The Way of LOVE

If I give everything I own to the poor and even go to the stake to be burned as a martyr, but I don’t love, I’ve gotten nowhere. So, no matter what I say, what I believe, and what I do, I’m bankrupt without love.

Love never gives up.
Love cares more for others than for self.
Love doesn’t want what it doesn’t have.
Love doesn’t strut,
Doesn’t have a swelled head,
Doesn’t force itself on others,
Isn’t always “me first,”
Doesn’t fly off the handle,
Doesn’t keep score of the sins of others,
Doesn’t revel when others grovel,
Takes pleasure in the flowering of truth,
Puts up with anything,
Trusts God always,
Always looks for the best,
Never looks back,
But keeps going to the end.
Love never dies....

1 Corinthians 13: 3-7, 8a  The Message
The Pittsburgh Mercy Parish Nurse & Health Ministry Program is offering a Day Retreat on Saturday, March 9, 2019 at Martina Spiritual Renewal Center (https://martinacenter.com/)

The retreat will be facilitated by Anne Kertz Kernion who has extensive background in teaching as an adjunct professor ranging from Chemistry, Environmental Science, and Nutrition, to World Religions and Ethics. Currently, Anne is a frequent lecturer and retreat leader, presenting topics that combine neuroscience, positive psychology, and spirituality to groups around the country. Anne is a wife, mother and grandmother. She is also an owner/artist of Cards by Anne, an inspirational greeting card company since 1986. She brings her unique style and creativity to the design of this retreat.

The retreat begins with a continental breakfast at 8:00 a.m., the opening session begins at 8:45 a.m., and the retreat ends before 4:00 p.m. Lunch is simple with minimal talking, 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 ministry responsibilities; a time to enrich one’s soul and embrace a new season… Lent.

The cost for the Day Retreat is $55.00 per person and is payable to the Pittsburgh Mercy Parish Nurse & Health Ministry Program. The cost is an extra $40.00 for participants who choose to stay overnight on Friday (dinner on your own) which is paid directly to Martina Spiritual Renewal Center. Space is limited for overnight participants, so early registration is encouraged.

Jesus’ command “Love your neighbor as yourself” implies that we love ourselves. But do we? Or are we harshly critical of our mistakes and imperfections. This retreat will draw upon recent findings in neuroscience and psychology, illuminating self-care and spiritual practices that nurture gentleness, kindness, and patience towards ourselves. Far from being self-centered or selfish, these practices also generate deeper understanding of others, enhancing our faith community and relationships. As a bonus, exercising self-compassion aids in reducing stress and inflammation while slowing aging in our cells and brains. In addition, 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. Handicap accessibility is available upon request. Please call us at 412.232.5815 or email ParishNurse@pittsburghmercy.org Visit our website for retreat details at https://www.pittsburghmercy.org/faith-communities/education/#spiritual-retreat
Researchers say that social isolation and loneliness may be a greater public health threat than obesity with their impact continuing to grow (https://bit.ly/2Rs2W7p). Also, the research evidence shows that social isolation and loneliness significantly increase risk for premature mortality. How can this be when society is more educated, entertained, and connected than ever before in history? The suicide rate is rising across the USA since 1999 (https://bit.ly/2Jl54hQ). Hence, many nations around the world are suggesting that we are facing a 'loneliness epidemic.'

The author Max Lucado writes that many people may be dying from a lack of hope. God's Word is filled with promises that give us hope since life is filled with problems. This book outlines and unpacks a dozen of the Bible's most significant promises to help equip us in overcoming difficult challenges. Like a light from a lighthouse on the shoreline, God's promises guide us and give hope.

Life doesn't turn out like we expect it to and hope is often in short supply. It's then that we have to decide what we will place our hope in. The only lasting source of hope is the promises of God. This is a must-read for anyone struggling with purpose, wrestling with despair, or losing trust.

