

Faith Community Nursing

BayCare Health System

July 2022

Newsletter

Summer Safety Tips for Seniors

As we age, we lose our ability to naturally adjust to the heat. Seniors also lose their sense of thirst and many perspire less, losing our natural way to regulate body temperature. Because of this, it is important for seniors and those who love them to follow these summer safety tips:



Stay Connected. Check on family and neighbors throughout the summer, particularly those who do not use air conditioning. If your loved one does not live nearby, see if a local neighbor can occasionally check in. Write up a list of key emergency numbers, so that if an issue *does* occur, the right people are quickly notified.

Keep Cool. Seniors and others who have been diagnosed with serious chronic health conditions can find summer temperatures exacerbate their conditions. Make plans with your loved one to visit air-conditioned places like a library, senior center, or the mall. Not only does the climate control give them a break from the heat, but it allows for exercise and socializing in a safe and cool environment.

Stay Hydrated. Seniors often find their feeling of thirst decreases as they age. By the time a person feels thirsty, they may already be dehydrated. Seniors should drink water often and caregivers should ensure that they bring water with them whenever they leave the house. In addition, individuals living with Alzheimer's or other dementia may even forget to drink water, so it is important to remind them to drink water throughout the day. If seniors are exercising or performing actions that cause them to sweat, make sure that they are drinking beverages that include salt and potassium to replace minerals they lose through their sweat.

Recognize the signs of heat stroke. This is one of the most important summer health tips for seniors. Watch for signs of heat stroke including confusion, dry skin (*i.e. not sweating in a high temperature environment*), headache, lethargy, nausea, a rapid pulse, and/or a body temperature over **104°F**. If you see these symptoms, seek immediate medical attention.

Excerpted from crossroadshospice.com/hospice-resources/education-for-families/four-summer-safety-tips-for-seniors/

Audition Dates

Use your acting skills to promote end-of-life discussions! We will be casting for six characters, each portraying a key person in these types of conversations, including patient, family member, social worker and nurse. Come anytime during the two audition times: **July 26, 1-3 or 6-7:30pm**. The project includes three short vignettes that will be performed live throughout our BayCare service areas in senior living facilities, churches, and our hospitals. Swindle Medical Arts Building, 1601 W. Timberlane Dr. Plant City, 33563, Entrance B, Conference Room. If you would like further information on being a part of this exciting project, please contact **Linda Wilkerson** at 813-757-8006 or linda.wilkerson@baycare.org.



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.



Staff Retreat Day: Building on Our Strengths

The combined teams of Hillsborough County's FCN Department and Clinic Teams enjoyed a team support day at the Franciscan Center on June 1. The theme for the day was *Strengths*. After an opening reflection recognizing God as the one who has blessed us with our strengths, **Marie Murray**, BayCare organizational learning consultant, gave us a snapshot of our strengths as teams, based on the results of the *CliftonStrengths* assessment. She led us through activities that helped us envision the future, and to strengthen us spiritually and emotionally. Time for self-care was provided as we enjoyed the beautiful grounds along the Hillsborough River. To build our own physical strength, **Rebecca Piatt**, BayCare Group Fitness Instructor, provided us with 45 minutes of strength building exercises. The day was wrapped up with a beautiful reflection on Philippians 4:13, *I can do all things through Christ who gives me strength*.

Pictured: **Darlene Winterkorn**, FCN coordinator; **Soledad Flores**, La Esperanza Clinic.



Congregational Health Promoter Program Grows



We are excited to announce that **Danine Gruber**, **Bridge Worship Community** in Valrico, and **Anamaria Vazquez Womack**, partnering with the FCN department, have completed the Congregational Health Promoter (CHP) requirements for BayCare's Faith Community Nursing program! This 6-hour virtual course is based on the teachings of the Church Health Center's Model for Healthy Living (MHL). The MHL can be used as a tool to encourage a balance between all aspects of life through whole person care and improves the capacity of the faith community or community organization to respond appropriately to the needs of its members through health ministry. The next class will be held on August 13, 2022. For more information, please contact your program coordinator, or **Darlene Winterkorn**, FCN coordinator, at 813-357-0875.

Pictured: **Danine Gruber**; **Linda Wilkerson**, FCN supervisor; **Anamaria Vazquez Womack**.

