

# Faith Community Nursing

BayCare  
May 2024

# Newsletter

## Model for Healthy Living (MHL) activities made for an engaging retreat

This year's retreat held in Plant City last month, was attended by 83 FCNs and CHPs, and included 16 guest nurses. All were welcomed by **Colleen Walters**, VP Mission and Ethics. **Deb Rivard**, FCN System Director, shared stories of the impact our volunteers have made in their community. Keynote **Cedric Forehand**, behavioral health therapist, WHH, reflected on his experience as a pastor's kid and the lessons he's learned, linking them to the theme of whole-person care and sprinkled with scripture and humor. Attendees rotated through seven MHL interactive stations and enjoyed the activities: *Emotional*, *Friends & Family*, and *Movement* were the favorites. A note received from FCN volunteer **Anna Conaway**, summed up her feelings: "Today was what I needed to redirect myself back to what is important. We turn around and around so much to meet or exceed others' needs that we lose sight of His light shining on each of us. I know I do. In turning back into His Light, we can shine brighter onto ourselves and those we serve. Thank you for allowing the special time, exercises, and comradery which raises our spirits and each other."



Happy National  
Nurse's Week:  
May 6-12

Nurses, thank you for your faithful service, dedication and compassion to caring for the underserved in our communities.

*For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.*

Ephesians 2:10



BayCare leaders were honored to tour **Pinellas Hope (PH)** in Clearwater. In addition to providing a safe space for recently discharged patients who may not have a home, the BayCare Medical Respite Program helps those at Pinellas Hope with their health care needs.

**Pictured: Deb Rivard, System Director FCN, Joe Pondolfino, PH Manager, Lisa Bell, Director, Community Benefit, Jojo Dyachim, Director, Mission and Ethics, Scott Smith, President, SAH, Stephanie Conners, President/CEO, Ellie Smith, PH Outreach Program Coordinator, Trish Shucoski, Chief Nurse Executive, Sandra Grosvenor, PH Outreach Program Coordinator, and Colleen Walters, VP, Mission and Ethics. Sandra and Ellie are BayCare FCNs.**



Photo credit: Sherry Robinson, BayCare



Faith Community Nursing is the specialized practice of professional nursing that focuses on the intentional care of the spirit, promoting wholistic health and prevention of illness through the cultivation of community health ministry teams to provide health advocacy for all people in need.



### Faith Community Nursing in Action: Community outreach

Lee Davis Community Resource Center, Tampa, started the New Year off with a 90-Day Health Challenge for guests of the Senior Dining & Activity Center. Over 30 adults participated in health talks, wellness classes, and screenings. FCN offered heart-health focused education twice a month, and blood pressure screenings. Wellness screenings were done monthly, to check client progress. The challenge included education on nutrition and exercise sessions by staff from Healthy Living, Florida Health Department, Senior Connection, and Hillsborough County Aging Services. It was a successful challenge as the guests reported improved screening results, feeling better, and making healthier choices. Pictured: FCN coordinator, **Ronda Buffington** with guest, Helen Rouse.



**Melissa Troutman**, FCN, and Maggie Tubbs, Community Health, pictured joined together to serve Pasco County families at the **Family Fun Fest & Summer Camp Expo** held at the Shops at Wiregrass in Wesley Chapel on March 9. Families enjoyed, and were at times shocked, looking at the “How much fat” and “How much sugar” tubes showing the fat and sugar content in common foods and drink. In addition to information on healthy eating, attendees were provided with ideas for healthier Easter baskets items. They also enjoyed the giveaways, including backpack reflectors for the children and BHWC pill boxes for the adults.

On March 30, FCN coordinator, **Ashley Rodriguez**, and CHP, **Patty Millin**, pictured, participated in a community fair hosted by the **Children’s Board Family Resource Center in Plant City**. Families played games with the spinning wheel and earned prizes. Education on children’s nutrition was provided, utilizing the “How much Fat/Sugar/Salt” visuals. This event was a great opportunity for FCN to reach some of the youngest members of Plant City.



