

# Faith Community Nursing Newsletter

## Faith Community Nursing 30<sup>th</sup> Anniversary



Invitations have been mailed to all Faith Community Nurses and Congregational Health Promoters for this upcoming celebratory event! Just in case you have not received it, or misplaced it, here are the details: Join us for a *socially distanced* afternoon tea with hors d'oeuvres, fun, celebration, recognitions, awards and more.

**Saturday, November 6 | 2–5pm | Astin Farms East Pavillion, Florida Strawberry Festival Grounds  
2508 W. Oak Ave., Plant City**



Please RSVP by October 21<sup>st</sup> by scanning the **QR code** (right) with your phone camera, or calling **Carla Williams** at **813-357-0868**.

## Influenza Season 2021-2022



The continuation of the COVID-19 pandemic has had an impact on the availability of certain medical resources needed to care for people hospitalized with the delta variant. Getting a flu vaccine this fall, ideally by the end of October, can not only reduce your risk of getting flu but also reduce flu illness, doctor's visits, hospitalizations, and has been shown to be life-saving. While everyone 6 months and older should get an annual flu vaccine, it's especially important for people at higher risk of serious flu complications. If you have heart disease, diabetes, asthma, other chronic medical conditions, have had a stroke, are pregnant, or are 65 years or older, flu vaccination is especially important for you. Here are just a few statistics:

- **Flu and Heart Disease:** Among adults hospitalized with flu during the 2018-2019 flu season, about half had heart disease. A recent study found the risk of a heart attack was 6 times higher within a week of confirmed flu infection.
- **Flu and Diabetes:** Flu illness can make it harder to control blood sugar. Among reported hospitalized cases, 30% of adults hospitalized with flu had diabetes.
- **Flu and Older Adults:** In recent years, flu vaccines have reduced the risk of flu-associated hospitalizations among older adults (65+) by about 40%.

There are many flu vaccine options to choose from based on age and health status. If you have questions about which vaccine is best for you, talk to your doctor or other health care professional. Do your part to avoid a flu epidemic on top of the COVID-19 pandemic by getting vaccinated!

(Excerpted from [cdc.gov/flu/high-risk](https://www.cdc.gov/flu/high-risk))

BayCare Health System Faith Community Nursing (FCN) strongly encourages you to receive an influenza vaccination by Dec. 14, 2021 to protect yourself, and the community. The vaccine (standard-dose) is provided at *no cost* to you, as a volunteer of the FCN program. To make it as convenient as possible, BayCare will provide the influenza vaccine at locations throughout the organization through the end of November. To schedule an appointment, simply scan the **QR code** (left) to go directly to the scheduler. Select by county, then hospital or non-hospital location. *You must wear your BayCare volunteer badge*. Send proof of your influenza vaccination (from BayCare, or another provider) to your partnered FCN program office.



**Look What's Happening with our Ambassadors of Health!**



**Welcome, Grace!**

We would like to extend a warm welcome to **Graciella "Grace" Cordero**, of Cristo Rey Tampa Salesian High School. Grace will be working with Faith Community Nursing, Mission Integration, and Spiritual Care as a participant in the Cristo Rey corporate work-study program. Grace is a senior and plans to attend college after graduation, but hasn't decided yet on a degree program. During her partnership with us throughout the school year, Grace will have multiple opportunities to work closely with our team members and learn skills that will hopefully apply to her future career. This is the second year that we have been blessed to have a Cristo Rey student work with us. We are honored to host Grace and very much look forward to working with her!

**FCN Office and La Esperanza Clinic have moved!**

We have finally moved into our new office on the 4th floor of St. Joseph's Hospital, Medical Arts Building (MAB), in the Administration wing. As a result of the move, we all have new phone numbers. Please take note of the following:

- Darlene Winterkorn, 813-357-0875
- Sharon Cesare, 813-357-0869
- Carla Williams, 813-357-0868
- Cathy Gunn, 813-357-0816
- Fax 813-357-0815

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**La Esperanza Clinic** has also officially moved to a new location at:

- 16640 Highway 301 S, Ste 1
- Wimauma, FL 35598
- Phone number: 813-633-2576

We look forward to hearing from you!

