In Honor of Father’s Day 2017

Our Dad

God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew his masterpiece was complete,
And so, he called it Dad.

--Anonymous

https://www.thoughtco.com/christian-fathers-day-poems-700672
Welcome... Linda Burkett DNP, RN, Faith Community Nurse

On May 1st, the Mercy Parish Nurse and Health Ministry Program welcomed our new Health Ministry Specialist, Linda Burkett, DNP, RN, Faith Community Nurse. Her name may be familiar to some since she is an instructor at our Foundations of Faith Community Nursing Course. Those who know Linda also know that she comes to us with a wealth of nursing experience, especially in the realm of faith community nursing and health ministry. Please welcome Linda and read more to learn a little bit about this amazing woman, as she will be a wonderful asset to our team.

Linda has held positions in clinical nursing, healthcare administration, nursing management, and education. She was commissioned as a faith community nurse in March 2014. She completed her Myers-Briggs Type Indicator Practitioner Certification in August 2014. Linda graduated with her Doctor of Nursing Practice (DNP) in May 2016 from Carlow University in Pittsburgh, Pennsylvania. Her nursing research project focused on “Assessing Decision Making Collaboration of Nurse Leaders through Myers-Briggs Type Indicator Application” and was published in Nursing Management Journal, September 2016.

On a personal note, Linda’s love of faith community nursing and health ministry led her to facilitating a Women’s Support Group in her family church called “Women in Support and Prayer” or WISP. She leads a women’s Bible study each fall and spring for about 16 participants, ages 21-79 in her church Kiski Valley Presbyterian Church, PCA. She is also a vocalist for the Worship Team.

In her spare time, Linda takes pleasure in oil painting, drawing, reading, flower gardening, entertaining friends and family, and especially spending time with her five young grandchildren. Included here is one of her favorite works, capturing a country vignette which was previously featured at the Penn State University Spring Art Show.

Her personal life motto is to live life with an exclamation point! Linda’s commitment to helping others has been inspired by the life and work ethic of her father, Emerson Riggle, demonstrated throughout his life time.

Her favorite Scripture verse is Joshua 1:9 NIV “Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” Her philosophy on wellness is acknowledging that our bodies are the temples of the Holy Spirit who is in you (based on 1 Cor. 6:19).

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

1 Corinthians 6:19-20
Health Ministry Workshops

Summer is a good time of the year to begin planning for educational programs for August and early fall. The reality is often health ministry teams do not meet in June and July because of family activities and vacations. But when late August hits, our ministry teams get back in the swing of things especially meetings.

Are you seeking fresh ideas and suggestions for church activities and programming? Do you need help motivating your team to try something new? Do you need a better agenda format for your team meetings? Contact us at the Mercy Parish Nurse and Health Ministry Program to conduct a presentation or workshop at your church. We have a variety of topic choices. We can tailor-make one to fit your church’s learning needs.

Contact us at: 412.232.5815 or ParishNurse@pittsburghmercy.org
The Mercy Parish Nurse and Health Ministry Program has been on the road this spring. Sr. Rebecca, Linda and Amy have received some encouraging comments from those who have felt energized by learning how to enhance their ministries and life’s work. Faith community nurses and others who serve those in need within our communities were recognized.

Sr. Rebecca, Bishop David Zubik and Amy attended the Bishop’s Breakfast on May 19th at St. Paul’s Seminary in Pittsburgh, PA. Bishop Zubik presented a brief overview about the proposed groupings of Roman Catholic parishes in the local area.

Sr. Rebecca and Amy facilitated an inspirational retreat on Nurturing Body, Mind, and Spirit for a group of 20 employees from Pittsburgh Mercy on May 12th. These staff members work in the department of Intervention Services.

Here are some comments from our retreat participants...
* A valuable experience that has opened a window onto areas of my life I’ve been neglecting.
* I enjoyed getting to know myself & my coworkers. I feel I’m more comfortable in my workplace.
* What a cathartic experience for me!
* It helped me gain a reassessment of what I need to add into my life to make it more fulfilling.

On May 11th, the Southwestern Pennsylvania Synod and Lutheran SeniorLife sponsored a celebration of health and wellness ministry with a special worship and anointing service for all faith community nurses and health ministers. Linda, Patty Davidson (Health and Wellness Ministry Coordinator at Lutheran SeniorLife), Bishop Kurt Kusserow (Bishop of Evangelical Lutheran Church of America—Southwestern PA), Sr. Rebecca and Amy attended along with many others on this lovely afternoon.
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 creating customized reports with ease

* **Includes many more useful features!**

Read more from the linked article in [IPNRC’s Perspectives](#)

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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

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**News from You!**

Calling for all faith community nurses and health ministers who would like to volunteer their time to assist Joyce Ott DNP, CNS, SSHC, RN at Saint Frances Cabrini Parish for the 2nd Annual Caregiver Retreat on **Sunday, June 11, 2017.**

This event is for anyone who provides care or assists an ailing family member, neighbor, or friend. All are invited to come and spend the afternoon for renewal, refreshment and re-energizing of the spirit. There are various scheduled presenters and a catered lunch. The program is free, but advanced registration is required to Joyce by June 9th to nurse@sfcabrini.us or 724.462.5436. See more details at [www.sfcabrini.us](http://www.sfcabrini.us)

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**Health Ministry...**

God uses the gifts and talents of all in a congregation!

