What Easter Means to Me

A fresh start.
A clean heart.
Forgiven pasts.
True Love that lasts.
A Holy embrace.
A face to Face.
Man’s Peace restored
forevermore.

Love far and wide
for me, His bride.

The Savior Divine,
forever mine.

No longer blind, now Christ I see.
That’s what Easter means to me.

Written by  Jennifer Walker
March 16, 2013

There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it. His appearance was like lightening, and his clothes were white as snow. The guards were so afraid of him that they shook and became like dead men. The angel said to the women, “Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; He has risen, just as he said. Come and see the place where He lay.

Matthew 28:2-6 NIV
The Pittsburgh Mercy Parish Nurse & Health Ministry Program offered a spiritual retreat on Saturday, March 9, 2019 at Martina Spiritual Renewal Center in Pittsburgh’s West View area. A special thanks to Sr. Donna Smith, SHS at Martina for providing a wonderful space. Our retreat facilitator, Anne Kertz Kernion, brought her expertise and enthusiasm (see on the right).

The purpose of the retreat was to spend more time away from our busy lives to focus on our relationship with our Creator as well as learning more about self-compassion. The retreat drew upon recent findings in neuroscience and psychology, illuminating self-care and spiritual practices that nurture gentleness, kindness, and patience toward one’s self.

A total of 25 retreatants attended this Day Retreat of prayer, self-reflection, learning and relaxed fellowship. Participants used Scripture, prayer, writing, art, music, quiet time, and group reflection. Our sessions together were inspirational and enlightening as we listened more attentively to our Creator... not just with words but with music, breath prayer, and silence.

Many of us left our day together with a suggestions for a deeper prayer life, appreciation for our gifts and talents from our Creator, and a deeper self-awareness of our need for self-compassion so that we can offer compassion and minister to others.

Pittsburgh Mercy Parish Nurse & Health Ministry Program
part of the Planning Team for
The 19th Annual Pittsburgh Pastoral Care Conference
“for shepherds and other caregivers of the flock”

Friday, May 10, 2019 8 a.m. to 4:00 p.m.
Christ Church at Grove Farm,
249 Duff Road, Sewickley, PA 15143
2019 Theme: Healthy Pastors, Healthy Churches, and Healthy Communities
For Details and Online Registration, visit at www.pghpcc.org
Pittsburgh Mercy Parish Nurse & Health Ministry Program

Part-time Job Position Opening: Health Ministry Specialist

Are you seeking to use your faith community nursing skills in a new, exciting way? Do you enjoy teaching, presenting, consulting, creative writing, and motivating others? Do you have recent experience in establishing a health ministry in your faith community? Do you want to be a part of a ministry team that reaches out to the community?

Then you may want to consider applying for our Health Ministry Specialist position.

To learn details or apply, please visit this link https://bit.ly/2Jbj9jif

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.


Copies are available from Byzantine Seminary Press. Call 412-322-8307 or www.byzantineseminarypress.com

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

**Target Audience:** Faith Community Nurses, Health Ministers, Registered Nurses, Licensed Practical Nurses, Clergy/Laity, and anyone interested in learning about **wholistic** care approach (whole-person health) and committed to educating their local parishioners.

**Content Discussion:** Focusing on providing spiritual care to the elderly who have dementia. Understanding dementia and the collection of symptoms that are caused by disorders affecting the brain. Exploring the role of the faith community nurse and health minister as they offer spiritual care to those parishioners with dementia and their family caregivers. Describing the wholistic care approach as essential in being supportive rather than confrontational. Offering the ministry of presence as one’s cognition fails. Sharing through visitation ministry and learning the importance of spiritual listening to one’s life story.

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

1) Define Dementia and common types of Dementia.

2) Explain the role of the faith community nurse and health minister in providing spiritual care to parishioners with dementia and their family caregivers.

3) Discuss using a wholistic (whole-person) care approach and interventions that have a supportive stance compared to a confrontational stance.

4) Explore various religious objects that may have spiritual and emotional significance as one’s cognition declines.

**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). A participant must attend the entire session and complete an evaluation form before being awarded a certificate and two (2) continuing education credits. Partial credit is not awarded. 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 for registered nurses who wish to receive continuing education credits. A check or cash are acceptable at the door. Light refreshments will be provided. *(see page 5 for more details)*

**Encourage each other to build each other up, just as you are already doing.**

1 Thessalonians 5:11 *TLB*
Health Ministry Educational Support Meetings
Throughout the Pittsburgh Tri-State Area

There are five (5) scheduled locations in the Pittsburgh Tri-State area beginning May 20th through June 19th. The same content will be presented at each location. We suggest the participant attends the location nearest their faith community so as to benefit from peer support and local community resources. Participants are welcome to attend the session that best suits their schedule and convenience. Registration begins 30 minutes before the start time to allow for relaxed fellowship and light refreshments.

Here are the following five (5) dates and locations. Registration begins at 5:30 p.m. Then the program is 6:00 p.m. to 8:00 p.m. See church websites for directions.


2) May 30th Thursday, at the Southwestern Pennsylvania Lutheran Synod, 9625 Perry Highway, Pittsburgh, PA 15237. Chapel area. Building is located at the intersection of Perry Highway (Route 19) and Ingomar Rd. in the town of McCandless. Use upper parking lot, accessible from Ingomar Rd.

