

Faith Community Nursing Newsletter

Congratulations Foundations of FCN Graduates!



Fifteen nurses completed the 36.5 hour course: **Foundations of Faith Community Nursing**, a hybrid of classroom and online self-study, that began in late August and finished in mid November. Many are team members, noted by their department: (L to R) **Faridah Lalani**, pool IV

team- MPM, **Shona Wilkin**, wound care- BRMC, **Anita McCoy**, SJH, **Lorna Hicher**, wound care- BRMC, **Latricia Poole**, breast center-SAH, **Georgia Cuthbert**, faith community nursing-MPM, **Elaine Bernard**, surgery- BRMC, **Marcia Kerr**, MPM, **Judi Anderson**, SAH, **Sue Bedinghaus**, med/surg-SAH, **Ashlee Briggs**, BRMC, **Debra Meloy**, MPM, **Constance Chunn**, case management-WHH, **Corinna Harshaw**, SAH, **Carmen Flores-Ziegler**, FCN/San Jose Mission Clinic-SJH. **Colleen Walters** (far right), VP Mission & Ethics for BayCare health System, led the dedication ceremony. The next Foundations course will run from February 23-May 15. Contact Patti.Wolfinbarger@baycare.org for more information.

Actors to Portray End-of-Life Conversations in Play



A presentation of “Holding On — Letting Go,” a play by Bryan Harnetiaux about a family who’s forced to come to terms with the end of life and saying goodbye. A discussion led by our panel of experts will follow. There are two showings to choose from:

January 10 | 6:30-8:30pm or January 11 | 3-5pm

Plant City Entertainment | 101 N. Thomas St., Plant City

Registration for this free event is required due to limited seating. For more information

and to register, visit EventBrite.com and search the name of the play, or call 813-356-7311. This event is sponsored by St. Joseph’s Hospitals/South Florida Baptist Hospital FCN Program.

Retreat Brings FCNs Together for Fellowship & Reflection



Sr. Mary McNally, OSF (left), VP mission integration, opened the retreat with a devotional, held at the beautiful and serene Bethany Center November 2. Presenter, Mary Beth Davis, RN (pictured with her guitar surrounded by FCNs in the Chapel), presented on self-care techniques like HeartMath, and provided music and singing.

The light shines in the darkness, and the darkness has not overcome it. (John 1:5, ESV)

As days grow shorter and the darkness of night is prolonged, we join with others around the world, throughout history, and across many faith traditions to celebrate the reversal of encroaching darkness, the persistence of light. What is the significance of “Light” to you in this season of holidays and holy days, and how do you share it with others? May faith, hope, joy, peace and love follow you this season and throughout the year.

“Welcome” to the newest FCNs....

The following nurses completed orientation in October: Back Row (L to R) **Eileen Nolan**, Bldg 28 Church, **Annette Nolan**, First Baptist Church of Indian Rocks, **Carolyn Defayette**, First Baptist Church of Indian Rocks, and **Mary Jean Hensley**, First Baptist Church of Indian Rocks.

Front Row: **Carmen Raum**, Our Lady of Lourdes, **Denise Greene**, Our Lady of Lourdes, and **Charlotte Blanton**, First Baptist Church of Indian Rocks.

Yoga Chapel at First United Methodist ChurchArticle excerpted from fumc-clw.com

The focus of Yoga Chapel is to nurture your heart, soul, body, and mind through prayer, scripture and yoga. Inspired by scriptures, Yoga Chapel offers a blend of biblical reflections with the wisdom of yoga. Classes draw upon the spiritual teaching of faith and community. During each one-hour session, body-centered restful awareness to nurture holistic spirituality is practiced.

There are benefits for everyone including those with mobility issues. If joint pain and stiffness are concerns, you may want to consider trying chair yoga. Staying seated is a safe, low impact way to get the benefits of yoga. Yoga has been shown to promote physical and emotional well-being. Medical research demonstrates benefits for anxiety, blood pressure, joint protection, back pain, depression, insomnia, and more. Plus, yoga can improve your strength, flexibility, coordination, relieve pain, and reduce stress.

Yoga Chapel is held on Tuesdays at 5pm at First United Methodist Church of Clearwater, in the fellowship hall. The cost is \$10 per week and classes are led by Crystal Carnahan, a certified yoga instructor. Come and bring a friend! If you have questions, call Linda Noel at 727-410-0943 or Mary Rayburn at 727-446-5955 ext. 7.

