

FORMING DISCIPLES IN MISSION: A WORKSHOP IN PARISH-BASED EVANGELIZATION



THROUGH DISCUSSIONS, PRESENTATIONS, AND PRAYER

THIS WORKSHOP IS DESIGNED TO HELP PARTICIPANTS:

- GROW IN UNDERSTANDING OF THE NEW EVANGELIZATION,
- EMBRACE LIVING AS AN INTENTIONAL DISCIPLE,
- BECOME COMFORTABLE SHARING YOUR PERSONAL WITNESS,
- LEARN HOW TO FORM DISCIPLES IN YOUR PARISH, AND MORE.



Register Here:

www.disciplesinmission.com/formingdisciples

UPCOMING EVENT:

June 11th, 9am-5pm
(Breakfast and Lunch included)
Pastoral Center, Braintree

*Please visit our website;
more 2016 and 2017 dates
and locations will be listed
as they become available.*

Contact Ann Gennaro
agennaro@rcab.org or 617-746-5746



David Michelangelo 1501-4

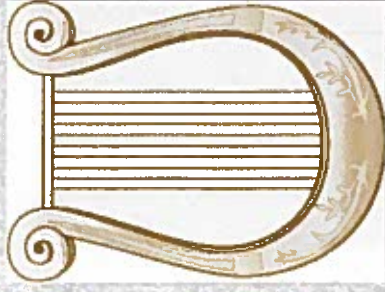
“Praise the LORD, for he is good; for his mercy endures forever”

-Psalm 136: 1

12th Annual Gathering for Pastoral Visitors

“The Healing Psalms of Mercy”

Presenter Celia Sirois



Saturday, June 25, 2016
Pastoral Center, Braintree
Join us for a Breakfast Meeting
9:00 am to 12:00 noon

Registration form

Fee: \$10 Gathering time 9:00 am to 9:30 am

Please register by June 5. We require pre-registration since we cannot fill the meeting room beyond capacity due to safety concerns.

Mail to: Office of Chaplaincy Programs, 66 Brooks Drive, Braintree, MA 02184

NAME: _____ PHONE: _____

PARISH: _____ TOWN: _____

Please make out check to: Office of Chaplaincy Programs. Thank you.

REGISTRATION FORM

Please copy and mail to:

Office of Chaplaincy Programs
Archdiocese of Boston

66 Brooks Drive
Braintree, MA 02184

Attn: Faith Community Nursing

- Please include \$50 deposit
- Checks can be made to Office of Chaplaincy Programs
- Free to Phase I, II, III, & IV Collaborative Nurses

Name: _____

Address: _____

State/ZIP _____

Email: _____

Faith Community _____

Faculty & Staff

Director of Chaplaincy Programs

Deacon James F. Greer, MAPT, CT
617-746-5842 jgreer@rcab.org

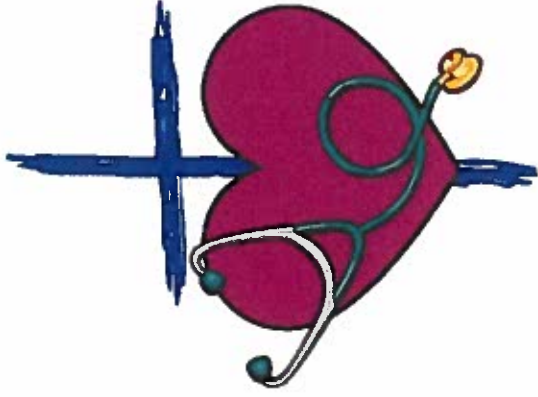
Faith Community Nursing Educator

Karen Wenger, MS, RN, FCN
617-746-5841 karen_wenger@rcab.org

Administrative Assistant, Office of Chaplaincy Programs

Karen Farrell, MAM
617-746-5843 kfarrell@rcab.org

FOUNDATIONS OF FAITH COMMUNITY NURSING



Course Dates Summer 2016

Tuesdays & Thursdays
July 12 & 14,
July 19 & 21,
July 26 & 28
August 2 & 4,
August 9 & 11

5-9 P.M.



Office of Chaplaincy Programs

"This Foundations of Faith Community Nursing Curriculum course is based on the curriculum developed through the International Parish Nurse Resource Center, which curriculum is owned by Church Health Center of Memphis, Inc, 1210 Peabody Avenue, Memphis, TN 38104"

This continuing nursing education activity has been approved by the American Nurses Association Massachusetts, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Successful completion of course is dependent on attendance at all sessions.



