

# Faith Community Nursing

BayCare

November 2023

# Newsletter

## BayCare Faith Community Nursing Honors Our Military on Veterans Day

Thank you for serving our country in the US Armed Forces and we appreciate your continued service as a Faith Community Nurse or Congregational Health Promoter in your faith communities. Many listed a significant military assignment:

- **Capt. Therese Belardi**, US Army Nurse Corps; Walson Army Hospital, ICU/CCU, Fort Dix, NJ; Fort Drum, NY and Fort Sam Houston, TX.
- **Maj. Joyce A. Brown**, 30 years, US Army Reserve (USAR). First Director of the Army LPN Corp in St. Petersburg.
- **Capt. Barbara Caleca**, 8 years, US Army Nurse Corps Reserve, 21st General Hospital.
- **Capt. Rosalind Corbo**, 6 years, USAR, 94th General Hospital, TX; Operation Desert Shield/Desert Storm, Germany.
- **Sgt. Megan Dickinson**, 4 years, US Marine Corps, Field Radio Operator/Martial Arts/NBC Instructor, Okinawa, Japan.
- **Capt. Katherine Donahue**, 5 years, US Air Force (USAF); Philippines, Homestead, FL; OB/GYN, Med-Surg, Flight Nurse.
- **Lt. Dana Green**, 10 years, US Navy (USN); earned an ROTC scholarship and was commissioned as an officer at a time when women were not allowed to be assigned to combat vessels. Bureau of Personnel in Virginia, placement officer for the White House Social Aide Program. Worked with the Chief of Naval Operations at the Pentagon during Desert Storm.
- **Capt. Christine Gruschkus-Wright**, Retired, 25 years active duty, USN, Perioperative Nurse. Camp Lemonnier, Djibouti, Africa.
- **Lt. Dr. Kim Hickman**, 3 years active duty, US Army Nurse Corps, Walter Reed Medical Center.
- **Kelvin Jones**, Retired, USAF, Medic
- **Maj. Janie Johnson**, Retired, 22.5 years, USAFR, flight nurse instructor/examiner; Operation Desert Shield/Storm, Saudi Arabia; Operation Enduring Freedom, Afghanistan, Bagram, Airbase. Deployed to New Orleans Post Hurricane Katrina.
- **Maj. Dave Kotun**, Retired, 27 years, USAF, Physician Assistant. Primary Care Flight Commander for MacDill AFB, Tampa. Served two tours in Europe and two humanitarian missions to Africa.
- **Sgt. Paul Laurence**, 6 years, USA. Army Security, Vietnam.
- **Lt. Co. David Meek**, 30 years, USAF/Air National Guard; first air refueling unit in Desert Shield (Saudi Arabia) and 32 combat missions in Desert Storm.
- **Maj. Linda McKinney-Wilson**, 22 years, US Army Nurse Corps.
- **Maj. Dr. Regina Mirabella**, Retired, 15 years, New York State Army National Guard, Combat Medic; USAR; Fort Bliss, El Paso, TX.
- **HM2 Sr. Sara Proctor, DW**, 3.5 years, USN Hospital Corps, OR Tech; Portsmouth Naval Hospital, VA, during the Vietnam War.
- **Col. Theresa Rodriguez**, Retired, 28 years, USAF, Japan, South Korea, Hawaii, England.
- **Maj. Dina Sine**, Retired, 20 years, US Army Nurse Corps, Ft. Still, OK
- **Capt. Barbara Stockton**, 14 years, USAFR, Flight instruction officer for flight nurse training; Desert Shield/Desert Storm. Received Captain pin in the desert of Desert Storm.
- **Lt. Col. Margaret E. Strickland**, 22.5 years, USN Nurse Corps/USAF Nurse Corps, FL, VA, AL, CA, HI, MD, Iceland. Active in the Society of Air Force Nurses.
- **Maj. Annie "Penny" Thornton**, 26 years, USAR, Casualty Assistance. Drug Prevention Team Educator & created the theme song; Desert Shield/Desert Storm, Operation Enduring Freedom.
- **Cdr. Sherrilyn Turner**, Retired, 22 years, USN, Med-surg, orthopedics, ER. Became Women's Health NP/Nurse Midwife in 1979.
- **MSG. Cathrine Washington**, Retired, 30 years, USAR, Desert Storm; Humanitarian efforts in Central America.



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.