**It's that time of year again for little goblins and ghosts to go trick or treating! To ensure a safe Halloween, follow this checklist.**

*Halloween Safety Checklist*

- Carry a flashlight with fresh batteries or glow stick
- Ensure masks do not obscure vision
- Add reflective tape to costumes and accessories for better visibility
- Avoid costumes that are too long as they might cause tripping
- No hard accessories (they should be made of soft foam with no sharp edges)
- Have an easy-to-carry Halloween Candy Bag
- Always have a responsible adult walk with children
- Only visit familiar areas and neighborhoods
- Never trick-or-treat alone
- Be cautious of jack o'lantern flames at houses while trick-or-treating
- Walk, don't run!
- Never enter a stranger's home or car
- Cross streets only at corners or crosswalks
- Stay on sidewalks or walkways
- Never eat unwrapped candy or food
- Bring all candy home to be inspected by an adult
- Notify law enforcement authorities of any suspicious or unlawful activity



**COVID Safety:** participate in outdoor activities, when possible, social distance, and practice proper hand hygiene before enjoying treats.

On time statistics winner for August is **Geraldine "Gerry" Janoso**, FCN with the SJH/SFBH Faith Community Nursing Office. Gerry received a copy of *"Dwelling Places: Words to Live In Every Season,"* by Lucinda Secrest McDowell, as a gift. From Linda, Darlene, and me, thanks for getting your stats in on time. Congratulations, Gerry!

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

- Linda Wilkerson**, Manager, Ph: 813-757-8006 SFBH, SJH FAX: 813-357-0815 linda.wilkerson@baycare.org
- Carla Williams**, Department Secretary, Ph: 813-357-0868, FAX: 813-357-0815 carla.williams@baycare.org

## Community Mindfulness



September 15th marked the beginning of **Hispanic Heritage Month** and will continue through October 15th. The Catholic Health Association (CHA) encourages all to celebrate and lift up the histories, cultures and contributions of those whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America. CHA offers many resource documents and links that recognize the Hispanic contributions that have influenced life here locally and in our country. One link, *We Are Called to Heal. To Unite. To Justice.* provides a ministry overview for all in health care. CHA also

references the Centers for Disease Control and Prevention (CDC) website link that recognizes Celebrate Hispanic Heritage Month. The CDC information provides other specific resources on the health disparities among Hispanics/Latinos which can be downloaded and distributed for educational purposes. The disparities listed on the link below are examples of the Social Determinants of Health (SDOH). As faith community nurses and congregational health promoters, we commit to intentionally care for the spirit of others and one way to do that is through prayer. A Hispanic Heritage Month prayer can be found on the site listed.

[chausa.org/cha-we-are-called](https://chausa.org/cha-we-are-called)

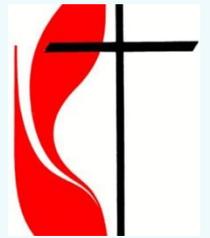
[cdc.gov/healthequity/features/hispanic-heritage-month/](https://cdc.gov/healthequity/features/hispanic-heritage-month/)



## Faith in Action: A shared ministry

Congregational partner, St. John's United Methodist Church (UMC), Winter Haven, expanded their outreach in 2018 by opening a second campus in Wahneta called Casa Vida Mission. The Wahneta location is located about five miles from the St. John's UMC location. Listed below is Casa Vida's five year vision which can be found on their website, [casavidawahneta.org](https://casavidawahneta.org)

- Growing into a new church which provides a healthy environment
- That strategically focuses on the holistic transformation of the hispana-latina and multi-cultural, multi-generation community
- To mobilize believers in activities that will connect God, the church and the community
- Using their influence to share faith, love and justice
- To benefit people in real time via diverse opportunities, programs or projects



Congregational health promoters, **Shirley Horton** and **Kitty Walker**, along with others from St. John's UMC are very involved with Casa Vida. Kitty serves as a Casa Vida church board member. In July during a Sunday morning service, Shirley spoke about St. John's health ministry with the assistance of congregational member Selenna Resendez who is bilingual. In October, Pastor Bennett from St. John's UMC and Pastor Rodolfo from Casa Vida, plan to switch places for a Sunday Service. The St. John's UMC location will be offering COVID-19 vaccines on Saturday, October 16 sponsored by the Methodist Conference. St. John's UMC plans to run a shuttle service to Casa Vida to provide the opportunity for members to get their vaccines. The Polk County Faith Community Nursing program wants to acknowledge the compassionate outreach that both of these churches are doing for their members and the greater community. They are a great example of celebrating National Hispanic Heritage Month.

