily dose of one square of chocolate [hey, we need the magnesium!]

10. Share what we have learned with those less experienced nurses; they need the insight gained from our collective wisdom.

What have you done recently that helped to develop and nurture your spiritual center?
A Post-Reflection on the Westberg Symposium 2016
by Joyce Ott, Faith Community Nurse
Saint Frances Cabrini Parish, Center Township, PA

The 30th Annual Westberg Symposium was an inspiring conference to take away new knowledge and opportunities. I was blessed to present: “Resilience: How a Pastor and Faith Community Nurse Nurture Spirituality and Health in a Parish”. My presentation focused on how my pastor, Father Martin R. Bartel, O.S.B. and I work to spiritually strengthen our faith community to create harmony of body, mind and spirit. Together we explore what programs might inspire parishioners to help create a more vibrant faith community. We embrace the ‘Mission on the Church Alive’ developed by Bishop David Zubik to inspire us. Bulletin announcements and personal email encourage parishioner involvement. Trust and relationship building are growing as parishioners ask questions regarding health issues. Meaningful discussions lead to a time for prayer and focus on spirituality to strengthen their relationship with Jesus and enrich their faith. Personal relationships are also strengthened through engagement with groups such as Men’s Christian Fellowship, St. Vincent de Paul Society, Food Bank, as well as during blood pressure screenings with coffee and donuts on Sunday mornings. Father Martin and I are greatly encouraged. We see signs of spiritual resilience in parishioners at Saint Frances Cabrini Parish by their participation in these various programs, activities, requests for individual meetings, and in informal impromptu conversations with the faith community nurse. It is affirming to see parishioners begin to focus on wellness and a balance of body, mind and spirit. Together, we are creating a more vibrant faith community.

“The author Henri Nouwen writes with his usual grace, drawing us close to the God who embraces us all with love.” - The Other Side

The various meditations in this book stand on their own and can be read independently of each other. This book can be great for spiritual reading in the summer when life is busy with family activities and vacations. However, the reader can easily weave the different meditations around some larger than life themes as they connect together. It is like a mosaic: each little stone has a unique significance, but together, and seen from a distance, they show something new that each individual stone cannot show.

We pray that those who read these meditations will discover many connections with their own spiritual journey even when that journey is very different from one’s closest to them.
News from You “JOY- Jesus, Others, and You: Having Balance in your Life”

by

Linda Graffius, RN, Faith Community Nurse
Coordinator of Care and Health Ministry at Luther Memorial Church in Erie, PA

As you know, there is a huge initiative being conducted about fall prevention for seniors and the elderly. I became inspired to conduct a class here at my church, Luther Memorial, in Erie, Pennsylvania. I knew that I would need help formatting and conducting this class, so I contacted the Physical Therapy department at a local university, Gannon. The head of that department along with a Physical Therapist from the Visiting Nurse Association and I met to discuss the possibility of having a class. They were very excited.

We set up a six-week program, consisting of three classes in November and three in December. The attendance was anywhere from 8 to 16, with participants ranging in age from 60 to 90. It was wonderful to have such experts as instructors. We did not advertise this as a balance, fall prevention class, hence the name JOY, and some participants said they would not have attended if we had. Many people think that a fall won’t happen to them. The class schedule was as follows:

Week 1: Assessment of participants with vital signs, physical ability assessments, including posture, strength and balance. The subjects for the following classes were also discussed.

Week 2: The ‘Tale of Miss Penny Posture’ and ‘The Kitchen Sink Purse’: This class presented posture pitfalls and exercises to correct them. We also weighed the purses (with everything but the kitchen sink in them) of the women in attendance, and talked about how detrimental a heavy purse is to your balance. Of course, the men felt left out.

Week 3: These ‘Boots Were Made for Walking’: The Physical Therapy graduate students helped with modeling of the proper and improper shoes and boots to wear. We also talked about vision and falls.

Week 4: ‘One Pill, Two Pill, Red Pill, Blue Pill’: A church member, who is a pharmacist, talked about the importance of the proper handling of medications, their side effects, and record-keeping. We discussed, ‘8 Glasses a Day Keeps the Falls Away’ and the importance of keeping hydrated as you age.

