

Faith Community Nursing Newsletter

Back to School Resource Hub



Going back to school may look different for many families this year. BayCare created a Back-to-School web page to provide parents and caregivers information to help get kids back to learning safely, whether their children will go back to school in person or learn at home. On the resource hub, families have access to podcasts, videos and articles that offer helpful information as well as the opportunity to find a pediatrician or pediatric specialist. The web page is organized with COVID-19 resources, and general learning information for infants/toddlers, kids and teens. We encourage you to share the link, [BayCareBackToSchool.org](https://www.baycarebacktoschool.org), with your friends, family and faith communities who may find the resources helpful.

When the Community Calls, FCN Responds

By Katrina Goodrich

It is so exciting to hear that word is out in our community that, even if faith community nurses (FCN) and health ministry teams cannot hold screening and health education events in their faith communities during COVID-19, we are still here to serve those in need. For example, the Hispanic Outreach Center (HOC) in Clearwater planned some back-to-school events for Pinellas County students and wanted to make sure the kids were well supplied with masks when returning to school this year. That need was communicated to Jess McCracken, Whole Community Specialist, Pinellas County Emergency Management who heard from Joanne Reich, Community Planner with the Juvenile Welfare Board of Pinellas County, that our faith community nurses have been sewing masks to share with those who need them. Ms. McCracken then reached out to Faith Community Nursing for help. We reached out to our FCN and Congregational Health Promoter partners, and what a wonderful response we received! In just over one week, volunteers from both North and South Pinellas sewed over 400 masks for the event.

Special thanks go out to the following faith community nurses: **Carole Adams** and **Donna Connors**, Our Lady of Lourdes Catholic Church, Dunedin; **Madeline Fortuna**, FCN, Unity Church of Palm Harbor; **Lu Garrett**, Harborside Christian, Safety Harbor; **Lynn Meehan**, St. Michael the Archangel Catholic Church, Clearwater; **Leona Feldhausen's** (Lutheran Church of the Resurrection in Palm Harbor) stepdaughter Suzanne Whipple, Laurie Dillon, and the other volunteers with a Grace Family Church group called Caring Hands; **Sandy Beall Sauers**, St. Petersburg First UMC for referring church member, Inda Stagg; **Karen Gelakoski**, Pasadena Community Church, St. Petersburg; **Marion Guettler**, St. Petersburg Seventh Day Adventist; **Dawn Halvorsen**, St. John Vianney Catholic Church, St. Petersburg Beach for referring church member, Stephanie Lawton; **Rita Sewell**, St. Anthony's Hospital, St. Petersburg; and congregational health promoter (CHP), **Valarie Lee**, Greater Mt. Zion AME, St. Petersburg.

"Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms" (1 Peter 4:10 NIV)

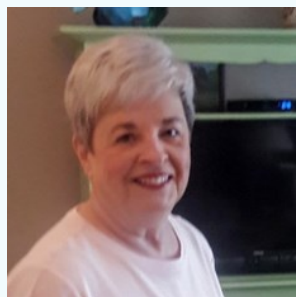


Left: A few of the masks sewn by **Lynn Meehan** are seen on Elmo.

Right: One of the drive-through events coordinated by the Hispanic Outreach Center. Backpacks were filled with school supplies and a handmade mask made by our FCN/CHP volunteers.

Greetings and Introductions

We have heard from quite a few of our partnered nurses that you'd really like to "meet" a couple of our team members, so we've invited them to share a bit about themselves here. We hope you'll meet face-to-face in the near future. Marla is our Administrative Assistant, and many who have spoken with her on the phone already know her as an important member of our team. Katrina is a part of the broader BayCare-wide FCN leadership team, serving in the MPM office with us for a season.



Marla Winn-Wicht has been with BayCare for eight years. She joined BayCare as Administrative Assistant with split responsibilities for Morton Plant Mease to the Director of Sleep Disorders, Neurodiagnostics and Rehabilitation Services and to the Director of Pastoral Care. Three years ago she began working part time as Administrative Assistant to the MPM Faith Community Nursing team. Prior to BayCare, Marla was a part of the Cincinnati Children's Hospital Medical Center's team working as Executive Administrative Assistant to the Clinical Director for the Level One Trauma Emergency Department.

