The Blessings of Spring

There are many blessings, that each new Spring brings you can see it bloom about and hear the song it sings.

With winters bleakness over, and brighter days ahead comes promises of new life Springtime loves to spread.

As God unfolds the flowers, and their buds begin to show He gives to us the assurance grace in our hearts will grow.

He sends us the robin’s song, with the promise to provide a shelter under His mighty wing where in His love we can abide.

He melts the snowy covers, and sends the refreshing rain sprinkling us with His mercies to heal winter’s ache and pain.

God’s given to all His Son, to shed upon us a new light and the real blessing of Spring . . . is keeping Jesus in our sight!

By Deborah Ann Belka 2014

Source: https://poetrybydeborahann.wordpress.com/2014/03/20/the-blessings-of-spring/
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 11 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., the opening session begins at 8:45 a.m., and the retreat ends at 3:30 p.m. 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 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.
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 NIV
Faith Community Nurse and Health Minister
Educational Support Meetings throughout the Pittsburgh Tri-State Area

Of the six (6) scheduled Support Meetings, there are four (4) remaining, beginning April 26 through May 21st. We suggest the participant attends the location nearest their church to benefit from peer support and local community resources. You are also welcome to attend the one convenient for your schedule. The same content will be offered at each location. Registration will begin 30 minutes before the start time.

Attendees have found the Support Meetings to be a valuable time of adult learning, fellowship, networking, and rich discussion. Here are some comments:

**"Excellent program! Mixing spirituality with health". P.S.**

**"What is spirituality and why it is important. This was excellent! Would have enjoyed a few more hours". A.J.**

**"Gives insight into what I may have been thinking and helps me discern what to say and do". K.C.**

**"Using spiritual assessment". P.D.**

**"Conceptual model. I love it! Thank you so much for everything". C.C.**

The upcoming four (4) dates and locations are:

1) **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.

2) **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. Light dinner provided.

3) **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.

4) **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

Last minute Walk-ins are welcome.
As faith community nurses and health ministers, we are called to reach out to those in need... the hungry, the thirsty, the stranger, the unclothed, the sick, and the imprisoned (Matthew 25:34–40). What better way to serve Jesus Christ during Lent and the Easter season than through meeting the needs of the poor, widowed, lonely, and sick?

Faith Community Nurse Kelly Rupp RN has established a new visitation ministry at Ingomar Church in Pittsburgh, Pa 15237. This new team is called the “Ingomar Church Care Team” and is one way their Wellness Ministry is enhanced to respond to Christ’s call in Matthew 25. This Care Team reaches out in love to those who are homebound, bereaved, coping with health conditions, and/or experiencing other difficulties, i.e. job loss, military deployment, and limited family support. The Care Team is involved by praying, making phone calls to those living alone, creating small gifts for the homebound, baking cookies, delivering Easter baskets, mailing cards, transportation to church services, and much more. Suggestions are welcome to meet congregational needs.

The Mercy Parish Nurse and Health Ministry Program staff members encourage and support Kelly and other faith community nurses and health ministers who wish to begin or enhance their health ministry. In March, Kelly held four information sessions on how congregants can participate in this new Care Team. They could learn how to share their talents and time with others. Kelly facilitated large group discussion around the topic of offering presence and spiritual care. If one has a heart for helping others, visitation ministry may be the answer.

To learn more about Kelly’s role as Wellness Coordinator and the Care Team, visit https://ingomarchurch.org/ingomar-church-care-team/

Communicating Bad News

Faith community nurse (FCN) practice involves helping people with diverse needs and desires in life. Sometimes even with the best of intentions, feelings get hurt, emotions flare, and anger erupts. This is why sharing and listening requires FCNs to use both their mind and their heart. It is imperative for the FCN to have good communication expertise and active listening skills. Also, it is important for the FCN to create a safe, non-threatening, empathetic environment for parishioners. To learn more, visit this article in Journal of Christian Nursing at https://journals.lww.com/journalofchristiannursing/Fulltext/2018/04000/Helping_Patients_Process_Bad_News.19.aspx
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](http://www.nursesbooks.org/Homepage/Hot-off-the-Press/Faith-Community-Nursing-Scope-Standards-3rd-Ed.aspx)

[https://hmassoc.org/resources/hma-publications/](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 currently used 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](https://www.youtube.com/watch?v=XNKGJx1Fex8) of the Pittsburgh Mercy Parish Nurse Documentation System at:

[https://www.youtube.com/watch?v=XNKGJx1Fex8](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](mailto:ParishNurse@pittsburghmercy.org) 412-232-5815
Around us, there are hints that there is a way of life vastly richer and deeper than all this hurried existence, a life unhurried serenity and peace and power. A life where we see all that is sacred.

It seems the more we pack into our lives, the less we experience of our lives. We've become modern-day Marthas, busy, distracted, and empty, instead of like her sister Mary, calm, focused, and fulfilled. How do we, like Mary, create "pauses" in our days and weeks to hear what the Savior has to say to us? How do we make time for the things that ultimately matter? How can we become more spiritually sensitive to the everyday moments of life?

In Seeing What Is Sacred (formerly titled The Reflective Life), acclaimed writer Ken Gire unlocks the door to change by introducing us not to a trendy new method, but to a centuries-old tradition of seeing the sacred in the everyday through reflective living.

