Faith, Hope, and Love

Faith, hope, and love—more priceless than gold,
For if you possess them, you’ve riches untold,
For with faith to believe what your eyes can not see
And hope to look forward to new joys to be
And love to transform the most commonplace
Into beauty and kindness and goodness and grace,
There’s nothing too much to accomplish or do,
For with faith, hope, and love to carry you through,
Your life will be happy and full and complete,
For with faith, hope, and love, the bitter turns sweet-
For all earthly joys, and heaven’s joys too,
Belong to God’s children who are faithful and true.

By Helen Steiner Rice
(“A Book of Hope” compiled by Virginia J. Ruehlmann)

There is hope for your future, says the Lord.

Jeremiah 31:17 RSV
The Mercy Parish Nurse and Health Ministry Program is offering an overnight spiritual retreat from Friday, April 24 through Saturday, April 25, 2015, at Martina Spiritual Renewal Center, 5244 Clarwin Avenue, Pittsburgh, PA 152229 (Westview).

The opening session is Friday at 6:00 p.m., and the retreat ends 3:30 p.m. on Saturday afternoon. This mini-weekend of prayer, learning, and fellowship will center on New Testament stories of Jesus’ resurrection titled “Joy of the Resurrection: A Reason to Celebrate.”

The retreat is in response to feedback the Mercy Parish Nurse and Health Ministry Program received from faith community nurses and health ministers. The purpose of the retreat is to encourage mindful contemplation and spiritual practices using Holy Scriptures.

The retreat will be led by Amy Armanious (Health Ministry Specialist), Rev. Dr. Christina Hosler (Pastor of Paris Presbyterian Church), and Rev. Donna Yanosy (Pastor of the Friendship Parish in Slippery Rock). They have participated in and facilitated numerous retreats over their combined years of service and ministry. We are honored to have them join us as we walk with Jesus during this time of celebrating Easter and awaiting His ascension.

This retreat will focus on New Testament stories that provide a basis to examine our joy and journey with Jesus and listen to His guidance about our mission and service in our churches and communities. Participants will be using Scripture, songs, prayer, poetry, art, writing, quiet time, and group reflection.

Time for rest and spiritual direction will be available. Music will be offered. Participants who would like to share their musical gifts are asked to contact the office before the retreat.

Each participant will have a private room with a bed and sink. Handicap accessibility is available upon request. Bed linens and bath towels are provided by Martina Retreat Center. Participants must bring their own supply of toilet articles. Each private room has a Bible. However, it is suggested that each participant bring their own Bible.

The retreat fee is $110.00 per participant which includes overnight accommodations, meals, and handouts. Parking is free. Reservations are limited to 20 participants. A registration form is available on the last page of this newsletter and the “Events” section of our website http://www.pmhs.org/parish-nurse-program/events.aspx

Please send a completed registration form along with a check for $110.00 payable to the “Mercy Parish Nurse and Health Ministry Program” by April 8, 2015.

Questions concerning the retreat may be directed to Amy Armanious, Health Ministry Specialist, at 412.232.7151
Pitt Nurse Researcher Seeks Our Help:
Referrals Needed for Study on “Diabetes Sleep Treatment”

The purpose of the Diabetes Sleep Treatment Trial through the University of Pittsburgh School of Nursing is to examine if treatment of obstructive sleep apnea with positive airway pressure (CPAP), combined with diabetes education, results in improved diabetes self-management and glucose control. Individuals may qualify if they are 18-years or older, have a diagnosis of Type 2 diabetes, complain of poor sleep, and have never been treated with CPAP. Participation in the trial may last 24-36 weeks, and offers the opportunity to improve sleep and diabetes management.

For more information, please contact project director Dana DiVirgilio at 412-624-3597 or dad85@pitt.edu.

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

Standard 13. Research

The faith community nurse integrates evidence and research findings into practice.
News from You!

Mercy Parish Nurse and Health Ministry Program
...on the ROAD in your area.