Marla stated, *"I find working with our volunteer nurses so rewarding. I am amazed and humbled by how much energy and service our FCNs provide to the community. I am thankful BayCare embraces Faith Community Nursing and supports initiatives mutually beneficial to our communities and BayCare as a healthcare provider. Even in this time of COVID 19 and social distancing, our FCNs have found ways to serve and meet the needs of others---all on a volunteer basis!"*

In last month's Transitions of Care article, we noted that a St. Anthony's Hospital FCN team member, **Katrina Goodrich**, will be working with the MPM team for a while. She writes, *"I am very excited to be able to spend some time with my colleagues from the North County FCN program here at Mease Dunedin. My hostesses have been most welcoming. I have already had a chance to speak with some of you and hope to meet many more of you over the next few months. You may already recognize me from the South County FCN staff. I have been working at St. Anthony's Hospital as the Transitional Care Coordinator since 2017. I started with the program as a paid Faith Community Nurse in 2016. In my previous life, I worked in home health for twelve years, starting as a certified nursing assistant and working my way up. I find myself abundantly blessed to have a career that also serves as a ministry. I will be here for a few months (at least) so feel free to reach out and say hello. Gratefully, Katrina Goodrich, RN, BSN"*



We love hearing from you about what is happening in your churches/communities, including virtual classes and worship services, careful re-openings of church buildings, new needs and opportunities to serve and support, and how you are doing through this season that has been so impacted by COVID-19. Thank you for sharing, and we hope to hear from you soon!

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

Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit.

3 John 2 (NLT)

FCN Professional Practice

Faith Community Nursing: Scope and Standards of Practice defines standards by which all Faith Community Nurses (RN/APRN) are held accountable for their practice. Each of our partnered FCNs has been provided with a copy of this important guiding document, and there are reference copies available in our program office.

**Standard 3: Outcomes Identification**

The faith community nurse identifies expected outcomes for a plan individualized to the healthcare consumer or the situation.

The following summary is adapted from Standard 3 competencies, with consideration of the Nursing Process that is shared by all professional nursing specialties: Assessment, Nursing Diagnosis, Planning, Implementation and Evaluation. The full list of competencies for this standard can be viewed at: American Nurses Association and Health Ministries Association, Inc. (2017). *Faith Community Nursing: Scope and Standards of Practice. 3rd Edition* (pp. 50-51). Silver Spring, MD. Nursesbooks.org.

Faith Community Nurses:

- Identify health needs, benefits and costs using clinical expertise and current evidence-supported practice.
- Engage the person being served, along with family, spiritual leaders, inter-professional health care resources and others, as appropriate, in partnership to identify expected outcomes and support shared decision-making/coordination of care.
- Formulate culturally sensitive expected outcomes that facilitate attaining, maintaining or regaining health, healing and hope, and that are derived from assessments and diagnoses.
- Integrate the individual's cultural, spiritual and faith beliefs and practices, values, ethical considerations, environment and current evidence-based practice.
- Document expected outcomes as measurable goals, including a time frame.
- Modify the plan and goals as needed based on evaluation of the client's status and the situation.
- Evaluate actual outcomes in relation to expected/planned outcomes, safety and quality standards.

The outcomes-related work of your FCN leadership team includes:

- Defining expected program outcomes that incorporate cost and effectiveness, address the identified health needs of the communities we serve, and align with the mission and purpose of our organization.
- Advocating for outcomes that reflect the culture, values, and ethical concepts of those we serve.
- Differentiating outcomes that require process-level vs. system-level actions.
- Integrating scientific evidence and best practices to achieve expected outcomes.

Did you know ?

