“Greater love has no one than this: to lay down one’s life for another.”

John 15:13 ESV

Source: http://sodomesticallychallenged.com/1-corinthians-13-free-printable-valentines-day/
On Saturday, February 3rd, at St. Andrew’s Episcopal Church (Pittsburgh, Pa.) the Mercy Parish Nurse and Health Ministry Team offered an informational session on “What is Health Ministry: Beginning the Journey.” Amy Armanious and Linda Burkett presented a general overview of faith community nursing and health ministry. They also encouraged participants to consider their next steps in either starting a health ministry or enhancing a current ministry. Group discussion focused on faith community nurses and health ministers utilizing a “wholistic care approach” (whole person care) in helping those in need. It is important to teach clergy and parishioners ways to balance body, mind, and spirit. A core belief in faith community nursing discussed in this presentation was that spiritual health is the foundation for one’s faith, health and well-being. A special thanks to Paula Wasko (faith community nurse) for coordinating this special community offering.

To request a similar informational session at a church/organization, please contact our Mercy Parish Nurse and Health Ministry office at 412.232.5815 or email us at ParishNurse@pittsburghmercy.org

NEWS FROM YOU!

Faith Community Nursing Makes a Difference!

The specialty practice of faith community nursing is making a difference on a local and national level in the United States and beyond. One such group is the faith community nurses at Emory Saint Joseph’s Hospital (Atlanta, Ga). Many of these nurses can not afford to leave their full-time or part-time job positions to volunteer in their faith communities. However, their passion for health ministry is a wonderful testimony to serving those in need. Currently, the health care system has 213 nurses newly commissioned in faith community nursing. Emory Saint Joseph’s Hospital paid for the training, text materials, and meals for the 40-hour training. This commitment to both the employees and faith communities is to be commendable.

The Mercy Parish Nurse and Health Ministry Program is offering a Day Retreat on Saturday, April 14, 2018 at St. Paul of the Cross Retreat Center (http://stpaulsretreatcenter-pittsburgh.org/).

The registration form is on page 9 of this E-Newsletter.

The retreat will be facilitated by the Mercy Parish Nurse staff who are experienced in nursing, education, faith community nursing, church ministry, spiritual care, spiritual direction, and servant leadership. Each one brings their unique style and creativity to the design of this retreat.

The retreat begins with breakfast at 8:00 a.m., and the opening session begins at 8:45 a.m. The retreat ends at 3:30 p.m. The lunch is in silence giving time and space for self-reflection. Participants are invited to a time of prayer, solitude, quiet reflection, learning, and fellowship. It is a time away from family, work, and church responsibilities; a time to enrich one’s soul and embrace a new season… Spring!

The cost for the Day Retreat is $75.00 per person. The cost is $140.00 for participants who choose to stay overnight on Friday (dinner on your own).

Self-care, learning, and self-exploration opportunities are the focus of this six-hour inspirational retreat. St. Paul of the Cross Retreat Center is a peaceful, spiritual environment that offers participants the sacred time needed for refreshing the spirit and recharging the mind. Participants are encouraged to use this opportunity as coordinated by the retreat facilitators to deepen their knowledge of God, self, and service. Each retreatant is asked to bring one item to share which represents a definer of their life. Some suggestions are a photo of a dearly loved grandmother, a childhood toy, a piece of jewelry, a family heirloom, a treasured book or Bible, etc. Also, in silent reflection each participant will be given time to produce an artistic spiritual board which may be taken home for further personal self-reflection. All art supplies are provided by the retreat facilitators in the cost of the retreat.

Partial scholarship and handicap accessibility are available upon request. Please call us at 412.232.5815 or email ParishNurse@pittsburghmercy.org

Visit our website for more retreat details and a registration form at https://www.pittsburghmercy.org/faith-communities/education/#spiritual-retreat

Also, see last page of this E-Newsletter for retreat registration form.
NEW!

THIRD EDITION is now available

Faith Community Nursing:
Scope and Standards of Practice 3rd Ed.