National Library of Medicine (NLM)

In Fall 2014, our dear colleague Joy Burt Conti (retired Manager of the Mercy Parish Nurse and Health Ministry Program) conducted a presentation titled, “The National Library of Medicine On-line Resources” at Christ United Methodist Church in Bethel Park. This presentation was given to church and community residents who were interested in learning more about credible health resources via the government’s website. A big thanks to Debbie Bates, RN (Director of Health Ministry) for offering this presentation to the local community.

The National Library of Medicine’s Medline Plus website has a wealth of information to educate people with evidenced-based information and resources. If you are interested in having Joy Burt Conti come to your church or health ministry team meeting for a National Library of Medicine presentation (90 minutes), then please call us at 412.232.5815 or email us at ParishNurse@pmhs.org. There is no cost. One past participant who attended one of Joy’s workshops stated “The program exceeded all expectations. I feel energized with having access to evidenced-based information that is customized to meet all age groups!” This website allows you to download information in many languages and to adjust to the individual literacy levels. Check it out at http://www.nlm.nih.gov/medlineplus/.

An Old Irish Blessing

May the road rise up to meet you.
May the wind always be at your back.
May the sun shine warm upon your face,
and rains fall soft upon your fields.
And until we meet again,
May God hold you in the palm of His hand.

Said in the morning when rising...

Christ be with me,
be after me,
be before me,
and be at my right and left hand.
May everything I do be for Christ.
Health Observances
http://www.healthfinder.gov/nho/default.aspx

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**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

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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/

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30 Lessons from the Life of Christ
By Dr. Criswell Freeman

Jesus transformed our world unlike anyone else in history. If you allow Him during this Lenten season, He can transform your personal world as well. For Lent is a time of repentance, fasting, and preparation for the coming of Easter (Pascha). It is a time of self-examination and reflection. In the early church, Lent was a time to prepare new converts for baptism. Today, Christians concentrate their efforts and time on their relationship with God, often choosing to “give up” something. Or some may volunteer and give of themselves for others. The forty days of Lent presents the time Jesus spent in the wilderness, hence enduring temptation. In some Christian faith traditions, Sundays in Lent are not counted in the forty days because each Sunday represents a “mini-Easter” celebration of Jesus’ victory over sin and death.

Even if one is familiar with the teachings of Jesus, this book’s reader will still have much to learn especially when it comes to the hard work of applying Christ’s lessons to the everyday realities of life.

This pocket-size book is a practical, thought-provoking, easy-to-understand guide about the life Jesus lived and the lessons He taught. This book encourages readers to think carefully about Christ’s teachings and about the influence that those teachings should have on one’s thoughts and actions.

When we weave Christ’s teachings into the fabric of our day, we quickly discover that Jesus has the power to change everything including us!

*I have given you an example to follow.
Do as I have done to you.*

Love, Jesus (John 13:15 NLT)

*If you have a good book you would like to share with us, please let us know.*

We always enjoy hearing from you.

Email: ParishNurse@pmhs.org
Walk to Jerusalem
The Walk to Jerusalem is a walking program developed by St. John Providence Health System parish nursing and designed to increase the physical, spiritual and emotional health of participants. This “imaginary” trip to Jerusalem is accomplished by individuals within the church or organization logging their own walking miles each week. The Walk to Jerusalem usually begins in January with the goal of accumulating enough miles to reach Jerusalem by Easter. The fall season version of this walk is “The Walk to Bethlehem”. This begins in September with the intent of reaching Bethlehem for the Christmas celebrations. Just remember, it’s never too late to begin a walking program in your church or organization. It’s fun for all.

There are updated and expanded versions of these Walks now available. For more information on how to bring these programs to various age groups and settings, see this link http://www.stjohnprovidence.org/walktojerusalem/ or call 1-888-440-7325

Learn about MAP-IT, a guide to using Healthy People 2020 in your church and community. See great program planning tools to get started.

https://www.healthypeople.gov/2020/tools-and-resources/Program-Planning

Healthy People 2020
Looking for events related to Healthy People 2020 this year? Click on this link to subscribe to the Healthy People 2020 Listserv for email updates on upcoming webinars and events.