*The widely-used Donabedian Model for examining health care quality focuses on three elements: **structure, process and outcomes**, and on how these elements influence each other. Recent and ongoing changes in our program's organizational structure and processes are all about enhancing the health ministry work that we are all involved in together, with a goal of improving the health outcomes of those we serve. It is a blessing to share this work with you!*


Upcoming Virtual FCN Meetings/Continuing Education

September and October virtual classes will conclude the BayCare and American Heart Association's Check. Change. *Control* initiative:

- **9/14, 10am**, *Stress and Resiliency* (1 CE) presented by Tracy Daniels.
- **10/5, 10am**, *Stroke Awareness* (1 CE); presenter TBD.

Invitations to "Join Microsoft Teams Meeting" links for all virtual classes are sent via email from Andrea Rose.

Virtual Classes on Bone Health for the Community

 **HEALTHY BONES TAMPA BAY™** **Nationally, There Will Be 61 Million Cases of Osteoporosis in 2020.** American Bone Health is a national, community-based organization that teaches people how to build and keep strong and healthy bones for life with practical and up-to-date information and resources to inspire them to prevent bone loss, osteoporosis and fractures. Below find the upcoming **FREE community education live virtual** sessions brought to you by Healthy Bones Tampa Bay. Please share this information with others.

Go to americanbonehealth.org/hbtb/events-healthy-bones-tampa-bay to register for any of the virtual sessions:

Stepping Out Strong™

Learn about fall prevention focusing on simple exercises to improve balance, strength and flexibility.

September 8, 7-8pm | September 26, 11am-12pm

October 1, 10-11am | October 20, 11am-12pm

Freedom From Fractures™

Learn how medications, medical conditions and family history can affect the risk of fractures and what to do to prevent them.

September 12, 12-1pm | September 22, 3-4pm

October 14, 8-9pm

Posture Power™

Learn the importance of posture and body mechanics to prevent fractures, along with quick techniques for safe movement.

September 15, 11am-12pm | Sept 17, 7-8pm

Bone Health Workshop™

This workshop is a series of three programs covering osteoporosis and fracture prevention; bone healthy nutrition; and exercise and fall prevention.

October 6, 8, and 13, 10-11am

Eating for Healthy Bones™

Learn how to make bone-healthy food choices for you and your family by choosing the best sources of dietary calcium, vitamin D, magnesium, protein and other important nutrients.

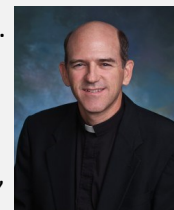
October 10, 11am-12pm | October 27, 3-4pm

Noteworthy Moments

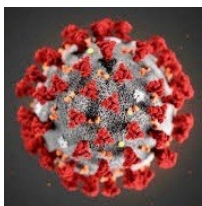


Susan Bedinghaus, Clinical Nurse II, Med/Surg Overflow, and faith community nurse at **Our Savior Lutheran Church** in St. Petersburg was the February 2020 honoree of the St. Anthony's Hospital Service Excellence Champion award (honored in August). Susan, a St. Anthony's team member since 2015, is described as a true champion of patient advocacy. A co-worker wrote that Susan arranged birthday parties a few years in a row, with a live band, gifts and cakes for one of the unit's long-term patients with no visiting family. Sue has also taken another set of skills: crafting and sewing, and started making masks, not only for the nurses on her unit, but also their children. Congratulations Sue!

The FCN team at **St. John Vianney Catholic Church** (**Dawn Halvorsen, Linda Wolf, Carol Davis, Karen Banks, Maryann Vijay, and Melanie Thoenes**) had a farewell appreciation get-together for their pastor, Father Blum, who is being transferred to another parish. According to Carol, "he has been instrumental in fostering the FCN Health Ministry program at St. John Vianney." Maryann provided several examples: "Fr. Blum blessed each member of the health ministry team when they came into the FCN program; he took time to understand the role that each faith community nurse would play in the parish; Fr. Blum gave his support when funds were needed or extra health activities were initiated; and at the annual health fair, he would visit each of the exhibitors. His support was always for the FCN."