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Upcoming Events

Tuesday, December 10: You are cordially invited to our **FCN Holiday Gathering** on December 10th from 4:30-7:30pm at the BayCare System Office. Chaplain Blair Holtey will present *Getting Through Grief During the Holidays* (1 CE).

December 13: BLS Recertification will be held at the BayCare System Office, 2985 Drew St. Clearwater, FL 33759. **To Register:** Call (727) 736-9804 or Barb Hissong at (727) 734-6543. Mention that you are an FCN. **REGISTER EARLY—Classes fill up quickly!** Please wear business attire or scrubs. No shorts or blue jeans.



Tuesday, January 16: Medical Marijuana (1 CE) from 10am – 1pm at the BSO Classroom 7. Please RSVP early as the room capacity is 40.

Tuesday, February 13: Introduction to Energy Work Modalities for the FCN (1 CE) from 5-7pm at the BSO in Classroom 10B. Our very own, **Ann Kawalec, RN**, will be presenting this program.

Health Ministry in Action



Palm Harbor United Methodist Church and the First United Methodist Church in Dunedin have teamed up with CVS to bring their congregations Flu Shots this year. If you are interested in having CVS come to your church, please contact your local CVS and ask them if they would come out and give Flu Shots to your congregants.

Handwashing in Cold and flu Season



According to the CDC, handwashing is an easy, inexpensive, and effective way to help your family stay healthy. Studies have shown that **handwashing** can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the **flu**. When your family is healthy, you don't have to worry about missing school, work, or other activities. You can find more about the CDC's new handwashing campaign at cdc.gov/handwashing

Get Ready for Annual Renewal and Compliance

Annual Renewal and Compliance (ARC) events allow each of our partnered nurses to complete the BayCare FCN Program's mandatory annual requirements in one place, along with fellowship, recommitment and blessing of the hands that do the Lord's work. Any Morton-Plant-Mease FCN/FCNA who completed the FCN Program Orientation before January 1, 2020 should attend one of the events listed below. (Yes, that includes those who joined us in late 2019, as we all merge into the program's annual cycle.) ARC includes program updates and outcome measures, professional practice review, Readmission Reduction Initiative (RRI) update, Volunteer Essentials Training Quiz, statistics review, hand washing and blood pressure competency demonstration, and TB screening questionnaire*. Please bring your current Florida nursing license, driver's license, auto insurance and BLS cards*. (*Bring outside TB screening documents, if applicable, and look for upcoming BLS class dates in the January newsletter). You can find 2020 ARC events at the sites below:

Mease Dunedin Hospital – Thursday, January 30th, 10-Noon or 4-6pm in Meeting Rooms 1&2

St. Scholastica Catholic Church (Lecanto, Citrus County) -- Thursday, February 6th, 11am-2pm

Morton Plant North Bay Hospital – Thursday, February 20th, 12-2:30pm or 4pm-6pm in Meeting Rooms 2&3

BayCare System Office (BSO) – Thursday, March 5th, 10-6pm at 2985 Drew Street, Clearwater, in Classroom 10C

Upcoming Events

Monday, Dec 2: Christmas celebration at Westminster Suncoast, 5:30-7:30pm. Address: 1095 Pinellas Point Dr. S, St. Petersburg, FL 33705. Doris Nardelli, MPA Director of Communications, & Margo Fleisher, MA, LMHC, Program Manager/Trainer, both from the Central Florida Behavioral Health Network, Inc. will present ***Navigating the Holiday Season: A Roadmap for Supporting Families Experiencing Mental Illness*** (1 CE). St. Anthony's music therapist Sarah Michaels will play Christmas music.

Tuesday, Dec 10: Mental Health First Aid for Clergy (a few seats available), contact Andrea for more info.

Saturday, Dec 14: Safe Sitter class (11yrs old +), contact Debbie for more info.

Monday, Jan 6: FCN Education Meeting, 10am-12pm, Wendy Wesley, RDN, will present ***Health Outcomes and Food Insecurity*** (1 CE). New Location: St. Anthony's Resource Center (SARC) located at 500 Dr. MLK Jr St. N (this is a stand-alone building not attached to the main hospital). There is a small parking lot on site, but will fill up quickly, so please plan to park in the Jackson Street parking garage, which is a short walk to the SARC building. Carpooling with fellow FCNs/CHPs is also highly encouraged. Continental breakfast. Registration required, contact **Andrea Rose**.

