

Faith Community Nursing Newsletter

Hurricane Preparedness During COVID-19: Plan Ahead



The Atlantic hurricane season, which runs from June 1 to November 30 is predicted to be more active than normal, with weather experts **forecasting three to six major hurricanes**. Given the pandemic will continue through hurricane season, your planning may be different this year because of the need to protect yourself and others from COVID-19. Here are some simple things you can do to prepare for this hurricane season:

Give yourself more time than usual to prepare your supplies. Floridians are encouraged to have at least 7 days of supplies: emergency food, water, medicine (including prescriptions) and batteries. Home delivery is the safest choice for buying disaster supplies; however, that may not be an option for everyone. If in-person shopping is your only choice, take steps to protect your and others' health when running essential errands.

Plan where you and your animals will stay in case you need to evacuate your home. Identify shelters, a pet-friendly hotel, or the home of an out-of-town friend or relative where you can physically distance with your pets to the best of your ability. Use any search engine to find your county's emergency management website for more information.

If you need to evacuate, prepare a "go kit" with personal items you cannot do without during an emergency. Include items that can help protect you and others from COVID-19, such as hand sanitizer, or bar or liquid soap if not available, and two cloth face coverings for each person.

Complete an Emergency Action Plan. This is your user guide for how to stay healthy, informed, calm, and connected in a disaster. To create a personalized Family or Special Needs plan, visit floridadisaster.org/getaplan/

Try to be flexible. The COVID-19 outbreak is an emerging, rapidly evolving situation. State, local, and individual hurricane preparedness and response plans may need to change as CDC learns more about the virus and issues new guidance.

Stay informed of the latest health guidance from CDC, disaster shelter information from state and local authorities, and severe weather watches and warnings from the National Weather Service. Your regular shelter may not be available this year because of the outbreak.

(Sources: CDC.gov and Floridadisaster.org)

Hurricane Resources

- [redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/hurricane](https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/hurricane)
- floridadisaster.org/planprepare/preparing-for-the-2019-hurricane-season/
- [weather.gov/wrn/hurricane-preparedness](https://www.weather.gov/wrn/hurricane-preparedness)
- [cdc.gov/disasters/hurricanes/](https://www.cdc.gov/disasters/hurricanes/)
- [nhc.noaa.gov/prepare/ready](https://www.nhc.noaa.gov/prepare/ready)
- [ready.gov/hurricanes](https://www.ready.gov/hurricanes)
- spaghettimodels.com/



*For God has not given us a spirit of fear and timidity,
but of power, love, and self-discipline.*

2 Timothy 1:7 (NLT)

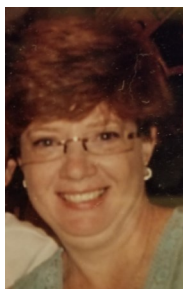
“Rejuvenate a Zip Code Coalition!”

A few years ago, I came home from a wonderful Faith Community Nursing conference and reflected on the strange fact that I felt so energized by a little phrase, a single bullet point on a slide: “Rejuvenate a zip code coalition.” I wrote it on a little sign and taped it to the back of my office door so that it faced me when I sat at my desk, until I moved to Pinellas County. Here, as our current local Community Health Needs Assessment results were being reported, a handful of zip codes were identified that geographically represent some of the most vulnerable communities in our service area (North Pinellas and West Pasco Counties). Our partnered FCNs are not as concentrated in these communities as in more affluent areas. Yet I know that some of you live, worship, work and/or serve in or very near these “target” zip codes. There’s already quite a lot of “coalition-building” in one of these communities, where FCNs, their faith communities and other community partners are working together and hosting wellness-focused events together for the benefit of their shared community. Lately, I’ve wondered if we could use our newfound comfort with “virtual” meetings to host small-group discussions about how FCNs and community partners in a specific area can work together to increase health ministry impact in areas of need. In the next few weeks, I’ll begin to connect with small groups of FCNs in/near these areas of focus, inviting you to join a conversation about how we can begin or enhance a zip code coalition! I look forward to hearing from you in these meetings!

Blessings — Neppie Alexander

From “Blessing of Your Work” by John O’Donohue

*“May the light of your soul guide you.
May the light of your soul bless the work you do with the secret love and warmth of your heart.
May you see in what you do the beauty of your own soul.
May the sacredness of your work bring healing, light and renewal
To those who work with you and to those who see and receive your work.
May your work never weary you.
May it release within you wellsprings of refreshment, inspiration and excitement. . . .”*

Congratulations and Best Wishes!

