Autumn Blessings

By Deborah Ann

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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https://poetrybydeborahann.wordpress.com/2012/10/13/autumn-blessings/
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 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@pmhs.org  412-232-5815
*** Save the Date ***

Saturday, October 24, 2015

23rd Annual symposium
“A Spiritual Journey: Opening Mind and Heart”

Guest speaker:
JoVeta Wescott, RN, MSHA, PCSG
Parish Nurse Consultant/Educator
and
Executive Director of Kansas Parish Nurse Ministry
http://www.kansasparishnurseministry.com/

See more details about the symposium in this E-Newsletter and on our website.
https://www.pmhs.org/parish-nurse-program/events.aspx

Author of the book

Because I Care... I am a Parish Nurse:
Becoming an Agent of Hope and Healing

In this book, JoVeta has taken the beauty of Parish Nursing and coupled it with the Spiritual Strengths Healing Plan that was conceptualized and designed by Dr. Richard Johnson. If you are a Parish Nurse or know someone who is, you will enjoy this journey of self discovery.

Read of the Month

Prayers for the Soul: Comfort for Parish Nurses & the People They Serve
By Church Health Center Pocket Prayers (ISBN: 978-1-62144-035-2)

This little pocket-size book is a collection of prayers written for parish nurses, and written by parish nurses and health ministry leaders. This collection offers prayers from around the world for guidance, wisdom, praise, blessings, strength, care, hope, and healing. There are extra pages in the back of the book to write your own prayer or love letter to God. Enjoy!
Health care in the United States continues to be evolving in ways that are very unplanned and complex. The shortage of professional nurses and nursing faculty only complicates the health care delivery system. More than ever before, health care professionals are asked to do more with fewer resources as the acute and chronically ill have more needs with limited social support. Due to these challenges, registered nurses are turning to the specialty of faith community nursing in order to learn more about spiritual health and whole person care.

The Faith Community Nurse intentionally cares for the spirit of the one he/she is called to serve. The heart of ministry is based on the faith community nurse “walking the walk” and “talking the talk” as one journeys closer to building a trusting, binding relationship with God.

Those who participate in faith community ministry know how taxing it is in time and energy as they assist in meeting the physical, mental, emotional, social, and spiritual needs of others. So in order to grow in our relationship with God, we must begin taking care of our own needs and then progress into sharing with others along our path.

At this symposium, we will creatively look at what spirituality means to us along with some practical tools we can explore on our journey. The practical tools vary greatly in how transparent we are willing to be in such areas of prayer, meditation, gratitude, etc. The speaker and participants will be sharing parts of their story as examples of what being on the path looks like. The goal as we mature is to intentionally seek the path of spiritual growth as we seek closeness with God.

Who Should Attend

Parish and faith community nurses; clergy; health, pastoral, and social ministers; health and social service professionals; nursing students; family caregivers; and laypersons interested in promoting whole-person health are encouraged to attend. This interactive symposium lets participants take part in fellowship, storytelling, prayer, meditation, music, and more.

About Our Keynote Speaker

JoVeta Wescott RN, MSHA, PCSG began her nursing career after graduating from St. Francis School of Nursing, Wichita, Kansas. She furthered her education by graduating from St. Joseph College, North Windham, Maine, and by earning a master’s degree in Health Care Administration from Trinity University in San Antonio, Texas.

Her call to faith community nursing began in 1997. She has served in such roles as parish nurse in a congregation, coordinator, consultant, educator, faculty for preparing educators, and grant writer. She is an author of articles and book chapters of interest to faith community nurse peers. She has published on topics of spirituality, grant writing, parish nursing, chronic illness, older adults, advance directives, and research. Her book titled “Because I Care... I Am a Parish Nurse... becoming an agent of hope and healing” embraces her love story of parish nursing and how it continues to make a difference in our world.

Currently, she serves as executive director of Kansas Parish Nurse Ministry, Inc., which she founded in 2005. She has conducted local, state, national, and international presentations on parish nursing, end-of-life issues, grief support, self-care, diversity, cultural awareness and sensitivity, aging, chronic illness, funding, servant leadership and more. In addition, JoVeta received her professional certificate as a Spiritual Strengths Healing Coach in 2012. She most recently received her professional certificate in Spiritual Gerontology.

JoVeta has held and presently holds board membership in a variety of organizations, such as Health Ministries Association, Kansas Ecumenical Ministries, Agape Care Cradle, New Orleans Community Advisory Board, Senior Companion Program, Australian Parish Nurse Resource Center, to name only a few.

