

Faith Community Nursing Newsletter

Foundations of FCN Course Runs February—May

Foundations of Faith Community Nursing Curriculum

An Interfaith Educational Opportunity for Registered Nurses



BayCare Health System (BCHS), an educational partner with the Westberg Institute, offers the *Foundations of Faith Community Nursing Curriculum (2019 Revision)* to all Faith Community Nurses partnered with any FCN program across BCHS. Faith Community Nursing holds spirituality as central to its practice and is recognized by the American Nurses Association as a specialty nursing practice. This intensive 3-month hybrid format of part classroom, part online course, is designed to provide a basic foundation for FCN practice and covers spirituality, professionalism, whole-person health and community. The course

textbook aligns with *Faith Community Nursing: Scope and Standards of Practice* (2017, 3rd edition) published by the American Nurses Association and the Health Ministries Association. This course will equip nurses to leverage their training and work in congregations and other faith-based settings for healthier communities. This course is approved by the Florida Board of Nursing for 36.5 hours of continuing education credit.

TO ATTEND, PARTICIPANTS MUST:

- have an active Registered Nurse's license
- have a desire to seek a deeper understanding of the impact of spirituality in nursing care
- be computer savvy, and the ability to work independently, complete assignments and communicate within a group



CLASSROOM DATES & LOCATION:

Friday, February 21, 8am-5:30pm

Friday, April 17, 8am-5:30pm

Friday, May 15, 8am-3pm

St. Anthony's Hospital, Franciscan Room

1200 Seventh Ave. N.

St. Petersburg, FL 33705

ONLINE MODULES (SELF-STUDY):

February 21 through May 14- one module per week

COST:

\$100 BayCare FCN, Scholarships available.

\$200 Out of BayCare Network



Foundations of FCN 2019 classes pictured above.

"I am so thankful for the opportunity to be a part of this unique and amazing health ministry! I feel very equipped to go out into the community and offer FCN services and resources knowing that I have support, resources, and mentors to continue this ministry."

~ 2019 course participant

FOR MORE INFORMATION, OR TO REGISTER:

Debbie Rivard, 727-825-1710,

Deborah.rivard@baycare.org

Deadline to register is February 7, 2020

Happy New Year!

Let your
light
shine!



Thank you for your ongoing commitment to promoting whole-person wellness for individuals, families and communities! Your collective work really **shines** as leaders from our hospitals and other community sectors consider shared opportunities to help build healthier communities. When you tell us about your activities and the needs you've addressed, you help us demonstrate the continuous, community-wide impact of BayCare's health ministry training and support programming. Thank you for sharing this information through monthly statistics forms, personal conversations and other communications. As you continue to care and share, please let us know about the kinds of support you need from us, too.

Warmest wishes for a blessed new year from your Morton Plant Mease Faith Community Nursing support team!

FCN as Resource and Referral Agent

Recognizing people's needs and linking them to appropriate resources is an important part of the work of the FCN. **In a Health Ministry setting, a referral is a suggestion or recommendation made for clients. This is not a formal, written medical referral which is usually ordered by a healthcare provider in a clinical setting.** For example:

- MPM FCNs receive a *Cooking Up Care* notebook that includes a list of resources that are helpful in addressing hospital-to-home transitions. Let us know as you refer people to these and other community-based resources.
- Consider resources you suggest related to a specific life stage/event or to improve general day-to-day quality of life.
- Have you suggested a resource/program that exists *within your faith community* to address a physical, spiritual, social, emotional or learning need?
- Many of you support the work of clergy and other ministry leaders by suggesting relevant, affordable educational resources, such as Mental Health First Aid training.
- As you help individuals navigate the healthcare system, have you helped someone link to a healthcare provider or facilitated or suggested communication with an existing provider to address a current or anticipated need?

Thank you for including a count of your referrals in your monthly statistics reports, which inform your hospital-based support team and our grant funders of the reach of our collective work in the community. We encourage you to **tell us about a favorite resource** that you like to recommend, too. You can share this information on your statistics form or include in a separate communication. We look forward to hearing from you! Read on to learn about a resource recently shared by a colleague.