### New South Florida Baptist Hospital Open

The new **South Florida Baptist Hospital** will be a substantial upgrade from the original facility, built in 1953 and a mainstay in the Plant City community. Located at the corner of Sam Allen Road and North Park Road, off Exit 22 of I-4, the expansive new structure was designed with the needs of a growing community in mind. Amenities include space for up to 146 private patient rooms, 26 ICU beds, 32 emergency department and fast-track beds, eight operating rooms, upgraded Labor and Delivery suites, and Medical Arts Building.



Pictured: Deb Rivard and JoLinda Schrag taking a selfie when they arrived at the SFBH Preview Day, April 21. They later joined Ashley Rodriguez (far right, middle), FCN coordinator and Linda Wilkerson (right), FCN supervisor at the FCN table, with the Model for Healthy Living poster and giveaways for the public.

### Team Member achievement



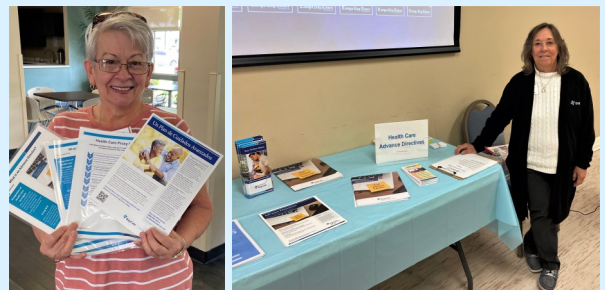
The Polk FCN team gathered for a luncheon to honor **Beatrice Sylvester-Wooden** (in red), our newest FCN. Beatrice, a BayCare HomeCare case manager, had to miss the FCN commissioning on March 21. Our team wanted to acknowledge and personally recognize Beatrice’s achievement—completing the 36.5 hour *Foundations of Faith Community Nursing* curriculum, with a celebration.

**Pictured: Hazel Felix, Sara McNamee, Beatrice Sylvester-Wooden, Lanet Owen, Deb Rivard, and Litisa Davis.**

### Polk County FCN outreach

To promote and honor **National Healthcare Decision Day** on April 16, FCN provided multiple Advance Care Planning (ACP) educational opportunities. Each session provided the opportunity to share the importance of having a healthcare surrogate and completing an Advance Directive:

- **Sara McNamee**, FCN supervisor, presented to 14 residents at **Winter Haven Senior Manor** apartments, April 9, and then facilitated discussions about their health care wishes and end of life planning. Resident, Olga Lisbon (above) holds various ACP resources that were shared, such as the BayCare Advance Directive forms and the Koda flyer.
- **Lanet Owen**, FCN coordinator (above right) hosted an ACP breakout session on April 16 at *Empowering You! A Healthy Aging Summit 2024* at **First Presbyterian Church**, Lakeland. Twelve participants learned about the ACP process and then shared their thoughts with each other by utilizing “Go Wish” ACP conversation cards.
- On Sunday April 21, Carina Velasco, RN, clinical app support analyst, Winter Haven Hospital (pictured, left) assisted **Luanne Bacolod**, FCN, preop nurse at Winter Haven Hospital (WHH) and **Sara McNamee** (both pictured, right of the table) used a poster display to present ACP information to parishioners at **Saint Joseph Catholic Church** in Winter Haven.



Gratitude and praise goes out to Carmen Trindade-Sueldo, MS, PharmD, CPh, Pharmacy manager, Bartow Regional Medical Center who was a panelist at the *Empowering You! A Healthy Aging Summit 2024*, April 16. Her topic, “Prescription 101 and You” was well received by the nearly 200 participants who engaged with questions regarding medications. Our team is also grateful for Congregational Health Promoters (CHP) **Mike Owen** (not pictured) and **Dave Sabatino**, pictured left with **Lanet Owen**, FCN coordinator. They assisted with the annual “Spring Alive” community event held at the Carver Recreation Center, March 30 in Bartow. This free event offered egg hunts, free food, face painting, and many community exhibitors. Nearly 250 families were served. FCN added fruit snacks, faith bracelets, coloring pages and crayons to children’s baskets, and blood pressure screenings were available to the adults. It was a joyful day for celebrating Easter.



