

Faith Community Nursing Newsletter

Community Health Needs Assessment: 2020 Focus Areas

The Affordable Care Act (ACA) requires nonprofit hospitals to conduct an assessment of the health needs of the people in the communities they serve and take steps toward addressing those needs.

BayCare and other area organizations including Florida Department of Health, Advent Health, Tampa General Hospital, Lakeland Regional Hospital, Suncoast Community Health Centers, Johns Hopkins All Children's Hospital, Moffitt Cancer Center, and Shriners' Hospital for Children, conducted a Community Health Needs Assessment (CHNA) in the spring of 2019 throughout Hillsborough, Pasco, Pinellas, and Polk counties.

The CHNA is a systematic, data-driven approach used to determine the health status, behaviors, and needs of residents. It provides information from quantitative and qualitative sources so that communities may identify issues of greatest concern, explore opportunities to collaborate with community partners, and commit resources to priority areas.

The survey results, along with additional health statistics data, and key informant interviews, revealed 11 key health issues. Healthy Communities Institute was hired to compile and interpret the data and in July leaders from the involved organizations along with community members gathered in focus groups to discuss these areas. Following the discussions, prioritization exercises were conducted based on the magnitude of the health issue and the perceived likelihood for positive impact of each issue. This exercise resulted in the top three focus areas of **Behavioral Health, Access to Healthcare, and Exercise/Nutrition/Weight**.



Lisa Bell (4th from left), manager community benefit, and her team.

Across the BayCare Health System, Faith Community Nursing is strategically poised to have a positive, healthy impact on our communities in each of these areas. Primarily, the faith community nurse is an access point for healthcare, so continuing to grow partnerships across our counties remains a high priority. Daily, FCNs meet people where they are, assisting them with their healthcare needs. Each hospital FCN program has submitted proposals for addressing needs in at least one of these areas. As we begin this three-year focus on the identified top needs, be on the lookout for new strategies from your FCN leaders. We look forward to all that FCN will do to impact the health of our communities.

February is American Heart Month

145
97

What do these numbers represent? A silent killer directly connected to heart disease and stroke: High blood pressure.

Also known as hypertension, high blood pressure often has no obvious signs or symptoms, and can go undetected unless you track it regularly. Monitoring and tracking your blood pressure are key steps in early detection and prevention of heart disease. BayCare makes tracking blood pressure easy with over 120 wellness stations. Find a location near you: BayCareHeartHealth.org

CHNA Initiatives: 2020-2022

Please join us in prayer for these new 3-year FCN initiatives to have a meaningful impact in our communities:

- We will offer at least 16 community-based **Mental Health First Aid (MHFA)** training events, with one FCN Coordinator trained as a MHFA Instructor.
- We will embed a part-time, bilingual (Spanish/English) FCN Coordinator in a Pasco County community previously unreached by our programming.
- Another Coordinator will provide wellness-promotion services (8 hrs/week) at **The Shepherd Center in Tarpon Springs**. Several surrounding churches already support the center with donations of time, food, resources and/or referrals. We hope to engage them in developing a health ministry function that will serve individual congregations and also provide a collaborative, ongoing health ministry presence for clients of The Shepherd Center.

The Shepherd Center is a Tarpon Springs nonprofit that provides goods and services to the homeless and needy. A food pantry, feeding program and thrift store operate in the current building on Pinellas St.

Opening Soon: The Hope Center building will feature a serving kitchen, laundry room, office and dining space, an outdoor patio and restrooms with showers. There will be space for individual health coaching and small classes.

Upcoming Events

Unless otherwise indicated, contact Georgia Cuthbert for more information or to register.

Saturday, Jan 25: Health Ministry Basics (4.5 CE), 9am-4:30pm, Mease Dunedin Hospital (MDH) – Physicians' Office Building. Repeated quarterly in 2020: **April 25; July 25; October 24** (Note: This class was formerly called *FCN Orientation*.)

Thursday, Feb 13: Monthly FCN Education Meeting, 5-7:30pm, BayCare System Office, 2985 Drew St, Clearwater 33759, Room 10B. Ann Kawalec, Faith Community Nurse, will present **Introduction to Energy Work Modalities for the Faith Community Nurse** (1 CE).