## Celebrating Hispanic Heritage Month

In honor of Hispanic Heritage Month, Faith Community Nursing (FCN) was involved in events supporting the Hispanic community. The Hispanic Chamber of Commerce Tampa Bay (HCCTB) sponsored an event at the Ana G. Mendez University on October 7. BayCare Kids, Community Health and the FCN team attended. FCN provided stroke screenings, education on stroke prevention, cholesterol, and advance directives. Pictured (clockwise) Laurie Grimm (seated), Community Health; Back left, **Ani Vazquez-Womack**, Congregational Health Promoter, Sylvia Valentin and Sr. Sara Proctor, both with Community Health. Pictured Middle: Nykol Rodriguez, Miss Latina Tampa Ambassador, Ashley Garcia, Miss Teen Latina, FCN **Sharon Cesare**, CHP **Ani Vazquez-Womack**, Flavia Mandado, Miss Pre-teen Latina.



The Hispanic Commission of Our Lady of the Rosary Catholic Church in Land O' Lakes held an Informational Fair of Hispanic Resources on Saturday, October 14. **Melissa Troutman**, FCN Coordinator, pictured left, enjoyed participating and engaging with the attendees. She shared information in English and Spanish on many of BayCare's resources, including GIFT, DEEP, the Health Care Navigators, and Medication Assistance Programs. She had conversations with attendees about the importance of advance directives and offered forms and conversation starter guides. Give-a-ways included pill boxes and weekly pill organizers, in Spanish. It was a wonderful event with many of the attendees eager to learn about community resources.

## Faith Community Nursing in the Community

**Melissa Troutman**, FCN coordinator, pictured, attended Quail Hollow Elementary School's Open House on September 7. Located in Wesley Chapel, Quail Hollow is home to one of **Feeding Tampa Bay's Feeding Minds** school pantries. It was wonderful to see so many families in attendance and actively involved in their child's education. Melissa distributed BayCare tote bags, reflectors, education on nutrition and helping children cope with stress, as well as **FindHelpFL** and BayCare Community Resources brochures.



FCN was instrumental in bringing *Healthy Steps for Older Adults*, an interactive fall prevention class taught by the YMCA to the Barksdale Center in Tampa. The class actively engages the participants to think about their surroundings and risks. There was discussion regarding each room in the home and potential concerns. The YMCA presenter, Nancy, used many props to provide visuals and keep it engaging. Medication safety and proper disposal was reviewed. She shared tips for talking with your medical provider about aging and safety. Nutrition was also discussed, encouraging a balanced diet with plenty of fruits and vegetables. Handouts detailing seasonal produce and freshness were provided. Bone health and fracture risks were discussed, and other resources were provided. Nancy, pictured in the dark pink top, is shown assessing the balance of an attendee. She concluded the class demonstrating three safe ways to get yourself up if you were to fall.





## Honoring Life

Community partner, **Options for Women (OFW) Pregnancy Help Clinic**, held their annual fundraiser, *Vision for Life*, September 28, at **First Presbyterian Church of Lakeland**. FCN volunteer **Kathleen Sabatino**, who has worked at Options for the past 18 years, was featured in a video presentation shown at the event for touching so many lives with her dedication to serving the most vulnerable.

Hazel Felix, FCN coordinator, Kathleen Sabatino, Marilyn Paul, OFW Executive Director, and Lanet Owen, FCN coordinator. Far right, BayCare team members Nicci Lambert APRN, Suzanne Gray, FCN, Chaplain Nannette Medero, CHP, Sara McNamee, FCN supervisor, holding the OFW sign, Litisa Davis, FCN coordinator and Marie Cofrancesco, FCN.



## Spiritual First Aid presented to Mom's Group



During the COVID pandemic, Sara McNamee, FCN supervisor, became acquainted with Bobette Mosley, RN, WHH, ER manager. Bobette championed FCN from the time they met and mentioned that her daughter Dallas, was part of a mother's group held at Heartland Church, Winter Haven, and suggested FCN could provide education to the group. Dallas (pictured with daughter Ensley) invited Sara to attend their October 5 meeting. Trusting in God's purpose, Sara used the *Spiritual First Aid* workbook, from the Humanitarian Disaster Institute, and turned it into a presentation. Since the content focused on children and trauma, Sara asked Cedric Forehand, BayCare Behavioral Health specialist to co-present. Cedric, who had very little time to prepare, captured the attention of everyone in the room. He expounded on the information and thoughtfully answered audience questions. His wisdom and genuine kindness allow for approachability, essential for therapeutic communication. Thank you to Cedric, Dallas, and the moms of Heartland Church.

