Autumn Blessings

Autumn brings to the soul relief,
as hot Summer days, slip to an end
God sent the season for weary hearts
to restore, repair and mend.

Unlike the Autumn trees,
that shed their changing leaves
God sent the season for failing hearts
to adhere, embrace and cleave.

Just as with the Autumn winds,
there comes a new refreshing rain
God sent the season for fraying hearts
to increase, grow and gain.

The Autumn sun is slow to climb,
and dips much earlier into the night
God sent the season for sleepy hearts
to rise, shine and awake in His light.

God gave to us the Autumn season,
so we could have a respite and rest
for it is the season for our beset souls
to see how much we are blessed!

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Psalm 16:9  KJV
“Therefore my heart is glad, and my glory rejoiceth:
my flesh also shall rest in hope.”

Deborah Ann Belka  Copyright 2012
https://poetrybydeborahann.wordpress.com/2012/10/13/autumn-blessings/
SAVE THE DATE
March 31 and April 1, 2017 Spiritual Retreat
Sponsored by
Mercy Parish Nurse & Health Ministry

More exciting details coming soon!

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

FOUNDATIONS
of Faith Community Nursing
In Erie, Pennsylvania
The Foundations of Faith Community Nursing Curriculum is being offered starting October 2016 in a new format in Erie, Pennsylvania. Course participants will have the opportunity to complete the entire course in two years via a series of eLearning programs, workshops, and service projects. Practice opportunities will be held during evening and weekend meetings or retreats throughout the year. For more information, contact Molly Petroff at mpetroff@svhs.org

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
Blessing of The Loaves

As November approaches, we begin to make plans for Thanksgiving. We give thanks for the food, health, family, friends, and the bountiful blessings God has provided throughout the year in our lives. As faith community nurses and health ministers we have the opportunity to lead our health ministry teams in varying types of services. One such service is the ‘Blessing of the Loaves’, another can be taking homemade bread and soup to those on our prayer lists, or hosting a community Thanksgiving dinner with bread and all the trimmings for the marginalized, grieving, widowed, orphaned, lonely, and homeless. Our actions can help to heal and mend a fractured world.

Taking the five loaves and the two fish and looking up to heaven, He gave thanks and broke them. Then He gave them to the disciples to distribute to the people. Luke 9:16 NIV

Health Ministry Workshops

Fall 2016

Does your health ministry team need a bigger “Harvest” this Fall? Are you seeking fresh ideas and suggestions for church programming? Do you need help with your team to discern what and how to “plant” for next year? Ask 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. Just contact us at: 412.232.5815 or Parishnurse@pittsburghmercy.org

7TH Annual McGinley-Rice Symposium

October 27-28, 2016

Duquesne University School of Nursing Pittsburgh, PA.
Exploring Social Justice for Vulnerable Populations: The Face of the Person with a Disability

For more details see: www.duq.edu/social-justice
As the October days get shorter, and the nights a bit cooler, we encourage you to begin reading one of our Symposium speaker’s books entitled, "Courage to Surrender." It is an engaging story of hope that will captivate anyone interested in finding a compassionate community of Christ’s disciples. It is a story of how nine American teenagers from Pittsburgh, Pennsylvania, came to discover how to be the church; not the church of twentieth century in America, but a hopeful future-resurrected church for the twenty-first century. It is a church fellowship where people love one another with the extravagant love and grace of God. It is a story of transformation with not only individuals but a diverse fellowship of believers. It is written for readers seeking meaning and purpose in life and for mature Christians frustrated with the fragmentation of the church. This book addresses the disparities in the world and the search for significance within us all.

So if you are planning to attend our Annual Symposium on October 22nd, please bring your book and offer Rev. Steffey your appreciation for his inspiration and for challenging us to “think outside the box” as we minister to those in need.

For more book details, visit this link...
In September, I had the wonderful opportunity to attend the Annual Health Ministries Association (HMA) Conference in Phoenix, Arizona. Wow! What an experience to be in a room of such experienced and insightful faith community nurses, health ministers, clergy and church volunteers who are so committed to the work of faith and health. It was a time for learning and networking with those who desire to be used by God in transforming ways as they lead others in health ministry. There were so many excellent presenters and thought-provoking topics of interest. Also, we received a ‘sneak peak’ of the new Scope and Standards of Practice for Faith Community Nurses... anticipated publication, January 2017.

