

# Faith Community Nursing Newsletter

## Congratulations Foundations of FCN Fall Graduates!



On November 20<sup>th</sup> we celebrated the graduation of 10 Registered and Advanced Practice Nurses who completed the Fall 2020 BayCare **Foundations of Faith Community Nursing** curriculum. This 36.5 hour continuing education course is offered over 14 weeks in a combination of online coursework and three separate virtual classroom days. We were fortunate to reserve the hall at the Franciscan Center in Tampa to hold a candle light & pinning ceremony not only for these 10 new graduates, but also 8 of the graduates from the Spring 2020 class that completed the course in June but were unable to gather to celebrate graduation. **Colleen Walters**, BayCare VP Mission & Ethics gave the commencement and **Linda Wilkerson**, Manager SJH/SFB FCN program, played the piano. Congratulations on this professional achievement!

**Top row:** **Kathy Johansen**, FCN Department, MPM, First Baptist Church Indian Rocks, **Marianne Swihart**, partnered with MPM FCN program, **Donna Connors**, Our Lady of Lourdes Catholic Church, Dunedin, **Regina Mirabella**, **Vilma Britton**, 5th Avenue Baptist Church, St. Petersburg.

**Bottom row:** **Christine Gruschkus-Wright**, Beautiful Savior Lutheran Church in Sarasota, **Dana Doston**, Med/Surg/Tele Unit, Winter Haven Hospital, **Kim Montague**, NICU, Winter Haven Hospital, **Linda Oakley Hankins**, First Baptist Church Wesley Chapel, and **Gina Vines**.

We will offer the **Foundations of Faith Community Nursing** course three times a year in 2021. The first class begins on January 15, 2021. For more information, contact [Patti.wolfinbarger@baycare.org](mailto:Patti.wolfinbarger@baycare.org) or 727-820-7880.

## Wishing You Peace, Hope, and Health this Holiday Season



**Bible Out The Blues, by Cathy Gunn, BSN, RN**

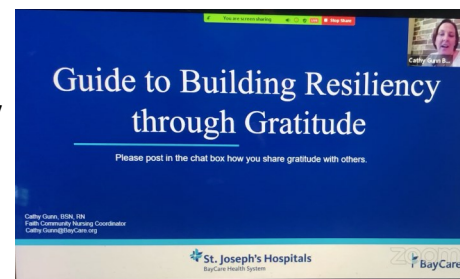
With the holidays right around the corner and speeding towards us like a race car to the finish line, we perhaps feel like getting out of the way and parking this one out! However, before we get the opportunity to take a pit stop, a crash occurs at the intersection of life where we have to face the reality of the "holiday blues." The medical terminology for this is Seasonal Affective Disorder (SAD), which according to Mayo Clinic is defined as a type of depression that begins and ends at the same time every year, usually from fall through the winter months.

The signs and symptoms of SAD are: lack of energy; moodiness; losing interest in activities; problems sleeping; experiencing weight gain; agitation; difficulty concentrating; and, in severe cases, thoughts of suicide. It's normal to have some days where you feel down, but if the symptoms continue over time you should consult your doctor. There is hope and treatment! The three most common causes of SAD are: a change in your biological clock (circadian rhythm) due to reduced sunlight; a decreased level of serotonin (a brain chemical and neurotransmitter that affects mood which is reduced by sunlight); and change in our natural melatonin level which plays a role in our sleeping patterns.

So, let me take you back a few seconds before our imaginary crash, and remind you that Jesus Christ is our Lord and Savior and He is the "Son." Surrender the wheel this holiday season to focus on Christ and not on all the physical symptoms of the "holiday blues" and the hustle and bustle of the season. God has provided a pit crew to help us drive this track of life and He has equipped us with tools to be prepared for the race. He gave us the scriptures in the Holy Bible as our steering wheel and he created the sun to help keep our bodies healthy. He also provided people in the medical profession to be our sponsors to give us a tune-up and help us recover from Seasonal Affective Disorder. So, give yourself fuel and drive into the scriptures this season. (Recommendations include: Renewing Hope: Psalm 33:22, Involvement in Meaningful Activities: Psalm 90:17, Overcoming Stigma of Depression: Genesis 1:27, Becoming Empowered: Philippians 4:13; Managing Symptoms: 2 Chronicles 15:7, and Being Supported by Others: Psalm 133:1). God bless!