Wednesday, Feb 19: Advance Directives for the FCN (0 CE), 4-5pm, Mease Dunedin Hospital, Meeting Rooms 1-2. April 16 is *National Healthcare Decision Day*. Join us in February for an interactive learning experience that will prepare you to help people think about and talk about what's important to them. Participants will receive a helpful ministry tool.

Friday, Feb 21: Foundations of FCN opening day, 8am-5:30pm, St. Anthony's Hospital Franciscan Room. For information or to register for this 12-week course before Feb 7: Debbie Rivard, 727-825-1710, deborah.rivard@baycare.org

Save The Date:

- Thur 3/12: Monthly FCN Education Meeting: 10am-1pm, BSO Room 10A. *Diabetes Update*
- Sat 4/25: *Health Ministry Basics*: 9am-4:30pm, Mease Dunedin Hospital – Physicians' Office Building
- Thur 5/7 (Nurses Week): 5-7:30pm. *Promoting Spiritual Self-Care*

Mandatory Annual Renewal and Compliance (ARC)

Our partnered nurses are required to update documentation annually, as outlined in the FCN Program Agreement. For your convenience, ARC events are offered at sites throughout our service area. **Choose your date and location.** No RSVP is required. Please bring a copy of your current FL RN license, driver's license, auto insurance, BLS card*.

- Thursday, January 30 at Mease Dunedin Hospital: 10 am – 12 noon or 4-6 pm, Hospital Meeting Rooms 1-2
- Thursday, February 6 at St. Scholastica Catholic Church (4301 W. Homosassa Trail, Lecanto, FL), 11am-2pm
- Thursday, February 20 at Morton Plant North Bay Hospital, 12-2:30pm or 4-6pm
- Thursday, March 5 at BayCare System Office (BSO), 2-6pm

BLS/CPR Update

BayCare BLS classes for the Morton Plant Mease region will be held at BayCare System Office, 2985 Drew St. Clearwater, 33759

Friday mornings, 8am-12pm: **February 21:** Room 7&8

March 20: Room 10B

April 17: Room 10B

Throughout BayCare, class length will be 4 hours, regardless of whether you hold a current BLS card.

To register, call 727-736-9804 or Barb Hissong at 727-734-6543 and mention that you are a Faith Community Nurse. Please be on time. Those coming 10 minutes late will not be admitted.



***Note: Please call 727-736-9769 or email neppie.alexander@baycare.org if you are unable to attend a scheduled ARC event**

February is American Heart Month

A very short list of lifestyle factors can have a great impact on overall health, reducing the risk of heart disease, stroke, high blood pressure, diabetes and cancer, while also helping with weight management. The same list can help with the management of many chronic health conditions. That's a lot from a short list! BayCare can help you encourage your congregation to adopt these healthy habits with classes that present health information, promote readiness for change, and offer group support for healthy lifestyle habits. Lauren Luchan, BayCare's Community Health Program Grants Coordinator writes:

Physical Activity
Healthier Eating
Stress Management
Healthy Sleep Habits
Smoking Cessation
Tracking Health Stats

Dear FCN Team,

BayCare's commitment to our community continues to grow along with our community health grants. With the renewal of GIFT and DEEP, our programs have expanded into all four counties (Pinellas, Pasco, Hillsborough, and Polk).

***Get Into Fitness Today (GIFT)** is our 12 week weight loss and wellness program geared to help participants with nutrition, physical activity and weight loss goals. **Diabetes Empowerment Education Program (DEEP)** is our 6 week diabetes management program geared for participants with diabetes, pre-diabetes and/or caretakers. Both programs are completely free to the community and do not require physician referrals.*

In the New Year, we are looking for new locations to host our programs. We are hoping with your combined efforts, we are able to find more locations. We need a minimum of 5 participants to run the program. Maximum of 15 for DEEP and 20 for GIFT. Participants must be 18 years or older.

If you know of any community centers or churches looking for free programs, please feel free to connect them with Lauren.Luchan@baycare.org

Contact Information: MPM FCN Program

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Donna Kremer, PRN FCN Coordinator, Donna.Kremer@baycare.org

Julie Rose, PRN FCN Coordinator, Coordinator, Julie.Rose@baycare.org

Lynn Meehan, PRN FCN Coordinator, Eleanor.Meehan@baycare.org

Kathy Johansen, PRN FCN Coordinator, Kathleen.Johansen@baycare.org

Marla Winn-Wicht, Administrative Assistant, Main Office @ 727-736-9769



Upcoming Events

Monday, Feb 3: FCN Education Meeting, 10am-12pm, St. Anthony's Hospital Auditorium, 1200 7th Ave N, St. Petersburg 33705. Program: *Art & Science of Difficult Conversations* (1 CE).