## Stroke Prevention Education and Senior Outreach



Congratulations to **Winter Haven Hospital** for achieving DNV recertification as a designated Stroke Center. FCN is honored to be a part of this process; working alongside our BayCare team members to prevent strokes and provide timely excellent care to those who experience a stroke. FCN provided stroke prevention education at the Polk County Government Employee Health Fairs in both Bartow and Winter Haven during this 3-day event in October attended by over 500 county employees. Pictured, top left, at the Winter Haven events, Eloy Rodriguez, Health Navigator, **Sara McNamee**, FCN supervisor, and Amanda Jammel, physician advocate, BayCare Medical Group, FCN volunteer **Kelvin Jones** (top right) assisted **Hazel Felix** (not pictured), FCN coordinator. **Lanet Owen**, FCN coordinator, covered the event in Bartow.

**DID YOU KNOW?** FCNs provide on-going BP monitoring and stroke prevention education at eleven different community centers in Polk County. **Winter Haven Senior Center** director, Jackie Richardson, keeps the seniors active as seen here dancing with Nestor Resto at the center's luau event, September 29.



## Neighborhood Café at North Greenwood Serves and Creates Community

**Neighborhood Senior Café at the North Greenwood Recreation Center** in Clearwater offers adults 60 and older a fun place to socialize and enjoy a hot nutritious meal. They also offer participants informational programs, entertainment, and activities. **Kameelah Diggs** and **Melinda Bynum**, FCN coordinators, have been visiting the North Greenwood Recreation Center providing health prevention and education, blood pressures, and brief interactive chair exercise classes. The seniors are full of life and so excited to interact and learn. The nurses are able to screen participants and refer them to appropriate services as needs demand, all while having fun! For this and many other volunteer opportunities in the community, please contact the FCN office.



(Top left) Melinda Bynum teaching chair exercises to the attendees of Neighborhood Café in August. (Top right) Kameelah Diggs offering information and education to attendees in September. (Bottom left) Attendees at the Neighborhood Café enjoy their meals and social time. (Center) Kameelah and an attendee pose after a group activity. (Right) Kameelah setting up screenings while attendees enjoy their meal and games.

## Come&See Update: Upcoming Event in Pasco County

Our Come&See event in North Pinellas County was held on October 27 at Mease Dunedin Hospital. The date falls close to publication time of this newsletter, so please look forward to a full write up in next month's issue. Meanwhile, plan to attend our Pasco County *Come&See* event on November 30 at Morton Plant North Bay Hospital. Keep an eye on your emails for further details and invite!



## Mission fair highlights the importance of being a servant leader

**First Presbyterian Church of Sarasota** held their first mission fair since COVID-19 on October 1. There were opportunities to feed the hungry, help the homeless, support farm workers, work for justice, support children, work in the church office, and support health ministry. **Cheryl Track**, RN-BC, (pictured) FCN volunteer at the church, shared about health ministry, and recruiting volunteers for respite care, meals and transportation. Cheryl also promoted the upcoming BayCare Congregational Health Promoter training, hosted by FCN. Pastor Tim encouraged everyone at the fair to sign up for one opportunity. Volunteering is good for your health!



*If your gift is serving others, serve them well. If you are a teacher, teach well. If your gift is to encourage others, be encouraging. If it is giving, give generously. If God has given you leadership ability, take the responsibility seriously. And if you have a gift for showing kindness to others, do it gladly. (Romans 12:7-9, NLT)*

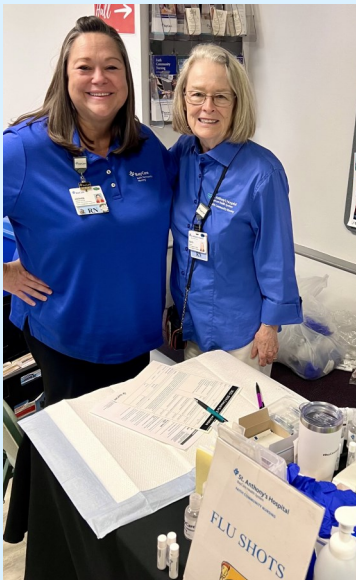
## Beautiful things come together one stitch at a time ~ Unknown

**Pat Wiley-Ramirez**, FCN volunteer at **Grace Community Church**, Sarasota, spent many hours creating the beautiful quilt pictured here, filled with notes from other nurses, as a tactile and spiritual gift for someone battling cancer. This was the patient's heartfelt response:

*"This one took my breath away and once again gratitude spilled out of my eyes...this quilt is from the nurses I work with. One of them sewed it, and everyone else wrote something inspiring on it for me....Oh I ugly cried...Cancer is such a monster and it can consume so much of our life. But every now and then you get to experience moments like this that are beyond humbling..."*



**Daylight Savings Time ends  
Sunday, November 5.  
Adjust your clocks back  
one hour.**



(Left) Flu vaccination clinics have begun! **JoLinda Schrag** and **Sandy Beall** gave Influenza vaccines at their church, **St. Pete First United Methodist** October 15, throughout their three morning worship services. If you are interested in FCN hosting a vaccine clinic in your faith community, contact your FCN coordinator.