Village Presbyterian Church Health Ministry



Village Presbyterian Church (VPC), Tampa, provides food to hundreds of families twice a week. When their food pantry was closed for a week due to needed renovations, they decided to provide a resource fair in the cool of the sanctuary. Along with vendors such as **Meals on Wheels**, **Veteran Affairs**, and **Oasis Pregnancy Care Center**, **BayCare's Community Health** and VPC's Health Ministry Team (pictured) were in attendance. They provided 44 health screenings and information on various health topics, including advance directives. With this break in the usual drive-through pantry, we are reminded of the story of the lame man in Acts 3. His daily trip to the temple gate turned out to be a day where his life was forever changed. The mission-mindedness of VPC, in not only helping people in poverty, but helping them out of it is evident in the life of this Carrollwood area church. *"People are poor not primarily because they lack financial resources but because they lack meaningful access and belonging to a redemptive community."* J.D. Walt.

Pictured left to right: **Elaine Richard**, **Joyce Short**, **Pam Thompson**, Village Presbyterian Church Health Ministry Team.

Twenty Mental Health First Aiders trained!



A special *Thank You* to our health ministry partner, St. John’s United Methodist Church in Winter Haven for hosting **Mental Health First Aid (MHFA)** training on Saturday, June 11. Two classes were taught simultaneously, Adult and Youth. A total of 20 participants were in attendance and completed the 8-hour Mental Health First Aid training. The Polk County Faith Community Nursing program wants to recognize the following people for making this training a success: Tracy Daniels, expert in all areas of MHFA training, led the Youth session; **Kathy Johansen**, faith community nurse (FCN) joined **Lanet Owen**, FCN in leading the Adult session. **Amy Davis**, FCN, graciously volunteered her time at the registration table and helped with the logistics for serving snacks and lunch. Amy is in the process of completing her DNP. She has a required 1000 clinical hours that is a combination of project research implementation, project data analysis and advanced practice community health. Her project focused on improving advanced care planning for older adults in primary care.



Sharing Books - Fostering Literacy



“Summer slide” is the tendency for students, especially those from low-income families, to lose some of the achievement gains they made during the previous school year. Preventing summer slide is most effective when community organizations—including schools, public libraries, community centers, parent groups, social service agencies, and others—work together to encourage kids to read, make reading fun, and to reach families about the importance of reading over the summer. Reading just 4 to 6 books over the summer has the potential to prevent a decline in reading achievement scores from the spring to the fall, so even small steps are very beneficial. Parents, caregivers, and other adults can help stem summer slide by reading themselves, as children that see adults in their lives reading often tend to read more themselves (2015). Many thanks to Mrs. Dry and her kindergarten students at St. Joseph Catholic School in Winter Haven. They collected books to stock the Little Free Library at Abbey Lane Apartments in Winter Haven.

cde.state.co.us/cdelib/summerslide

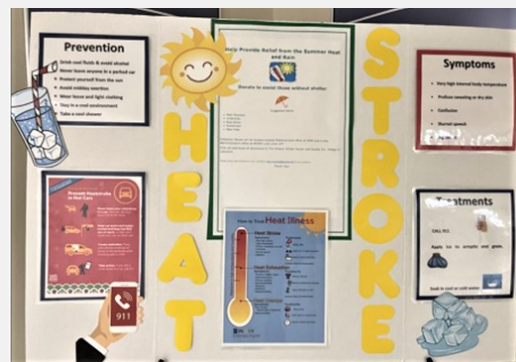
Acknowledgements

Congratulations to **Izora Bullock**, congregational health promoter, for winning the Health and Wellness category at the 2022 Virtual Rise and Shine Fundraiser & Awards Ceremony on May 24th. Hosted by the Tampa, Florida, Senior Connection Center, Inc, Izora was one of five individuals honored as a Salt and Pepper Outstanding Senior Award recipient. This year’s



theme was *Age Your Way*, celebrating May’s Older Americans Month. It is an honor to serve with her and have her as a health ministry partner.

Polk County faith community nurse (FCN) program has been focusing on Summer Safety. The program recently partnered with the Spiritual Care Department in promoting the need for summer safety items for those individuals without shelter. FCN wants to personally thank and recognize **Lucy Mendieta**, secretary, Spiritual Care. She designed the poster shown here, promoting summer safety prevention tips. FCN also wants to humbly THANK all Winter Haven Hospital team members who brought in items that will go to help those in need. What a blessing to see acts of service within our organization!