## Outreach events are heating up in Pasco County



In Pasco County, the weather is heating up and so are community outreach events. **Jeannie Stowell-Urban**, FCN coordinator, is on the front lines. Jeannie held a series of health education sessions in April at the New Port Richey Public Library to accompany the site's BayCare Higi Health Station (pictured), which provides publicly accessible health information with educational content and health risk tests. The **American Heart Association (AHA) Check.Change.Control Program** educates the public on the importance of monitoring blood pressure (BP), how to monitor their BP at home and interpret the results to better control their overall health. The course was presented in three parts, and Jeannie completed the third part of the series this month. AHA has recently expanded the program to include cholesterol monitoring and FCN hopes to add this to our educational repertoire. If you are interested in starting an educational program in your congregation, please contact your FCN office.

Jeannie keeps busy in Pasco County participating in many community events, including the annual Operation Stand Down for Veterans (pictured), a two-day health and resource fair held in Shady Hills, exclusively for homeless and underserved veterans. The event was held April 19-20, with on-site services, resources, guidance, education, and overnight camping for those wanting to stay. FCN provided education, resources, and reading/vision assessments with giveaways of reading glasses for those in need. We are always looking for volunteers to assist with community events and our at regular partnership sites. Contact FCN if you are interested in participating in any volunteer opportunity.



## Stroke education comes to the North Greenwood Library



Every 40 seconds, someone in the US has a stroke. A stroke can happen to anyone, at any time, and at any age. Education and information are key, because in a stroke emergency, *time lost is brain lost*. For every minute you do not get help, brain cells die. **Kameelah Diggs**, FCN coordinator, pictured, presented stroke education at the North Greenwood Library, Clearwater, to members of the community. Participants were able to determine their stroke risk by completing a stroke risk assessment, were educated on BEFAST, and the importance of calling 911 versus driving yourself or a loved one to the hospital.

This course is part of a series of health education sessions that FCN has been providing at the North Greenwood Library. The importance of educating members of the community on their health can not be overstated. Health education empowers people to advocate for themselves and their health needs, as well as identifying issues that may have gone undetected until a major issue arises. For more information about our many educational programs/topics and ways to get involved, contact your FCN office.

**Advance Care Planning in the Greek faith community...**



**Ruby Hope**, FCN coordinator, presented Advanced Care Planning to the Daughters of Penelope Chapter at one of our faith community partners: **St. Stefanos Greek Orthodox Church** in St. Petersburg. Health Care Surrogate designation and Living Will education were reviewed, along with DNR, POLST, and organ donation.

**Pictured: St. Stefanos Daughters of Penelope Chapter, including FCNs Joyce Lecatsas, RN and Diane Kotsaftis, RN.**

**Resource: Kidney Disease**

At last month's Come & See!, Janice Starling, founder of **All Kidney Patient Support Group** (AKPSG), shared her health journey and detailed how nurses impacted every stage of it: educating, reassuring, trouble-shooting, and advocating. AKPSG serves the Tampa Bay area and beyond and provides non-medical peer support to those in need at various stages of kidney disease and transplantation. Janice's passion and joy were palpable throughout, infecting all who attended! Pictured: **Ruby Hope**, FCN coordinator and Janice Starling.



**Come & See! & Nurses Week Volunteers' Night In—2 opportunities**

- **May 9, 5:30-7:30pm & May 10, 9:30-11:30am**; SAH Auditorium
- Fun games, food/drink, movies, photo booth. **RSVP**

**Welcome, Nevada L. Wardlaw, FCN**



This April, we celebrate our friend and teammate **Ruby Hope** as she retires, and welcome **Nevada Wardlaw**, as she steps in to serve the **Daystar Life Center** community! Nevada, originally from Ohio, has incorporated nursing with her faith throughout her career. She holds an MSN from the University of Phoenix and a Master of Divinity from the United Theological Seminary in Dayton. She brings a holistic approach to ministry stemming from her service in the Army Nurse Corp as a 1<sup>st</sup> Lt.

