

Faith Community Nursing Newsletter

Blessed to Be a Blessing

I have been pondering of late what it means to be a blessing to others. In the Beatitudes, found in Matthew 5:3-12 and Luke 6:20-23, the term *blessed* is used to describe the 'inner quality of a faithful servant.' It is a spiritual state of well-being and prosperity - a deep, joy filled contentment that cannot be shaken by poverty, grief, persecution, war or tragedy (gotquestions.org).

This past year, COVID-19 has shaken us to the core of our being. Many have experienced the pain of suffering, loss, and grief in isolation. As Faith Community Nurses, we minister by walking along side, by being a shoulder to cry on, or a helping hand that encourages and empowers. This has been a year of re-envisioning FCN, maintaining our focus on the intentional care of the spirit, and empowering those we serve to regain wholeness of body, mind and spirit. How appropriate that 2021 is the 30th anniversary of Faith Community Nursing at BayCare Health System. It begins a new era for this sub-specialty of nursing practice that our foundress, Sr. Dolores Thorndike, OSF, would be immensely proud of, and we have indeed grown in ways she could never have dreamed!

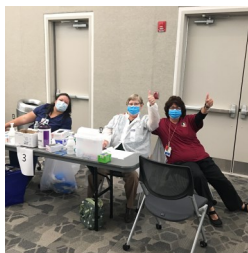
BayCare Health System (BCHS), true to our mission of providing high quality, compassionate care to all we serve, has been a leader in organizing COVID-19 vaccine clinics. Our FCN teams across the system have staffed many of those clinics on both sides of the bay, the BayCare System Office in Clearwater, and St. Joseph's Hospital in Tampa. To date FCN has given over 5,000 vaccines. There are no words to adequately describe the honor and privilege I feel working alongside such an extraordinary team of FCNs who, on short notice, can pull together staffing at two sites six days a week, eight to twelve hours a day. I often drive home overflowing with emotion as I think about the members of our community that I have encountered, from the 65 year old to the 103 year old! All throughout the day, I heard from both our nurses and those receiving the vaccine, what a "blessing" this experience has been! Our deepest and most heartfelt gratitude to the nurses (and CHPs) who continue to serve in various capacities and to BCHS who has blessed us by giving us the opportunity to be a blessing to others! ~ **Deb Rivard, System Director, FCN**



Look What's Happening with our Ambassadors of Health!



Linda LaComb-Williams preparing to vaccinate Dr. A. Trent Williams.



(L-R) **Stephanie Morrison**, ARNP; **Sr. Sara Proctor**, PA; and **Carmen Flores-Zeigler**, RN of San Jose Mission Clinic prepare to meet the day's challenge.

Linda LaComb-Williams, Faith Community Nurse (FCN), First Presbyterian Church, Brandon, is one of many FCNs, Congregational Health Promoters, and staff members to work at the COVID-19 Vaccination Clinics recently started at St. Joseph's Hospital. In an attempt to ramp up the clinics to give vaccines to team members, volunteers, and community healthcare workers, many of the St. Joseph Faith Community Nurses, Congregational Health Promoters and members of the FCN staff heeded the call. Many of our volunteers have served on multiple dates and times, giving freely of both their time and skills. How can we ever thank you enough for all you do for us, your churches, and your local communities? We put out the call for help, and you answered in droves!! We want to thank each and every one of you for helping to support this life-saving cause. It is an increasing mission that we will continue to support for the foreseeable future as we widen the goal of vaccinating those in the community, and we couldn't do it without all of you. Your dedication is impressive. Romans 12:4-6 says, "For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others. We have different gifts, according to the grace given to each of us." In short, Community fosters love, and Community is life-giving because we are better together than we are alone. Whether you're the nurse that administers the vaccine, a non-clinical person who helps each individual register or cleans their chair, or enters data into a database, together we are all members of God's community and have and will continue to accomplish a lot!! As we continue to press on in the coming days and months, know that what you do matters, both individually and collectively. Blessings on each and all of you!

It's that time of year again...you know the date. It's the date when "love is in the air (cue music playing in the background)!" On February 14th, we typically envision a romantic candle-lit dinner with our significant other, complete with flowers and a gift. Or maybe, just an intimate dinner at home. However, for many of us, there is no "significant other" to share this special day with, and it can be a lonely reminder that those days are gone forever. This has been an especially long, chaotic year full of stress. Many of us have lost friends and loved ones, COVID-19 has consumed our lives, and the fact that many have been alone in their homes for extended periods of time has taken a toll on them physically, mentally, and emotionally. May I suggest that regardless of your current situation, please check on your friends and make sure they are all right? Perhaps you can invite a few over (social distancing, of course!) to share your own Valentine's meal or fine dessert. Love is love...whether romantic or just as God's children. Share a little love today...you (and they) will be glad you did!