Week 5: ‘Who Pulled the Rug Out From Under Me?’ And ‘Who Is Afraid of the Big Bad Fall’? We talked about the danger of throw rugs, pets that get in our way, and safety measures for the home. And, how the fear of falling can interfere with your balance.

Week 6: Re-Assessment and Program Evaluation: We did not have to do a complete re-assessment on everyone because many were within the normal parameters. The re-assessments that were done did show improvement in the participants. We discussed what the participants learned to keep them safe in their homes for a longer period of time.

Each week a gift was given to the participants, i.e. nightlights, flashlights, a magnifying glass, stress balls. They were also given a list of exercises for Good Posture=Good Balance=Less Falls. The evaluations completed by the participants showed excellent satisfaction results which showed that this program was a true blessing to our community.
Independence Day is full of community fun and celebrations, particularly with the use of home sparklers and fireworks. Unfortunately, as the U. S. Consumer Products Safety Commission (CPSC) reports, “230 people on average go to the emergency room every day with fireworks-related injuries in the month around the July 4th holiday. Illustrated government data indicates that the most common injuries are severe burns to the eyes, hands, and fingers.”

As Faith Community Nurses and Health Ministers, we have the opportunity to help prevent such injuries and deaths through community education and prevention programs. The CPSC website provided below provides a free poster and videos presenting helpful tips for firework safety such as the following:

- “Never allow young children to play with or ignite fireworks.
- Avoid buying fireworks that are packaged in brown paper because this is often a sign that the fireworks were made for professional displays and that they could pose a danger to consumers.
- Always have an adult supervise fireworks activities. Parents don't realize that young children suffer injuries from sparklers. Sparklers burn at temperatures of about 2,000 degrees - hot enough to melt some metals.
- Never place any part of your body directly over a fireworks device when lighting the fuse. Back up to a safe distance immediately after lighting fireworks.
- Never try to re-light or pick up fireworks that have not ignited fully.
- Never point or throw fireworks at another person.
- Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- Light fireworks one at a time, then move back quickly.
- Never carry fireworks in a pocket or shoot them off in metal or glass containers.
- After fireworks complete their burning, douse the spent device with plenty of water from a bucket or hose before discarding it to prevent a trash fire.
- Make sure fireworks are legal in your area before buying or using them.”


Have a Safe and Happy 4th of July
Electronic Documentation System for Faith Community Nurses

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
Health Observances
http://www.healthfinder.gov/nho/default.aspx
See monthly tool kits too!

- Men's Health Month
- National Aphasia Awareness Month
- National Safety Month
- National Cancer Survivor’s Day
- 13-19 Men’s Health Week
- 19-25 National Lightening Safety Awareness Week

JULY

♦ International Group B Streptococcal Awareness Month
♦ Juvenile Arthritis Awareness Month
♦ National Cleft & Craniofacial Awareness & Prevention Month
♦ 28th World Hepatitis Day

⇒ Children's Eye Health and Safety Month
⇒ National Breastfeeding Month
⇒ National Immunization Awareness Month
⇒ Psoriasis Awareness Month
⇒ 1 - 7 World Breastfeeding Week
⇒ 7 - 13 National Health Center Week
⇒ 22 - 26 Contact Lens Health Week

FLAG DAY
JUNE 14

America Serves "is the country’s first coordinated system of public, private, and non-profit organizations working together to serve Veterans, transitioning service-members, and their families. Their vision is that every service-member, Veteran, and their family can easily access the full range of comprehensive services required to achieve their unique goals, and to provide a first-class service experience to match service member and Veterans' first class military service. Pittsburgh is home to the third AmericaServes network, PAServes – Greater Pittsburgh. Led by a fantastic team within Pittsburgh Mercy, the Coordination Center for PAServes – Greater Pittsburgh brings together service providers across Allegheny, Westmoreland, and Butler Counties. ‘Pittsburgh Mercy stands with the vulnerable in assessing need, collaborating with others, providing services that address the whole person, and advocating for social change’.”

For more information or services, contact:
http://pittsburgh.americaserves.org/
Or call 1-855-838-7744