A Child’s Potential

Give us grace to raise our children,
Whatever the daily crises
Strengthen us to reflect you, Lord,
No matter what the situation arises

Give us wisdom to have an answer
When hard questions come our way,
When we feel we don’t have the answers,
When we don’t know what to say

Give us your eyes so we can see
The potential they have in you
And see the beauty within their souls,
To see them the way you do

Give us hope as a firm foundation
And strength to raise them in love,
So they may feel secure in you
And may come to learn to trust

We pray, O God, you’ll help us to
Model ourselves after you,
So they may walk in all your ways
And see, in us, your truth.

By M.S. Lowndes
Heaven Inspirations 2003-2019

Start children off on the way they should go, and even when they are old they will not turn from it. Proverbs 22: 6
**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”
2019 Theme: Healthy Pastors, Healthy Churches, and Health Communities

Friday, May 10, 2019 8 a.m. to 4:00 p.m.
Christ Church at Grove Farm,
249 Duff Road, Sewickley, PA 15143

For Details and Online Registration, visit at www.pghpcc.org

**Five (5) Tracks for Breakout Workshops:**
- Addiction & Recovery
- Mental Health & Wellness
- Family & Marriage
- Community Outreach
- Reflections in Ministry

**Depression in Homebound Elderly**
Depression among homebound older adults is a significant problem in society today. How can faith communities impact this growing concern? To learn about an innovative and cost-effective intervention for faith community nurses called “Creation Health”, see this Journal of Christian Nursing article at [https://bit.ly/2J0NOoj](https://bit.ly/2J0NOoj)

**NEWS FROM YOU: Nurturing Body, Mind, & Spirit**
Self-care, learning, and self-exploration were the focus of a six-hour inspirational retreat presented on April 5th by the Pittsburgh Mercy Parish Nurse & Health Ministry Program for the Pittsburgh Mercy Intervention Services staff. The title of this retreat “Nurturing Body, Mind, and Spirit” was inclusive to all faith traditions and the practice of spirituality.

The following comments are takeaways from the retreat participants:
- I enjoyed this retreat. It allowed time for me to self-reflect and prioritize the things that are most important in life in terms of spirituality and to focus on self-care.
- Awesome! Learning Sabbath Practices—Spectacular!
- I loved it. Very relaxing but productive. I was so excited for the spiritual boards we created & crafted.
- Thank you. This was an awesome day! Being aware of my blessings and sharing with my small group.
- Very good training. Very helpful to pursue avenues to be grounded in some things I was dealing with and realized about compassion fatigue.

Would your faith community or organization like a Day Retreat? Do you need ideas and suggestions for your Retreat? Call us at the Pittsburgh Mercy Parish Nurse & Health Ministry Program or email us at ParishNurse@pittsburghmercy.org

You are the light of the world... let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven. Matt. 5:14, 16 ESV
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/2Jbj9j](https://bit.ly/2Jbj9j)

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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 Resources.

Copies are available from Byzantine Seminary Press. Call 412-322-8307 or [www.byzantineseminarypress.com](http://www.byzantineseminarypress.com)

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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.*
Health Ministry Educational Support Meetings
Throughout the Pittsburgh Tri-State Area
Beginning this Spring 2019!
Theme: Spiritual Care of the Elderly with Dementia

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.

1) **May 20th Monday**, at Zion Lutheran Church of Penn Hills, 11609 Frankstown Road, Pittsburgh, PA 15235. Community Room.  [http://www.zionpennhills.org/index.html](http://www.zionpennhills.org/index.html)

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/](https://christumc.net/)

4) **June 12th Wednesday**, at Saint Frances Cabrini Parish, 115 Trinity Drive, Aliquippa, PA 15001. Basement area of Rectory Meeting House. [https://www.sfcabrini.us/](https://www.sfcabrini.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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**AGENDA**

⇒ Welcome & Prayer Gathering  
⇒ Spiritual Care of the Elderly with Dementia  
⇒ Break  
⇒ Group Discussion  
⇒ Closing Prayer & Evaluation

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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
Read of the Month
Parish Nursing: Stories of Service and Care (Revised Edition 2011)
By Verna Benner Carson and Harold G. Koenig

Parish Nursing: Stories of Service and Care provide real life happenings of both salaried and unsalaried parish nurses who attend to the needs of their congregations. They concentrate their time in a variety of ways through visitation ministry in homes, hospices, and hospitals as well as in community outreach opportunities. These stories share the parish nurses who heed God’s call and step up their faith as they learn to deal with joys, sorrows, and challenges of others. Their quiet dedication in both time and talent are an inspiration and encouragement.

As our baby boomers age and the need for healthcare at home and in long-term care settings increases, the role of the parish nurse will change. Whole-person health (balancing body, mind, and spirit) is being explored more by registered nurses, physicians and other healthcare professionals as they link faith, religious activity, and better health. This book helps parish nursing theory and health ministry come to life. These stories help guide parish nurses, clergy, spiritual leaders, and laypeople in making important decisions by reflecting on all angles of health ministry. Especially in today’s increased complexity in healthcare delivery, every congregation must accept that they have unmet health needs. Very few seminaries prepare pastors for the important intersection of health and faith. What better role than the parish nurse to assist pastors and parishioners with health promotion, disease prevention, and making meaning out of life events such as in chronic illness, death and dying, and grief and loss of a loved one. This book relates the stories, responsibilities, and preparation for the ministry of the parish nurse by highlighting the roles of health educator, health counselor, and health advocate. These specific roles complement the work of pastors who may not have these skills. With God’s wisdom, the parish nurse integrates spirituality, faith, health, and well-being.