Unit I-Spirituality

- Health, Healing & Wholeness
- History & Philosophy of Parish Nursing
- Prayer
- Self Care for the Faith Community Nurse
- Spiritual Care

Unit II– Professionalism

- Beginning Your Ministry
- Communication & Collaboration
- Documenting Practice
- Ethical Issues
- Legal Aspects

Unit III-Wholistic Health

- Behavioral Health
- Health Promotion
- Transforming Life Issues: Family Violence
- Transforming Life Issues: Loss, Suffering, and Grief

Unit IV-Community

- Accessing Resources
- Advocacy
- Assessment
- Care Coordination

What is Faith Community Nursing?

“The mission of faith community nursing is the intentional integration of faith and nursing so that people can achieve wholeness in, with and through the community of faith in which they serve”

~Church Health Center/
International Parish Nurse
Resource Center

~ Nurses from *all* faith traditions
are welcome to participate ~

Application Requirements

1. Completed application form
2. Verification of current nursing license (if applicable)
3. Letter of endorsement from pastor or faith community sponsor
4. Personal letter addressing your interest in taking this course at this time. Please include what you hope to gain from this course.

Fee: \$400 includes all printed materials, textbooks and Faith Community Nurse pin (May be paid in installments)

All classes will be held at:

Roman Catholic
Archdiocese of Boston
Pastoral Center
66 Brooks Drive
Braintree MA 02184

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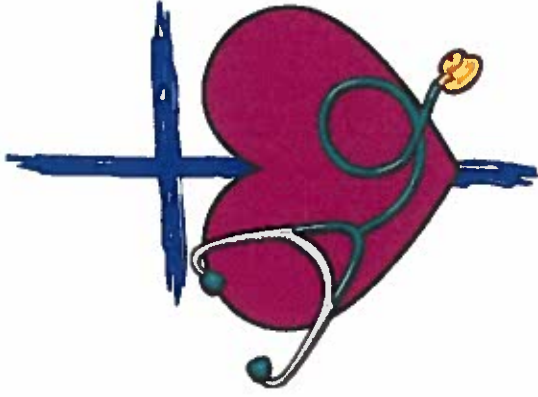
Karen Wenger, MS, RN, FCN

617-746-5841 karen_wenger@rcab.org

Administrative Assistant, Office of Chaplaincy Programs

Karen Farrell, MAM
617-746-5843 kfarrell@rcab.org

FOUNDATIONS OF FAITH COMMUNITY NURSING



Course Dates Fall 2016:

September 24
October 22
November 5
November 19
December 3

Saturdays 8:30 AM to 5:30 PM



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THE ARCHDIOCESE OF BOSTON

Natural Family Planning

Natural Family Planning instruction is provided in four different methods

Summer Schedule of Instructional Programs

By Appointment (or online)

Archdiocese of Boston Cross Check Method

Braintree, Pastoral Center (private instruction and private follow-up)

Instructional sessions (1- 4) are scheduled between the couple and the teacher at mutually agreeable times.

Contact: Mary Finnigan, 617-746-5803, mary_finnigan@rcab.org

Billings Ovulation Method

Tewksbury, St. William's Rectory (private instruction and private follow-up)

Introductory session and follow-up sessions (2 - 6) are scheduled between the couple and the teacher at mutually agreeable times. Also available online, www.boma-usa.org

Contact: Eileen Wood, (d) 978-851-1304 (e) 978-640-4916, (text) 978-500-1771

Creighton/Fertility Care Method

Natick, St. Patrick Parish (private instruction and private follow up)

Introductory session and follow-up sessions (2-8) are scheduled between the couple and the teacher at mutually agreeable times.

Contact: Shirley Gonzalez, 508-439-2220, shirleyg2008@gmail.com

Couple to Couple League (CCL)

Online learning: www.CCLI.org

Contact: Craig Dyke, 617-746-5801, cdyke@rcab.org

Scheduled Programs (monthly, by starting date)

May

Archdiocese of Boston Cross Check Method

Dedham, St. Mary's Parish (small group instruction and private follow up)

Class Dates: 5/21, 6/18, 7/16, 10/15 (10am-12pm each class)

Contact: Ruth Medeiros, 781-718-9511, ruth.medeiros@yahoo.com

Creighton/Fertility Care Method

Littleton, St. Anne Parish (small group instruction and private follow-up)

Introductory Session: 5/15 (1:30-3:30pm). Follow-up sessions (2-8) are scheduled between the couple and the teachers.