Friday, Jan 10: Health Ministry Basics (4.5 CE) - SAH Franciscan Room (ground floor). Build your ministry and/or share with a colleague. Breakfast, lunch, resource materials. RNs contact **Lavina Ward**; Non-RNs, contact **Andrea Rose**. (Note: This class used to be called FCN Orientation/CHP Training. If you have not gone through orientation in awhile, consider taking this refresher).

Pinellas Hope Donations List

Sandra Grosvenor, PhD, RN-BC, health care coordinator at Pinellas Hope, and FCN, presented at the Diversity Lunch & Learn on November 20. She spoke about homelessness, stereotypes, stigma, and services available in the Medical Respite program at Pinellas Hope. Sandra and her colleagues (pictured right) also shared stories and video clips of the wonderful work being done to serve the men and women that live there. Many of you asked for a list of items that are needed at Pinellas Hope. Sandra mentioned several and also suggested that local dollar stores are a great place to find many of the items:

- Anti-itch creams for bug bites, bug repellent
- Cough medicine without alcohol
- Feminine products
- 'new' men's underwear - sizes XL, 1X, 2X, and 3X
- 'new' toiletries' (toothbrushes not needed currently)
- 'new' or 'gently used' clothing for adult men and women
- 'gently used' household items—twin-sized mattresses & frames, bedding (no pillows), and microwaves (dishes not needed)

Check their web page Pinellashope.org/our-needs-list or call to see if they need what you would like to donate. Please deliver your items to Pinellas Hope at: 5726 126th Avenue N., Clearwater, FL 33760.



L to R: Courtney Burt, Coordinator, Mission SAH, Sandra, Sr. Mary McNally, OSF, VP Mission SAH, Danielle Husband, Director, Homeless and Veterans Services and Alicia Abight, Manager, Medical Respite Case Manager, Pinellas Hope.

Faith Community Nursing in Action



Mary Luecke and Carol Mader, FCNs at Beautiful Savior Lutheran Church in Sarasota wanted to share two events that they participated in in their faith community. The first event was their church's Fall Festival, held October 27 from 12-3pm. Picture 1, from left to right, includes Mary, Carol, and Mike Coates, a paramedic. They had a table and offered blood pressure screenings and resources regarding proper medication disposal,

local sites for drop-off, and various health-related literature. The second event was a presentation on Alzheimer's disease on October 31 and was attended by thirty-three members of the faith community. This was the first presentation put together by the ministry, and was co-sponsored by the Super Senior's ministry. The guest speakers were Danielle Valery, Program Manager at Sarasota Memorial Hospital's Memory Disorder Unit, and Bernice Pelea, Program manager at the Alzheimer's Association. Both shared current, relevant and important information. (Picture 2) from left to right: Bernice Pelea, Danielle Valery, Carol Mader, Pastor Leavitt, and Mary Luecke. Way to go!

Who's New, What's New



Nicole Reed, RN, First Unity Church, Donna Potter, RN, Sacred Heart Catholic Church (veteran FCN who took the class as a refresher), Denice Higman, RN, and Joan Landers, CHP, both at Lutheran Church of the Cross. Lavina Ward, on the far right, coordinates orientation and is the contact for nurses; Andrea Rose (not pictured) is the contact for Congregational Health Promoters. The next class offered will be Friday, January 10, 2020. Welcome!

Fun Fact: Starting in 2020, the FCN Orientation/CHP training class will be called *Health Ministry Basics*.

Lottie Cuthbertson, far right, is the new West Central Region Director of the Florida Nurses Association! Kim Hickman, left, FCN at Mt. Zion Progressive Missionary Baptist Church, and Katrina Goodrich, center, St. Anthony's FCN Transitional Care Coordinator and FCN at Christ United Methodist Church of St. Petersburg, stop for a photo with Lottie. Lottie is an FCN at Pinecrest Park Church of Christ (listed incorrectly in November issue). Congratulations Lottie!