*This book emphasizes that parish nurses are called out and equipped in special ways to exercise a ministry of health. Without this ministry the church is the poorer and God’s people are less well-served. Parish Nurses are our colleagues in the work of the gospel, and more than once, they have been the ones to re-presentation the gospel in times of need. Pastor L. A. Burton
**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](https://www.youtube.com/watch?v=XNKGJx1Fex8)

**Contact us!**  
ParishNurse@pittsburghmercy.org  412-232-5815


Email us, if interested in our upgrade Version 5.0
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 CE.
- Cost: $200 for non-RNs.
- Pittsburgh Mercy employee discount.
- Hybrid course: online modules and on-site classes.
- Varity 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
Kids & Crafts Korner

One of the highlights in faith communities is Summer Vacation Bible School. Faith community nurses and children’s ministry leaders get excited in planning the learning lessons, crafts, snacks, games, and much more.

Puppet shows are one of the best teaching strategies that a faith community nurse can use with children at many different ages. It is fun and creative. Some suggested topics are proper hand hygiene, brushing your teeth, healthy snacks, exercise, bike safety, Bible stories, and being a good friend. Also engaging children to perform a puppet show for others can be fun i.e. elderly parishioners in long-term care facilities, Veterans, and children in orphanages.

To learn more about teaching children via puppets and other creative ideas, visit this link https://bit.ly/2vnhgFu

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

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
National Nurses Week—May 6-12, 2019

In 1993, the American Nurses Association declared May 6-12 as the national week to celebrate and elevate the nursing profession. National Nurses Week is a time for everybody to honor America’s 4 million registered nurses for their contribution and time in meeting the needs of others. Each year, the celebration ends on May 12th which is Florence Nightingale’s birthday.

This year, recognize the nurses in your faith community and/or organization for their dedicated service. The National Nurses Week theme is Nurses4Us: Elevating the Profession! If you need ideas and/or suggestions, visit this link by the American Nurses Association at https://bit.ly/2FAdv5z

Reaching Out to New Mothers

As a new Mom, there are many challenges. Time is of an essence. What is the faith community’s response in assisting new mothers as they meet their family responsibilities? Here are some suggestions: deliver a prepared meal that can be eaten immediately or frozen, provide help with household tasks, offer childcare support, give gift cards, and etc. If your church has programs to support new mothers or a special story to share, contact us at ParishNurse@pittsburghmercy.org

For more suggestions, click here at https://bit.ly/2GFk5YR

Happy Mother’s Day—May 12, 2019

Memorial Day—May 27, 2019

Operation We are here

Resources for the military community and military supporters

Faith communities and faith-based organizations are observing Memorial Day in creative and special ways. Military families are most impacted when others recognize their love of country and service especially to comrades who sacrificed their lives.

Operation We are here offers resources for Memorial Day that are helpful in bringing people together as community. If interested, visit this link at https://bit.ly/1Em7rSq

May we come together in our own unique faith tradition and celebrate our Lord Jesus Christ!

Ascension—May 30

Pentecost—June 9

To learn more, visit this link at https://bit.ly/2ZAIFTB
Health Observances
For a complete list, visit https://healthfinder.gov/NHO/default.aspx
See monthly tool kits too!

- Arthritis Awareness Month
- 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
- 1 - 7 National Physical Education & Sport Week
- 5 Hand Hygiene Day
- 7 - 13 Children’s Mental Health Awareness Week
- 12 - 18 National Women’s Health Week
- 13 - 19 National Stuttering Awareness Week
- 20 - 26 National Hurricane Preparedness Week
- 20 World Autoimmune/Autoinflammatory Arthritis Day
- 21 - 27 Healthy and Safe Swimming Week
- 29 National Senior Health & Fitness Day
- 31 World No Tobacco Day

May Toolkit:
Physical Fitness for All Ages

Regular physical activity is good for everyone’s health, and people of all ages and body types can be physically active. National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active. Do you need fresh ideas and suggestions for bulletin announcements, newsletter articles, coffee hour table displays, and workshop topics? Then visit this link at https://bit.ly/1NSxXOZ

Summer Safety with Sunscreen

Need a church flyer or newsletter article? See this ChurchHealth link for practical suggestions at https://bit.ly/2GFzs3A

- Alzheimer's & Brain Awareness Month
- Cataract Awareness Month
- Fireworks Eye Safety and Cataract Awareness Month
- Men’s Health Month
- Myasthenia Gravis Awareness Month
- National Aphasia Awareness Month
- National Safety Month
- National Scleroderma Awareness Month
- 2 - 8 Rip Current Awareness Week
- 2 National Cancer Survivors Day®
- 8 Family Health & Fitness Day USA®
- 10 - 16 Men’s Health Week
- 19 World Sickle Cell Day
- 23 - 29 National Lightning Safety Awareness Week
- 27 National HIV Testing Day

⇒ Juvenile Arthritis Awareness Month
⇒ National Cleft & Craniofacial Awareness & Prevention Month
⇒ UV Safety Month
⇒ 15 - 21 National Youth Sports Week
⇒ 28 World Hepatitis Day

- Children’s Eye Health and Safety Month
- Digestive Tract Paralysis Awareness Month
- Gastroparesis Awareness Month
- National Breastfeeding Month
- National Immunization Awareness Month
- Psoriasis Awareness Month
- 1 - 8 World Breastfeeding Week
- 4 - 10 National Health Center Week
- 19 - 23 Contact Lens Health Week

The next edition of “The Faith Connection” is July/August. If you have news to share, please email us by June 10th. We love hearing from our readers. Have a Blessed Summer!