BP Screenings Returning in Churches

Many of you have resumed or are beginning BP screening events in your faith community, after taking a hiatus due to COVID social distancing precautions. **Darlene Admire**, Faith Community Nurse at **Spirit of Grace Lutheran Church**, is doing just that, stating, “It is so great that we are able to get back out there!” Spirit of Grace has two campuses, one in Hudson and one in New Port Richey. Darlene is running BP screening events at both campuses on a monthly basis with great success. Way to go Darlene!



We Are Made To Move!

BayCare FCNs equipped kids of all ages with rhythmic movement ribbons for a fun activity at the Pinellas County’s inaugural **Race Amity Day Celebration** held June 12 at Heritage Village in Largo. “Amity” means “friendship.” The purpose of this event is to provide an opportunity to learn about a variety of cultures and histories, and forge relationships across cultures, races, and ethnicities. **Neppie Alexander**, FCN supervisor, and **Kameelah Diggs**, FCN coordinator, shared information on stroke awareness including risk reduction, early recognition and rapid response, as well as promoting movement and physical activity as part of a healthy lifestyle. The day’s events featured children’s activities, community organizations, speakers, films about race amity, live music and dance performances. Food trucks offered “soul food,” Mexican food, and cross-cultural collard green queso!

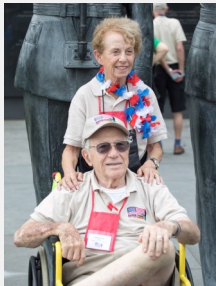


Far left: **Kameelah Diggs**, showing her skills with a rhythmic ribbon.

Middle: **Deneshia Smith and Amber Saunders** performed Native American Dances.

Right: **Juvenile Welfare Board of Pinellas** provided free books for children, jwbpinellas.org

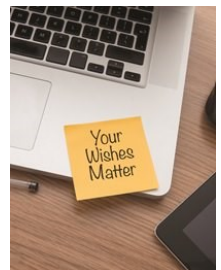
Honor Flight



Roz Corbo, Faith Community Nurse, and her husband, Tee, were participants in an Honor Flight of West Central Florida “Mission 42” on June 14, 2022. Roz stated, “it was one of the most amazing events of my life!” Approximately 100 Vets participated along with a guardian paired with each Vet for the day. The Honor Flight tour included visits to the Air Force, WWII, Korean, Vietnam, and Lincoln Memorials. Roz served in the US Army for 10 years and her husband, Tee, served in the US Army for 4 years. Returning home the same day to a huge “Heroes” welcome, the Clearwater Airport’s jetway was lined with hundreds of folks cheering their dedication and military service. Thank you, Roz and Tee, for your service.

Advanced Directives: Raising Awareness in the Community

Mease Life Senior Retirement Community recently hosted **Georgia Cuthbert**, FCN coordinator, who provided BayCare’s Advance Directive program, **Your Wishes Matter**. Twenty-three residents and staff attended this one-hour presentation, including plenty of time for Q&A with the audience. If you are interested in starting or continuing this conversation in your faith community, contact Georgia at 727-736-9761 for further details and to schedule a BayCare Advance Directive session now.



Real Talk: Heart and Brain Connection

Bethel Community Baptist Church in partnership, with the **Alzheimer's Association**, held an **Alzheimer's Community Forum** with expert panelists and special guests: **Traci Thompson, MD, Adria Stephens-Cook, MD** and **Keith Gibson**. They presented the latest information about dementia disparities, social, environmental, and generational factors that put our communities at risk, while de-stigmatizing this brain disease and providing compassionate ideas for caregiving. This forum provided an opportunity for attendees to be engaged in sharing experiences and asking questions, while getting the facts and resources, from local organizations like the **Department of Elder Affairs, Area Agency on Aging, Alzheimer's Helpline**, etc. The Brain Bus, which offers the community a more in-depth opportunity to see how the heart and brain are connected, was on site. Lunch & giveaways were provided by Humana. For information about Alzheimer's Disease, other dementias, and memory loss contact: **Makeba Huntington-Symons, MA**, Program Manager, Alzheimer's Association Florida Gulf Coast, 727-220-4446, mahuntingtonsymons@alz.org



Health Education Outreach

The counseling ministry at **First United Methodist Church of St. Petersburg (FUMCSP)** hosted an educational program to raise funds for their scholarship program. FUMCSP Faith community nurses, **Gwenn Gordon** and **Susie Young**



pictured, provided health resource information on health topics such as hypertension, diabetes and elevated cholesterol. Call us if you want to offer health education resources in your faith community!

