LEAF STORIES

As the leaves fall,
they tell their story
of the year that’s passed:

what they saw,
how they danced
and what it felt like
to be warmed by
fat morning sun rays
and cooled by
delicious silver moonbeams

and they are found
by a creature
who hums and hahs
as he inspects them

and finds them to be
just perfect.

https://travelandsing.files.wordpress.com/2008/09/poem-leafstories.jpg

You have made known to me the path of life; You will fill me with joy in Your presence, with eternal pleasures at Your right hand. Psalm 16: 11 NIV
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](https://www.pmhs.org/_pdf/PNP_Parish_Nurse_Course_Application_2016.pdf)

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 Hands**

What better way to encourage your health ministry volunteers than by asking your pastor to bless their hands on a Sunday during worship service? It’s a wonderful way to inspire, recognize, and encourage volunteers to engage with others as they share their God-given gifts, talents and time. It’s about demonstrating to our faith communities that by working together, we have strength to help others in need and accomplish team ministry goals. If your faith community would like to show appreciation to your health minister volunteers, then visit these links for ideas about a “Blessing of The Hands” service.

http://www.nacc.org/resources/spirituality-and-prayer-resources/blessing-of-the-hands/

For purchase of Health Minister pins, visit Mercy Parish Nurse Online Store at: https://www.pittsburghmercy.org/parish-nurse-program/parish-nurse-store.aspx

---

**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?

Contact 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

---

**SAVE THE DATE !**

7TH Annual McGinley-Rice Symposium


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

---

Prepare now for **Breast Cancer Awareness Month**

Are prayer shawls piling up at your church this summer? Then suggest to your crafters to make some hats for those who have lost their hair due to chemo. Some pink ones might catch the eye of those with breast cancer. Visit http://www.knotsoflove.org/patterns
As the September 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…
Many of our readers know our beloved parish nurse colleague and friend, Esther Gass. Even though she retired from our Mercy Parish Nurse and Health Ministry Program in 2012, she is still serving others in health ministry. She and her pastor, Rev. Steve Wilson at Oakmont Presbyterian Church, created a new ministry called “Holy Ground Ministry” which is ‘grounded’ in Jesus’ command to love and serve one another.

Upon diagnosis with a sudden and unexpected medical condition, a person or family may become overwhelmed during their wilderness journey through the healthcare system. Many people yearn for the help, comfort, and courage that comes from faith in God. Whether one has lived as a seeker, a spiritual-but-not religious person, or someone with a long commitment of faith, a challenging health issue is the opportunity to seek and discover the blessings and hope promised to us in Scripture.

This Holy Ground Ministry is comprised of members of Oakmont Presbyterian Church who have been taught by Esther and her Leadership Team to offer thoughtful, one-to-one Christian care to people and their families living with chronic or serious illness. By offering support to people, the team members can be used by God to help them discover Holy Ground in the midst of what can appear to be a wasteland. It is on that Holy Ground that one may encounter and be blessed by God.

One a final note, in order for spiritual caregiving to take place in a gentle and self-giving way, the person being visited and the Holy Ground team member will determine together the appropriate frequency of visits. This establishes rapport and commitment to the relationship.

For more information about Holy Ground Ministry, visit:
http://www.oakmontpresbyterianchurch.org/

Isaiah 61:1 “The Spirit of the Lord is upon Me, because of which He anointed Me. He sent Me to proclaim good news to the poor, to heal the brokenhearted, to preach liberty to the captives and recovery of sight to the blind. . . .”
https://theocpm.org/september-1-isaiah-611-10/

Who is My Neighbor? by Henri Nouwen

“Love your neighbor as yourself” the Gospel says (Matthew 22:38). But who is my neighbor? We often respond to that question by saying: “My neighbors are all the people I am living with on this earth, especially the sick, the hungry, the dying, and all who are in need.” But this is not what Jesus says. When Jesus tells the story of the good Samaritan (see Luke 10:29-37) to answer the question “Who is my neighbor?” he ends by asking: “Which, ... do you think, proved himself a neighbor to the man who fell into the bandits’ hands?” The neighbor, Jesus makes clear, is not the poor man laying on the side of the street, stripped, beaten, and half dead, but the Samaritan who crossed the road, “bandaged his wounds, pouring oil and wine on them, ... lifted him onto his own mount and took him to an inn and looked after him.” My neighbor is the one who crosses the road for me!
**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. Sometimes 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:

- [https://www.wesleyan.org/pastorappreciation](https://www.wesleyan.org/pastorappreciation)

**Do nothing from selfishness or conceit, but in humility count others better than yourselves.**

Philippians 2:3 RSV

---

**Plan now...**

**October is National Breast Cancer Awareness Month**

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that many women can survive breast cancer if it’s found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it’s easier to treat.

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of early detection of breast cancer. Make a difference! Spread the word about mammograms and encourage your faith community and neighborhoods to get involved.

For the October Tool Kit, visit: [https://healthfinder.gov/nho/OctoberToolkit.aspx](https://healthfinder.gov/nho/OctoberToolkit.aspx)
Health Observances
http://www.healthfinder.gov/nho/default.aspx
See monthly tool kits too!

Select Topics for the Month:
- Childhood Cancer Awareness
- Fruits & Veggies—More Matters ®
- Healthy Aging ®
- National Childhood Obesity Awareness
- National Food Safety Education
- National Preparedness
- National Recovery
- National Sickle Cell
- Ovarian Cancer Awareness
- Prostate Cancer Awareness
- World Alzheimer's

Select Topics for a Day or Week this Month:
- 5 - 11 National Suicide Prevention Week
- 13 National Celiac Disease Awareness Day
- 18 National HIV/AIDS
- 18 Aging Awareness Day
- 21 National School Backpack Awareness Day
- 22 Falls Prevention Awareness Day
- 24 Family Health & Fitness Day USA ®

Other Suggested Topics can be found at:

Select Topics for the Month:
* Domestic Violence Awareness Month
* Eye Injury Prevention Month
* Health Literacy Month
* National Breast Cancer Awareness Month
* National Bullying Prevention Month
* National Dental Hygiene Month
* Sudden Infant Death Syndrome (SIDS) Awareness Month

Select Topics for a Day or Week this Month:
* 2 - 8 Mental Illness Awareness Week
* 6 National Depression Screening Day ®
* 16 - 22 International Infection Prevention Week
* 16 World Food Day
* 17 - 21 National Health Education Week
* 23 - 31 Red Ribbon Week

Other Suggested Topics can be found at:

⇒ 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
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

24th Annual Mercy Parish Nurse & Health Ministry Symposium
Saturday, October 22, 2016 • 9 a.m. to 2:00 p.m.

Sister M. Ferdinand Clark Auditorium
UPMC Mercy
1400 Locust Street, Level 2
Pittsburgh, PA 15219 (Uptown)

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:**

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

**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.

PRESENTED BY THE MERCY PARISH NURSE AND HEALTH MINISTRY PROGRAM
PART OF TRINITY HEALTH, SERVING IN THE TRADITION OF THE SISTERS OF MERCY
https://www.pittsburghmercy.org/