Monday, Feb 17: Quarterly FCN Education Meeting: 5:30-7:30pm, SAH Auditorium. Program: *Understanding Professional Boundaries in Communicating Care Options When Treatment Becomes Futile* (1 CE). This presentation will help participants identify futility in care, assess ethical dilemmas, recognize boundaries, and facilitate meaningful discussions offering choices in end-of-life care.



Leslie Weiland, RN, BS, Seasons Hospice Community Educator, will present both education programs in February and Seasons Hospice & Palliative Care will be the continuing education provider. Instructions will be provided to you at the programs so you can receive credit.

Friday, Feb 21: Foundations of FCN opening day, 8am-5:30pm, St. Anthony's Hospital, Franciscan Room.

Saturday, Feb 22: free **Safe Sitter** training class (11yrs old +). SAH Auditorium 9am-3:30pm; lunch included. Contact Debbie for more info.

Registration Required: 727-825-1709, or Andrea.Rose@baycare.org

Save The Date:

3/2, FCN Education Meeting, Special start time: 9:30am (Topic: 2-hour class on **Human Trafficking***), SAH Auditorium

3/5, BLS Recertification, 9am-12:30pm, SAH Auditorium

3/14, Health Ministry Basics, 8am-3:30pm, SAH Franciscan Room



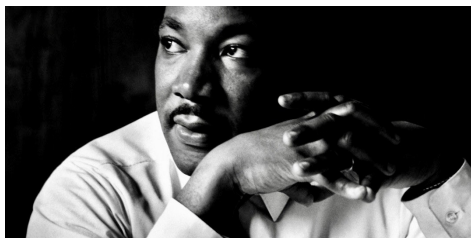
*Monday, March 2, FCN Meeting: this meeting will start earlier than usual because the **Human Trafficking** class is two hours. This class will count toward your Florida Board of Nursing CE requirement for re-licensure. Auditorium doors will open at 9am for breakfast, fellowship and assistance with your stats. **The education program will begin promptly at 9:30am.** Contact Andrea to register.

Welcome New Health Ministry Members!



The new Health Ministry Basics (HMB) class, which now combines Faith Community Nursing Orientation and Congregational Health Promoter training in one, was held January 24. Standing L-R, please welcome **Ruth Thomey, RN**, Riviera United Methodist Church, **Gwenn Gordon, RN**, First United Methodist Church, **Lenore Montgomery, RN**, **Denise Paulson, RN**, and **Corinna Harshaw** (veteran FCN). Seated: **Cynthia Green** (CHP), **Barb Holden** (veteran FCN), **Barbara Henderson, RN**, and **Carrie Avery, RN**, Stewart-Isom Memorial CME Church. Lenore, Denise, Corinna, Cynthia, Barb, and Barbara are partnered with the St. Anthony's FCN department.

Faith Community Nursing in Action



Faith Community Nursing partnered with local service organization, Alpha Kappa Alpha Sorority, Inc.- Zeta Upsilon Omega Chapter in celebration for their MLK Day of Service honoring the life and legacy of Dr. Martin Luther King Jr. Their service project goal was to create a clothing closet for Campbell Park Elementary School (CPES) by installing hanging racks, shelving and baskets and stock the closet

with shoes, jackets, belts, uniform tops and bottoms, underwear, and socks. St. Anthony's FCN coordinator, **Ruby Hope, RN, BSN** (pictured bottom left), volunteered and the FCN department provided hygiene items: disposal wash clothes, toothbrushes and toothpaste to stock the closet.

Wearing soiled or ill-fitting clothing can make a child feel self-conscious and isolated....wondering *can my classmates see my wet clothes? What do I do if I don't have a change of clothes in my backpack? What if I barely have clothes?* CPES students live in one of the poorest areas of Pinellas County and has one of the highest number of homeless students. St. Anthony's FCN Department wanted to be a part of this MLK Day of Service project by helping to ensure that CPES students have the self-confidence they need to focus on their learning experience to succeed in the classroom, which is critical to their growth and development. Students who use the closet can continue their learning experience free of shame, embarrassment or self-consciousness knowing that they are wearing clean clothing that complies with the school's dress code.

