Veterans Day
November 11, 2016

On Veterans Day we honor all,
Who answered to a service call.
Soldiers young, and soldiers old,
Fought for freedom, brave and bold.
Some have lived, while others died,
And all of them deserve our pride.
We’re proud of all the soldiers who,
Kept thinking of red, white and blue.
They fought for us, and all our rights,
They fought through many days and nights.
And though we may not know each name,
We thank ALL veterans just the same.

By Cheryl Dyson
http://www.veteransday.quotesms.com/veteransday-poems.html

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”
Jeremiah 29:11 NIV
Linda Shaw  Harmony Presbyterian Church,  Washington, PA
Cathy McGurk  Holy Apostles Roman Catholic Church,  Pittsburgh, PA
Susan Overly  United Methodist Church,  New Stanton, PA
Mary Ann Kestner  Holy Apostles Roman Catholic Church,  Pittsburgh, PA
Marian Fedak  Holy Apostles Roman Catholic Church,  Pittsburgh, PA
Chelo Cruz-Martinez  Saint Regis Roman Catholic Church,  Pittsburgh, PA

The cohort’s shadow box is in the image of a bouquet of flowers in a vase. Each participant added a piece of fabric to signify their life and their uniqueness. They present their God-given gifts and time to the realm of health ministry. They have been blended together to create one piece of art, depicting their Christian unity.

Blessings to all as they serve God!

Advent (November 27 through December 24, 2016)

Make room in your heart and in your busy days throughout the month for a few minutes each day to do the following:

* read Scriptures
* reflect on a brief devotion
* pray and prepare for the Savior to come

For more suggestions, visit http://endhunger.org/advent/
Our annual symposium held on Saturday, October 22, 2016 in Pittsburgh, Pennsylvania was entitled “Who is My Neighbor: The Mission Field for Faith and Health.” It was a great success assisting participants to reflect more deeply on how we provide wholistic care (whole person care approach) to those we serve in our faith communities. This symposium moved the aim beyond ecumenical boundaries, and intersected faith and health concerns across social avenues focusing on those who are identified with homelessness, hunger, poverty, and other experiences of trauma. The three presenters were engaging and encouraged questions via a panel discussion that challenged us to address our unique skills and tools as we provide trauma-informed care and best practices. The Spirit-filled room opened and closed with prayer and singing as we bonded together.

Participants had the opportunity to share ideas and suggestions regarding their faith community nursing programs and health ministries. Addressing the spiritual needs of our congregations through wholistic care was met with small group conversations during the luncheon.

We are grateful to our guest speakers, Rev. Dr. George Steffey, Alexis Weber, and Mark Rogalsky for their insight and expertise as they motivated participants to “think outside the box” in the field of health ministry. They inspired us with their gift of storytelling. We are also grateful to all the participants who attended and shared their precious time and enthusiasm about health ministry. Attendees learned from each other and became better equipped to reach out to their faith communities through the ministry of healing. As it says in Isaiah 64:8 NIV “We are the clay, You are the potter; we are all the work of Your hand.” God’s blessings as we soon begin the new year 2017!
SAVE THE DATE
March 31 to April 1, 2017
Spiritual Retreat

Sponsored by Mercy Parish Nurse & Health Ministry
at Kearns Spirituality Center
9000 Babcock Blvd.
Allison Park, Pennsylvania 15101

More exciting details coming soon…
visit our website!

You’re my quiet retreat, I wait for Your Word to
renew me… therefore I lovingly embrace
everything You say. Psalm 119:114, 119 MSG

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

Blue Christmas

Would you like to know more about how to coordinate a “Blue Christmas Service”? We invite you to come and volunteer in a quiet and reflective candlelight service at the Church of the Covenant (Rusch Chapel; Washington, PA) on Sunday, December 11th, 6:00 p.m. Small reception to follow. If interested, visit www.churchofthecov.org or call 724.222.0190 and extension 113 for the parish nurse office. God’s gift of His Son holds promise for healing and peace this Christmas.
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.

- 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/education-and-resources.aspx

Health Ministry Workshops for Winter 2017
Brrrr... 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 before the New Year 2017 approaches. 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
This Advent (beginning November 27th.) and Christmas season, do you desire to draw close to the manger scene? Do wish to know the One whose first cries were heard by a peasant girl and a weary carpenter? Do you long to reflect on the words found in Luke 2:14 “Glory to God in the highest, and on earth peace to men on whom His favor rests.” Do you desire for a peace that only the Prince of Peace really can give?

Christmas Day happened in a moment -- a most remarkable moment when God came near as a infant child. No royal bed lined in silk. No ivory. No special celebration by kings and royalty. In fact, God had come near ... for you.

The author Max Lucado helps us to travel back in time and relive Christ the Son of God becoming man. Relive this beautiful and most important event in history ... when God came near. And as you catch a vision of this incredible moment, let it mark the beginning of your New Year 2017. Take time for yourself and for drawing near to God in a new and exciting way this coming Christmas season.

“For to us a Child is born, to us a Son is given, and the government will be on His shoulders, and He will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.” Isaiah 9:6  NIV
Resource Corner: Prayer Squares for your Visitation Ministry... a gift to one who is sick, homebound, or grieving loss

Visitation Ministry is a wonderful way to provide spiritual care to those in need. Some TLC and a homemade gift are sometimes just what a parishioner needs to feel connected with their church family especially when the winter days are long and dark. One special gift that is tangible for someone to hold when they are sad or lonely is a Prayer Square. Flowers fade over time, cookies disappear quickly, and cards wrinkle... but Prayer Squares last a long time. They are soft to touch, and the vibrant colors symbolize hope and love from those who made them. So if your Visitation Ministry team wants to try something new for their Christmas and New Year gifts, think about Prayer Squares. They are fun to design. Motivate your team to use their artistic talents and gifts. Since some groups do not sew, they cut the fabric and glue on the pieces to the main fabric square. Be creative and allow God to use your hands to bless those in need. For more information, visit http://www.prayerquilt.org/

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December is Safe Toys and Gifts Month

1) Safety tips to keep in mind this holiday season

2) Toys can be recalled for safety reasons
https://www.hap.org/health/topic/safetoymonth.php

3) Safe Toy Checklist
http://www.preventblindness.org/safe-toy-checklist

4) Toy-related eye injuries

5) Age-specific toys
https://www.army.mil/article/92555/
December_is_National_Safe_Toys_and_Gifts_Month
Health Observances
http://www.healthfinder.gov/nho/default.aspx
See monthly tool kits too!

⇒ American Diabetes Month
⇒ COPD Awareness Month
⇒ Lung Cancer Awareness Month
⇒ National Alzheimer’s Disease Awareness Month
⇒ National Family Caregivers Month
⇒ 19 Great American Smokeout
⇒ 19 International Survivors of Suicide Day

Handwashing:
Clean Hands Save Lives!
Free Posters at
http://www.cdc.gov/handwashing/posters.html

The Mercy Parish Nurse and Health Ministry Program
wish all our readers a
Happy Thanksgiving

December

- Safe Toys and Gifts Month
- 1 World AIDS Day
- 4 - 12 National Influenza Vaccination Week
- 4 - 10 National Handwashing Awareness Week

January

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