Contact: Diana & Patrick Bell, 978-846-5665, NashobaFertilityCare@gmail.com

June

Archdiocese of Boston Cross Check Method

Braintree, Pastoral Center (small group instruction and private follow up)

Class Dates: 6/13, 7/11, 8/15, 11/14 (6:30pm-8:30pm each class)

Contact: Mary Finnigan, 617-746-5803, mary_finnigan@rcab.org

July

Archdiocese of Boston Cross Check Method

Braintree, Pastoral Center (small group instruction and private follow up)

Class Dates: 7/13, 8/10, 9/07, 12/14 (6:30pm-8:30pm each class)

Contact: Mary Finnigan, 617-746-5803, mary_finnigan@rcab.org

August

Archdiocese of Boston Cross Check Method

Braintree, Pastoral Center (small group instruction and private follow up)

Class Dates: 8/15, 9/12, 10/17, 1/16/17 (6:30pm-8:30pm each class)

Contact: Mary Finnigan, 617-746-5803, mary_finnigan@rcab.org

**Office of Spiritual Life
66 Brooks Drive
Braintree, MA 02184
617-779-3640 Fax: 617-779-4570
e-mail: spiritual_development@rcab.org**

MEETING CHRIST IN PRAYER

As you may be aware, the Office of Spiritual Life, has developed an eight week guided prayer experience based on the Spiritual Exercises of St. Ignatius. This program, written by Fr. John Sassani and Mary Ann McLaughlin, has been published by Loyola Press and is now called ***Meeting Christ in Prayer***. It leads participants through a prayerful consideration of the person of Jesus Christ and our incorporation into his life and mission. It calls for a commitment of 8 weeks of daily prayer, 8 weekly meetings and faith sharing. The Program will take place at Pastoral Center, 66 Brooks Drive, Braintree on Wednesday evenings.

September 21 through November 9

Donation: \$40.00

All sessions will begin at 7:00 pm and will last about 1 hour and 15 minutes.

If you would like to participate in this program or have any questions, please call our office or fill in the form below and either mail or fax to our office.

Sister Anne D'Arcy 617-779-3648 e-mail sdarcy@rcab.org fax 617-779-4570

Name _____ e-mail _____

Street Address _____ City _____ Zip _____

Telephone _____



SAVE THE DATE



ALL ARE WELCOME



Mass for Public Safety Personnel and Families

For more information
please visit :

[http://www.bostoncatholic.org/
PublicSafetyMass/](http://www.bostoncatholic.org/PublicSafetyMass/)

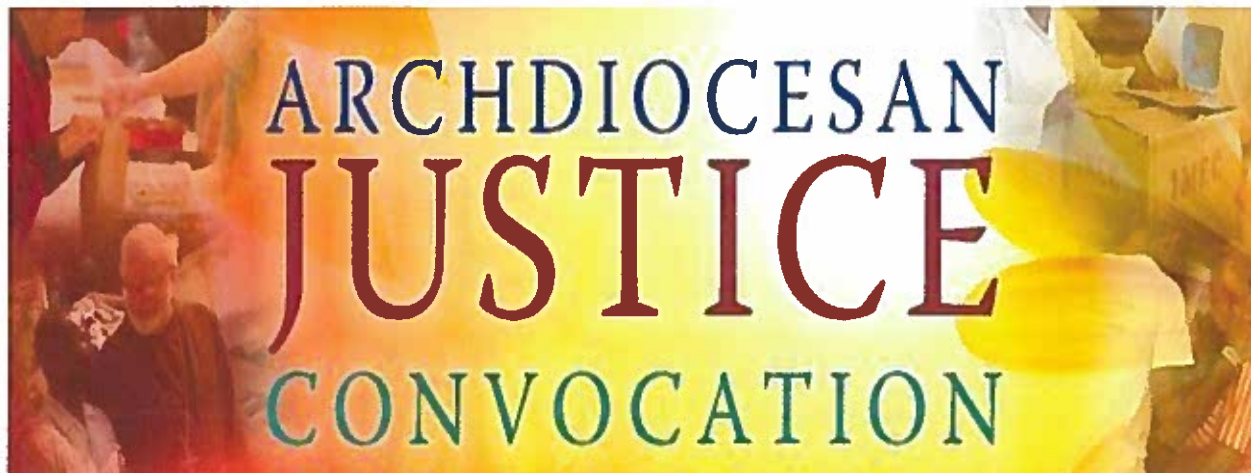
His Eminence
Seán P. Cardinal O'Malley, OFM Cap.
Archbishop of Boston,
Main Celebrant

