

Faith Community Nursing Newsletter

We Celebrate Our Nurses!

The World Health Organization (WHO) and American Nurses Association (ANA) have extended the *Year of the Nurse* and theme: *Excel – Lead – Innovate* into 2021, and have decreed National Nurses Week will continue throughout the month of May in recognition of the work of nurses. One of the tag lines I have been especially drawn to, that I believe so defines who we are, is *Nurses...Leading with courage and compassion!*

Jean Watson, a nursing theorist who developed the Theory of Human Caring/Caring Science in the mid to late 1970s, proposed that compassion is often a trait required of nurses, embraces the whole-person, addresses how nurses care for their patients and how that caring translates into better health/healing. I was blessed to hear her speak at a Health Ministry Association (HMA) conference several years ago. I feel she captures the essence of Faith Community Nursing when she defines the fruit of caring as a by-product of the values of trust, developing relationships, maintaining hope, and recognizing the importance of Spiritual, Physical and Mental support. Watson's work also associates the work of caring with problem solving outside the box to improve the quality of life for those we serve. (Watson, J. (1979) *Nursing the Philosophy & Science of Caring*. *Nursing Administration Quarterly* 3(4), 86-87).

Jean wrote this article 42 years ago, and yet how timely it still is today! The COVID-19 pandemic is most assuredly a world crisis, but it is not the first nor likely the last healthcare catastrophe. The symbol of Florence Nightingale's work in the Crimean War was the lamp to light her way as she compassionately cared for those to whom she ministered. All who came before us, on the battlefields of wars, during Spanish Flu and Polio, nurses who had to problem solve outside the box while providing compassionate care to those they served, have led the way. And we too, my cherished nursing colleagues, are privileged to care for the battle weary as we serve with courage and compassion, and problem solve WAY outside the box of our pandemic. You have responded to every call of service: working the COVID-19 vaccine clinics across our service area at the BayCare System Office in Pinellas County, St. Joseph's Hospital in Hillsborough County, and Gil Jones Center in Polk County. You have volunteered your time at COVID-19 testing sites; been runners; educated the community by phone and in person regarding test results, and convalescent plasma therapy for those who have recovered from illness; provided Mental Health First Aid and resiliency classes; mentored high school students on the art of compassionate care; advocated for and vaccinated migrant farm workers at La Esperanza Clinic in Wimauma, and San Jose Mission Clinic in Dover; served at locations to feed the hungry; cared for the homeless and protected the elderly, and still you make time to attend the virtual educational programs we provide to equip and empower your practice of Faith Community Nursing!

You are extraordinary! You go above and beyond and we are privileged to partner with each and every one of you. During this Year of the Nurse may you be blessed in abundance with which you continue to bless those you serve!

Gratefully, Debbie Rivard, System Director, Faith Community Nursing



Look What's Happening with our Ambassadors of Health!

***We Say Hello...***

We would like to introduce you to **Karen Pena, Clinic Administrator for Catholic Charities**. Although she works for Catholic Charities, a large part of Karen's assignment includes working with San Jose Mission Clinic in Dover, and La Esperanza Clinic in Wimauma. Karen has lived in Florida since she was 13 years old, so she and her family consider this home. A mother of three sons, their family resides in Ruskin. Her husband is a youth pastor at their church and they both have a strong calling to serve. With a deep background in business management and health care, she has over a decade of experience with skilled nursing facilities and their specific business needs. In addition, she has extensive experience in case management, and especially enjoys building rapport and partnerships with physicians and others in the healthcare industry. When asked what appealed to her and made her

want to apply for this position, she quickly responded that she saw this position as a "ministry in her eyes" and that God was speaking directly to her. She is a firm believer that God directs the path we should follow and that the skills and abilities she acquired in her previous positions helped prepare her for this position. Clearly, God led this go-getter with her positive attitude to our clinics! She took a leap of faith that God knew what he was doing and she stands ready to help! She looks forward to working with our FCN Clinic family and hopes to grow the provider list and develop more partnerships to enlarge the clinics and enable them to provide services to even more individuals.

Welcome, Karen, we look forward to all that you bring and to continuing our long-standing relationship with Catholic Charities. We are, indeed, a team!!

...We Say Goodbye!!!