JoVeta has traveled extensively to share her parish nurse ministry with others, specifically serving in Australia and more recently in Pakistan. She feels she is living a life very blessed by God. For more information about JoVeta Wescott, visit http://www.kansasparishnurseministry.com/
Symposium Objectives

Through hearing personal stories, research, and other information, participants will be able to:

- Define spirituality.
- Describe a personal plan for one’s own spiritual journey incorporating two to three practical tools of interest.
- Explain why silence and solitude are important parts of one’s spiritual journey.
- Describe to others one’s spiritual journey and the experience of God speaking to one’s heart and mind.

Continuing Education Credits

Three continuing education (CE) credits 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. Participants who attend the entire session and complete an evaluation form will be awarded a certificate and three (3) contact hours for the symposium attended. UPMC and ANCC do not endorse any commercial products as a result of the CE activity.

Disclosures

- Financial: JoVeta Wescott receives a speaking honorarium from the Mercy Parish Nurse and Health Ministry Program.
- Nonfinancial: JoVeta Westcott has no relevant nonfinancial relationships to disclose.

Cost

- $40 for registered nurses who wish to receive continuing education credits
- $30 for those who do not wish to receive continuing education credits
- $20 for individuals who have never attended the annual Mercy Parish Nurse and Health Ministry Program symposium, ordained pastors/clergy, and undergraduate nursing students.

This cost includes brunch and free parking in the UPMC Mercy Parking Garage, located at Locust and Stevenson streets.

Registration & Payment

Registration is accepted by U.S. mail only. Seating capacity is limited. Early registration is encouraged. The deadline to register is Saturday, October 17, 2015.

Mail completed registration form and a check made payable to the Mercy Parish Nurse and Health Ministry Program by Saturday, October 17, 2015. (see pp. 9 and 10 of this E-Newsletter)

For more information, contact the Mercy Parish Nurse and Health Ministry Program at 412.232.5815 or email ParishNurse@pmhs.org

Scripture

“God does speak—sometimes one way and sometimes another—even though people may not understand it.” Job 33:14 NCV

We want to hear from you!

We love hearing from our E-Newsletter readers. Please email us with your health ministry happenings and exciting activities for this fall season. Send an email with a short description of your church event. If you like, include a photo of you and 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 ParishNurse@pmhs.org or by phone at 412.232.5815. Thank you.
Visitation Ministry Workshop

‘Love your neighbor as yourself’
Caring for Others through Visitation Ministry

A ministry of caring is an important part of parish life. The gospel of St. Matthew 25:34-46 calls us to be more aware of needs of the people around us and places importance on caring for needs of others.

Do you need a “jump start” to your health ministry this fall season? Call the Mercy Parish Nurse and Health Ministry office and schedule our team to conduct a presentation or workshop at your church or organization.

We will teach on ways to reach out in love to those in your church families who are homebound, bereaved, coping with health conditions, or experiencing other difficulties. Encourage your parishioners to attend our presentation and learn more about how God is opening minds and hearts to visitation ministry. The workshop includes motivating parishioners to participate in a variety of visitation ministry team activities such as prayer, making phone calls to those who live alone, creating small gifts for the homebound, baking cookies, delivering soup, mailing cards to those who need an encouraging word, home visitation, and much more! This ministry contributes to the mission of the church – to teach, preach and heal – and is a way for individuals to live out the Great Commandment “Love one another.”

If interested, call our office at 412.232.5815 or email ParishNurse@pmhs.org

Investigating and Exploring Spiritual Connection in Daily Life

Presented by
Lynn Underwood, Ph.D.

Thursday, October 30, 2015,
7:00-9:00 p.m.

and/or

Friday, October 31, 2015, 8:30 a.m. - 12:30 p.m.
At the Pittsburgh Theological Seminary
(616 N. Highland Ave., Pittsburgh, PA 15206)
John Knox Room, Long Hall

CE credits for Registered Nurses, Certified Registered Nurse Practitioners, Licensed Psychologists, Social Workers, Marriage and Family Therapists, Professional Counselors, and Professional Coaches are anticipated for each program. CEU credits are available for Clergy and Chaplains. Registrants are welcome to attend one or both sessions.
Registration and Fees: http://www.ppi-online.org/event/Lynn-Underwood/
Pittsburgh Mercy Health System invites you to “follow” and “like” us!
Like Pittsburgh Mercy Health System on

Follow @PghMercy on
#ParishNurses

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Foundations of Faith Community Nursing Course

September 25 & 26; October 9, 10, 23 & 24, 2015

Location:
Glenwood United Methodist Church
2931 Myrtle Street, Erie, PA 16508
(Corner of Peach and Myrtle Streets
Enter from Myrtle Street)

Application/Registration Deadline:
August 31, 2015

For information or an application, contact:
Diann C. Cooper, MSN, RN, BC
Villa Maria School of Nursing
Gannon University, Erie, Pa 16541
814-871-5466 cooper019@gannon.edu

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Celebrate National Recovery Month

Lecture—Dr. John A. MacDougall, Spiritual Director
Author of...