**Sunday
October 9, 2016
11:30 AM**

**Cathedral of the Holy
Cross, Boston**



Photos by George Martelli



8th Annual Archdiocesan Justice Convocation
JUSTICE IN THE WORLD, MERCY IN THE CHURCH
Saturday, November 5, 2016, 8:30am-1:30pm
BC High School, 150 Morrissey Blvd, Boston, MA 02125

Join parishes from around the Archdiocese of Boston to learn more about Catholic Social Teaching, celebrate the work for justice going on, and find out concrete ways to connect faith with action in the service of justice in your local parishes.

FEATURING

- Greeting from Cardinal Sean O'Malley, Archbishop of Boston
- Keynote Address by Rev. J. Bryan Hehir, Cabinet Secretary for Health and Social Services
- Keynote Address by James J. O'Connell, MD, Founder and President Boston Health Care for the Homeless
- Small Faith-Sharing Group Session led by Sister Honora Nolty, OP, Director of Development, RENEW International
- Mass celebrated by Rev. J. Bryan Hehir, Cabinet Secretary for Health and Social Services
- Extended Networking Coffee/Snack Break with wide range of exhibitors and parish representative and ethnic communities throughout the Archdiocese

Registration Cost: \$20, including coffee, tea, snacks, and convocation materials

For more information, please contact Office of Spiritual Life: 617-779-3640

Dementia friendly faith communities can provide an important spiritual respite. As welcoming, compassionate environments, they offer families coping with dementia opportunities for meaningful engagement and spiritual connection. Through dementia friendly practices, entire faith communities can embrace and uplift people with dementia and their care partners.



Ready to implement dementia friendly practices? Follow the steps:

1

Prepare

- Recognize the signs of dementia and encourage early diagnosis.
- Know local services that help people with dementia and their care partners.

2

Learn

- Learn to use dementia friendly communication skills.
- Raise awareness by involving all ages in dementia education.

3

Respond

- Ensure the environment, programs and activities are engaging, dementia friendly and suited to the situations, abilities and interests of each person with dementia.
- Support care partners and families and recognize and respond to signs of care partner stress.
- Raise awareness, reduce stigma, and promote support in your community and others by spreading dementia friendly principles.

Signs of Dementia¹

- Memory loss that disrupts daily life.
- Challenges in planning or solving problems.
- Difficulty completing familiar tasks at home, at work or at leisure.
- Confusion with time or place.
- Trouble understanding visual images and spatial relationships.
- New problems with words in speaking or writing.
- Misplacing things and losing the ability to retrace steps.
- Decreased or poor judgment.
- Withdrawal from work or social activities.
- Changes in mood or personality.

Dementia Friendly Communication Skills^{2,3}

- Greet people warmly even if you think they do not remember you. If they seem confused, remind them who you are.
- Slow pace slightly and allow time for person to process and respond.
- Speak clearly and calmly; be patient and understanding.
- Keep communication simple; ask one question at a time.
- Listen with empathy and seek to understand the person's reality or feelings.
- Connect on an emotional level even if the conversation topics shift or do not make sense to you.
- Be aware of the person's and your own body language: smile, make eye contact at eye level.
- Enjoy spending time with the person in the present moment.
- Offer hugs, hand holding as appropriate.
- Avoid arguing with or embarrassing the person.
- Treat the person with dignity and respect.

Educate the Entire Faith Community^{1,2}

1. Invite a person living with dementia or a care partner to give a talk about their experience living with the disease.
2. Provide ideas for ways to support people with dementia.
 - Offer to help a person get ready for worship services or assist with transportation.
 - Express willingness to spend time with the person with dementia so that their care partner can run errands or take a break.
 - Help the family worship at home or bring them a recording of the service when they find it difficult to attend in person.
 - Offer a volunteer companion when extra support is needed.
 - Accept and be sensitive to behaviors that people with dementia may display, such as talking, calling out, or walking about at inappropriate times; respond flexibly to encourage people to remain involved or help them to another area if necessary.
 - Help people with dementia feel loved, valued, and a sense of belonging at a time when they may feel isolated.
 - Provide ongoing prayer support for the person with dementia and their family/care partners.