We will miss **Dawn Kelly-Long** as she leaves her FCN Coordinator role for a new leadership position in a direct care setting. She will surely be a blessing to her new organization and to those she serves there, just as she has been a blessing here. Dawn’s last day on our team will be Thursday, June 11. Until then, you can reach her through our office at DawnJo-Ann.Kelly-Long@BayCare.org or 727-736-7962. Don’t say “goodbye,” though. Dawn says, “I’m not going anywhere!” She will continue to serve in her congregation-based FCN role, in partnership with our FCN program. Also, a heartfelt “congratulations” to Dawn for being selected as a Morton Plant Mease **WOW! Award** finalist this year, a recognition of her outstanding display of BayCare values and service!

Contact Information: MPM FCN Program

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VISION: Morton Plant Mease Faith Community Nursing will be the bridge between BayCare and the faith communities we serve by empowering nurses to promote whole-person health and wellness in body, mind and spirit.

Resource: Health Ministries Association



The **Health Ministries Association (HMA)** “encourages, supports and empowers leaders who integrate faith with the promotion of health and wholeness in local communities.” Its members include faith community nurses, health ministers, clergy, chaplains, faculty, program leaders, etc., who develop and provide health ministries in diverse faith communities.

Like many organizations, HMA has recently included **COVID-19 information and resources** on the organization’s website. Recently posted on the home page are links to several documents from religious organizations that communicate their strategies/plans for resuming in-person congregational activities safely. We’ve received several inquiries asking for similar information, so we think you’ll find this resource helpful.

HMA is also an organizational affiliate of the American Nurses Association, and together, these two organizations co-publish the *Faith Community Nursing: Scope and Standards of Practice*, a guiding document that provides a national perspective on the current practice of the specialty of Faith Community Nursing. Each of our partnered FCNs has been provided with a copy of this book, and there are reference copies available in our program office.

(Source: Health Ministries Association website, <https://hmassoc.org>)

FCN Professional Practice

Standard 17. Environmental Health: The faith community nurse practices in an environmentally safe and healthy manner.

Competency statements for this standard include, in part, that the FCN:

- Uses environmental health concepts in practice .
- Communicates information about environmental health risks and exposure reduction strategies.
- Reduces environmental health risks to self, colleagues, and health care consumers, and community.
- Uses products or treatments consistent with evidence-based practice to reduce environmental threat.

See the complete list of competencies for this standard at: American Nurses Association and Health Ministries Association, Inc. (2017). *Faith Community Nursing: Scope and Standards of Practice. 3rd Edition* (pp. 80-81). Silver Spring, MD. Nursesbooks.org.

Application: The world’s understanding of COVID-19 is still developing, and related “evidence-based practice” recommendations have been evolving quickly. Understanding that the virus that causes COVID-19 is a relatively new environmental risk factor should lead FCNs to frequently check reliable resources for updates that might impact professional practice.



Safe@Home Online Class for Preteens Offered



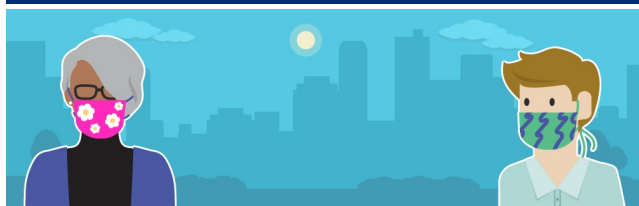
Faith Community Nursing will offer a free Safe@Home class online to students in grades 4-6, on **Saturday, June 20 from 10-11:30am.**

The class, which is designed by Safe Sitter, helps prepare students to be safe when they are home alone. Safe@Home is a 90-minute program that teaches students how to practice safe habits, prevent unsafe situations, and what to do when dangers such as power failures or weather emergencies happen.

Students also are introduced to the Safe Sitter first aid chart and learn a system that teaches them to assess and respond to injuries and illness. A Safe@Home student booklet is provided for each student. "The program is a great introductory level program to prepare students to care for themselves when parents are away for short periods of time," said **Lavina Ward**, Faith Community Nursing.

For more information, contact Lavina at Lavina.ward@baycare.org or 727-820-7884.

Caring For Your Mask During COVID-19



"Your cloth face covering may protect them.

Their cloth face covering may protect you."

Respiratory droplets from a person with COVID-19 can be spread through coughing, sneezing or talking. When out in public, people are encouraged to wear face masks or cloth masks. To protect yourself and others, the following are strategies for wearing, making and cleaning cloth masks:

- Make sure the cloth face covering fits snugly but comfortably.
- The mask should fit securely around ears.
- It should include multiple layers of fabric.
- The mask should be washed routinely in hot water.

