

# Faith Community Nursing Newsletter

## Being Prepared in the Time of COVID-19

This is a challenging time. There are many things that are out of our control. But there are some things we can do to help us be prepared — both for ourselves and the people we care about. Here are three important things each of us can do, right now, to be prepared (excerpted from the ***Being Prepared in the Time of COVID-19 Guide*** at [theconversationproject.org](http://theconversationproject.org))

**1. Pick your person to be your health care decision maker.** Choose a health care decision maker (often known as a proxy, agent, or health care power of attorney), a person who will make medical decisions for you if you become too sick to make them for yourself. Have a talk with your health care decision maker to make sure they know what matters most to you. Fill out an official form naming your health care decision maker. Give one copy of the filled-in form to your decision maker and one copy to your health care team.

**2. Talk about what matters most to you.** Talk with your important people and decision maker about what matters most. *The Conversation Starter Guide*, can help you get ready to talk to others about what matters most. After you talk to your loved ones about what matters, talk to your health care team.

**3. Think about what you would want if you became seriously ill with COVID-19.** People who are older or have chronic medical conditions are more likely to become very sick if they get COVID-19. Some will recover with hospital care, but even with ventilator support many will die. Think about what you would want if you became very sick at this time:

- What would be most important to you?
- What are you most worried about?
- What is helping you through this difficult time?
- If you became very sick with COVID-19, would you prefer to be treated in the hospital or where you live now?
- If you chose to go to the hospital, would you want to receive intensive care in the hospital?

Visit [theconversationproject.org](http://theconversationproject.org) for free downloadable resources, including the guides mentioned above to assist you in educating family, friends and members of your faith community about the importance of making your wishes known.

## COVID-19 Vaccination Clinic Honor Roll

***Thank you to the following COVID-19 Vaccination Clinic Volunteers for February and March— We appreciate all of you!***

Maureen Adamson, Bobbie Anderson, Barbara Baker, Barbara Barden, Barbara Bass, Unidad “Ning” Bonoan, Barbara Caleca, Charlene Carcaro, Janet Challinor, Marcia Cornell, Donna Connors, Dana Doston, Carol Dimura, Lu Garrett, Susan Hagan, Dawn Halverson, Corinna Harshaw, Donna Herbert, Geraldine Janoso, Susie Juarez, Betty Keith, Carol Kramp, Linda Lacombe-Williams, Robin Lapham, Charlene Long, Chris Lutocka, Dani McAuliffe, Maribeth Meurer, Eileen Nolan, Pat Ogden, Susan Olds, Diane Pas, Anna Pavlidakey, Judy Prime-Sayles, Sr. Sara Proctor, Fran Provanzano, Elaine Richard, Theresa Rodriguez, Rita Sewell, Diana Shuman, Karen Stalter, Laura Stilwell, Latrese Taylor, Clare Thompson.

National Healthcare Decisions Day is an annual "holiday" that takes place on April 16th. It exists to inspire, educate and empower the public and providers about the importance of advance care planning.

the conversation project

## Look What's Happening with our Ambassadors of Health!

The SJH/SFBH COVID vaccination clinics have been going on for a few months now, and the nurses and others who support the efforts to sustain the clinics have been nothing short of outstanding!! To ease the burden on hospital clinical staff, our volunteer FCNs have been integral to staffing the busy clinics. Today, we would like to shine the spotlight on two FCNs who answered the call to duty when asked.



**Fran Provenzano**, left, is an FCN at Sacred Heart Catholic Church, Tampa. Volunteering is not new to Fran. She has done medical missions, and also volunteered for a decade at Judeo Christian Health Clinic. When she heard about the COVID-19 vaccination clinics, she jumped at the chance to help! When asked *why?*, she replied, "When an ER nurse took the time to give me a vaccination, I was so appreciative. So when the call went out, I had to help others! It has been so enjoyable and the clients/patients have all been so grateful! Believe me, I get more out of helping them! I am happy to have the opportunity to assist them through this process and I look forward to continuing to help vaccinate our community."