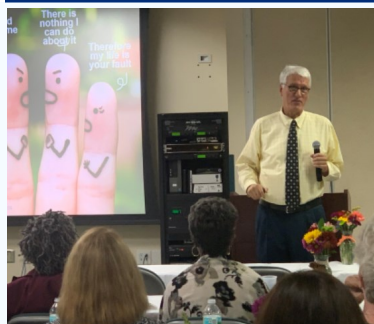


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- Katrina Goodrich, Transitional Care Coordinator, 727-825-1703/ katrina.goodrich@baycare.org

VISION: St. Anthony's Faith Community Nursing will partner with faith communities and empower individuals to promote whole person health through improved access to health and preventive care.

Look What's Happening with our Ambassadors of Health!



(L) **Dr. Dick Tibbits**, D. Min, author of *“Forgive to Live: How Forgiveness Can Save Your Life,”* was guest speaker at the SJH/SFBH 3rd Annual Clergy Appreciation Luncheon held November 12th. Dr. Tibbits shared his extensive research and skills with the attendees and taught us how the stress of not forgiving can cause not just spiritual or emotional pain, but physical pain as well and how all of it can affect us negatively. His dynamic presentation discussed examples of how forgiving can literally save our lives. He noted, for instance, that mismanaged anger is perhaps the principle factor in predicting heart disease. Forgiveness reduces anger and results in lower blood pressure. This was just one of several negative to positive connections Dr. Tibbits highlighted. He also emphasized the necessity of combining the spiritual, emotional, and physical aspects of forgiving to allow for wholistic healing. Thank you, Dr. Tibbits, for your informative, enjoyable, and inspirational presentation!



FCN Coordinator, **Darlene Winterkorn** (shown left, with **Karen Telfer**, right, SJH Director of Volunteer Resources), was recently invited to make a presentation to the Parish Programming Leadership at the Catholic Diocese of St. Petersburg, FL. The topic of the event was “Mission Driven Volunteer Programming.” Darlene introduced the group to the history of Faith Community Nursing and discussed the many volunteer opportunities that are available to FCNs within the churches and congregations they serve. Thanks, Darlene!



A heartfelt congratulations to **Carmen Flores-Zeigler** (right) who recently completed the FCN Foundations course. Carmen is the Nurse Care Coordinator of the San Jose Mission Clinic in Dover, FL and is also a FCN at St. Francis of Assisi Catholic Church in Seffner. Great job, Carmen!

Manager's Memo

Traditionally attributed to Joseph Brackett, the words of the one-verse Shaker song *‘Tis the Gift to Be Simple*, include the line “when true simplicity is gained, to bow and to bend we shan’t be ashamed.” While many theological complexities are wrapped up in the Christmas event, so much about it is simple. A modest girl, a humble stable, unpretentious shepherds, a precious newborn baby. As you celebrate Advent and Christmas, prayerfully consider how you can simplify this holy season. An easy touch, a cup of coffee with a friend, a simple hour of time to an elderly neighbor, or seeing the nativity story through the eyes of a child. Along with giving to others in small, unassuming ways, take the time to reflect on all that His birth stands for, bowing and bending to the Christ Child.



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

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Ambassadors of Excellence/Education Programs

FCN Education Meetings

- **Thursday, December 12:** Caroling will begin at 4:45 pm followed by the Education Meeting from 5:30-8:00 pm, SFBH Community Conference Room, 301 N. Alexander Street, Plant City, FL 33563. Topic: *"Stroke Prevention and Awareness,"* Guest Speaker Alisha Williams, RN, MSN, Nurse Manager—Stroke Program. RSVP to Carla please!
- **Thursday, January 16:** 12-3pm SJWH MOB, Classroom 3, 3030 W. Dr. Martin Luther King Jr Blvd, Tampa, FL 33607. Topic: *"The Healing Role of the FCN When a Church Closes"* by Westberg presentation selectee, FCN **Barbara Barden**, Springhead UMC, Plant City, FL. **Please NOTE: The start time was moved from 11:30 to 12:00.**

Presentation: *"Holding On Letting Go"*

- **Offered twice: Friday, January 10 at 6:30pm, and Saturday, January 11 at 3pm,** at Plant City Entertainment, 101 N Thomas St, Plant City, FL 33563. Please join us as local actors explore the challenges faced when the health of a family member declines and end of life issues affect their family. Admission is free, but seating is limited. For information or to register for seating, please go to EventBrite.com and search for Holding On Letting Go, or call 813-356-7311.