**Other Happenings and More....**

BayCare FCN was honored to have been a collaborative partner with the South Florida Progressive Baptist Association's (SFPBA) Virtual Wellness Fair held recently via Facebook. The SJH/SFBH FCN office assisted Dr. Latiena Williams, SFPBA Health Care Ministry leader, with this first ever event by coordinating guest speakers, setting the agenda, as well as making presentations. **Darlene Winterkorn**, coordinator, introduced the over 300-person audience to Faith Community Nursing and FCN's role at BayCare Health System, while **Cathy Gunn** (pictured right, presenting on the Facebook live event), coordinator, presented "Guide to Building Resilience through Gratitude." Great job, ladies! Well done!



On time statistics winner for October is **Marcia Cornell**, FCN at **St. Timothy Catholic Church**, Lutz, FL. Marcia 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, Marcia!

**Contact Information: St. Joseph's/SFBH FCN Program**

**Linda Wilkerson**, Manager, Ph: 813-757-8006 SFBH/813-356-7310 SJWH FAX: 813-872-2936 linda.wilkerson@baycare.org

**Carla Williams**, Department Secretary, Ph: 813-356-7311 FAX: 813-872-2936 carla.williams@baycare.org

## Nurses guided by the Spirit



The story of Shirley and Lisa; two nurses of faith who share the call to health ministry and recently met at St. John's United Methodist Church in Winter Haven. Both Shirley and Lisa relocated to Winter Haven from Homestead Florida where each attended different Methodist churches. Their paths never crossed. Certainly, God intended for these women to meet, as they now are the driving force behind the reestablishment of a health ministry program St. John's UMC.

Shirley called Sara after being encouraged by Pastor David Averill, who had a plan in mind when Shirley approached him about volunteering. Pastor David was aware of the Faith Community Nurse program because our faith community nurse colleague, Neppie Alexander who made a church visit and planted a health ministry seed several years ago.

Thanks be to God for Pastor David encouraging Shirley and Lisa to pursue this calling.

## Intentional Care of the Spirit/Health Promotion



Yearly, the first week in December is known for National Hand Washing week. This year we have heard repeated messages about handwashing due to the pandemic. Faith community nurses within their health ministry practice focus on the intentional care of the spirit as well as the promotion of whole-person health and the prevention or minimization of illness.

The Centers for Disease Control and Prevention's hand washing campaign emphasizes *"Life is Better with Clean Hands."* As faith community nurses, we have the opportunity to introduce others within our ministries to that idea, only with a twist. Life is *extremely* better when spiritual care rituals and hand washing are implemented as a package deal.

Consciously acknowledging a wholistic approach during hand washing multiple times a day can also lower one's anxiety level, especially while utilizing music. Here are several suggestions that one can perform while washing their hands:

- Sing a song, such as *"This Little Light of Mine"*
- Recite Psalms 23, the Lord's Prayer, or Hail Mary several times
- Offer a prayer or blessings

For additional handouts and posters, visit the following website:

[cdc.gov/handwashing/posters.html](https://cdc.gov/handwashing/posters.html)



## Contact Info: Polk County FCN Program

**Lanet Owen**, FCN Coordinator, Bartow Regional Medical Center, 863-533-8111, ext. 521831/[lanet.owen@baycare.org](mailto:lanet.owen@baycare.org)

**Sara McNamee**, FCN Coordinator, Winter Haven Hospital, 863- 293- 1121, ext. 207935/[sara.mcnamee@baycare.org](mailto:sara.mcnamee@baycare.org)





*2020: The memory of this extraordinary year in our shared history will remain with us forever. COVID-19 has changed our work, worship, access to resources and even basic human interaction. It has changed us. We prepared for temporary interruptions, but found new ministry opportunities. We've supported each other with prayer, encouragement and resources. Some have been examples of how to save lives by stepping back from busyness to protect and care for yourself and others. Some have remained in contact with vulnerable individuals, assuring continued access to spiritual care, food, medications and health care—facilitating telehealth appointments and transportation to chemotherapy appointments, calling 911 as chronic health conditions became emergency care needs, and more. You've helped a homeless man with cancer access shelter and health care. You knew just how to support those experiencing grief and loss in a COVID-19 environment, because you were grieving, too. You helped houses of worship reopen safely, or worked out safe processes to protect food pantry workers in their essential roles. Together, you have continuously reflected the love, goodness and light of the Almighty in your communities, sharing hope with many. **We wish you hope, peace, joy, love and light in this season of holidays/holy days and in the coming year.***



### Community Outreach Highlights



**Georgia Cuthbert**, FCN Coordinator discusses advance directives with a guest at the **14th Annual Health & Wellness Expo** held on November 7 at the **First United Methodist Church of Hudson**.