I would like to encourage our readers to attend next year’s HMA’s annual conference which will be held September 11-13, 2017 @ St. Elizabeth Technical and Educational Center in Erlanger, Kentucky. Hotels are located in walking distance as well as complimentary shuttle service provided from the airport and to the conference venue. So Save the Date and plan ahead! — Amy Armanious, Mercy Parish Nurse & Health Ministry Program, Pittsburgh, Pennsylvania

Who is My Neighbor? by Ancy Joe Abraham

“In Luke 10:25-37, Jesus gave the parable of the Good Samaritan to explain who our neighbor is. The Priest and the Levite did not consider the wounded person on the road. But the Samaritan went to him and cared for him as he could.

Jesus tells us a message through this story that our neighbor is the one who is in need – the broken, the wounded, and the worried around us. If we don’t consider those around us, we, in fact, are not loving them as God wants us to do.

The one who had mercy on the needy is a real neighbor. God does not want people to remain in problems; so He sends somebody to rescue them. His compassion is shown through people. God wants to see those who act on seeing a need. Those who are willing to be good neighbors, they will find opportunities where they can help others. They are not forced to help someone, but willingly come forward to do it anyway.

When Jesus was here on earth, He did what He taught. He was willing to help those who came to Him and asked His help. He never ignored or rejected those who were wounded, hurting and broken. All the miracles that happened through Jesus are the results of His compassion. He did every miracle out of His love for the hurting. And the news spread through their testimonies.

God is searching for those who like to be good neighbors to those in need. Are you a good neighbor?”

— written by Ancy Joe Abraham

http://www.turnbacktogod.com/who-is-my-neighbor/
Resource Corner: October is Pastor Appreciation Month

Many churches celebrate Pastor Appreciation Sunday on the second Sunday of October. The standard celebration brunch and cake are always a fun time to bring the church family together during the fall season. Or some enjoy a picnic on the church’s lawn.

Plan ahead now to celebrate your pastor. Look for ways to express appreciation to these faithful servants of God. Sometime the best gifts of all are those our Sunday School children create such as cards, crafts, photos, scrapbooks, and other personal crafts.

For more ideas, visit the following links:

http://www.lifeway.com/Article/pastor-Ideas-for-Pastor-Appreciation-Month-in-October
https://www.wesleyan.org/pastorappreciation

November is American Diabetes Month

Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it’s not controlled.

One in 11 Americans have diabetes — that’s more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, increasing physical activity, and losing weight. How can American Diabetes Month make a difference? We can use this month to raise awareness about diabetes risk factors and encourage people to make healthy changes in their lifestyle such as nutrition, exercise and stress reduction.

For the November Toolkit, click here to download
https://healthfinder.gov/nho/NovemberToolkit.aspx
October is Breast Cancer Awareness Month which is an annual campaign to increase the awareness of the disease. While most people are aware of breast cancer, many forget to take the steps to have a plan and detect the disease in its early stages and encourage others to do the same.

For more information, visit

http://www.nationalbreastcancer.org/breast-cancer-awareness-month
Who Is My Neighbor: The Mission Field for Faith and Health

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

Rev. George S. Steffey, DMin.
Author, Pastor, Retired Chaplain and Director of Behavioral Health Services
East Liberty Family Health Care Center, Inc., Pittsburgh, PA

Alexis K. Weber, MSN, RN
Faith Community and Psychiatric Nurse, Educator, Retired Director of Mercy School of Nursing, Catholic Charities USA ‘2015 Volunteer of the Year’, Manager of Local Food Pantry and Clinic Nurse for Homeless, Pittsburgh, PA

Mark Rogalsky, MSW, TTS
Psychotherapist, Prevention Specialist, and Unit Manager of Prevention Services
Pittsburgh Mercy, Pittsburgh, PA

Symposium Overview:

Providing wholistic care of body, mind, and spirit is a specific aim when doing health ministry. Typically the focus is on actively caring for members within a faith community. This symposium moves that aim beyond defined ecumenical boundaries, and intersects faith and health concerns across diverse social avenues which include those identified as being marginalized in our society with homelessness, hunger, poverty, and other experiences of trauma. Theological and ethical concerns are relevant issues that need addressed, as well as skills and tools to help professionals perform trauma-informed care and best practices.

One such toolkit is the Mental Health First Aid USA resource. The www.mentalhealthfirstaid.org says “Peer reviewed studies from Australia and across the globe show that the program saves lives,
improves the mental health of the individual administering care and the one receiving it, expands knowledge of mental illnesses and their treatments, increases the services provided, and reduces overall social distance toward individuals with mental illnesses by improving mental health literacy.”

Participants will be challenged through interactive discussion of case studies and stories that will broaden perspectives and help one find renewal to continue serving others when faced with burn-out or compassion fatigue.