Discover this rich heritage that stretches from David, Solomon, and Jesus himself to Augustine, Brother Lawrence and Mother Teresa. Learn "habits of the heart" that deepen intimacy with Christ through Scripture, meditation, and prayer. Cultivate a spiritual sensitivity, allowing us to see God at work in all of life's moments.

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
Visit Our New Website!

Pittsburgh Mercy Parish Nurse and Health Ministry

https://www.pittsburghmercy.org/faith-communities/pittsburgh-mercy-parish-nurse-health-ministry-program/

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? Seeking fresh ideas and suggestions for church programming? Need help motivating your team to try something new? Tired of doing the same old programs?

Contact us this Spring. 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, prayer, networking, and support are shared as group learning focuses around a relevant article from the Journal of Christian Nursing, by review and group discussion. The Pittsburgh Chapter meets at the Southpointe site of Waynesburg University.

If interested, contact Lina Hixson at linahixson1@gmail.com

What is Spiritual Direction?

How do we feed our souls and quench our deepest thirst? A spiritual director may be the right person to help one listen and pay attention to the movement of God in one’s life. Unlike professional counseling, spiritual direction involves prayer and discernment in a confidential setting of encouragement and compassion. If interested in learning more, read this article from Church Health http://chreader.org/the-gift-of-spiritual-direction/

Left to right: Amy Armanious, Sr. Rebecca Nolan, Marlene Feagan (President of Health Ministries Association, Inc.) and Linda Burkett.
SAVE THE DATE

18th Annual
Pittsburgh Pastoral Care Conference
“for shepherds & 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, visit http://www.asmuhl.com/pghpc/

SAVE THE DATES

Foundations for Faith Community Nursing
FALL 2018 Preparation Course
October 12, 13, 26, and 27
For more details visit https://www.pittsburghmercy.org/faith-communities/education/#foundations-of-faith-community-nursing-course

May 5
Hand Hygiene Day
For kids, washing hands can be an entertaining activity. Handwashing gives children a chance to take an active role in their own health; to avoid getting sick and spreading germs to others. The Centers for Disease Control and Prevention (CDC), an agency of the U.S. Department of Health and Human Services, has great resources for teaching and learning. These can be fun for everyone! Explore the link at: https://www.cdc.gov/handwashing/index.html
The YouTube, “The Glitter Germ Game”, is an informative way for kids to learn about the importance of handwashing and how easily germs are spread. It is a great learning tool for any venue in your faith community: https://www.youtube.com/watch?v=cbFjcAdsADg

EARTH DAY—April 22, 2018
As faith leaders, we can provide inspiration, hope and action to protect our shared home and elevate the plight of those most impacted by environmental harm.
Earth Day Network has developed resources for faith communities to make a difference. Visit the following link for ideas and projects to make a positive impact for your people and community. https://www.earthday.org/campaigns/campaign-for-communities/

National Nurses Week
May 6-12, 2018
What is the history of National Nurses Week? It has an interesting journey of progressing and moving forward especially as nurses learned to use their voice and influence in the community. To learn more, click here https://info.nursingworld.org/nationalnursesweek2018/
In some organizations, chaplains offer nurses a “Blessing of the Hands” so to impart inspiration and encouragement as they care for their patients. To see a short service, visit this resource from Nurses Christian Fellowship at http://ncf-jcn.org/resources/blessing-hands
Health Observances
For a complete list, visit https://healthfinder.gov/NHO/default.aspx
See monthly tool kits too!

- Alcohol Awareness Month
- Irritable Bowel Syndrome Awareness Month
- National Autism Awareness Month
- National Child Abuse Prevention Month
- National Minority Health Month
- Sexual Assault Awareness and Prevention Month

2 - 8 National Public Health Week – Healthiest Nation
2030: Changing Our Future Together
7 World Health Day
23 - 27 Every Kid Healthy™ Week
23 - 29 World Immunization Week
28 National Prescription Drug Take Back Day

PLAN AHEAD: June is Alzheimer's & Brain Awareness Month. We encourage faith community nurses and health ministers to take the Purple Pledge to support the 47 million people worldwide who are living with Alzheimer's disease and dementia. Join us as we celebrate The Longest Day, a sunrise-to-sunset event symbolizing the challenging journey of those living with Alzheimer's and their caregivers. To learn more about The Longest Day or to start a team, contact us at wvinfo@alz.org or call our 24/7 Helpline at 800.272.3900.

Easter is April 1, 2018
Eastern Orthodox Easter—Pascha
April 8, 2018
Christ is risen! Indeed He is risen!

For more Paschal Greetings in different languages, visit this link https://oca.org/orthodoxy/paschal-greetings

Better Hearing and Speech Month
Food Allergy Action Month
Healthy Vision Month
Hepatitis Awareness Month
Melanoma/Skin Cancer Detection and Prevention Month ®
Mental Health Month
National Asthma and Allergy Awareness Month
National Osteoporosis Month
National Stroke Awareness Month
Ultraviolet Awareness Month

2 - 8 Children’s Mental Health Awareness Week
5 Hand Hygiene Day

Alzheimer's & Brain Awareness Month
Cataract Awareness Month
Men's Health Month
National Aphasia Awareness Month
National Congenital Cytomegalovirus Awareness Month
National Migraine and Headache Awareness Month
National Safety Month
National Scleroderma Awareness Month
3 National Cancer Survivors Day ®
18 - 22 National Lightning Safety Awareness Week
19 World Sickle Cell Day
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 2nd 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