Georgia will also be the speaker in the December 7 virtual CE program on Advance Directives.



**Kathy Johansen**, FCN Coordinator and Certified Mental Health First Aid (MHFA) Instructor provided MHFA training to the staff of the **Shepherd Center** in Tarpon Springs on November 7.

Kathy is also helping to coordinate connections between the Shepherd Center and Pinellas County's **Health Care for the Homeless** resources. The Shepherd Center is now being evaluated as a future site for the county's **Mobile Medical Unit!**



Congratulations! The **InterCultural Advocacy Institute – Hispanic Outreach Center** in Clearwater has recognized BayCare Faith Community Nursing with their **2020 Amigo Award** for Large Nonprofit partner in honor and recognition of the outstanding work you have done for the Hispanic and Latino/a families in Pinellas County.

In the September newsletter, we shared that FCN/CHP partners from Morton Plant Mease hospitals and St. Anthony's Hospital had sewn over 400 masks in just over one week in response to a time-sensitive request from Pinellas County Emergency Management and the Juvenile Welfare Board. The colorful handmade masks were added to more traditional school supplies and distributed at the Hispanic Outreach Center's back-to-school events.

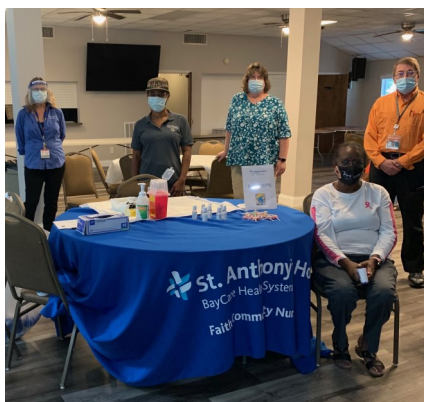


### Contact Information: MPM FCN Program

**Georgia Cuthbert**, FCN Coordinator: 727-736-9761, [Georgia.Cuthbert@baycare.org](mailto:Georgia.Cuthbert@baycare.org)  
**Neppie Alexander**, FCN Supervisor: 727-736-9767, [Neppie.Alexander@baycare.org](mailto:Neppie.Alexander@baycare.org)  
**Main Office/Marla Winn-Wicht**, Administrative Assistant 727-736-9769

Mailing Address:  
 646 Virginia Street  
 Mail Stop 477  
 Dunedin, FL 34698

## Faith Community Nursing in Action



In response to the COVID-19 pandemic, the CDC recommends individuals have the influenza vaccine this season. A couple of flu vaccine clinics held with community partners last month, included health ministry members at **5th Avenue Church of Christ** (5th Ave COC) and **Northwest Church of Christ** (NWCOC), combined efforts to offer their clinic at one site, standing left to right, **Lavina Ward**, FCN Coordinator, **Beulah Cumberbatch**, **Susan Harrold**, and **Barry Bentley** (FCNs at NWCOC), and **Cynthia Jenkins**, seated, (FCN at 5th Ave COC); and right, **Lavina Ward** giving a flu vaccine to a church member. St. Anthony's FCN

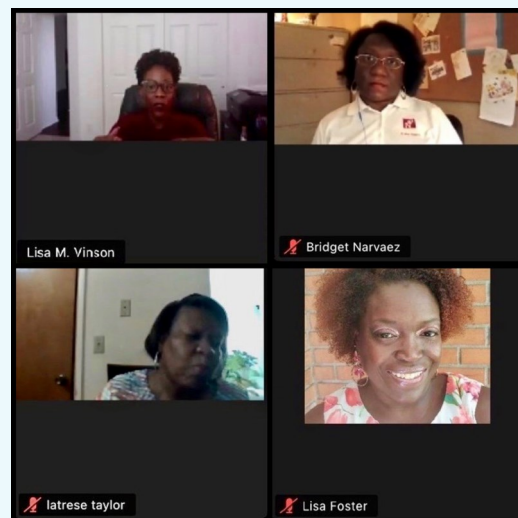
department held flu clinics every Friday in November to vaccinate vulnerable members at **Pinellas Hope**, where a client received their flu vaccine from **Patti Wolfinbarger** (bottom left), FCN Coordinator.

Faith community nurse **Barry Bentley**, right, during a lecture on Zoom as part of a two-part series he is doing at his church (NWCOC), on anxiety and depression called *Taking Our Mental Health Seriously*.