3) June 6th Thursday, at Christ United Methodist Church, 44 Highland Road, Bethel Park, PA 15102. Enter church building door #2 under portico. Conference Room A105. https://christumc.net/

4) June 12th Wednesday, at Saint Francis Cabrini Catholic Church, 115 Trinity Drive, Aliquippa, PA 15001. Basement area of Rectory Meeting House. https://www.sfcbabriini.us/

5) June 19th, Wednesday, at UPMC Mercy Hospital, Sr. M. Ferdinand Clark Auditorium A, 1400 Locust St., Pittsburgh, PA 15219. Use hospital parking garage and we will validate ticket.

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

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Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.

2 Corinthians 1: 3-4 NIV
One of the joys at our Day Retreat this spring was learning from and engaging with our retreat facilitator Anne Kertz Kernion. She not only is an excellent presenter and teacher, but she “walks the walk” when it comes to balancing body, mind, and spirit. Anne knows the struggles of life as she juggles multiple roles such as wife, mother, grandmother, author, businesswoman, teacher, artist, and friend. She is passionate about her purpose in life, and desires to share her enthusiasm with those who may need encouragement and support along the way. She is a mentor and companion who does not lead from the front, but from the side as we travel together. In this book, her pearls of wisdom offer grace and beauty.

Anne’s book is a week-by-week guide to help the reader put findings from social science and neuroscience into every day life practice. Through self-awareness and understanding, one can stay true to cherished beliefs and most authentic self.

*This book doesn’t come at me as a self-help list of things I ought to be doing, adding to my full life, but focuses me on my own path. Each week offers practices that encourage gratitude, mindfulness, and listening. CHM

*Wisdom for reflection and practical guidance for the journey toward meaning…. Reads like a conversation with a friend. JT

*Clear, accessible, inviting, inspiring, and, above all, beautiful. JM

Healthy People in Action!
Interested in learning about how communities and States are implementing Healthy People 2020 across the country? To learn how to participate with outreach activities in your local area visit https://www.healthypeople.gov/

Get Moving this Spring!
National Women’s Health Week
May 12-18, 2019
The 20th annual National Women’s Health Week kicks off on Mother’s Day May 12th. The goal is to empower women in making their health a priority. The week serves as a time to help women of all ages understand and take the next steps toward improving their health. The month of May is a great time for faith communities to encourage our women and their families with walking and exercising. For information, visit https://www.womenshealth.gov/nwhw/
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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! ParishNurse@pittsburghmercy.org  412-232-5815

See our website for our Demo link at https://bit.ly/2IMKmbu
Email us, if interested in our upgrade Version 5.0

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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 provides 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
Join us and enroll in the Fall 2019 Course today!

- Location: UPMC Mercy Hospital, Pittsburgh, Pa. 15219
- Class size is limited to 20 participants.
- Early bird discount must be postmarked by August 22, 2019.
- Cost: $395 for RNs which includes CEs.
- Cost: $200 for non-RNs.

- Pittsburgh Mercy employee discount.
- Hybrid course: online modules and on-site classes.
- Variety of Course instructors.
- Limited, partial scholarships available upon request.
- Continental breakfast and parking included.
- Call our office (412.232.5815) for our church group rate of 2 or more.

- RNs will be commissioned as Faith Community Nurses and will receive a pin & certificate.
- There will be 34 contact hours (CE) provided to RNs 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 sessions and complete an evaluation form will be awarded a certificate for 34 nursing CEs. UPMC and ANCC do not endorse any commercial products as a result of this CE activity.

- All other participants will be commissioned as Health Ministers and will receive a pin and certificate.
- For the application, visit this link at https://bit.ly/2JzfXrK
National Volunteer Week
Celebrate Service
April 7-13, 2019

Ministry leaders are called to inspire, recognize and encourage our volunteers in our faith communities. By working together along with God’s strength, we can help others in need. If your faith community wants to show appreciation to health ministers, then visit the Pittsburgh Mercy Parish Nurse & Health Ministry website for our health minister pins at https://bit.ly/2IKkYCD

Our website at Pittsburgh Mercy is full of resources and links to assist in community awareness!

Faith Community Nurse and Health Minister Preparation Course 2019

Westberg Institute for Faith Community Nursing Curriculum

We are looking for Course instructors who are registered nurses, have a MSN with recent teaching experience, and are leaders in their faith community i.e. health ministry, visitation ministry, and/or other related ministry areas.

If interested, please email us at ParishNurse@pittsburghmercy.org A resume or CV must accompany your email.

Fall 2019 Course (4 Dates):
September 20 & 21
October 25 & 26

At UPMC Mercy Hospital
1400 Locust St.,
Pittsburgh, PA 15219

RESTING PRAYER

As we approach this Holy Easter Season, may we seek times of prayer and simply experience the presence of God. "Resting Prayer" is a form of prayer that is encouraged throughout Scripture.

To learn more, visit https://bit.ly/2JNcXNP

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. To learn more, visit https://bit.ly/2T5X7SM

Contact us at ParishNurse@pittsburghmercy.org or 412.232.5815
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Health Observances
For a complete list, visit https://healthfinder.gov/NHO/default.aspx
See monthly tool kits too!

- 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

Passover begins at sundown April 19, 2019

The Lord is my strength and my song; He has become my salvation. He is my God, and I will praise him, my father’s God, and I will exalt him. Exodus 15:2 NIV

Blessings to our Jewish friends!

Combating Food Insecurity

A big challenge facing churches today is to consider opening a food bank for their local community residents. Food-insecure households who rely on food banks is a growing trend. To learn about a faith-based community center that is impacting food insecurity, read this article from the Journal of Christian Nursing at https://bit.ly/2I3fZea

Blessings to All

Easter Sunday April 21
and
Orthodox Pascha April 28

Christ is Risen!
He is Risen Indeed!