The scope of practice statement describes the who, what, where, when, why, and how of faith community nursing practice. The answers to these questions give a comprehensive picture of the practice, its boundaries, and its membership. It is the foundation of competent practice and professional performance expected of all registered nurses committed to faith community nursing. Some New and Updated Topics: Ethics, Moral Distress, Moral Resilience, Culturally Congruent Care, Educational Preparation, Research, Mentoring, Professional Trends, Technology, Telehealth, Behavioral Health, Self-Care

Telemedicine may be used to engage a population that is not receiving care, to introduce interventions and interactions. Through the use of various forms of telehealth, the FCN has the opportunity to connect individuals and families with resources not previously available. The FCN facilitates the use of telehealth for care, follow-up, and continued provision of educational, clinical, and spiritual support as needed. (p. 40)

To learn more, click on these 2 links: http://www.nursesbooks.org/Homepage/Hot-off-the-Press/Faith-Community-Nursing-Scope-Standards-3rd-Ed.aspx
https://hmassoc.org/resources/hma-publications/

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 FCN interventions

* **Includes many more useful features**!

New YouTube Video of the Pittsburgh Mercy Parish Nurse Documentation System at: https://www.youtube.com/watch?v=XNKGJx1Fex8

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
Read of the Month

Stained Glass Hearts
Seeing Life From a Broken Perspective
By Patsy Clairmont
ISBN: 978-0-8499-4826-8

Stained Glass Hearts reminds us just how brightly the light of God can shine even amidst our darkest moments, uncovering the promise and possibility of redemption and transformation.

Comparing people to stained glass windows, Patsy Clairmont explains the power of God to restore and redeem that which seems devastated beyond repair, and she does so with the quick wit and deep insight of someone who has been there. And back. Themes of art and creativity are woven together with stories from Patsy’s own life. And special features include quotes, suggested Scripture readings, sample prayers, and recommended music.

With candor tempered by wind-whipped wisdom, Patsy provides a new lens through which to view our lives. Stained Glass Hearts is a perspective that gives us the chance to see our potential for color, sparkle, and great purpose through the grace of God.

This book has the capacity to be a quick read, as well as create time for deep thought and personal reflection. Ideal for a Women’s Bible Study or Book Club, the format easily transcends into weekly topics. Each chapter culminates with additional resources for enrichment and further study during our Lenten season.

Our Email Address!

ParishNurse@pittsburghmercy.org

We enjoy hearing from our E-Newsletter readers about your church ministries. Send an email with a short description of your church event and we will include it in our section “News from You!” 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 412.232.5815 or email ParishNurse@pittsburghmercy.org Thank you.

Pittsburgh Mercy invites you to “like” us on

Follow @PghMercy on #ParishNurses
Faith Community Nurse and Health Minister
Educational Support Meetings
throughout the Pittsburgh Tri-State Area
Beginning this Spring 2018!

Goal: To emphasize the importance of networking, fellowship, learning, and peer support for faith community nurses and health ministers as they assist their congregation and local community to better health.

Target Audience: Faith Community Nurses, Health Ministers, Registered Nurses, Clergy/Laity, and anyone interested in learning more about wholistic care approach (whole person care; balancing body, mind, and spirit) and committed to educating their local parishioners.

Content Discussion: Focusing on the intentional care of the spirit in the practice of faith community nursing and health ministry. Exploring spirituality along with means of spiritual assessment and provision of spiritual care for individuals, families, and communities. Since spiritual care flows from the provider, there is an emphasis on the need for faith community nurses and health ministers to understand their own spirits and the importance of tending to one’s own spiritual journey before attempting to guide others.

Four Learning Outcomes: Upon completion, participants will be able to:

1) Distinguish between spirituality and religion.
2) Integrate faith and health to provide spiritual care to individuals, families, and communities.
3) Use a framework for spiritual assessment to discern spiritual needs.
4) Identify resources for continuous personal spiritual growth and self-care.

Continuing Education Contact Hours: There will be two (2) contact hours (CE) 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 (ANCC). Participants who attend the entire session and complete an evaluation form will be awarded a certificate and two (2) continuing education credits. UPMC and ANCC do not endorse any commercial products as a result of this CE activity.