This service project promotes Dr. MLK Jr's Legacy by supporting his belief in education. One of Dr. King's famous quotes is *"The function of education is to teach one to think intensively and to think critically. Intelligence plus character – that is the goal of true education."* St. Anthony's mission in action will help these students concentrate on learning.



Contact Information: St. Anthony's FCN Program

Debbie Rivard, Manager, 727-825-1710/ deborah.rivard@baycare.org

Andrea Rose, Grant & Operations Coordinator, 727-825-1709/ andrea.rose@baycare.org

Patti Carr Wolfenbarger, Nursing Coordinator, 727-820-7880/ patricia.carr@baycare.org

Lavina Ward, Nursing Coordinator, 727-820-7884/ lavina.ward@baycare.org

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!



Barbara Barden (left), FCN at Springhead United Methodist Church, Plant City, FL, and Westberg presentation selectee, discussed her thoughts and research on the topic of "Cultivating Hope in Adverse Times." What is your role as an FCN if your church closes? Why would a church close? How would you help the congregation to heal? These are but a few of the thought-provoking questions Barbara laid out for the attendees to consider. Citing a significant amount of research she had conducted combined with her own personal testimony of having to process and deal with the closure of her own church, Barbara provided several examples of how the closure of a church affects its congregation and what a FCN can do to help. Following her presentation, the attendees were broken down into groups and given separate scenarios to identify concerns and issues and how to address them. Thanks, Barbara, we definitely all learned something beneficial!!

Kit Moretuzzo (right), FCN at St. Stephen Catholic Church, Riverview, FL, recently received a **20th Annual Angels Among Us** Award from her church "in recognition of your extraordinary Ministry Work." The Angel Award honors the many contributions and efforts she has given to St. Stephen School. Kit was quick to point out that she gratefully accepted the award on behalf of all the FCNs who support their health ministry team, "I could not have done it without them." Congratulations, Kit, to you and your team! Well done!!



The SJH/SFBH FCN production of "Holding On, Letting Go" was recently held and attended by approximately 150 attendees from the local communities. The cast members (shown left) did an excellent job of addressing the realities of what a family goes through when one of it's members is faced with end-of-life issues and the many decisions that must be made. The production was in support of the BayCare identified Community Health Needs Assessment to ensure all members of our community have an opportunity to complete an Advance Directive. Thanks to the cast and crew...you did a really great job!!!

Manager's Memo: "If you have a vision, do something with it"

(Quotation by Anthony J. D'Angelo)

At our recent educational meeting, attendees were encouraged to write a vision for their health ministry in this year of 2020. The challenge then becomes to "do something with it." First, pray! Then, remember we are here to help you do that "something." Call us, share your vision and see how we can assist. Is it to grow your health ministry team? Get the dates for the FCN/CHP trainings and start recruiting people to attend? Is it to learn more about caregiving, vaping, health literacy, infectious diseases, or spirituality in nursing? If so, these are some of our educational meeting topics for the year, get the dates on your calendar now! Is it to help address identified needs in our communities such as behavioral health or nutrition and weight? Call a coordinator today and find out what options/resources are available. Amazing things are on the horizon and I look forward to the visions that have been cast becoming reality!



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

Lora Beth Reece, Coordinator, Ph: 813-356-7319 FAX: 813-872-2936 lora.reece@baycare.org

Darlene Winterkorn, Coordinator, Ph: 813-872-3950 FAX 813-872-2936 darlene.winterkorn@baycare.org

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

Ambassadors of Excellence/Education Programs

FCN Education Meetings

- **Thursday, February 20: 4-6:30 pm**, SJHN, Garden Classroom A, 4211 Van Dyke Road, Lutz, FL 33558. The program topic is **Health Literacy**. **Please NOTE: The time for this class is earlier than usual. As a result, dinner will be served after the program presentation instead of before. Please make plans to join us, RSVP to Carla.**
- **Thursday, March 19th: 5:30-8pm**, SJHS, Franciscan Classroom 1, 6901 Simmons Loop, Riverview, FL 33578. The program topic is **Medical Marijuana and Vaping**. RSVP to Carla.

Foundations of FCN Course

- **February 21-May 15** For more information or to enroll, contact Debbie, 727-825-1710 or Deborah.rivard@baycare.org.