On the flip-side of our coin, we must say farewell to an *amazing* young woman who has come to mean a lot to us. **Yesenia "Yesi" Aviles** is a senior at Cristo Rey High School and participates in their corporate work study program. She joined our work family in October and has proven her adaptability and flexibility as our department has navigated many changes, often at the last minute. Her sunny disposition has brightened every encounter she has experienced with us. Over the course of the year she has helped with various activities and services for Faith Community Nursing and our partners in Mission Integration and Spiritual Care, allowing her to learn about collaboration with others to meet a need. Yesi has blessed many in her assistance in clinics for flu vaccines, COVID-19 testing and COVID-19 vaccines. She was able to visit one of our migrant clinics and help them prepare for a Mission Smiles event. Yesi expressed an interest in learning more about healthcare careers and was able to meet with BayCare Team Members in pathology and pediatric rehab. Yesi, we are so grateful for our time with you and pray God's blessings in your life. Good luck with your college endeavors, and keep that beautiful smile!



On time statistics winner for March is **Ginny Stanton**, FCN at Prince of Peace Catholic Church, Sun City Center, FL. Ginny received a copy of *"Dwelling Places: Words to Live In Every Season"*, by Lucinda Secrest McDowell, as a gift. From Linda, Darlene, Lora Beth and I, thanks for getting your stats in on time. Congratulations, Ginny!

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Caring for Human Spirit– Professional Development

Though Zoom is not the same as being in person, I am so grateful for the opportunity to participate in the Spiritual Care Association's "Caring for the Human Spirit" Conference and Westberg Symposium virtually. What a blessing that God has given people the gifts in technology to make this possible. Though we cannot gather in-person, we still gathered as a community of nurses, chaplains, pastors, first responders, social workers, and more. All learning and sharing ways to care more for the whole person wherever we are. There was a wonderfully diverse group of sessions and speakers from not only the US but the world. Several speakers, not just nurses, spoke of Granger Westberg's book Good Grief and how the Faith Community Nurse (FCN) takes "health out of the hospital." It was exciting to learn of the Westberg Institute becoming the Nursing Division of the Spiritual Care Association. The "Perspective" newsletter is now changing to a journal format and resources are being gathered and organized in order to be shared and used so one does not have to "recreate the wheel." It was great to learn what Faith Community Nurses (FCNs) are doing in other countries as well as about research projects being done by FCNs.

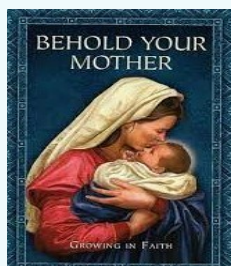


I am now inspired to share some of what I learned (i.e. Grief Share, Cancer Companions, WISE – "Welcoming, Inclusive, Supportive, and Engaged" concerning mental health and more) with church leadership. I also feel better able to promote the advantages of a Health Ministry. And I am eager to join the 6-week virtual Bible Study starting May 6th with Hattie Bryant using her book, *I'll Have It God's Way*. This study is about taking control of end-of-life decisions and I am hopeful to introduce the study to our congregation in the future.

Former Congresswoman, Dr. Donna Shalala, said in her presentation, "be part of the future of wellness." I truly believe that is what all of us in Health Ministry, wherever we are, want to be. Know there is a great community of support for that mission. Thank you to BayCare for making it possible for me to attend this inspiring conference. It was a true blessing.

Authored by FCN Sandie McRory, Older Adult Ministry Coordinator, First Presbyterian Church of Lakeland

Faith in Action: Special Care for all Mothers



This year Mother's day will be celebrated on Sunday May 9th. Under the leadership of Nicci Lambert and **FCN Valerie Butler**, the staff at Winter Haven Women's Hospital (WHWH) make everyday a celebration of motherhood. It is truly a labor of love to bring new life into this world. Nurses who specialize in Maternal-Child nursing understand the unique honor of witnessing birth, yet they also understand that not every pregnancy ends in joy. Through it all the nurses and staff at WHWH are there to support and care for women at life's most precious and most vulnerable moments.

"Woman, behold your son!" Then He said to the disciple, "Behold your mother!" And from that hour the disciple took her to his own home. John 19:26-27 (ESV)

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Famous Nurses in History

Who are the women that shaped the course of Nursing? How did this patchwork of nursing careers shape the profession we know today? Here is a small sampling of the courageous women who played a major role in the evolution of nursing practice.