Certified Nurses Day is celebrated March 19. The American Nurses Credentialing Center (ANCC) believes it is important for all nurses to understand the value of nursing certification. For the advancement of the discipline of nursing into a true profession, it is considered an important professional career milestone. “Certification is the formal process by which a certifying agency (ANCC) validates a nurse's knowledge, skills, and abilities in a defined role and clinical area of practice, based on predetermined standards. Nurses achieve certification credentials through specialized education, experience in a specialty area, and a qualifying exam or portfolio.” ¹

The ANCC has presented some excellent reasons to pursue specialty nursing certification, of which, Faith Community Nursing is included as of August 2014. “Some of the most important purposes for credentialing programs include the following:¹,²

- Protecting the public
- Meeting the needs of employers, practitioners, and the public by identifying individuals with certain knowledge and skills
- Assuring consumers that professionals have met standards of practice
- Demonstrating an individual's commitment to a profession and to lifelong learning
- Providing an individual with a sense of pride and professional accomplishment

Certification is a profession's official recognition of achievement, expertise, and clinical judgment. It is a mark of excellence that requires continued learning and skill development to maintain the credential.”¹

Specific details regarding eligibility criteria, cost, nurse practice requirements/hours, and application/renewal process to attain five year certification in Faith Community Nursing can be found at the ANCC website, [http://www.nursecredentialing.org/FaithCommunityNursing](http://www.nursecredentialing.org/FaithCommunityNursing).


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**Mental Health Upcoming Event:** March 19, 2015 12:00pm EDT (one hour)

Mental health is essential to a person’s well-being, interpersonal relationships, and the ability to live a full and productive life. This webinar is titled, “Who’s Leading the Leading Health Indicators?” which will focus on activities and interventions related to mental health disorders. [Registration is required.](https://hhs-hp.webex.com/mwo401sp12/mywebex/default.do?nomen=true&siteurl=hhs-hp&service=6&rn=0.5054222915302668&main_url=https%3A%2F%2Fhhs-hp.webex.com%2Fec0701sp12%2Feventcenter%2Fevent%2FeventAction.do%3FtheAction%3Ddetail%26confViewID%3DDr75135192%2B%26%26EMK%3D4832534b0000000232207d831026b89740b5e5709b05f161c3ab7b63f1c88ba62b219a88edc37f68%26%26siteurl%3Dhhs-hp)
REGISTRATION FORM: Spiritual Retreat 2015 — Joy of the Resurrection: A Reason to Celebrate

April 24 and 25, 2015 • Friday and Saturday

Submit registration form & check $110.00 by April 8 to:

Mercy Parish Nurse and Health Ministry Program
Mercy Health Center
1515 Locust Street, Suite 705
Pittsburgh, PA 15219

Name ____________________________

Address ____________________________________________

City ____________________________ State _______ ZIP __________

Email Address ____________________________ Telephone ____________________________

Name of Church or Organization ____________________________ Denomination ____________________________

___ Check if special dietary need or handicapped accommodations requested. Please explain:

____________________________________________________________________________________

Your role within your church/organization:
(Please circle all that apply)

• Clergy
• Member/attendee
• Coordinator RN
• Health minister
• Parish nurse (volunteer)
• Parish nurse (salaried)
• Social minister
• Social worker
• Nursing student
• Volunteer
• Pittsburgh Mercy employee
• Other _____

Please check any statements that apply:

___ I play a musical instrument and am willing to share my gift during our retreat. My musical instrument is: _________________________

___ I play the piano and am willing to play during specific times.

___ I have musical talent in singing.

___ I permit you to publish my name and the name of my church/organization in the retreat participant listing and nametag.

___ I would like to receive information about continuing education programs sponsored by Mercy PNP.

___ I would like to receive your free monthly E-Newsletter, The Faith Connection.

___ I prefer not to be contacted.

NOTE: The Mercy Parish Nurse and Health Ministry Program and Pittsburgh Mercy Health System do not sell or otherwise share information with third-party vendors. You reserve the right to revoke your permission at any time.
For more information, contact the Mercy Parish Nurse and Health Ministry Program at 412.232.5815 or email ParishNurse@pmhs.org

Presented by the Mercy Parish Nurse and Health Ministry Program
Part of Pittsburgh Mercy Health System and Trinity Health, Serving in the tradition of the Sisters of Mercy