## Contact Info: Polk County FCN Program

**Sara McNamee**, Supervisor, Winter Haven Hospital, 863-293-1121, ext. 7935/[sara.mcnamee@baycare.org](mailto:sara.mcnamee@baycare.org)

**Lanet Owen**, Coordinator, Bartow Regional Medical Center, 863-533-8111, ext 521831/[lanet.owen@baycare.org](mailto:lanet.owen@baycare.org)

## Breast Health Equity



One of the obvious ways the COVID-19 pandemic has impacted healthcare in our nation is that fewer people have been keeping their appointments for routine cancer screenings. The number of mammograms performed in low-income communities dropped by 8% between July 2019-2020. Long-standing barriers to accessing care in these areas result in higher breast cancer mortality rates. Black women in the US have a 40% greater risk of death due to breast cancer than their White peers. While Black women get mammograms as often as White women, they experience longer waits in getting follow-up care. Only 69% of black women start treatment within 30 days compared to 83% of white women. The Association of State and Territorial Health Officials (ASTHO) has created a Breast Cancer Disparities Online Toolkit if you are interested in learning more about these statistics: [State Public Health | ASTHO](#)

*How can we help bridge the gap as Faith Community Nurses and concerned community members?*

## Provide Resources and Referrals:

- [The Florida Breast and Cervical Cancer Early Detection Program \(FBCCEDP\)](#), also known as the Mary Brogan Breast and Cervical Cancer Early Detection Program, makes it easy to get the breast and cervical cancer screenings doctors recommend. The screenings are free or low cost if you meet program eligibility requirements. There are many BCCEDP sites (search by your county) located throughout Florida.
- [BayCare Cancer Patient Support Services \(CaPSS\) Resource Manual](#) is available online | This 22-page manual has resources for emotional and health information, financial assistance, and breast cancer resources.

## Educate:

- The CDC produced an infographic fact sheet in 2012: [CDC VitalSigns: Breast Cancer](#) but they are still relevant today. They offer good step-by-step advice on what to do if something was discovered during mammography and what to expect your doctor to do.

## Collaborate:

- The Pinellas County Health Department Breast & Cervical Cancer Program can provide assistance scheduling a mobile mammography unit to your site if you have at least 25 qualifying participants signed up for a screening mammogram. Availability may have been impacted by COVID-19 so check with the health department before scheduling an event.

## Reach out:

- If you need help accessing any of these resources, or have any questions, please contact your Faith Community Nursing Coordinators, or contact Transitional Care Coordinator, Katrina at: [Katrina.goodrich@baycare.org](mailto:Katrina.goodrich@baycare.org).

## Contact Information: MPM FCN Program

**Neppie Alexander**, FCN Supervisor: 727-736-9767, [Neppie.Alexander@baycare.org](mailto:Neppie.Alexander@baycare.org)

**Georgia Cuthbert**, FCN Coordinator: 727-736-9761, [Georgia.Cuthbert@baycare.org](mailto:Georgia.Cuthbert@baycare.org)

**Katrina Goodrich**, Transitional Care Coordinator: 727-736-9762, [Katrina.Goodrich@baycare.org](mailto:Katrina.Goodrich@baycare.org)

**Mailing Address:**  
646 Virginia Street  
Mail Stop 477  
Dunedin, FL 34698

## October is Domestic Violence Awareness Month

If you or someone you know, are experiencing domestic violence, there are resources available. Community Action Stops Abuse (CASA), located in St. Petersburg, shared these statistics:

- 1 in 15 children are exposed to intimate partner violence each year, 90% of these children are eyewitness to this violence.
- 1 in 3 women have experienced domestic violence
- 1 in 4 men have experienced domestic violence
- 7 in 10 survivors reported that their abuser also targeted pets

The National Domestic Violence Hotline is free and confidential. They are available 24 hours a day, 7 days a week, with support and resources. Visit [thehotline.org](https://www.thehotline.org) or call 1-800-799-7233.

If you are interested in local resources please reach out to the Faith Community Nursing office near you.



## Faith Community Nursing in Action: Ministry Fair



The Health Ministry Team at First United Methodist Church (FUMC) located in St. Petersburg, hosted a table at the church's Ministry Fair in August 2021. The event followed CDC COVID protection suggestions, and provided an opportunity for congregation members to find out more about the various ministry opportunities at the church. The Health Ministry Team at First United Methodist Church has been robust over the years with nurses and lay people of diverse background who each bring a unique perspective to the ministry. Ministry Team fairs are an excellent way to grow a health ministry, as each member works together to be a source of support for church members and the community. If you are interested in having an event like this in your faith community and would like some help with planning strategies please reach out to Sandy Beall, lead FCN at FUMC, at [sandra.beall@baycare.org](mailto:sandra.beall@baycare.org)

## A Note of Gratitude for St. Anthony's FCN Office Team

The recent surge of COVID-19 infections in the community has greatly impacted health care facilities. At St. Anthony's Hospital this created an unique partnership opportunity for service. Faith Community Nursing staff RN's were invited to train in the pharmacy to count and inventory medications and deliver them to various units in the hospital. Charlie Guastella, manager of the St. Anthony's Hospital Pharmacy, expressed his gratitude for staff Faith Community Nurses coming in to help in their high-



volume, high-impact department. Mr. Guastella shared that "FCN contributed in getting medications to patients that may have otherwise not had them in time. Registered nurses were a part of the team in the pharmacy in the past, and FCN stepping up to help is a great connection."