The Centers for Disease Control and Prevention (CDC) says the virus is thought to be spread mainly from person to person between people who are in close contact with each other. It is critical to emphasize that maintaining 6-feet social distancing remains important to slowing the spread of the virus. CDC is additionally advising the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

Sources and more information:

cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html

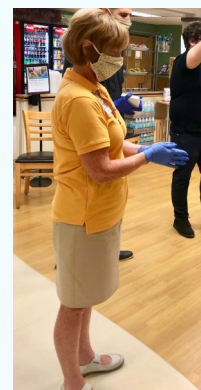
hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-how-to-care-for-your-face-mask

What Counts on Stats Form During COVID-19

As we continue to minister and serve during COVID-19 and beyond, we are reminded of scriptures that state we are better together than we are alone. Romans 12:4-5 (KJV) "For we have many members in one body, and all members have not the same office: So we *being many* are one body in Christ and every one members one of another."

We want to know and capture the unique and creative ways you are continuing to serve. One way that this is done is completion of the STATISTICS form. Below is just a short list of the ways you are serving that can be included on the stats form and we know there are many more.....

- Providing emotional support and social connection: making phone calls, talking with your neighbors, advising family, friends, church family, and church leadership
- Acts of service: sewing masks, sending cards, organizing groups of people to serve in some capacity
- Sharing information from or directing people to CDC or Florida Department of Health websites; discriminating between false information and credible, evidence based info
- Providing prevention education on handwashing, social (physical) distancing or proper mask usage
- Reading articles on COVID-19 from trusted sources, sharing current and correct messages
- Taking a continuing education class online
- Providing ideas/strategies for building resiliency
- Referrals to mindfulness sites, mental health/coping/resiliency resources
- Referring folks to resources to get groceries, medications or other necessities
- Prayer
- Offering information on local blood drives
- Reminding people to go to the ER if they are experiencing symptoms that could be potentially life-threatening or cause harm if they are not addressed immediately. Examples of these symptoms include "chest pain, difficulty breathing, face drooping, arm weakness or speech difficulty, or acute injury or trauma"



Cindy Charland, FCN at First Christian of Venice, was joined by her pastor to honor healthcare heroes at a local hospital with a Blessing of Hands.

Your time and effort should be reported. If you have questions about reporting your Faith Community Nursing (FCN) or Congregational Health Promoter (CHP) activity, please call **Lavina, Patti, or Andrea** (for CHPs) to assist you. If you have no activity to report for the month, please state that on the Stats form and send it in.

Contact Information: St. Anthony's FCN Program

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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.

Open Letter to all SJH/SFBH Faith Community Nurses***Staying in touch!!!***

There are many challenges to be faced when you're in the middle of a pandemic event. Some are more easily managed, and others require thinking outside the box when seeking solutions. The lack of face-to-face contact with our volunteer Faith Community Nurses has been difficult for all of us (yes, we most definitely miss those sweet faces!!). With monthly education meetings canceled and annual commitment renewal under way shortly after the pandemic was announced, we had to create a way to stay in touch with each and every one of you!

In addition to reaching out to all of you for the annual renewal, the FCNO coordinators performed periodic calls to check on the health and welfare status of each FCN, to reach out and let you know we cared, and to see if you needed anything at all... even a one-on-one prayer. Skype became both our enemy and our friend as we tried to navigate the unfamiliar technology to host meetings with you, both large and small.

Through it all, we've learned a lot! We've learned how great and resilient each of you are! We've learned that yes, you CAN teach an old dog new technology tricks and stretch your skill set, and more than anything we have learned that life still goes on. In these trying times, many of you have experienced the marriage of a child, birth of grandchildren, and some the death of a dear loved one. COVID-19 has no respect for life events, but we feel compassion, love and empathy for the events you have had to experience during this time, be they good or bad.

We look forward to the date when we can all meet again. Until then, know that we are filled with enormous love and gratitude for all that you do to serve your community even with all the constraints, and want you to know that we are here for you.

You stay in touch, and we'll stay in touch!!

Carla Williams

**Foundations of Faith Community Nursing** By Cathy Gunn, RN, Coordinator

I have had the honor and blessing to attend the *Foundations of Faith Community Nursing* course provided by BayCare. The 36.5 CE curriculum is based on the American Nurses Association Faith Community Nursing: Scope & Standards of Practice and provides an enriched opportunity for growth and knowledge in spirituality, professionalism, wholistic health and community. A wonderful benefit of attending this course is the joy that comes from connecting with fellow FCNs. You will also have an opportunity to obtain knowledge of resources that can be used to help your faith communities focus on wellness and health, and did I mention the instructors are awesome too? So, with my sincere heart, I encourage you to enroll in the Foundations of Faith Community Nursing course and experience it for yourself. In closing, I leave you with a scripture from Proverbs 16:16: *"How much better to get wisdom than gold, to get insight rather than silver!"* Hope you have a wonderful experience and consider enrolling in the next Foundations course beginning in August. Blessings forward...

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

Please note that all FCN events have been temporarily cancelled due to COVID-19, to include Education Meetings.