The Lodges at Pinellas Park is a mixed income housing development that includes a range of educational and resource offerings to its residents. Amanda and Tammy, staff members pictured below, recently participated in the **American Heart Association CPR Anytime®** course, taught by **Lavina Ward**. This class allows anyone to learn basic life-saving skills



in about 20 minutes. Call us for more information about offering this class in your faith community!

Opportunities to Serve Our Community!

- **Feeding Pinellas** Tues or Thurs, 4-6:30pm
- **Burg Jam** Sun, July 24, 6-11 pm
- **National Coalition of 100 Black Women (TB Chapter)** Sat, July 30, 10am-1pm, Lake Vista Park
- **Junior League of St. Pete Back to School Care Fair** Sat, July 30, 8am-12pm, Johnnie Ruth Clarke Center

Call us at 727-825-1709 for details!



Join us for 30 minutes of conversation about what's going on in your health ministries. For your convenience, there are two ways to join us:

Virtual via Teams
July 12, 5:30pm
(call for meeting link)

In person
St. Anthony's Hospital Cafeteria
July 18, 1:30pm

CONGRATS to Joyce Johnson, for being the winner of our June *On-Time Stats* drawing! Keep those stats coming!

Date	Meeting Time	Topic/Class Title	Class Length	Presenter
7/14 Thurs	1-3pm	You Are Not Alone (aging/losing independence) Infomercial: USF Preventing Alzheimer's with Cognitive Training (PACT)	60 min	Stephanie Edwards Elder Law
7/15 Fri	10am-12pm	Tinnitus Infomercial: Family Center on Deafness	60 min	Sarah P. Jones, AuD, CCC-A, F-AAA University of South Florida, Hearing Clinic
7/26 Tues	10am-12pm	Achieving Health at Any Size with a Whole-Foods, Plant-Based Approach	60 min	Andrea Birge, RD/LDN Outpatient Weight Management Services South Florida Baptist Hospital

Save-the-Dates, August: 8/8 (12:30pm), Understanding Alzheimer's/Dementia (rescheduled from June); **4th week in August** (TBD), Pediatric Update. **September: 9/1** Sickle Cell Disease; **9/8** Supporting Grief; **9/13** Integrative Medicine, **9/28** Sepsis

Registration for all virtual CE education events: Links for Registration & joining Teams will be sent via email. Registering for classes ensures you receive the handouts prior to the class date. CE classes may be added or changed between newsletter publications. Classes will be submitted for Florida Board of Nursing approval.

Happenings at La Esperanza and San Jose Mission Clinics

After being postponed due to COVID, our Women's Initiative Goal (WIG) event was finally held on May 21st and focused on women's health issues including menopause, cervical cancer, heart disease, UTI/STD and included a livestream with Moffitt Cancer Center on breast cancer. We had 12 participants. **Kenia Aguilar**, resource assistant, arranged and organized the entire event. All Clinic staff including **Carmen Flores-Zeigler, RN**, **Magda Setzer, RN**, **Gloria Arroyo**, resource assistant, and **Araceli Rodriguez**, pre-med student, and myself, presented on the topics above. We ended the event with lunch and raffles. The participants were engaged and inquisitive and overall it was a successfully joyful and informative event! Pictured, facing audience, left to right: Carmen, Magda, Kenia, Gloria, and Araceli.



~**Stephanie Morrison**, APRN-BC, FCN, Clinics Supervisor

St. Joseph's Hospitals (SJH) & South Florida Baptist Hospital (SFBH); FCN office fax: 813-357-0815
Linda Wilkerson, Supervisor, 813-757-8006/linda.wilkerson@baycare.org

East Region: Hillsborough, Polk

San Jose Mission and La Esperanza Clinics
Stephanie Morrison, Supervisor, 814-419-1929/stephanie.morrison@baycare.org

Winter Haven Hospitals (WHH) & Bartow Regional Medical Center (BRMC)
Sara McNamee, Supervisor, 863-293-1121 ext 207935/sara.mcnamee@baycare.org

West Region: Pinellas, Pasco, Hernando, Citrus, Manatee/Sarasota

Morton Plant Mease Hospitals (MPM); FCN office fax: 727-333-6173
Neppie Alexander, Supervisor, 727-736-9767/neppie.alexander@baycare.org

St. Anthony's Hospital (SAH); FCN Office fax: 727-825-1009
Patti Wolfbarger, Supervisor, 727-820-7880/patricia.wolfbarger@baycare.org