Florence Nightingale (1820-1920) is considered to be the founder of Modern Nursing. Her hygiene and sanitation practices revolutionized nursing during the Crimean War. Nightingale's contemporary, **Mary Seacole** (1805-1881), who also ministered to the Crimean soldiers on the front line, was a pioneer in hygiene advancement, so much so that Nightingale adopted Seacole's hygiene practices following the Crimean War.

Founder of the American Red Cross, **Clara Barton** (1821-1912) began with serving the soldiers of the Civil War, where she was known as the "Angel of the Battlefield." Following the war, Barton's service expanded to disaster and emergency victims all over the world.

Mary Breckinridge (1881-1965) created the forerunner to home health care named "Rural Health Care" with a concentration on prenatal and birthing services. In 1925 Breckinridge established "Frontier Nursing Service," providing nursing care for low-cost fees. **Dorothea Dix** (1802-1887) was a fierce advocate for mental health patients and mental health issues/conditions, although most of us will remember her for her educational contributions.

Linda Richards (1841-1930) was the first to graduate as a nurse in the United States. She is known for reforming patient records/record keeping, and her accomplishments and organizational processes are still acknowledged today. In 1994 she was inducted into the National Women's Hall of Fame. Also inducted into the National Women's Hall of Fame and the ANA's Hall of Fame is **Mary Eliza Mahoney** (1845-1926). Mahoney is the first professionally trained African American nurse in the US and was a trailblazer for black women as professionals in nursing, doubling the number of African American nurses from 1910-1930.

Virginia Avenel Henderson (1897-1996) is considered the most famous nurse of the 20th century. She developed "the Nursing Theory" – Education, practice, implications, execution, and research. Henderson's contributions have shaped and defined the role of nursing, not only in the United States but internationally. **Anna Caroline Maxwell** (1851-1929) is known as the American Florence Nightingale, and the founder of the Army Nurse Corps, established in 1901. By 1920, due to her perseverance, nurses received military ranking. **Ruby Bradley** (1907-2002) is the most decorated woman in US Military. While serving in the Army Nurse Corps, she was captured and detained in Manila. While there, she and other nurses continued to serve and care for other prisoners of war and were named "Angels in Fatigues."

All these amazing nurses share a common thread: they all have the heart of a servant. They gave their talents, time, finances, and lives to a profession serving mankind. God working through them to provide care, improve conditions, educate future nurses and patients. Each of you have the hearts of a servant, you give so freely of yourselves to others. You are God's hands, providing comfort and kindness in so many lives. Thank you for what you do! Happy Nurses Week!!!

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May is Stroke Awareness Month

Every second is important when you or someone you know is experiencing a stroke. Even in the midst of a pandemic, that message does not change. Individuals who are experiencing stroke symptoms need to seek medical attention immediately. Understanding a stroke, its signs and ways to prevent them, can possibly save a life and improve stroke recovery. Getting fast medical treatment lowers the risk of disability or even death. That's why it's important to recognize the signs and symptoms of a stroke and to get help right away. Utilize the acronym B.E. F.A.S.T to identify signs of stroke. BayCare offers care to individuals in Tampa, Clearwater, St. Petersburg, Plant City, Safety Harbor, Dunedin, Largo, Riverview, Winter Haven, New Port Richey and elsewhere in Tampa Bay, offering a variety of services for stroke diagnosis, stroke treatment, and stroke prevention.

To learn more about services available at our hospitals call 888-906-8935 or visit baycare.org/services/neurosciences/stroke

B.E. F.A.S.T.

To Reduce Stroke Impact

EVERY 40 SECONDS

Someone in the U.S. has a stroke*

A stroke occurs when blood flow to the brain is interrupted. It's an emergency requiring immediate medical attention because damage to the brain may occur that results in loss of many mental and physical functions. Learning how to spot a stroke and ways to prevent them can possibly save a life and improve stroke recovery.

At BayCare, our advanced technologies so we can quickly treat a stroke and help our patients get back to living life as soon as possible. With 12 facilities designated as stroke centers, it doesn't matter where you live in Tampa Bay, you're never far from a BayCare stroke center.