Being Sober and Becoming Happy: The Best Ideas from The Director of Spiritual Guidance at Hazelden

Wednesday, September 16, 2015
7:00 p.m.

Christ Church at Grove Farm
Sewickley, PA 15143

2.5 credit hours are available for Certified Addiction Counselors (CAC), Social Workers, Licensed Professional Counselor (LPC) and Licensed Marriage & Family Therapist (LMFT).

For more information or to register online please visit:
www.ClearRecovery.org
412.281.8360

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SAVE THE DATE

April 14-16, 2016

Spiritual Retreat

Sponsored by the Mercy Parish Nurse and Health Ministry Program.

More exciting details coming soon!
**SEPTEMBER**

**Monthly:**
- Ovarian Cancer Awareness
- National Childhood Obesity
- Fruits & Veggies - More Matters
- Childhood Cancer Awareness
- Healthy Aging
- National Food Safety Education
- National Sickle Cell
- Prostate Cancer Awareness
- World Alzheimer’s Month

**Weekly and One Day Events:**
- 7-13 National Suicide Prevention
- 16 National Backpack Awareness
- 18 National HIV/AIDS & Aging Awareness Day
- 28—Oct 2 Malnutrition Awareness
- 29 World Heart Day

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**October**

**Monthly:**
- Domestic Violence Awareness
- Health Literacy
- Home Eye Safety
- National Breast Cancer Awareness
- National Bullying Prevention
- National Down Syndrome Awareness
- National Physical Therapy Month
- Sudden Infant Death Syndrome (SIDS) Awareness

**Weekly and One Day Events:**
- 4-10 Mental Illness Awareness
- 7— International Walk to School
- 8— National Depression Screening
- 12-20 Bone and Joint Health National Awareness
- 16— World Food Day
- 18-24 International Infection Prevention
- 19-23 National Health Education
- 22 International Stuttering Awareness

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**Walk & Bike to School Day**

October 7th

Many activities including downloadable materials that can be adapted to work in church related children’s groups.

http://www.walkbiketoschool.org/

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**Sentinels of Freedom**

Adopt a Veteran today!

Visit http://www.sofwpa.org/

November 11th  Veteran’s Day

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**Red Ribbon Week**

October 23-31

“A Healthy Me is Drug Free”

http://redribbon.org/

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Health Observances
http://www.healthfinder.gov/nho/default.aspx

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October is...

**National Breast Cancer Awareness Month!**

Raise awareness about the importance of early detection of breast cancer. Make a difference! Spread the word about mammograms and encourage communities, organizations, families, and individuals to get involved.

http://healthfinder.gov/nho/OctoberToolkit.aspx
REGISTRATION FORM

23rd Annual Mercy Parish Nurse and Health Ministry Symposium
“A Spiritual Journey: Opening Mind and Heart”
Saturday, October 24, 2015 • 8 a.m. to 1:30 p.m.
in the Sister M. Ferdinand Clark Auditorium, Level 2 at UPMC Mercy

Keynote speaker: JoVeta Wescott RN, MSHA, PCSG

Instructions: Please send completed registration form along with a check made payable to the “Mercy Parish Nurse and Health Ministry Program” by October 17 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 ______ Telephone ________________________________

Denomination ________________________________________________________________

Cost:
• $40 registered nurses receiving nursing education credits
• $30 for those who do not wish to receive continuing education credits
• $20 for individuals who have never attended the annual symposium, ordained pastors/clergy, and undergraduate nursing students.

- Continued on next page -
REGISTRATION FORM

23rd Annual Mercy Parish Nurse and Health Ministry Symposium

Your role within your church/congregation/organization: (Please check any that apply.)

☐ Clergy
☐ Member/attendee
☐ Coordinator RN
☐ Coordinator health minister
☐ Health minister
☐ Parish nurse (volunteer)
☐ Parish nurse (salaried)
☐ Social minister
☐ Volunteer
☐ Pittsburgh Mercy employee
☐ Other

Do you have any dietary restrictions or require special accommodations in order to attend?

☐ Yes (Please explain.) __________________________________________________________

☐ No

Are you applying for nursing continuing education credits? (Please check one.)

☐ Yes
☐ No

I am a:

☐ Registered nurse (License #:_______________________)

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 Health System 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 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.