Cost: This educational offering is free for those who do not wish to receive continuing educational credits. The cost is $10.00 for registered nurses who wish to receive continuing education credits. A check or cash are acceptable at the door. Light refreshments will be provided.

Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with God’s people who are in need. Practice hospitality…. Rejoice with those who rejoice; mourn with those who mourn.

Romans 12:11-12, & 15
Faith Community Nurse and Health Minister
Educational Support Meetings
throughout the Pittsburgh Tri-State Area

There are six (6) scheduled locations in the Pittsburgh Tri-State area beginning March 10th through May 21st. We suggest the participant attends the location nearest their church in order to benefit from peer support and local community resources. The same content will be offered at each location. Registration will begin 30 minutes before the start time.

Here are the following six (6) dates and locations:

1) March 10th, Saturday, 9:30 a.m. registration, 10:00 a.m. to 12:00 p.m. at the Southwestern Pennsylvania Synod of the ELCA Office, 9625 Old Perry Hwy, Pittsburgh, PA 15237. Main conference room.

2) March 20th, Tuesday, 5:30 p.m. registration, 6:00 to 8:00 p.m. at UPMC Mercy Hospital, Sr. M. Ferdinand Clark Auditorium, 1400 Locust St., Pittsburgh, PA 15219.

3) April 26th, Thursday, 5:30 p.m. registration, 6:00 to 8:00 p.m. at the Allegheny-Kiski Health Foundation, 1 Acee Drive, Natrona Heights, PA 15065. Main conference room.

4) May 2nd, Wednesday, 5:30 p.m. registration, 6:00 to 8:00 p.m. at Saint Frances Cabrini Parish, 115 Trinity Drive, Aliquippa, PA 15001. Rectory Meeting House.

5) May 5th, Saturday, 9:30 a.m. registration, 10:00 a.m. to 12:00 p.m. at Christ United Methodist Church, 44 Highland Road, Bethel Park, PA 15102. Room to be determined.

6) May 21st, Monday, 5:30 p.m. registration, 6:00 to 8:00 p.m. at Zion Lutheran Church of Penn Hills, 11609 Frankstown Road, Pittsburgh, PA 15235. Main hall.

For more information or to register: Contact the Mercy Parish Nurse and Health Ministry Program at 412.232.5815 or email ParishNurse@pittsburghmercy.org

AGENDA
⇒ Welcome & Prayer Gathering
⇒ Spiritual Care: Becoming a Healing Presence
⇒ Break
⇒ Group Discussion
⇒ Closing Prayer & Evaluation
Our new website at Pittsburgh Mercy is ready for our readers! The Mercy Parish Nurse and Health Ministry Program is located under the tab “Faith Communities.” Also, see the archive of our past editions of “The Faith Connection” E-Newsletters. They are great resources for ministry programming, education, ideas, and web links.

Let us know what you think! Contact us at ParishNurse@pittsburghmercy.org or 412-232-5815

Health Ministry Workshops for Spring 2018

Does your health ministry team need “revitalized” this Spring?
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 as Spring approaches. We are 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 and/or organization. We have a variety of topics to explore. We can tailor-make a workshop to fit your group’s needs and goals. Get ready to grow!

Contact us at: 412.232.5815 or Parishnurse@pittsburghmercy.org

Nurses for Fellowship and Learning!

Nurses Christian Fellowship (NCF) is a professional and ministry organization working to bring God’s healing to nursing and healthcare. NCF offers support to nurses, educators, and students to fulfill God’s calling in their lives. Fellowship, networking, support, and prayer are shared as group learning focuses around a relevant article from the Journal of Christian Nursing, by review and large group discussion.

The Pittsburgh Chapter meets at the Southpointe site of Waynesburg University. Meetings will resume in Spring 2018. If interested in participating, contact Lina Hixson at linahixson1@gmail.com

February is African American History Month. To learn more, visit https://www.loc.gov/law/help/commemorative-observations/african-american.php
Lent is a holy time of the year when we come, confess our sins, and repent. We try to turn away from selfish desires and seek out those who need a helping hand. Many faith communities focus on providing special services throughout the week and teaching the spiritual disciplines. Individuals draw closer to God in worship, prayer, fasting and acts of charity.