**Diana Shuman**, right, is an FCN at First Baptist Church, Plant City. Diana is another lovely soul who believes in giving back. When asked why she volunteers at the COVID-19 vaccination clinic, she said, "All the clinical nurses have given so much already, I just felt I had to give back." Additionally, she enjoys working with the other nurses at the clinic. She specifically loves conversing with the somewhat skeptical patients who come in to get the vaccine and letting them know how important it is to be vaccinated. She also feels very touched and humbled when someone comes in who has a serious comorbidity (AIDS, on dialysis, or cystic fibrosis, etc.) as "they are so very grateful to get the vaccine to prevent an extended illness or hospitalization due to COVID. They feel like they won the lottery."



**Happy National Stress Awareness Month!** Why do we need a month dedicated to the topic of "stress"? The fact is that we all need to be reminded to create a plan to face and deal with stress. If we don't, then life takes us down the path of serious physical health ailments. Stress is simply our body's reaction to a challenge or demand. It can be positive and is a normal part of human existence to which no one is immune! Try incorporating a few of these stress-relieving tips in your stress plan: 1) Ask yourself questions regarding your stress: How full is my schedule? How fast am I going? What is ahead for me? Am I keeping my goals in front of me? 2) What am I listening to or reading? (Faith-based prayers, devotions, or garbage?) Who is sitting next to me? (Relationships). 3) Exercise. 4) Reach out for help, overcome emotional rigidity and explore newness. 8) Be creative. Learn to play a new instrument, journal, paint, redecorate your home. In closing, I would like to encourage you all with a "prayer of stress relief" from John 14:27. ***"Peace I leave with you, my peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid."*** Cathy Gunn, Coordinator (Mental Health)

On time statistics winner for January is **Bobbie Anderson**, FCN at St. Anne's Catholic Church, Ridge Manor, FL. Bobbie received a copy of *"Dwelling Places: Words to Live In Every Season,"* by Lucinda Secrest McDowell, as a gift. From Linda, Darlene, Lora Beth and I, thanks for getting your stats in on time. Congratulations, Bobbie!

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## Faith in Action—Instruments of Peace

As Faith Community nurses, we are called to be instruments of peace; sharing God's love with all people. Recently, the focus of service has been to assist in the vaccination effort led by BayCare Health System. This opportunity for service has provided moments to witness the beauty of sharing God's love. It is evident that the vaccine has provided not only protection from COVID-19, but also **hope** for so many members of the community who have persevered through this pandemic. A special thanks to Faith Community Nurses **Elaine Bernard, Valerie Butler, Dana Doston and Kim Montague** for going above and beyond to help at the Winter Haven clinic.



*May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*

Romans 15:13 (NIV)

## April is National Minority Health Month

This year, the HHS Office of Minority Health (OMH) is focusing on the disproportionate impact the COVID-19 pandemic is having on racial and ethnic minority and American Indian and Alaska Native communities and underscore the need for these vulnerable communities to get vaccinated as more vaccines become available. COVID-19 vaccination is an important tool to help us get back to normal, and to prevent the spread of COVID-19 to bring this pandemic to an end. This year's theme for National Minority Health Month is **#VaccineReady**. The focus will be to empower communities to:

- Get the facts about COVID-19 vaccines.
- Share accurate vaccine information.
- Participate in clinical trials.
- Get vaccinated when the time comes.
- Practice COVID-19 safety measures.

As more vaccines become available, there are steps communities can take to protect themselves until they can get vaccinated. Be sure to:

- Wear a mask to protect yourself and others and stop the spread of COVID-19.
- Wash your hands often with soap and water for at least 20 seconds.
- Stay at least 6 feet (about 2 arm lengths) from others who don't live with you.
- Avoid crowds. The more people you are in contact with, the more likely you are to be exposed to COVID-19.



**#VaccineReady | April 2021**

[minorityhealth.hhs.gov](https://minorityhealth.hhs.gov)

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## COVID-19 Vaccine View From the FCN

The front page of the March Newsletter talked about commonly asked questions that we, as Faith Community Nurses, are knowledgeable about and prepared to answer. COVID-19 has been a multi-layered learning experience for all of us, but especially as FCNs being the “nurse” for our congregations and communities.