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 is that heart disease can often be prevented when people make healthy choices and manage their health conditions. Faith communities, health care professionals, and families can work together to create opportunities for people to make healthier choices. This may be through education, being a role-model, and offering a helping hand. Let's make a difference in our communities by using our health ministries to prevent heart disease and encourage people to live heart healthy lives. Here are some ideas to promote heart health:

❤ Celebrate National Wear Red Day to raise awareness about women and heart disease. Encourage everyone to wear red on Friday, February 1, 2019. For more information, visit Go Red for Women at https://bit.ly/1m5eGGc

❤ Host an American Heart Health event at your faith community. Work with the local YMCA or fitness centers to discuss the importance of physical activity to prevent heart disease.

❤ Host a 20-minute group walk after every worship service in the month of February. Both inside and outside walking can be a fun activity for the entire family.

❤ Conduct a cooking demonstration using a heart-healthy recipe.

For more ideas and suggestions about the February Health Toolkit, visit https://bit.ly/2j7thu3
Faith Community Nursing: Scope and Standards of Practice
3rd Edition
Co-published by the American Nurses Association and the Health Ministries Association

The Scope and Standards of Practice for Faith Community Nursing provide a definitive resource for the Faith Community Nurse (FCN) to use in decision-making when validating, or analyzing professional practice. It guides the FCN in practice within:

* Preparation and educational programs
* Role description and performance evaluations
* Policies and procedures
* Quality improvement endeavors
* Competencies and compliances

With the nursing process to assess wholistic care – balance of body, mind, and spirit, the FCN uses evidence-based practice for the intentional focus on spiritual well-being through education, counseling, prayer, presence, active listening, and advocacy. As health care delivery expands more into the community setting, multiple venues are available for FCNs to provide hope, healing, peace, purpose, trust and contentment – even when apart from cure.

With informed attention to ethics, cultural competence, care within life transitions, behavioral health, and addiction, the 3rd Edition of the Scope and Standards speaks to the demanding challenges of current practice. The six standards of practice and ten standards of professional performance are the criteria by which all FCNs are held accountable.

To learn more, click on these 2 links: https://bit.ly/2TmZ9tQ

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 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
A handbook for ministry formation written by our Pittsburgh Mercy colleague

*Bethany Ministry: Caring for the Sick, Homebound, and Grieving in the Parish Family*

*by Dorothy Mayernik, RN, MSN, Faith Community Nurse*

*St. Gregory of Nazianzus Byzantine Catholic Church, Upper St. Clair, PA*

This handbook for *visitation ministry formation* can be used as a self-study or in a group setting. It addresses topics that help to prepare laypersons to visit and reach out to church members who are sick, homebound, or grieving the loss of a loved one.

Topics include: • Spirituality of Bethany Ministry • How Illness Affects the Body, Mind, and Spirit • Understanding Mental Illness • Instilling Hope • Using Communication Skills • Visiting Those With Communication Difficulties • Making Spiritual Care Part of the Visit • Confidentiality and the Code of Ethics • Exceptions to the Rule of Confidentiality • Parish Outreach • Hospice Care • Comforting Those Who Mourn • Styles of Grieving • What to Say to the Grieving • Grieving Persons With Special Needs • Getting Bethany Ministry Started • Forms and Resource Material. *Copies are available from Byzantine Seminary Press. Call 412-322-8307 or www.byzantineseminarypress.com*

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**Fall Prevention**

The Centers for Disease Control and Prevention (CDC) states that millions of older adults aged 65 or older fall each year ([https://bit.ly/2mjZik6](https://bit.ly/2mjZik6)). In fact, more than 1 out of 4 older persons fall each year.

Fall Assessment Tools are important components of any faith community nurse’s toolbox especially those participating in visitation ministry. One such tool is the “**TUG Test**” or **Timed Up & Go** which screens mobility. To learn more, visit [https://bit.ly/2Gdw93J](https://bit.ly/2Gdw93J)

The CDC’s **STEADI** initiative (Stopping Elderly Accidents, Deaths, & Injuries) focuses on three core elements which are **screen, assess, and intervene**. Educational materials are specifically designed to reduce fall risk for older adults, their friends and family. For more information about the STEADI Toolkit, visit [https://bit.ly/2hitZlq](https://bit.ly/2hitZlq)

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**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 at your event.