BLS Recertification

Please note that all BLS classes have been temporarily discontinued until further notice. Note: If your certification is expiring or has expired, the AHA has extended all expiration dates.

Links and More....

[Networktoendhunger.org/covid-19/](https://networktoendhunger.org/covid-19/)

[Feedingtampabay.org](https://feedingtampabay.org) (Mobile Food Pantries)

These links provide up-to-date information on COVID-19 food relief for those in need, to include Supplemental Nutrition Assistance Program (SNAP), Home delivered Meal Services, BreakSpot Grab & Go Meals for Kids, and Food Pantries.

<https://www.hillsboroughcounty.org/residents/public-safety/emergency-management/stay-safe/getting-help>

COVID-19 not only affects your health, it can also affect your finances. Hillsborough County and other community partners are offering resources to help you and your family get through this. This resource guide includes information regarding financial assistance, mental health assistance and food assistance among other things.

Emotional Support Call Line (more info: directionsforliving.org/emotional-support-call-line)

For those finding it difficult to cope or adapt to the pandemic, there is a free emotional support call line operating 7 days a week from 8 AM—8 PM; Call Line: 727-524-4464 (Ext. 1001).



June is
Men's Health
Month www.menshealthmonth.org

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Men's Health week is celebrated during the week leading up to Father's Day, June 21, and all are encouraged to show their support by wearing blue on June 19. For more information, go to menshealthmonth.org/week

To quote Congressman Bill Richardson, ***"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, Men's health is truly a family issue."*** (Congressional Record. H3905-H3906, May 24, 1994)



A long-awaited milestone was reached recently as the refurbished Cross was blessed and raised onto a platform between St. Joseph's Hospital Main and Children's Hospital. The cross is an old friend and welcoming symbol to all of us, and a sign that construction is well on its way to completion!

On time statistics winner for April is **Phyllis Hachey**, FCN of St Timothy Catholic Church, Lutz, FL. Phyllis received a copy of *"Weary Joy, The Caregivers Journey"* by Kim Marxhausen, as a gift. Congratulations!

Exceptional Moments



A Year in the Life of a Faith Community Nurse

This newsletter entry is occurring exactly one year to date after the Spring 2019 Foundations of Faith Community Nursing dedication ceremony. **Sara McNamee**, a Winter Haven team member and faith community nurse, took her vows on that wonderful day. She recently shared her thoughts about the past year, especially events during COVID-19 and how faith community nursing provided her with a firm foundation for *intentional care of the spirit*. Sara's husband Jim and mother-in-law Sara Ellen (pictured above with Sara), attended the celebration. This was

a planned family event because Sara Ellen was born in St. Anthony Hospital. After the ceremony, they toured the hospital and viewed historical photos of the Franciscan Sisters of Allegany. Sara said that her mother-in-law enjoyed trying to find and name her teachers within the Franciscan order. She further stated that she could identify with her mother-in-law because she was also taught by the Franciscan sisters in her parish school in Snyder, New York, as a child. Consequently, they both share a love for the Prayer of St. Francis. Sara Ellen's health deteriorated in late 2019 and she passed on to eternal life on April 14, 2020.

Sara shared several experiences of how she assisted members of her parish who were hospitalized this past year. Two of the three situations resulted in members passing away. One came during the COVID-19 visitation restrictions and Sara was able to be the conduit between the parishioner and their family during their time of loss. During April, the COVID-19 pandemic called Sara from her position in surgical services pre-op area to the bedside on the COVID unit to assist the nurses who were taking care of patients. She observed the nurses that she worked with demonstrated a special caring spirit deep inside their soul. She went on to say multiple emotions surfaced during this devastating period such as sadness due to family separation, fear of the unknown, and joy when the patient outcome was discharge back to home. Sara acknowledges a heart of gratitude from her experiences this year and the support she has gained from implementing her faith community nursing knowledge into practice.

Acts of Kindness

Memorial Day weekend at Bartow Regional Medical Center began with a staff cook out provided by several Bartow faith communities. Staff were treated to grilled hamburgers, hot dogs, baked beans, chips, cookies, and drinks. Several Bartow Minister's Alliance pastors along with fifteen faith community volunteers were present to serve our BayCare team members with a special acknowledgement to first responders. Faith community nursing (FCN) wants to thank the following churches for their generosity in taking time out of their day to be of service:

- First Providence Missionary Baptist Church
- Greater Works Ministries of Winter Haven
- Mount Olive Freewill Baptist Church
- Praise Temple Deliverance Center
- Abundant Believers—Bartow Campus



Contact Info: Polk County FCN Program

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Joe Ivie, Manager, Spiritual Care Department, Winter Haven Hospital, 863-297-1877/joe.ivie@baycare.org