Contact Information: MPM FCN Program

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



Community Resource: Overeaters Anonymous

The community resource information below is shared with you anonymously by a BayCare FCN colleague.

As a Faith Community Nurse and a participant in the Overeaters Anonymous (OA) community I see the opportunity to share OA with the community as a partner in reaching our goals as set forth in the Community Health Needs Assessment (CHNA) 2019. As a BayCare Faith Community Nurse I am able to see how OA can touch all three of the CHNA foci. We would love to be a known resource to the community. I am often surprised how many folks have never heard of OA. Here are the CHNA foci and how OA can help.

1. **Accessibility to care:** We are a non-profit and we are self-supporting. We charge no dues or fees. As part of the 12-step community we are a spiritual program which encourages our members to seek the underlying cause of compulsive eating.
2. **Mental health:** There are many causes of mental distress. Some are complex and require professional intervention. Some may be related to poor nutrition and stress. As a recovering compulsive overeater I can say with honesty working a 12-step program, using the tools of the program including meetings, reading our literature, having a balanced food plan, journaling my feelings & concerns, planning my day for balance, service to others and knowing that my shares at meetings with my fellow OA's are held in confidence all provide me with foundations for healthy living. In many respects I believe we would all benefit from a 12-Step Program.
3. **Health/Nutrition/Weight:** Our program supports any individual with a problem related to food. The obese, bulimic, anorexic, compulsive overeater. We all have our stories about how food, dieting, exercise ran our lives. Peace is the result of discovering that some of us have a biochemical disease and like other addictions we medicate to deal with life.

We came to these rooms and found help and hope when we believed there was none. OA will be 60 years old in 2020.

Overeaters Anonymous

Worldwide Organization Site:

www.oa.org

To find face-to-face, telephone, online or non-real-time meetings, please go to:

www.oa.org/find-a-meeting

For "a meeting on the go," check out:

www.oalifeline.org.

Pinellas/Pasco community site:

www.oapinellas.org

This site includes dates, times, locations and contacts for meetings in Palm Harbor, St. Pete, Clearwater, Kenneth City, Holiday, Madeira Beach, Seminole, Dunedin, Pinellas Park, Port Richey, Oldsmar and Gulfport, including two BayCare sites: St. Anthony's Hospital in St. Petersburg and Morton Plant Hospital in Clearwater.

Upcoming FCN Events:

Annual Renewal and Compliance (ARC) Events (required): Information sheet enclosed for MPM FCN Program Partners

BLS Provider Courses: Each 4-hour course will be held on a Friday morning from **8am-noon** at the **BSO**.*

January 24: Room 10B

February 21: Room 7&8

March 20: Room 10B

To register, call (727) 736-9804 or Barb Hissong at (727) 734-6543. Mention that you are a Faith Community Nurse.



Continuing Education: (Each program will include a light meal, a speaker and networking time. Please contact Georgia or Marla for more information or to register.)

- **Thursday, January 16: Medical Marijuana** (1CE); 10am-1pm; **BSO*** Classroom 7
- **Thursday, February 13: Introduction to Energy Work Modalities for the FCN;** 5-7pm; **BSO*** Classroom 10B

***BSO:** BayCare System Office, 2985 Drew St. Clearwater, FL 33759

Upcoming Events

*** Attention: All 2020 FCN Meetings are back in the St. Anthony's Hospital (SAH) Auditorium ***

Monday, Jan 6: FCN Education Meeting, 10am-12pm, SAH Auditorium. Wendy Wesley, RDN, manager of health education at the St. Pete Free Clinic, will present **Health Outcomes and Food Insecurity** (1.5 CE). Continental breakfast. Registration required, contact **Andrea Rose**.

Friday, Jan 24: Health Ministry Basics (4.5 CE) - 8am-3:30pm, 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 more than two years, consider taking this revised class).