Learn more: BayCareStroke.org

Balance
Sudden loss of balance

Eyes
Sudden loss of vision in one or both eyes

Face
Sudden facial weakness or drooping

Arms
Sudden weakness or numbness in arms or legs

Speech
Sudden slurred or difficulty speaking

Time
If you observe any of these signs, call 911, immediately noting the time at the onset of symptoms

BayCare

FCN Statistics Success Spotlight



First quarter's *Statistics Success Spotlight* is **Kay Lahdenpera**, FCN at St. Alban's Episcopal Church. Kay has turned in over 400 hours on her statistics, sharing wonderful insight into her ministry. She writes monthly *Nurses Corner* articles for her church newsletter, and works closely with individuals to provide support, health education, advocacy and direction to community resources. Thank you Kay for sharing your servant's heart! We know many of you haven't let the pandemic slow you down, please continue to send in your monthly statistics, and share your success stories with us.

A Prayer for Comfort in God's Presence

Dear God,

As we hear the latest news, it simply feels as if the water is too high and the flames are too intense.

Please help us not to give into fear that can come from focusing on the circumstances swirling around us, but to remember the promise that you are with us.

While we know that you are always with us, please give us a tangible reminder of your presence today and that you will faithfully comfort the hurting.

Perhaps a verse posted in an unexpected place or a prayer offered by a co-worker or a kind gesture from a stranger.

We entrust our lives to you knowing that you will be with us on this journey as your presence is greater than anything we will face.

Because of your love for us, please give us your comfort and peace that surpasses all understanding and guide us forward into your love. Amen.

By Lisa Samra

crosswalk.com/faith/prayer/a-prayer-for-personal-healing



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Virtual Continuing Education Classes

Date	Time	Topic/Class Title	CE	Presenter
5/13 Thurs	9am-1pm	Health Ministry: A Kaleidoscope of Opportunity Annual Spring Fling Workshop	3.5	Lora Beth Reece, Lisa Musician, Stephanie Morrison, Fr. Al Ezenwata, & Tina Levene
5/18 Tues	5:30-7pm	Stroke: Time is Brain	1	Christi Newman, RN Stroke Program Evidence Based Practice Coord/BayCare Health System -West region
6/10 Thurs	6-8:30pm	Alzheimer's Disease: Bringing Awareness to the Faith-Based Community	Yes	Eileen Poiley, MS, Director of Education USF Health Byrd Alzheimer's Institute

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

Opportunities to Promote in Your Faith Community

OPEN TO FCNS/CHPS IN ALL PROGRAM LOCATIONS

VIRTUAL SAFE SITTER COURSE

Faith Community Nursing will offer a **FREE** two-part Safe Sitter class to students in grades 6–8. There will be two virtual classes on Microsoft Teams:

Part 1: Wednesday, June 16, 10am-1pm | Part 2: Wednesday, June 23rd, 10am-1pm

The two-part class provides basic information such as child development, childcare routines (including diapering practice) and behavior management, as well as how to set fees and greet employers. In addition to CPR, students learn injury prevention and management, choking rescue, indoor and outdoor safety, online safety and personal safety. The course is designed to prepare students to be safe when they are at home alone, watching younger siblings or babysitting.

Participants will receive a free T-shirt, back sack, instruction book, and a mini Annie Manikin (like the one pictured) to learn and demonstrate CPR. Please register by Tuesday, June 1st to receive supplies in time for class. To register and for more information, please contact lavina.ward@baycare.org



AREA AGENCY ON AGING

The mission of the Area Agency on Aging is to be a trusted resource to advocate, educate and empower seniors, adults with disabilities and caregivers which promotes independence, in partnership with the community. Some examples of resources offered are: Adult Day Care, Caregiver Support, Respite Care, Transportation, Legal Assistance, Home Delivered Meals

Aging & Disability Resource Center Helpline, 1-800-963-5337 connects callers to the closest Area Agency on Aging office.
For out of area phones: 727-217-8111 Available 8:00 AM–5 PM M-F except for state holidays
Contact: Stacie.bolen@aaapp.org (727) 570-9696 x 210; she will do virtual "infomercials" for your church.

Visit agingcareFL.org for a full list of resources and programs.