Communities of faith are varied and diverse in their beliefs, traditions, missions, and membership. But one thing they have in common is that congregations have built-in strengths for vibrant health ministries in an environment inviting a wide range of people to participate. Health ministry pulls people together in using their gifts and talents to help those in need.

To learn more about health ministry and building your team, visit [http://chreader.org/it-takes-a-congregation/](http://chreader.org/it-takes-a-congregation/)
Fast Facts for the Faith Community Nurse: Implementing FCN/Parish Nursing in a Nutshell
Author: Janet S. Hickman, MS, EdD, RN

We are always looking for books and articles written for faith community nurses and health ministry teams. Here is one book we definitely recommend for your health ministry library. It’s one of our favorites that we suggest every faith community nurse, from novice to expert, review before attending our Foundations of Faith Community Nursing Course in the Fall.

Janet S. Hickman’s book Fast Facts for the Faith Community Nurse: Implementing FCN/Parish Nursing in a Nutshell is an excellent resource. As the author explains special people are “called” to health 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 communities to embrace as we learn to collaborate with our ever-changing healthcare systems and limited community resources.

This easy-to-use, pocket-sized book uses bullet lists for quick access to content topics. This resource is based on the American Nursing 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—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.

We suggest that this book can be used for a novice faith community nurse beginning his/her ministry or as an excellent refresher for an expert who is certified as a faith community nurse. If you would like to share your feedback on this book, then please email us at ParishNurse@pittsburghmercy.org We love hearing from our readers. Enjoy your summer reading!

The Experience of Intense Pain

Abstract: This article reflects upon how personal stories of illness give depth to clinical descriptions of diagnoses. The author discusses key points of acute pain after total knee replacement surgery, compartment syndrome, compassionate caring, pain management, and the use of prayer. To access the entire article, visit the Journal of Christian Nursing http://journals.lww.com/journalofchristiannursing/Fulltext/2017/04000/The_Experience_of_Intense_Pain__Nursing_Managem ent.10.aspx
2017 Health Ministries Association (HMA) National Conference

The Sacred Practice of Caring:
Working Together for
Healthier Communities

September 11—13, 2017
St. Elizabeth Training and Educational Center
Erlanger, KY

For more information, visit http://hmassoc.org/news-events/upcoming-conference/

Pittsburgh Mercy invites you to “like” us on

Follow us @PghMercy #ParishNurses

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 at 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 email us at ParishNurse@pittsburghmercy.org
Thank you.

Save the Date

25th Annual Mercy Parish Nurse and Health Ministry Symposium

Saturday, October 28, 2017
9:00 a.m. to 1:30 p.m.

Sister M. Ferdinand Clark Auditorium
UPMC Mercy
1400 Locust Street
Pittsburgh, PA 15219

More Details coming soon!
Health Observances
http://www.healthfinder.gov/nho/default.aspx
See all monthly observances and tool kits too!

- 1 - July 04 Fireworks Safety Month
- Alzheimer’s & Brain Awareness Month
- Cataract Awareness Month
- Men’s Health Month
- Myasthenia Gravis Awareness Month
- National Aphasia Awareness Month
- National Congenital Cytomegalovirus Awareness Month
- National Safety Month
- National Scleroderma Awareness Month
- 4 - 10 Rip Current Awareness Week
- 4 National Cancer Survivors Day *
- 12 - 18 Men’s Health Week
- 18 - 24 National Lightning Safety Awareness Week
- 19 World Sickle Cell Day
- 27 National HIV Testing Day

- ⇒ International Group B Strep Awareness Month
- ⇒ Juvenile Arthritis Awareness Month
- ⇒ National Cleft & Craniofacial Awareness & Prevention Month
- ⇒ 28 World Hepatitis Day

August—National Immunizations Month

Immunization, or vaccination, helps prevent dangerous and sometimes deadly diseases. To stay protected against serious illnesses like the flu, measles, and pneumonia, adults need to get their shots – just like kids do. **August is National Immunization Awareness Month** and it is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots. For the tool kit, visit https://healthfinder.gov/NHO/AugustToolkit.aspx