Monday, Jan 27: Diversity Lunch & Learn (1 CE), 12-1pm, SAH Auditorium. Marie Silverman, Holocaust survivor, will be sharing her family's profound journey of survival, providing participants with a greater understanding and respect for meeting the health care needs of all we serve. Lunch will be provided (please arrive by 11:45am). Note: FCNs and CHPs MUST wear your St. Anthony's volunteer badge. Registration required: email Courtney Burt at SAHdiversity@baycare.org.

Save The Date:

- Mon 2/3: Monthly FCN Education Meeting: 10am-noon, SAH Auditorium. *Art & Science of Difficult Conversations* (1 CE)
- Mon 2/17: Quarterly FCN Education Meeting: 5:30-7:30pm, SAH Auditorium. *Understanding Professional Boundaries* (1 CE)
- Fri 2/21: Foundations of FCN opening day, 8am-5:30pm, St. Anthony's Hospital Franciscan Room

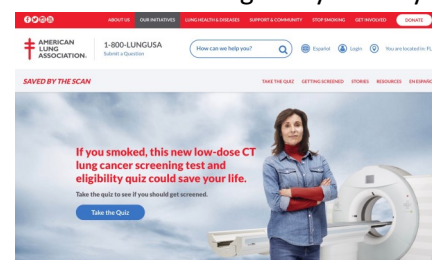
Reminder to Wear Your Volunteer Badge



All of Faith Community Nurses and Congregational Health Promoters partnered with the FCN program were issued a volunteer badge, like the one pictured, when you completed the orientation class. This is a friendly reminder that you are required to wear your badge whenever you are in the hospital. Once you go through the security process: metal detector and bag check, you can proceed to the Auditorium for classes and events (ie: FCN Meetings, Diversity Lunch & Learns, etc). You do not need a Visitor's sticker. However, if you are not wearing your badge and you need a Visitor sticker, you may be denied entry into any class that is not hosted by the FCN program. Thank you for your cooperation!

Resource: *Saved By the Scan*

Thanks to the latest advances in medical technology, there is new hope for patients and families at risk for lung cancer: the **American Lung Association's Lung Cancer Risk Quiz To Determine Eligibility For Screening**. This screening eligibility quiz will let you know if you should talk to your doctor about being screened for lung cancer via low-dose CT scan. Screening is key to early detection — when lung cancer is diagnosed at an early stage it is more likely to be curable. If you smoked, this new low-dose CT lung cancer screening test and eligibility quiz could save your life. The website provides resources to download, including a Doctor Conversation Guide and a chart to help determine if lung cancer screening is covered under your insurance. Go to lung.org and click on the blue button to take the quiz to see if screening is recommended. **Thank you Cheryl Track for sharing this resource!**



Faith Community Nursing in Action

Safe Sitter® is designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting. The Instructor-led class is filled with fun games and role-playing exercises and include the following topics:

- **Safety Skills:** Students learn how to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies.
- **Child Care Skills:** Students learn tips to manage behavior that will help them stay in control of themselves and the children in their care. Students also learn the ages and stages of child development, as well as practice diapering.
- **First Aid & Rescue Skills:** Learning skills such as choking rescue and CPR is often students' favorite part of the class. Students also learn a system to help them assess and respond to injuries and illnesses.
- **Life & Business Skills:** The ability to screen jobs, discuss fees, and greet employers will set students up for success now and in the future. Students practice these skills through various role plays.

2020 Safe Sitter® Schedule of Classes (Free)

One-day Saturday class from 9am-3:30pm; lunch included
Feb 22, May 30, Aug 8, Dec 5

Location:

St. Anthony's Hospital, Auditorium
 1200 7th Ave N.
 St. Petersburg FL

Flyers are available to post in your faith community to promote an upcoming class. Contact Debbie Rivard for more information.



Lavina Ward (above), FCN Coordinator, and Safe Sitter® Instructor, teaching students at the Safe Sitter class in December, held at St. Anthony's Hospital. Debbie Rivard, Patti Wolfinbarger, and Katrina Goodrich are also instructors.