Pictured left, **Laura Stilwell**, and right, **Ruby Hope**, working in the St. Anthony's Pharmacy.

## Contact Information: St. Anthony's FCN Program

**Patti Carr Wolfenbarger**, FCN Supervisor, 727-820-7880/ [patricia.wolfenbarger@baycare.org](mailto:patricia.wolfenbarger@baycare.org)

**Andrea Rose**, Grant & Operations Coordinator, 727-825-1709/ [andrea.rose@baycare.org](mailto:andrea.rose@baycare.org)

**Lavina Ward**, FCN Coordinator, 727-820-7884/ [lavina.ward@baycare.org](mailto:lavina.ward@baycare.org)

St. Anthony's Hospital  
FCN Dept, MS 2021  
1200 7th Ave N  
St. Petersburg, FL 33705

**Virtual Continuing Education Classes**

**REGISTRATION FOR ALL VIRTUAL 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, registration link, Teams meeting link, and phone number for calling in (audio only). Note: CE classes may be added to the calendar and details will be sent via email.

	Date	Time	Topic/Class Title	CE	Presenter(s)
	10/5 Tues	2-3:30pm	<b>Health Literacy: Improving Patient Care</b>	1	Lanet Owen, BSN, RN-BC Coordinator, FCN Program/Polk County
	10/19 Tues	12-2pm	<b>Homelessness: Beyond Stigma and Stereotypes</b> Infomercial: Daystar Life Center, St. Pete	Yes	Sandra Grosvenor, PhD, CDE, RN-BC Outreach Program Coordinator, Pinellas Hope
	11/11 Thurs	6-7:30pm	<b>Black Pastors' Perceptions of Their Influence on Health Behaviors and Outcomes in Their Churches and Communities</b>	Yes	Latiena F. Williams, DNP, RN Lakeisha Cousin, PhD, APRN, AGPCNP-BC

**Addressing Vaccination Rates in the Hispanic Community**

The Pinellas Branch of the League of United Latin American Citizens (LULAC) and Puerto Rico Connect are doing their part to increase COVID-19 vaccination rates among Spanish speaking communities. A Vaccine Hesitancy Event, coordinated by Eliseo Santana, LULAC president, was held September 5<sup>th</sup> at Las Pisadas del Maestro, a Hispanic church in Pinellas Park. Prior to the event, the Department of Health had a Town Hall at the church to answer questions about COVID-19 vaccinations. Faith community nurses **Laura Stilwell** (SAH), **Katrina Goodrich** and **Anna Pavlidakey** (MPM) assisted at the event. Laura and Anna are bilingual. Twenty-three



people were vaccinated, and at the follow-up event October 3<sup>rd</sup>, 20 were vaccinated, some for their second dose, and anyone else needing their 1<sup>st</sup> dose or booster. **Rita Sewell** (SAH) assisted with the FCNs listed above for the second event.  
 Pictured: Laura Stilwell, Marilena Santana, Chair of the LULAC Health and Wellness Committee, Katrina Goodrich, and Eliseo Santana

**Flu Shots for Your Faith Community**

If you are interested in hosting a flu shot clinic at your church or other location, contact your FCN program coordinator for more information or to schedule.



**Resource: COVID-19 Funeral Assistance**

Under the Coronavirus response and Relief Supplemental Appropriations Act of 2021, and the American Rescue Plan Act of 2021, FEMA is providing financial assistance for COVID-19 related funeral expenses incurred after January 20, 2020. For more information, including eligibility, application process, funeral assistance policy, and additional resources, go to [fema.gov/disaster/coronavirus/economic/funeral-assistance](https://www.fema.gov/disaster/coronavirus/economic/funeral-assistance) or call this dedicated toll-free phone number 844-684-6333 (TTY: 800-462-7585), Monday-Friday, 9am-9pm to speak with a FEMA representative. Multilingual services available.



*Faith Community Nursing, a specialized practice of professional nursing that focuses on the intentional care of the spirit, promoting wholistic health and prevention of illness through the cultivation of community health ministry teams to provide health advocacy for all people in need.*