On November 7th **Churches United for Healthier Congregations** (CUFHC) hosted a virtual panel workshop, "COVID and the Faith Community: Where do we go from here?" **Andrea Rose**, FCN Grant and Operations Coordinator, **Ruby Hope**, SAH FCN Coordinator, and **Latrese Taylor**, FCN at **Mt. Zion Progressive Missionary Baptist** joined other members of local community-focused organizations on the CUFHC Steering Committee to plan this hour long virtual event.

Panel members included Clayton Sizemore, founder of Mindful Movement, Florida, Wendy Wesley, Registered Dietitian, Rev. Robert A. Vinson, Jr. pastor of Faith Memorial Missionary Baptist Church, **Bridget Narvaez**, FCN at **New Philadelphia Worship Center** and **Lisa Vinson**, FCN at **Faith Memorial Missionary Baptist Church**.

Attendees like Lisa Foster, (pictured) CUFHC liaison at Ebenezer New Testament Church of God enjoyed the discussion on mindful meditation, good nutritional habits, and examples of what two local churches are doing to stay connected during the pandemic.



## Contact Information: St. Anthony's FCN Program

**Andrea Rose**, Grant & Operations Coordinator, 727-825-1709/ andrea.rose@baycare.org  
**Patti Carr Wolfinbarger**, FCN Coordinator, 727-820-7880/ patricia.wolfinbarger@baycare.org  
**Lavina Ward**, FCN Coordinator, 727-820-7884/ lavina.ward@baycare.org

St. Anthony's Hospital  
 FCN Dept, MS 2021  
 1200 7th Ave N  
 St. Petersburg, FL 33705



**Streamlining our process in 2021:** all CE programs will continue to be promoted via email with a flyer from [Andrea.rose@baycare.org](mailto:Andrea.rose@baycare.org). You will receive 2 links in the email: a Registration link for the class, and the MS Teams “Join Meeting” link. We hope combining the links into one email will make the process more efficient.

### Virtual Continuing Education Classes

Date	Time	Topic	CE	Presenters
<b>12/5</b> Saturday	10-1:30pm	<b>Retreat: Hope, Peace, Joy</b>		Tracy Daniels, BH Educator, Pathways Chris Yarnold, Director EAP, BayCare Life Mgmt
<b>12/7</b> Monday	10-11am	<b>Your Wishes Matter</b> (Advance Directives)	1	Georgia Cuthbert, RN FCN Coordinator, Morton Plant Mease
<b>1/7</b> Thursday	12-1pm	<b>Parkinson’s Disease</b>	1	London Butterfield, PhD Clinical Neuropsychologist St. Anthony’s Hospital, BayCare Medical Group
<b>1/14</b> Thursday	10-11am	<b>Infection Control Update</b> (including COVID, flu, & adult vaccinations)	1	Will Johnston, Infection Control MP North Bay Hospital

### Resources and Links

**Duke Center for Healthcare Safety and Quality’s** resilience tools are evidence-based, interactive, and specifically designed for busy healthcare workers. Interventions last between 3-15 days. Participants will receive prompts for the tools via email or text message. Topics available: joy, humor, gratitude, hope, mindfulness, work-life balance, strengths, kindness and more.  
[hsq.dukehealth.org/tools/](https://hsq.dukehealth.org/tools/)

**CDC COVID Data Tracker: Maps, charts, and data provided by the CDC**  
[covid.cdc.gov/covid-data-tracker/](https://covid.cdc.gov/covid-data-tracker/)

**COVID-19 Map - Johns Hopkins Coronavirus Resource Center**  
[coronavirus.jhu.edu/map.html](https://coronavirus.jhu.edu/map.html)

**7 Ways Caregivers Can Create a Special Holiday Amid COVID**  
[aarp.org/caregiving/basics/info-2020/making-holidays-special-during-covid.html](https://aarp.org/caregiving/basics/info-2020/making-holidays-special-during-covid.html)

**PBS has resources for parents on handling grief during the holidays, and adapting holiday traditions during COVID**  
[pbs.org/parents/thrive/grief-during-the-holidays-how-parents-can-help-children-and-themselves](https://pbs.org/parents/thrive/grief-during-the-holidays-how-parents-can-help-children-and-themselves)

[pbs.org/parents/thrive/adapting-holiday-traditions-during-coronavirus](https://pbs.org/parents/thrive/adapting-holiday-traditions-during-coronavirus)