**Symposium Objectives:**
Upon completion of the symposium, participants will be able to:

- Understand the spiritual dynamics of what constitutes a marginalized individual and faith community identity.
- Identify ways one can contribute to improving the wholistic health of those viewed as marginalized within and beyond faith communities.
- Comprehend the purpose and use of the Mental Health First Aid toolkit when working with diverse communities.

**Symposium Agenda:**
8:00 a.m.  Registration & Networking
9:00 a.m.  Opening Service: Welcome & Introductions
9:15 a.m.  “Courage to Surrender”
            Rev. George S. Steffey, DMin.
10:15 a.m.  Break
10:30 a.m.  “Nursing the Forgotten: Faith-Based Community Nursing with Marginalized Populations”
            Alexis K. Weber, MSN, RN
11:30 a.m.  “Adding Mental Health First Aid to the Faith Community Worker’s Toolkit”
            Mark Rogalsky, MSW, TTS
12:30 p.m.  Lunch
1:15 p.m.   Interactive Discussion with Speakers’ Panel
1:45 p.m.   Closing Service & Post-Evaluations

**Target Audience:** Faith Community Nurses; Lay Health Ministers; Clergy; Seminarians; Pastoral and Social Ministers; Social Workers; Licensed Professional Counselors; Physicians; Other Healthcare Professionals and Students.

**Continuing Education Contact Hours:**
Continuing education (CE), 3.5 contact hours, will be provided to registered nurses who attend. The University of Pittsburgh Medical Center (UPMC) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

NASW-PA Chapter is a co-sponsor of this workshop. 3.5 CEs will be awarded for completion of this course. NASW has been designated as a pre-approved provider of professional continuing education for social workers (Section 47.36), Marriage and Family Therapist (Section 48.36) and Professional Counselors (Section 49.36) by the PA State Board of Social Workers, Marriage & Family Therapists and Professional Counselors. Participants who attend the entire session and complete an evaluation form will be awarded a certificate and 3.5 contact hours for the symposium attended. UPMC, ANCC, and NASW-PA do not endorse any commercial products as a result of the CE activity.

- $40 for registered nurses, social workers, and licensed professional counselors who wish to receive 3.5 continuing education units (CEUs).
- $30 for attendees not receiving CEUs.
- $20 for undergraduate students and seminarians.
- Lunch is included.
- Free parking will be provided to all participants in the UPMC Mercy Locust Street Garage, located at the corner of Locust and Stevenson Streets (Locust St. entrance).

**To register:** See registration form on following page.

If you need assistance, call 412.232.5815.

**For more information, visit:**
https://www.pittsburghmercy.org/parish-nurse-program/education-and-resources.aspx
REGISTRATION FORM

24th Annual Mercy Parish Nurse and Health Ministry Symposium
A part of Pittsburgh Mercy and Trinity Health, serving in the tradition of the Sisters of Mercy

Who Is My Neighbor: The Mission Field for Faith and Health
Saturday, October 22, 2016 • 9 a.m. to 2:00 p.m.

Instructions: Please send completed registration form along with a check made payable to the Mercy Parish Nurse and Health Ministry Program by October 14 to:

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

Name ____________________________________________________________

First Name ___________ Middle Initial ___________ Last Name ___________

Address ____________________________________________________________

City __________________________ State _______ ZIP __________ Telephone ______________

Email Address _______________________________________________________

Name of Church or Organization ____________________________________________

Address ________________________________________________________

City __________________________ State _______ ZIP __________

Your role within the church/organization: (Please check any box that applies):

- Clergy
- Member/attendee
- Coordinator RN
- Coordinator health minister
- Health minister
- Parish nurse (volunteer)
- Parish nurse (salaried)
- Social minister
- Social worker
- Nursing student
- Volunteer
- Pittsburgh Mercy employee
Do you have any dietary restrictions or require special accommodations in order to attend?

Yes (Please explain.)

No

Are you applying for continuing education credits?

◊ Yes
◊ No

I am a:

◊ Registered nurse ◊ Social Worker ◊ Licensed Professional Counselor

Please read the statements below and check any that apply.

◊ I permit you to publish my name and the name of the organization I represent on my nametag and in the symposium participant listing.
◊ I would like to receive information periodically regarding other Mercy Parish Nurse and Health Ministry Program and Pittsburgh Mercy continuing education opportunities.
◊ I would like to receive your free monthly e-newsletter, The Faith Connection. Please add me to your mailing list.
◊ I prefer not to be contacted.

NOTE: The Mercy Parish Nurse and Health Ministry Program and Pittsburgh Mercy 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@pittsburghmercy.org.

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