BLS Recertification— *(Please NOTE: There are only two more classes scheduled in 2019. If you need re-certification this year, enroll now! Contact Carla for assistance.)*

- **SFBH—Tuesday, 12/3** from 9am-1pm, SFBH, Education Classrooms, 301 N. Alexander St, Plant City, FL 33563.
- **SJH-Main —Friday, 12/20** from 8:30am-12:30pm, MAB2, 3001 W. Dr. Martin Luther King Jr Blvd, Tampa, FL 33607.
- **SJH-North—Friday, 1/17** from 8am—12pm, Garden Classroom A, 4211 Van Dyke Road, Lutz, FL 33558
- **SJH-South—Thursday, 1/23** from 8am-12pm, SJHS Franciscan Room 1, 6901 Simmons Loop, Riverview, FL 33578
- **SFBH—Tuesday, 1/7** from 9:00am-1pm, SFBH, Education Classrooms, 301 N. Alexander St, Plant City, FL 33563.

Other Events and Happenings



And behold, an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were greatly afraid. Then the angel said to them, "Do not be afraid, for behold, I bring you good tidings of great joy which will be to all people. For there is born to you this day in the city of David a Savior, who is Christ the Lord." Luke 2:9-11 (NKJV)

May the blessings of Christ be with you and your loved ones as you share this holy season and celebrate His birth.



Happy December birthdays to the following ladies. May your birthday be joyous and blessed.

Barbara Barden — 9 December

Judy Harris — 18 December

Theresa Halliday — 20 December

Judy Valleri — 20 December

Beverly Bitterman — 21 December

Fran Provenzano — 22 December

Nancy Brown— 23 December

Pat Mullarkey — 31 December

On time statistics winner for September is **Pat Metcalf**, FCN of River of Life Church of Tampa Bay, Inc., Lutz, FL. Pat received a copy of *"Gentle Rebel: The Life and Times of Granger Westberg"* as a gift. Congratulations, Pat!!

Faith Community Partnership Outreach



Polk County's Faith Community Nursing and BayCare Community Health had the wonderful opportunity to partner with the Indigent Health Care Plan and the United Way. The mobile health bus was parked at Mt. Tabor Baptist Church in the Kathleen area on November 14th and 21st. The church is the central location for providing food from Feeding Tampa Bay. On October 19, the area was severely damaged by a tornado. Every Thursday, church volunteers provide the community with resources that address unmet needs. Polk County Health Services provided flu and hepatitis vaccines and the mobile health unit provided space for one-on-one consultations for healthcare concerns. BayCare provided blood pressure and diabetes screenings. Healthcare Navigators were available to provide additional consultation and resources specific to individual needs.


The **Great American Teach-In** is an annual event coordinated by the Department of Public Relations to celebrate American Education Week. Community members are invited to schools to speak about careers, travel, hobbies, and how their early education experiences relate to their life. A group of Winter Haven Hospital team members shared their careers with the Elbert Elementary School 3rd grade class on Thursday, November 21st. Students heard from Brittney Varner, RN, Chaplain Nannette Medero, Kenneth Taylor, Environment Service Manager, Dr. Haseeb A. Rahman, Internal Medicine, and Debbi Clark (top right), Pastoral Secretary. After the presentations, the students received a pencil bag with a few school supplies.



Gratitude through Collaborative Efforts



The Annual FCN Fall Retreat, held November 2 at the Bethany Center in Lutz, provided multiple opportunities for faith community nurses and congregational health promoters to share and reflect. During free time, several participants gathered lakeside (pictured left) to walk the Stations of the Cross, a devotion which recalls with mindful reflection the last stage of the path that Jesus walked on his way to the crucifixion. This group used "A Nurses Way of the Cross," a reflection of individual patient suffering stories followed by a prayer related to each of the fourteen stations. One participant would read the story and then all would respond by reading the accompanying prayer.

 The Polk County FCN program wants to say **Thank You** to the St. Anthony FCN program for allowing us to partner in sponsoring this year's faith community nurse retreat "*Be a Bridge, Keeping Your Bridge in Good Repair.*"

Contact Info: Polk County FCN Program

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