Photos from our 2019 Christmas Events



Contact Information: St. Anthony's FCN Program

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Patti Carr Wolfinbarger, 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!



(L) **Alisha Williams**, RN, MSN, and Nurse Manager of St. Joseph's Hospitals Stroke and STEMI programs and Manager of the in house Stroke/STEMI Alert Team, spoke to FCN attendees at the December Education Meeting about Stroke Prevention and Awareness. She specifically concentrated on the changes and increased knowledge of strokes to include the risk factors, both modifiable and nonmodifiable, and the tools and techniques now available that significantly increase the chances of survival. Stroke is the 2nd leading cause of death worldwide. She emphasized that when it comes to stroke, prevention, recognition and rapid treatment are everything! If you wish to download the pre- and post-tests she spoke of, please go to the following links: (Pre-Test) <https://www.surveymonkey.com/r/Q8WL7X3>, (Post-Test) <https://www.surveymonkey.com/r/GCVMYVC>. Thanks, Alisha, for a most informative and positive update of this condition!

Congratulations to the newest individuals who attended the December Orientation training! Shown (L-R) are Lucille Watford, Nativity Catholic Church, Brandon; Lisa Martinez (standing), Cross Point Church, Brooksville; Theresa Rodriguez; Myriam de Jesus and Dr. Joseph Rivas, The Crossing Church, Ruskin; and Karen Hilliard. Not shown, but also attending were Monica Norris, St. Timothy Catholic Church, Lutz; Ludmilla Spradlin; and, Tequila Treore. Welcome!



The cast of "*Holding on, Letting Go*" may be small in number, but they tell a big story in this play about a family forced to make end of life decisions for a family member. Pictured L-R are: **Coy Permenter** as social worker, Gabe; **Patti Millin** as nurse, Virginia; **Alesia Bischoff** as wife, Lee; **Jimmy Baumgartner** as Bobby; **Debbie Scourtes** as mom, May; and **Gary Shepherd** as Chaplain Roger. The play will be performed twice: Friday, January 10th at 6:30 pm, and Saturday, January 11th at 3:00 pm at Plant City Entertainment, 101 N. Thomas St, Plant City, FL. Please register for seating at EventBrite.com or call Carla at 813-356-7311. Last chance to register for this free event.

Manager's Memo: 2020: A Year for Perfect Vision

Throughout the Bible, we see God revealing himself to people through visions. Such Old Testament figures as Abram, Jacob, Nathan, Samuel, Isaiah, and Daniel, along with New Testament people like Ananias, Cornelius, Peter, Paul, and John, all heard from God through these type of revelations. In Proverbs we read that "where there is no vision, the people perish." Faith community nursing, along with the community benefit team of BayCare has cast a three year vision as a response to the Community Health Needs Assessment. While we have some concrete plans around this, we are still exploring ways to creatively meet the needs of those you encounter each week in your faith communities. Look for more details in next month's newsletter. Please journey with us as we get out our specialty lens, clarify our central vision, and focus in on what God is leading us to in this New Year. We hope you will begin by joining us at our January educational meeting (details on page 7) where we will share some of this vision with you.



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

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 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, January 16:** 12-3pm SJWH MOB, Classroom 3, 3030 W. Dr. Martin Luther King Jr Blvd, Tampa, FL 33607. Topic: *"Cultivating Hope in Adverse Times"* 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. RSVP to Carla.**
- **Thursday, February 20: 4:00—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.**

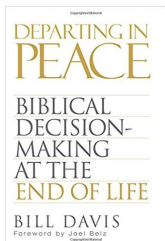
Presentation: *"Holding On Letting Go"*

- **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— *(If you need re-certification this year, enroll now! Contact Carla for assistance.)*