## Volunteer Opportunities and Events in November

- Wednesday, 11/8: **Congregational Health Promoter (CHP) Training** (virtual), 9am-1pm. Contact **Ruby Hope** (Ruby.hope@baycare.org) for more information.
- Thursday, 11/9: **Come & See!**, 1:30-3:30pm, SAH Classrooms C&D. Details will be emailed.
- Thursday, 11/16: **BLS Recertification**, 9am-1pm, SAH Auditorium. Contact your FCN coordinator to register.

## Clinic Happenings: La Esperanza and San Jose Mission by Nora Graham, RN, FCN



**Blessed Sacrament Catholic Church, Tampa**, held their 14th Annual International Festival on October 15 in honor of Hispanic Heritage month. The event celebrated the people and cultures from Latin America. There were many international dishes to try, music, dancing and activities that represented many nations. **Soledad Flores, RN, FCN** and **Nora Graham, RN, FCN**, provided



blood pressure screenings and promoted the clinics for the first time at this event. Pictured, Soledad sitting at the Clinics resource table; Nora in traditional dress, taking a blood pressure and talking with attendees at the event.

**Education Calendar:** All classes are virtual and submitted for Nursing CE, unless indicated. Registration and Meeting links are sent via email. Register for classes to ensure you receive handouts prior to the class date.

Date	Time	Class Title/Topic	Presented by
11/9 Thurs	10am-12pm	<i>Spirituality and Aging</i> (1 CE)	<b>Rev. Michele Brown, BSW, MDiv, BCC</b> Mease Dunedin Hospital
11/14 Tues	4-5:30pm	<i>Lung Cancer Screening and Prevention</i> (1 CE)	<b>Katrina Goodrich, BSN, RN</b> Lung Cancer Screening Coordinator Malcom Randall Department of Veteran's Affairs Medical Center
12/5 Wed	6:30-8pm	<i>Substance Use Disorder, Stigma and Support</i> (60min)	<b>Sam Picard</b> , Community Engagement Coordinator, BayCare Behavioral Health <b>Sonya Bufe</b> , Manager, BayCare Behavioral Health <b>Guillermo Tremols</b> , Executive Director, Florida Harm Reduction Collective <b>Tim Santamour</b> , Director Outreach, Florida Harm Reduction Collective <b>Jennifer Webb</b> , Executive Director, Live Tampa Bay
12/20 Thurs	10am-12pm	<i>What Does Normal Mean Anyway?</i> (60min)	<b>Valeria Moore, PsyD</b> Manager, Behavioral Health Clinical Programs, Mease Dunedin Hospital BayCare Behavioral Health
1/17 Wed	6:00-8:30pm	<i>Medical Errors</i> (2 CE Renewal class)	<b>Kay Coulter, RN, CRNI, VA-BC</b> Infusion Knowledge, Inc.

<b>East Region:</b> Hillsborough  <b>West Region:</b> Polk, Hernando, Citrus, Pasco, Pinellas Manatee/Sarasota	<b>St. Joseph's Hospitals (SJH), BayCare Hospital Wesley Chapel (BHCW);</b> <b>South Florida Baptist Hospital (SFBH);</b> FCN office fax: 813-357-0815 <b>Linda Wilkerson</b> , Supervisor, 813-757-8006/ linda.wilkerson@baycare.org <b>San Jose Mission and La Esperanza Clinics</b> <b>Stephanie Morrison</b> , Supervisor, 813-419-1929/ stephanie.morrison@baycare.org <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 <b>Morton Plant Mease Hospitals (MPM);</b> FCN office fax: 727-333-6173 <b>St. Anthony's Hospital (SAH);</b> FCN Office fax: 727-825-1009 <b>Patti Wolfenbarger</b> , Interim Regional Supervisor, 727-820-7880/ patricia.wolfenbarger@baycare.org	<b>FindHelpFlorida.com</b>  is an online platform that will allow you to connect those in need to local social service organizations. Search by zip code.