Since moving to Florida, she has continued to serve as an RN and mentor. She completed a Clinical Pastoral Education residency at Morton Plant Hospital in 2020 and most recently, the 36.5hr *Foundations of FCN Curriculum* course this Spring. Nevada is passionate about connecting people with God and encouraging believers to live out their faith. She joins our FCN team with over 40 years of nursing experience and is excited to serve as the FCN for the Daystar Life Center community as **Ruby Hope** begins her retirement journey!



**The SAH team, including several spouses and a friend, came out April 6 for the Annual BayCare 5K at the main office in Clearwater, to support Feeding Tampa Bay.**

**Clinic Happenings: La Esperanza and San Jose Mission**

The clinic staff participated in a community outreach event on March 23 at the Iglesia de Dios Nuevo Pacto, serving the Hispanic community in Wimauma. **Stephanie Morrison**, clinics supervisor, seated next to **Nora Graham**, FCN care coordinator, did blood pressure screenings, gave flu vaccines, and handed out donated adult diapers. They also promoted the clinics by providing brochures at the event. Pictured far right, Stephanie assisting a community member with Paperwork at the event.



**Deb Rivard**, FCN system director, and **JoLinda Schrag**, system manager, FCN Transitional Care (TC), answer audience questions after their 1 hour workshop: *Transitional Care Delivered by Faith Community Nurses: From research to practice* at the 11th annual Westberg Symposium, held virtually this year. Opened by **Deborah Ziebarth**, PhD, MSN, RN-BC, consultant, Westberg Institute, who presented the research that laid the foundation for the Transitional Care Model. Deb Rivard gave a brief history of FCN and TC program in BayCare, and JoLinda delved into the BayCare TC Program through Lean Process Improvement, collaboration within the health system and shared several stories of the impact this program has had on client care after patients are discharged home.

**Upcoming Education**

- Held on MS Teams
- Registration/Meeting links are emailed
- Register to ensure you receive handouts

Date	Time (EST)	Class Title/Topic	Presented by
5/7 Tues	10:30am-12pm	Stroke Awareness (1 CE)	<b>Amanda Belt, BSN, RN, SCRN</b> Stroke/STEMI Manager, ER, S. Joseph's Hospital
6/19 Wed	1-2:30pm	Inpatient Care of the Imminently Dying (1 CE)	<b>Ashley Parks, MD</b> Palliative Medicine, St. Anthony's Hospital

**Save the Date**

**6/14, Ethics Conference, Autonomy in Health Care Decision-Making** (6.5 CE), 7:30am-3:45pm, St. Lawrence Catholic Church, Tampa. Registration info and presentation topics coming soon; (cost \$49). **Turn in your STATS each month and complete your Recommitment paperwork to be entered into a drawing for a chance to attend for free.**

**Community Resource | FindHelpFlorida.com** is an online platform that will allow you to connect those in need to local social service organizations. Simply enter your zip code.

<p><b>BayCare FCN program covers:</b> Hillsborough, Polk, Hernando, Citrus, Pasco, Pinellas and Manatee/Sarasota counties</p>	<p><b>St. Joseph's Hospitals (SJH), BayCare Hospital Wesley Chapel (BHCW); South Florida Baptist Hospital (SFBH)</b> <b>Linda Wilkerson</b>, Supervisor, 813-757-8006/ linda.wilkerson@baycare.org; FCN office fax: 813-357-0815</p>
	<p><b>San Jose Mission (Dover) and La Esperanza (Wimauma) Clinics</b> <b>Stephanie Morrison</b>, Supervisor, 813-419-1929/ stephanie.morrison@baycare.org</p>
	<p><b>Winter Haven Hospitals (WHH) &amp; Bartow Regional Medical Center (BRMC)</b> <b>Sara McNamee</b>, Supervisor, 863-293-1121 ext 207935/ sara.mcnamee@baycare.org</p>
	<p><b>Morton Plant Mease Hospitals (MPM);</b> FCN office fax: 727-333-6173</p>
	<p><b>St. Anthony's Hospital (SAH);</b> FCN Office fax: 727-825-1009</p>
	<p><b>Patti Wolfinbarger</b>, Supervisor, 727-820-7880/ patricia.wolfinbarger@baycare.org</p>