- **SFBH—Tuesday, 1/7 and 2/4** from 9am-1pm, SFBH, Education Classrooms, 301 N. Alexander St, Plant City, FL 33563.
- **SJH-Main —Friday, 1/17, 1/31, 2/14, and 2/28** from 8:30am-12:30pm, MAB2, 3001 W. Dr. Martin Luther King Jr Blvd, Tampa, FL 33607.
- **SJH-North—Friday, 1/17 and 2/21** from 8am—12pm, Garden Classroom A, 4211 Van Dyke Road, Lutz, FL 33558

Other Events and Happenings



New addition to the Resource Room Library!! *"Departing in Peace: Biblical Decision-Making at the End of Life"* by Bill Davis combines mature biblical teaching with the brass-tacks practical questions that we all face with the death of loved ones. These are the things that we don't usually think about until they happen. Decisions at the end of life create deep anxiety for those involved. But it is possible to find peace and comfort amid the hard choices. As a church elder, Bill Davis has talked, walked, and prayed with many people in end-of-life situations. Employing varied case studies and biblical, ethical insight, he guides you in making decisions for yourself and others, preparing advance directives, taking financial concerns into account, and navigating new realities in American hospitals. Contact the FCN Office to check out this fantastic resource!

January begins a new year and new decade. Many birthday blessings to these individuals:

Darlene Admire— 2 January

David Meek—11 January

Latrice Markison—24 January

Barbara Caleca—11 January

Aurora Martinez-Perez—22 January

Charles Goss—25 January



On time statistics winner for November is **Theresa Cole**, FCN of San Clemente Catholic Church and San Clemente Villa, Plant City, FL. Theresa received a copy of *"Gentle Rebel: The Life and Times of Granger Westberg"* as a gift. Congratulations, Theresa!!

Year End Acknowledgement

2019 REFLECTION Polk County faith community nurse program takes a look back in gratitude and appreciation. We said a farewell to Neppie Alexander as she began her new journey as faith community nurse supervisor at Morton Plant Mease. In 2019, the program gained ten faith community nurse partner volunteers and eight congregational health promoters. The 2017-2019 Community Health Needs Assessment plan for Polk County is complete and as 2020 begins so does the 2020-2022 plan. Faith community nursing will continue to expand its involvement. Health ministry will continue to participate in all the initiatives with *mental health* as the highest priority. I want to personally thank Holly Vida, Manager of Operations at Bartow Regional Medical Center for recognizing the value of faith community nursing and health ministry. I also want to thank Joe Ivie, Manager of Pastoral Care, Palliative Care, Faith Community Nursing and Ethics for his support and efforts in being an advocate, a collaborative learner, and supporter of this ministry. In closing, it is very heart warming to see the growth and awareness of faith community nursing and health ministry expanding with faith based organizations, churches and the greater Polk County community.

Health Ministry Outreach



A true Thanksgiving of touching those in need was displayed by faith community nurses **Stacey Santiago, Elaine Bernard** and other volunteers. Heart of the Father Church hosted an event on November 28th, Thanksgiving Day, in Lakeland where attendees received a home cooked meal, spiritual care and basic health care. This act of kindness and their commitment to health ministry is to be celebrated especially during this holiday season. Thank you, Stacey for being instrumental in coordinating the event and to the other volunteers who assisted.



Pictured left to right: Linda, Janet, Fermina, Stacey, Elaine.

The Wilford Smith Recreation Center partnership with faith community nursing closed out 2019 with a family Christmas party. Lanet Owen, pictured with Polk County recreation coordinators Tanitka C. Smith (left) and Paola Nunez (right), got a brief moment to take a snapshot in front of the Christmas tree. Attendees played games, participated in art projects, enjoyed refreshments, and danced to Christmas music. Faith community nursing provided musical instruments and promoted physical dancing activities along with the music. Over one hundred participants were in attendance. Each family received a goodie bag upon departure. Health ministry is looking forward to 2020 and expanding programming to all those who utilize the center's services. A special thank you to Boris Rodriguez, Recreation Coordinator III for partnering with faith community nursing.



Contact Info: Polk County FCN Program

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