On time statistics winner for December is **Diana Lyle**, FCN at Christ Our Redeemer Lutheran Church, Temple Terrace, FL. Diana received a copy of "*Weary Joy, The Caregiver's Journey*," by Kim Marxhausen, as a gift. From Linda, Darlene, Lora Beth and I, thanks for getting your stats in on time. Congratulations, Diana!

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Fulfilling The Mission



The New Year provides opportunities for all of us to share our time and God given talent. The Polk County Faith Community Nursing program continues to be blessed with professionals and volunteers who use their God given gifts in the service of others. FCN Scope and Standard of Practice, *Standard 17*

Environmental Health states: “the faith community nurse practices in an environmentally safe and healthy manner” (page 81). For the past 11 months, faith community nursing has been called to live out many of our standards of practice while ensuring that intentional care of the spirit remains at the forefront of our ministries during this time.

Lord Jesus Christ, our Divine Physician, we ask you to guard and protect us from Coronavirus COVID -19 and all serious illness. For all that have died from it, have mercy; for those that are ill now, bring healing. For those searching for a remedy, enlighten them; for medical caregivers helping the sick, strengthen and shield them. For those working to contain the spread, grant them success, for those afraid, grant peace. May your precious blood be our defense and salvation. By your grace, may you turn the evil of disease into moments of consolation and hope. May we always fear the contagion of sin more than any illness. We abandon ourselves to your infinite mercy. Amen. ~Pedro de la Cruz

Growing Faith Community Nurse Outreach



Polk County Faith Community Nursing (FCN) served at the Christmas Celebration held at the International Christian Church in Lakeland, on December 25th. Those in attendance received a free meal and a bag of groceries. FCN’s performed blood pressures and vision screening. Toiletry items and socks were also given out to those in need. This was the third year that **Stacey Santiago**, Faith Community Nurse with Heart of the Father Ministry, has attended and arranged for faith community nurses and other Bartow

Regional Medical Center staff to volunteer at this event. Pictured left (L to R): **Lanet Owen**, Zia (Stacey’s daughter), Stacey, Clint Shoupe, Amy Davis, and Linda Purdy. Pictured right: Faith Community Nurse **Constance Chunn**, while volunteering at the Winter Haven Mission on January 5, shared her expertise as a Care Coordinator. She accessed a much needed dental appointment for a client who happened to mention that he could not eat properly due to the condition of his teeth. As a professional nurse, Constance’s knowledge and ability to connect the client to care demonstrates the spirit of service that is the foundation of Faith Community Nursing.

Intentional Care of the Spirit/Health Promotion

Community partner and retired nurse Shirley Horton answers God’s call by serving those in her congregation at St. John’s United Methodist, Winter Haven. Recently, Shirley borrowed the Polk FCN program’s “Handwashing Box” to teach the preschool children the importance of proper hand washing. Shirley shared laminated bathroom mirror cards for each child as a reminder to sing “Jesus Loves Me” as they wash their hands. She not only loves the preschoolers but has made sure that she keeps her fellow seniors informed with the latest news regarding availability of the COVID-19 vaccines in our local area. *Thanks for our wonderful volunteers.*

Contact Info: Polk County FCN Program

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New Year's Resolution: A Letter to the Congregation

*The letter below represents the essence of one nurse's New Year's message to her congregation, a reflection on her own vulnerability, resilience, and the importance of spiritual self-care. This adaptation of her full letter, which was published in her church's newsletter last month, was approved by **Carla Creegan, MSN, RN** (Chapel by the Sea, Clearwater). Thanks, Carla!*

This is the time of year that I often feel the need to renew my commitment to self-improvement. I am a creature of habit and always looking for ways to improve my habits. So how do I decide each year what to improve? In past years I focused on the traditional diet and exercise montage with changes to embrace the latest fad (if I thought it healthy enough and sustainable). This typically works to keep me in my current-sized clothes and to satisfy my doctor at the semi-annual check-ins.