Health Ministry Basics Class

- **Friday, March 13: 9am-4pm**, SJWH, MOB 4th Floor, Classroom 3, 3030 W. Martin Luther King, Jr. Blvd, Tampa, FL 33607. This is the newly combined and standardized class for new BayCare FCN and CHP personnel, and replaces the individual FCN Orientation and CHP Classes. Join us for this exciting and new class! RSVP to Carla.

Ambassador Renewal

- **Tuesday, April 7: 1:00—6:00 pm**, SJHN, Garden Classroom A, 4211 Van Dyke Road, Lutz, FL 33558.
- **Monday, April 13: 1:00—6:00 pm**, SJHS, Franciscan Classroom 2, 6901 Simmons Loop, Riverview, FL 33578

If you are unable to attend one of the above scheduled sessions, please contact Lora Beth or Darlene to make a one-on-one appointment for the Plant City or Tampa offices at any time. **All annual renewals must be completed by no later than April 30, 2020!** If you need to take a BLS class before Ambassador Renewal, please contact Carla to register.

Other Events and Happenings

February is American Heart Month and February 7th is National Wear Red Day, a National awareness campaign about heart disease. For more information, contact www.americanheart.org.



Happy February birthdays to these lovely ladies!

Peggy Richter— February 4th

Marilyn Correa—February 12th

Carmen Flores-Zeigler—February 27th



On time statistics winner for November is **Martha Moore**, FCN of Lake Magdalene United Methodist Church, Tampa, FL. Martha received a copy of *"Gentle Rebel: The Life and Times of Granger Westberg"* as a gift. Congratulations, Martha!!

February is the month of *Love*. In a commercial sense, it means dinner with your significant other and perhaps a gift of flowers, or chocolates, or maybe even a proposal of marriage and a diamond ring on the finger! But what does love REALLY mean, in a spiritual sense? I Corinthians 13 says, "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things. **Love never fails.**" May we keep this scripture in our hearts and in our minds and remember to love not just our family and friends, but all mankind as we live through today's troubling times. May we love one another not just in the month of February or on Valentine's Day, but all year through. As scripture tells us, "And now abide faith, hope, and love, these three; but the greatest of these is love."



Feature Faith Community



Polk County faith community nurse program wants to recognize the First Presbyterian Church, and Sandi their faith community nurse, for her ministry commitment. She is very active within the church and greater Lakeland community. Her monthly focus is on all of the events in the Older (50+) Adult Ministry. She was responsible for hosting an Alzheimer's informational meeting conducted by the Alzheimer's Organization. Here is a list of upcoming events that will take place at the church:

- Night to Shine, Friday, February 7, 2020
- Friday, March 13, 2020 *Spirit of Service* in Room A at 10:00am Speakers will present on the "Seven Dimensions of Wellness," which includes fall prevention. The Annual Community Senior Adult Health & Resource Fair will follow from 12-3pm in Loudon Hall (see below for more details).
- Mental Health First Aid (Adult), Monday, May 4, 2020

For more information on any of these events, visit fpclakeland.org/event-category/community

Upcoming Health & Wellness Fairs

Saturday, March 7, 2020 | 9am-12 noon
Good Hope Missionary Baptist Church
 3397 Eagle Lake Road
 Bartow, Florida 33830

Saturday, March 28, 2020 | 9am-12 noon
First United Methodist Church
 135 E. Broadway Street
 Fort Meade, Florida 33841

Friday, March 13, 2020 | 12-3pm
First Presbyterian Church
 175 Lake Hollingsworth Drive
 Lakeland, Florida 33801

The Annual Community Senior Adult Health & Resource Fair will have more than 50 vendors, hearing mobile, free amplified phones to qualified FL residents, free health and wellness screenings including BP, glucose, and BMI, invaluable information and resources.



Mental Health First Aid



Wednesday, May 13, 2020
Mental Health First Aid (Teen) training
 Lakeland Volunteers in Medicine, Lakeland

Monday, May 4, 2020
Mental Health First Aid (Adult) training
 First Presbyterian Church, Lakeland

**SAVE
THE DATES!**

**REGISTRATION DETAILS
COMING IN APRIL**

Contact Info: Polk County FCN Program

Lanet Owen, Coordinator, Bartow Regional Medical Center, 863-533-8111, ext 521831/lanet.owen@baycare.org
 Joe Ivie, Manager, Pastoral Care Department, Winter Haven Hospital, 863-297-1877/joe.ivie@baycare.org