Health Ministry teams are encouraged to come together and heed the call to faithful community well-being. Lent begins on Ash Wednesday, February 14, 2018. For a beautiful Lenten Liturgy, visit ChurchHealth at http://chreader.org/a-lenten-liturgy/

WESTBERG SYMPOSIUM 2018
Expanding Horizons of FCN Practice

Celebrating 32 years...

Faith Community Nurses from all over the world share knowledge, skills and fellowship related to the specialty practice.

April 9-11, 2018
First Baptist Broad Church
Memphis, TN

For more information or to register, visit https://westberginstitute.org/symposium2018/

SAVE THE DATE
18th Annual Pittsburgh Pastoral Care Conference
“for shepherds and other caregivers of the flock”

Welcoming All...
pastors, laity, counselors, social workers, nurses, caregivers, and volunteers

Friday, May 11, 2018
8 a.m. to 4:00 p.m.
Christ Church at Grove Farm
249 Duff Road, Sewickley, PA 15143
For more details coming soon, visit http://www.asmuhl.com/pghpc/

12 Hour Shifts... Literature Review

Over the years, concern has been reported about the negative outcomes of 12-hour shifts for nurses, including sleep-deprived fatigue and patient safety to name only a few. When should the concern for nurses’ health and well-being be factored into staffing decisions? Many nurses love the 12-hour shift for a variety of different reasons. Will nurses and researchers pursue ways to address the negative outcomes of 12-hour shifts?

Click on this link if interested in reading the article from the Journal of Christian Nursing: https://www.nursingcenter.com/journalarticle?
Article_ID=4456382&Journal_ID=642167&Issue_ID=4456321
Health Observances
https://healthfinder.gov/NHO/default.aspx
See monthly tool kits too!

- National Colorectal Cancer Awareness Month
- National Endometriosis Awareness Month
- National Kidney Month
- National Nutrition Month *
- Save Your Vision Month
- 4 - 11 National Sleep Awareness Week *
- 6 - 10 National School Breakfast Week
- 8 World Kidney Day
- 10 National Women and Girls HIV/AIDS Awareness Day
- 11 - 17 Patient Safety Awareness Week
- 12 - 18 Brain Awareness Week
- 18 - 24 National Poison Prevention Week
- 19 - 23 National Youth Violence Prevention Week
- 24 World Tuberculosis Day
- 27 American Diabetes Alert Day

February… American Heart Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions.

Faith communities can work together to create opportunities for people to make healthier choices. Make a difference. Spread the word about preventing heart disease and encourage people to live heart healthy lives.

For the February Heart Healthy Toolkit, visit https://healthfinder.gov/NHO/FebruaryToolkit.aspx

 Presidents’ Day
February 19, 2018
REGISTRATION FORM:  Day Retreat 2018 — Nurturing Body, Mind, and Spirit

April 14, 2018 • Saturday
8:00 a.m. to 3:30 p.m. at St. Paul of the Cross Retreat Center

Submit registration form & check $75.00 by April 1st to:

Mercy Parish Nurse and Health Ministry Program
Mercy Health Center
1515 Locust Street, Suite 705
Pittsburgh, PA 15219-5154

Name ____________________________________________________________
Address _________________________________________________________
City __________________________ State __________ ZIP ________________
Email Address ______________________________________ Telephone ________

Name of Church or Organization ______________________________________
Denomination ______________________________________________________

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

Your role within your church/organization:
(Please circle all that apply)
• Clergy
• Member/attendee
• Health Ministry RN Coordinator
• Health minister
• Faith community nurse (volunteer)
• Faith community nurse (salaried)
• Social minister
• Social worker
• Nursing student
• Volunteer
• Pittsburgh Mercy employee
• Other ______________________
• 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 Parish Nurse Program.
___ I would like to receive your free monthly E-Newsletter, The Faith Connection.
___ I prefer not to be contacted.

NOTE: This retreat is presented by the Mercy Parish Nurse and Health Ministry Program, part of Pittsburgh Mercy and Trinity Health, serving in the tradition of the Sisters of Mercy. 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