In 2020 I selected a new type of resolution – to continue a daily plan I had created in mid-2019 while going through a rough spot in my personal and professional life. I began to sink into an anxiety induced depression, and added devotionals and journaling to my daily prayers. Basically, I started my day on my knees and then proceeded to my desk for the reading and writing. As I conquered the anxiety and the depression began to dissipate, the daily ritual became as much a habit as making coffee and going for a morning walk. Incorporated in my prayers and devotions were gratitude moments, blessings of all my sick or suffering friends and blessings for my family, just as I did as a child, each by name. As I rose from the prayer to read the daily devotionals, I went to my little notebook and devotional book in the kitchen. While sipping on fresh-brewed coffee, I contemplated my prayer and wrote down how I would use the words of promise from the devotional to set my day. The contemplation became words on paper that I journaled in a note to my husband, always ending the note with something I am grateful for—something as big as being grateful for a clean mammogram to as tiny as getting a little kiss from the dog next door.

So now, here it is 2021 and this daily ritual is a well-formed habit. I have even created a special place next to my coffee pot where all of the devotionals sit, the notebook and my personal trinkets of worship (yes I said trinkets) — ink pens with bling, a fancy cookbook stand to put everything on, peace signs made of feathers, and a dish towel hanging nearby with the statement that says “*All I need is a little coffee and a whole lotta Jesus.*” I would say my little area in the kitchen is kitschy and not very “high church,” but it reminds me of my grandma, so it is sacred space in my home.

Now what? I want to keep doing this – can it be a resolution again? Should I craft a resolution to help someone besides me? Could *this* help someone besides me? I've had lots of contemplation about this 2021 resolution. Then Sunday when our pastor passed out our words and mine was FOCUS! Here is my answer, it is yes! I am going to continue my daily praying and devotionals with journaling. I may share some with the congregation. The real message for me is to drive back my FOCUS to being your Parish Nurse. We had classes together, a monthly article in the Chapel Chimes and then COVID quieted my “good news” about health and wellness and I moved into crisis mode both at work and in our Chapel. Chapel friends – let's get back to health and wellness and have some fun conversations about enriching our lives through knowledge about our bodies and improving how we feel inside and out!

There it is I have my resolution: I will get back to being your Parish Nurse 100% and we will talk about some things other than COVID, on Zoom and at the Parish Nurse table after church. Send me your ideas and look for a schedule soon. Wear a mask, social distance and meet me at my table! Praying for your health and a wonderful 2021! - *Carla*

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Faith Community Nursing in Action

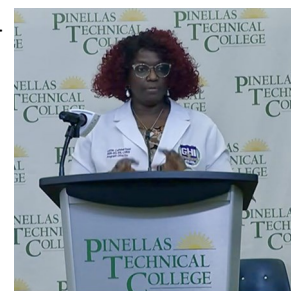


Sister Dolores Thorndike had a vision in 1991 of a thriving Parish Nursing program that would reach the needs of the community in St. Petersburg and beyond. Little did she know then that the program she began at St. Anthony's Hospital would grow to touch the hearts and lives of so many. One such nurse who answered the calling is **Robyn Kremer**, RN, Faith Community Nurse at Blessed Sacrament Catholic Church in Seminole. The Diocese of St. Petersburg recently published an article titled *Healing Ministry Seeks to Meet Emotional, Physical and Spiritual Needs* highlighting the work Robyn has done to begin growing the health ministry program at her church with the support of Father Rick Pilger, pastor of Blessed Sacrament.

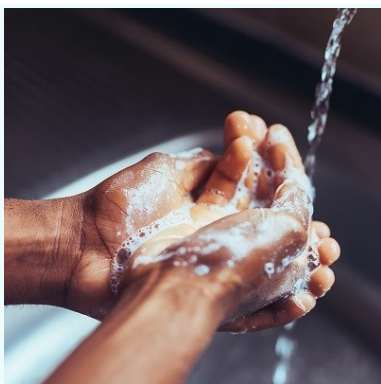
This article provides a perfect example of the importance of a partnership between clergy, faith community nurse and the hospital-based FCN program to successfully meet the needs of the people. The article is available to read on the Diocese website: [Healing Ministry Seeks to Meet Emotional, Physical and Spiritual Needs – Diocese of Saint Petersburg \(dosp.org\)](https://www.dosp.org)

Answering the Call to Become a Nurse

The decision to attend nursing school is not one to be taken lightly as nursing is a calling to compassionate care. On January 8, 2021 Pinellas Technical College graduated 21 newly pinned Practical Nursing students. **Lottie Cuthbertson**, MSN-ED, RN, the current West Central Region Director of the Florida Nurses Association and Faith Community Nurse at Pinecrest Park Church of Christ, was asked to deliver the keynote address to the graduates. Lottie reminded the class that becoming a nurse is a conscious commitment to patient advocacy and encouraged them to be persistent and intentional in their careers. What a wonderful, and well-deserved honor!