If you should no longer wish to receive communications from the Pittsburgh Mercy Parish Nurse & Health Ministry Program, please unsubscribe by contacting us at 412.232.5815 or email ParishNurse@pittsburghmercy.org Thank you.
Visit Our Website!

Pittsburgh Mercy
Parish Nurse & Health Ministry

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

Our website at Pittsburgh Mercy is full of resources and links to assist in community awareness. We are located under the tab “Faith Communities.”

Also, see our Health Minister Pins for purchase at https://www.pittsburghmercy.org/faith-communities/resources/#health-minister-pins

Health Ministry Workshops for Spring 2019

Does your health ministry team need to "spring" into action?

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, year after year?

Contact us as part of your planning for Spring 2019. We would be happy to work with you, your clergy, and/or team. Ask the Pittsburgh Mercy Parish Nurse & Health Ministry Program for a presentation or workshop at your church and/or organization. Choose one of 8 workshops or a tailor-made one to fit your group’s needs and ministry goals. Contact us at ParishNurse@pittsburghmercy.org or 412.232.5815

Resource Corner

Even though the winter season may challenge some of us to exercise outside, there are opportunities to get more movement throughout our day. Our Creator made us to move and feel good about our overall well-being. To share the differences between exercise and movement with others, visit the ChurchHealth Reader at https://bit.ly/2S11I8j

Along with exercise and movement, healthy eating and proper nutrition are important as we keep up our energy levels in the winter months. Our body’s cells need sugar for energy. The kinds of food we eat and our eating schedules help regulate our blood sugar levels especially those who have diabetes. To learn more, visit https://bit.ly/2S1ZSEh
Health Observances
For a complete list, visit https://healthfinder.gov/NHO/default.aspx
See monthly tool kits too!

American Heart Month
Low Vision Awareness Month
National Children’s Dental Health Month
Teen Dating Violence Awareness Month

1 - 7 African Heritage & Health Week
1 Go Red for Women
4 World Cancer Day
7 National Black HIV/AIDS Awareness Day
14 National Donor Day
24 - March 02 National Eating Disorder Screening Program

National Colorectal Cancer Awareness Month
National Kidney Month
National Nutrition Month
4 - 8 National School Breakfast Week
10 - 16 Patient Safety Awareness Week
10 National Women and Girls HIV/AIDS Awareness Day
11 - 17 Brain Awareness Week
11 - 17 National Sleep Awareness Week
18 - 24 National Poison Prevention Week
20 24 World Tuberculosis Day
26 American Diabetes Alert Day

Alcohol Awareness Month
National Autism Awareness Month
National Child Abuse Prevention Month
National Donate Life Month
Sexual Assault Awareness and Prevention Month
Sports Eye Safety Awareness Month
Testicular Cancer Awareness Month

1 - 7 National Public Health Week – Healthiest Nation 2030: Changing Our Future Together
7 World Health Day
8 - 12 National Youth Violence Prevention Week
11 National Alcohol Screening Day
15 National Prescription Drug Take Back Day
22 - 28 World Immunization Week
22 - 26 Every Kid Healthy™ Week
24 World Meningitis Day
26 - May 03 National Infant Immunization Week
29 - May 03 Air Quality Awareness Week

March 6, 2019
Ash Wednesday

Presidents’ Day
February 18, 2019
To learn more, visit https://bit.ly/2WvyFrZ

Lent Begins
Ash Wednesday
REGISTRATION FORM:
Day Retreat 2019 — The Spirituality and the Science of Self-Compassion

March 9, 2019 • Saturday

8:00 a.m. to 4:00 p.m. at Martina Spiritual Renewal Center

Submit registration form & check for $55.00 by March 1st to:

Pittsburgh Mercy Parish Nurse & 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/Organization and 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 the Pittsburgh Mercy Parish Nurse & Health Ministry.

___ 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 Pittsburgh Mercy Parish Nurse & Health Ministry Program, part of Pittsburgh Mercy and Trinity Health, serving in the tradition of the Sisters of Mercy. The Pittsburgh Mercy Parish Nurse & 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 Pittsburgh Mercy Parish Nurse & Health Ministry Program at 412.232.5815 or email ParishNurse@pittsburghmercy.org.