Dementia Friendly Practices

1. Environmental tips:

- Wear name tags.
- Welcome, acknowledge, and support congregants and visitors with dementia.
- Be positive and focus on strengths and abilities rather than limitations.
- Be patient and understanding of appearance and behavior.
- Provide a quiet area where the person may go during the service as needed.
- Display signs that clearly identify areas such as restrooms.

2. Engage:

- Organize activities that are meaningful to people with dementia, allow them to connect with others, and accommodate their changing abilities.
- Offer shorter, simpler services, devotions or inspirational stories.
- Encourage all ability levels when planning activities and outings.

- Plan visits that create spiritual connections and maximize interaction through familiar prayer or scripture or traditional hymns.
- Go beyond words and use music and spiritual symbols to engage the senses.
- Recognize the spiritual significance of spending time outdoors in nature or appreciating the arts.
- Organize a dementia café or early stage support group.

3. Individualize:

- Build support relationships by linking people with dementia and their care partners with empathetic individuals within the church.
- Learn how the spiritual beliefs of the person with dementia and his or her care partners may affect their perceptions and experience of dementia.
- Be attuned and open-minded to the way the person talks about his or her spirituality.

Care Partners, Families and Stress

- Recognize signs of care partner stress and direct the care partner/family to appropriate resources.⁴

1. Denial of the disease and belief person will get better.
2. Anger.
3. Social withdrawal from activities once enjoyed.
4. Anxiety about the future.
5. Depression that breaks ability to cope.
6. Exhaustion that makes completing everyday tasks difficult.
7. Sleeplessness.
8. Irritability.
9. Lack of concentration.
10. Health problems.

- Encourage care partners to take good care of themselves – eat properly, get regular exercise, rest, and accept help from others.
- Offer support frequently, even if it is turned down.
- When caregiving prevents attending in person, help care partners participate in worship at home by providing services, rituals, or recordings.
- Encourage the care partner to enroll the person with dementia in respite care for a break from daily responsibilities.
- Form a care partner support group.

References

1. **Alzheimer's Association, Know the 10 Signs**
http://www.alz.org/alzheimers_disease_10_signs_of_alzheimers.asp
2. **Alzheimer's Society – Communicating**
http://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=130
3. **Home Instead Business Training – Alzheimer's Friendly Business online course**
<http://www.helpforalzheimersfamilies.com/alzheimers-care-training/alzheimers-friendly-business-training/>
4. **Alzheimer's Association, Caregiver Stress**
<https://www.alz.org/care/alzheimers-dementia-caregiver-stress-burnout.asp>

Additional Resources

Alzheimer's Association

- **Caregiver Center**
<http://www.alz.org/care/>
- **Community Resource Finder**
<http://www.communityresourcefinder.org/>
- **Living Well: A Guide for Persons with Mild Cognitive Impairment (MCI) & Early Dementia**
http://alz.org/mnnd/documents/15_ALZ_Living_Well_Workbook_Web.pdf
- **Online Social Support Community: ALZConnected**
<https://www.alzconnected.org>
- **Respite Care Brochure**
https://www.alz.org/national/documents/brochure_respitecareguide.pdf
- **Taking Action: A Personal and Practical Guide for Persons with Mild Cognitive Impairment (MCI) and Early Alzheimer's Disease**
http://alz.org/mnnd/documents/15_ALZ_Taking_Action_Workbook.pdf
- **24/7 Helpline, 1-800-272-3900**
<http://www.alz.org>

Alzheimer's Society

- **This is Me Tool**
http://www.alzheimers.org.uk/site/scripts/download_info.php?fileID=1604

Administration on Aging

- **Eldercare Locator**
<http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx>
- **National Family Caregiver Support Program**
http://www.aoa.gov/AoA_programs/HCLTC/Caregiver/index.aspx

National Association of Area Agencies on Aging

<http://www.n4a.org>

- **Powerful Tools for Caregivers**
<http://www.powerfultoolsforcaregivers.org/>

Others

- **National Alliance for Caregiving**
<http://www.caregiving.org>
- **Caregiver Action Network**
<http://www.caregiveraction.org>
- **AARP Caregiving Resource Center**
http://www.aarp.org/home-family/caregiving/?cmp=RDRCT-CRGVER_APR12_012

Churches, synagogues, and other places of worship are just one important part of the community. These faith communities can work alongside other sectors to help the entire community become more dementia friendly. Learn more about the process and help your community and others at www.dfamerica.org.



Adapted from ACT on Alzheimer's® developed tools and resources.