A 20-Second Prayer During Handwashing



By Rabbi Joseph Meszler
<https://reformjudaism.org/beliefs-practices/prayers-blessings/20-second-prayer-during-handwashing>

*As I take up my hands
 to wash them and
 reassure my heart,
 I pray for healing and wholeness
 for the whole world.
 I remember that every life
 is unique and of infinite value:
 from those living
 on the most remote part of the globe
 to those in our cities
 to our neighbors and family members.
 Let me use my hands for good
 to help bring love
 and compassion to others.*

"Let us lift up our hearts and hands to the Eternal." (Lam 3:41)



Judi Prime-Sayles after receiving the first dose of the COVID-19 vaccine.

Contact Information: St. Anthony's FCN Program

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 FCN Dept, MS 2021
 1200 7th Ave N
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Virtual Continuing Education Classes

Date	Time	Topic	CE	Presenters
2/25 Thursday	12-1:30pm	NAMI (National Alliance on Mental Illness) - <i>anxiety will be discussed</i>	1.5	Jo Dee Nicosia, Director of Programs NAMI Pinellas County Florida, Inc.
3/9 Tuesday	11am-12pm	Diabetes Management: Resources & COVID-19 Considerations	1	Dianna Thomas Certified Diabetes Education Coordinator LifeHelp– St. Anthony’s Hospital
3/16 Tuesday	3:30- 5:30pm	Renal Failure/Dialysis	1.5	Prakas D’Cunha, MD (Nephrology) Renal Hypertension Center & MPM hospitals

REGISTRATION FOR ALL EDUCATION EVENTS: an email from Andrea Rose will be sent to you two weeks prior to the class that will include a flyer with learning objectives, a Registration link, and the MS Teams “Join Meeting Link.”

(Tip: if you do not see an email in your inbox, check your spam folder)

Virtual Safe Sitter Course for 6th-8th Graders

This **FREE** two-part Safe Sitter course, open to students in grades 6–8, is designed to prepare students to be safe when they are at home alone, watching younger siblings or babysitting. Both classes are held virtually on Microsoft Teams from **10am-1pm**:

Part 1: **Friday, March 19**

Part 2: **Saturday, March 20**

Topics covered: basic information on child development, childcare routines (including diapering practice), behavior management, how to set fees and greet employers. Students also learn injury prevention/ management, choking rescue, indoor/outdoor safety, online safety/personal safety and CPR. Participants will receive a free T-shirt, back sack, instruction book, and a mini Annie Manikin to learn and demonstrate CPR.



Please register by March 5th to receive supplies in time for class. Contact Ruby.Hope@baycare.org

COVID-19 Vaccination Clinic Honor Roll

Thank you to the following COVID-19 Vaccination Clinic Volunteers. Those pictured on the front page are bolded below:

Tess Ackerman, Maureen Adamson, Kenia Aguilar, **Neppie Alexander**, Bobbie Anderson, Yesi Aviles, Barbara Baker, Barbara Barden, Barbara Bass, Sandy Beall, **Lisa Booth**, Mary Brigati, Barb Caleca, Donna Connors, **Marcia Cornell**, Donna Cotter, Tina Coyle, **Georgia Cuthbert**, Carol DiMura, **Carmen Flores-Zeigler**, **Lucille (Lu) Garrett**, Renee Gausche, **Katrina Goodrich**, Charles Goss, Cathy Gunn, Dawn Halverson, Lorretta Hampson, Corinna Harshaw, Donna Herbert, **Ruby Hope**, **Kathy Johansen**, Susie Juarez, Marci Kerr, Dave Kotun, **Donna Kremer**, **Linda LaComb-Williams**, Christine (Chris) Lutocka, Linda Matta, Dani McAuliffe, Sara McNamee, Maribeth Meurer, **Stephanie Morrison**, Pat Mullarkey, Vicki Murante, Jim Nadar, Eileen Nolan, Linda Oakley-Hankins, Pat Ogden, Lanet Owen, **Anna Pavlidakey**, Sr. Sara Proctor, **Lora Beth Reece**, Debbie Rivard, Marlene Rivera, Theresa Rodriguez, Julie Rose, Johanna Scheimann, Magda Setzer-Podowski, Rita Sewell, Diana Shuman, Heidi Stein, Latrese Taylor, Judy Valleri, **Lavina Ward**, Carla Williams, Marla Winn-Wicht, **Darlene Winterkorn**, **Patti Wolfenbarger**, and Jamie Yager

– We appreciate all of you!