But what about how providing the vaccine to the masses has affected me? For many of us, we have been away from the direct interface with patients for some time. I am often asked “Do you miss direct patient care?” Providing COVID-19 vaccines has put us right back at the side of the patient, but with such a unique twist. These patients want to be there! They are happy and rejoicing at the opportunity to receive the vaccine. One young woman did the happy dance the entire length of the vaccine administration area, singing (loudly) because she was so over-joyed and thankful to be there. They come...the frightened, the fearful, the medically vulnerable, the old, the health care workers, and the thankful. For years I have thanked our military for their service and the jobs that they do...Now we are being thanked for the jobs that we do! Most of the folks that sat in my chair say “thank you for being here and doing this job!” These statements are so genuine, so real, and so significantly straight from the heart. **Anna Pavlidakey**, one of our FCN volunteers, stated “Being part of Faith Community Nursing and giving the vaccine is the least I can do to shine a bit of light in a very dark long, lonely time.” FCN volunteer **Lu Garrett** had a man that received a new heart – 25 years ago! There were many heart and other organ transplant patients on the clinic days for the medically vulnerable. They saw receiving the vaccine as life-saving, along with their organ transplants. Anna had a young woman who is waiting on the heart transplant list state to her, “thank you for volunteering. You are my hero and my angel. Thank you!” While **Neppie Alexander**, MPM FCN Supervisor, was helping to ease the fear of one elderly woman, she commented on her lovely shoes. The woman’s response was “these are my favorite shoes. I have worn them for every important and special life event for the last 40 years. I definitely needed to wear them today!” From the 94-year-old Holocaust survivor to new widow of just 1 week, from the amputee who sees his prosthesis as a badge of courage (and a way of self-expression with all the marvel super heroes characters on it) to the meek who ask if they can have a lollipop, and all the beautiful faces in between. These are the patients that touch my soul, that show me the face of God in our everyday encounters, that remind me – why I became a nurse. **Georgia Cuthbert**

## Celebrating at the Intersection of Faith and Health

All around us, communities of faith are collaborating with federal, state and local health care and government agencies in combatting the COVID-19 pandemic. They are promoting and demonstrating adherence to current COVID-19 guidelines, helping individuals navigate the registration process for vaccines, arranging safe transportation to vaccine clinics, and more. Some faith communities are providing vaccination sites and scheduling appointments as needed, helping health care entities address identified access-to-care barriers such as *technology*, *trust* and *transportation*. Faith community nurses and health ministry teams are providing ongoing education/updates, coordinating post-vaccination follow-up with vulnerable individuals and helping them seek care and resources as needed. Many have been involved with decisions and processes re: re-opening faith community buildings when appropriate for the local area. Celebrate the important (and historic) role of faith communities in health care! (Sources: Health Ministries Association, Pinellas County Emergency Management Department, BayCare-affiliated Faith Community Nurses)

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## National Health Care Decision Day April 16

### Your Wishes Matter



Do You Have an Advance Directive?



Maintaining a current, signed copy of your Advance Directives is an important part of self advocacy. While no one is required to have an advance directive, all care providers are mandated by Florida law to make patients and families aware of them. In the state of Florida, there are two basic types of advance directives: a living will and a designation of health care surrogate. These forms allow you to consider your wishes carefully and discuss them with your doctor and people close to you. You have a right to have your decisions about your health care and treatment honored should you become unable to communicate. The best time to prepare advance directives is while you are able. April 16th is National Health Care Decision Day, and BayCare Faith Community Nursing has resources, information and documents available to you to share in your faith communities, and with your family and friends. For more information, please access [BayCare.org/AdvanceDirectives](https://www.baycare.org/AdvanceDirectives).

## COVID-19 Clinic: Church Based Community Outreach

One of the many roles of a Faith Community Nurse is advocating for the underserved and vulnerable. As COVID-19 vaccines continue to increase in availability it is important to engage in conversation and activities that help to eliminate barriers in accessibility, alleviate distrust of the healthcare system, and provide current, credible vaccination education. Recently, **Ruby Hope** (left), FCN at Bethel Community Baptist Church in St. Petersburg, was featured on Fox 13 News highlighting a recent COVID-19 vaccination clinic the church had hosted. **Vienna Adams**, FCN at Southside Tabernacle Baptist Church (right), is a community advocate with the Pinellas County Health Department's Health Equity Vaccine Working Group. This group is tasked with searching out, planning and organizing COVID-19 vaccine sites at places of worship. "We focused on the target population, Seniors 65 and over. We know historically, seniors see church as the fundamental base to find peace, hope and trust. They respect, trust and admire their Faith leaders. We knew if their Faith leaders supported the vaccine, their congregation members would more likely get vaccinated. The church is so vital in the community, all persons who wanted to be vaccinated felt relief going to a house of worship to receive the vaccine. This approach has been very successful," shared Vienna. What wonderful examples of meeting the needs of the community through the partnership of healthcare and the faith community. To view the Fox 13 News clip:



COVID-19 vaccination clinic at St. Pete church



<https://www.fox13news.com/news/a-shot-of-hope-houses-of-worship-become-pop-up-covid-19-vaccination-sites>

## Faith Community Nursing in Action



**Cindy Charland**, Faith Community Nurse at First Christian Church of Venice recently presented an 8-week class series to 10 participants called NEWSTART, which is an acronym for nutrition, exercise, water, sunshine, temperance, air, rest and trust in God. This class offered a biblically based approach to whole person health and wellness. Cindy will also offer a bonus class on Essential Oils of the Bible this month. Please email Andrea at [andrea.rose@baycare.org](mailto:andrea.rose@baycare.org) with stories of your FCN ministry in action.

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

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## Virtual Continuing Education Classes

Date	Time	Topic/Class Title	CE	Presenter
4/1 Thurs	4-5:30pm	<i>Advance Care Planning in Faith Communities</i>	1	Lorie Hacker, DNP, MSNed, NP-C, RN, CNE Asst. Professor, Marian University
4/8 Thurs	2-3:30pm	<i>The Top 10 Lessons Grieving People Have Taught Me</i> Infomercial to follow: Funeral Planning	1	(Hospice) Chaplain Steve Graybill Gulfside Healthcare Services
4/28 Wed	1-2:30pm	<i>Diabetes: Don't Sugar Coat It</i> Infomercial to follow: American Heart Association	1	Transition of Care Clinical Pharmacists: Tim Bach, Rachel Malta, Chelsea Green, and Stefanos Torkos (St. Anthony's Hospital)
5/13 Thurs	9am-1pm	<i>Health Ministry: A Kaleidoscope of Opportunity</i> Annual Spring Fling Workshop	3.5	Lora Beth Reece, Lisa Musician, Stephanie Morrison, Fr. Al Ezenwata, & Tina Levene

**REGISTRATION FOR ALL EDUCATION EVENTS:** an email from Andrea Rose will be sent to you 1-2 weeks prior to the class that will include a flyer with learning objectives, a Registration link, and the MS Teams "Join Meeting Link."

## Opportunities to Promote in Your Faith Community



The American Heart Association (AHA) is collaborating with faith-based communities in Tampa Bay to ensure our places of worship support a healthy lifestyle and to connect community members to heart healthy resources. Health equity is a top priority for the AHA, so their focus is on congregations in under resourced areas that have been hardest hit during the recent pandemic. The local AHA team wants to connect with Faith Community Nurses and congregations in these areas that are interested in any of the following free resources:

1. **Food Insecurity Screening and Referral** (Available in Hillsborough, Pasco, Pinellas, Hernando Counties) – The AHA will help your congregation create a plan for screening congregation members for food insecurity using a two question survey and will create referral materials with information on local food distribution sites in Tampa Bay and how to register for SNAP.
2. **Tobacco & Vaping Free Holy Grounds** (Available in Hillsborough, Pasco, Pinellas, Hernando Counties) – We are in the midst of a vaping epidemic, particularly in youth. While most congregation members may refrain from smoking on congregation grounds, we are seeing an increase in tobacco use due to the stress and mental health impact of the pandemic. The AHA will work with leadership to evaluate congregation policy to ensure vaping is included in tobacco-free policies.
3. **Check.Change.Control.** Blood Pressure Education Program (Available in Hillsborough, Pasco, Pinellas, Polk Counties) – The AHA and BayCare will facilitate this 4-month hypertension education program with sessions on hypertension 101, movement for a better life, stress and resiliency, and stroke awareness. Congregation members will meet once a month with the goal of tracking 8 blood pressures over the course of the program through the AHA's Tampa Bay BP online tracker. You will be the Congregation Champion, helping promote the program and encourage blood pressure tracking. This program is currently being held virtually.

Kaitlin Chamberlain, Community Impact Director at the AHA Tampa Bay, will be joining the April 28<sup>th</sup> FCN meeting with more information. If you are interested in working on any of these free initiatives at your congregation (even if your faith community is outside of the counties listed here), please feel free to reach out to her directly at [Kaitlin.Chamberlain@heart.org](mailto:Kaitlin.Chamberlain@heart.org)