Local COVID-19 Resources



Pinellas County

2-1-1 Tampa Bay Cares: 211tampabay.org/covid19/

Juvenile Welfare Board: jwbpinellas.org

Manatee & Sarasota Counties

2-2-2 Suncoast Cares: 211.gs-humanservices.org

Safe Children Coalition: sccfl.org/covid-19resources

Decreasing Your Daily Salt Budget Using "Money"



Reading and understanding milligrams of sodium on a food label can be a tricky concept for people who need to track their intake. Wendy Wesley (left), RDN, manager of health education at the St. Pete Free Clinic, presented the August 17 virtual education program and taught us a simple education strategy when it comes to tracking sodium intake, especially helpful for clients with cardiovascular disease: translate salt into money so you know when some sodium is too much sodium. For example, if your daily sodium "budget" is 1500-2000mg/day, you would have \$15.00-\$20.00 per day. So, if the sodium listed on a food label is 300mg (per serving size), then you would be "spending" \$3.00 of your daily budget.



The COVID-19 pandemic might be keeping Wendy's kitchen at the St. Pete Free Clinic closed to in-person cooking classes, but that has not stopped her from educating the community on various nutrition topics and recipe demonstrations. Wendy has made dozens of videos since March, and you can find all of them on the St. Pete Free Clinic YouTube channel: youtube.com/user/StPeteFreeClinicFL.

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Look What's Happening With Our Ambassadors of Health!

The St. Vincent de Paul Society (SVDP) is a nonprofit organization that provides direct assistance to anyone suffering or in need. They offer a lifeline to those in want of food and clothing, rent assistance, medical aid, help with addiction or incarceration, shelter and employment. The motto of the SVDP Society is, "no act of charity is foreign to the Society." The SVDP St. Anne Parish Conference of the Hernando-Citrus District operates a food pantry in conjunction with St. Anne Catholic Church, Ridge Manor. Their team includes FCN, **Bobbie Anderson**. COVID-19 has created an uptick in this already vulnerable community. This team serves to distribute food, assist with rent/utility bills, provide face masks, and offer valuable health information and resources to their community on Monday and Wednesday of each week. Thanks, Bobbie, for all you and your team do to help your community even in these unusual times.



Bobbie Anderson (right) and JR Rogers preparing a cart to deliver to a family waiting in their car at St. Anne's SDVP Food Pantry.



Judy Valleri, FCN at Apostles

Lutheran Church in Brandon, and her team have had to think outside of the box to find ways to serve their community. When asked "Is your church open?" her response was firm, "It never closed! We just locked the door to the building!" Shown above are meals prepped for Meals on Wheels (MOW) and masks that were made for the MOW recipients.

Like many FCNs whose churches are currently closed for in-person services,

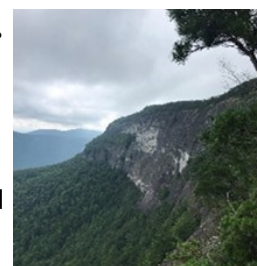


(L-R) **Peggy Richter**, FCN First Presbyterian Church, Plant City and members Susan Gitlin, and Dick and Lynn Helms assisted in support of a blood drive at their church recently. Held in the adjacent parking lot after the drive-through church service, the One-Blood bus was able to take blood donations from six donors in the 2-hour period it was there.



Manager's Memo

Psalm 121:1-2 I lift up my eyes to the mountains, where does my help come from? My help comes from the LORD, the Maker of heaven and earth. All around us we hear about how crazy and "unprecedented" the year 2020 has been. So many things have happened and continue to happen that create anxiety, stress, and turmoil within. As you lift your eyes to the Creator of the universe, know that He journeys with you. He does not sleep or slumber and He still has 20/20 vision. Pray that He brings clarity and focus to you and your faith community nursing ministry.



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Links and More....

THEPhoenix.org Get Ready to Get Fired Up and Super Excited! The Phoenix is a national organization based out of Denver, Colorado since 2006 and has recently expanded to the Tampa Bay and Florida region. This peer-to-peer "Stand Together" mission is to build a sober active community that fuels resilience and harnesses the transformational power of human connection so that together we rise, recover and live! "Human Connection and Fitness" are the focus and classes are free to anyone who has remained sober-free for 48 hours, as well as their families and friends. The classes cater to all fitness levels and I encourage you to check out the website for further details of the daily calendar for in-person, virtual or on-demand options. The local Tampa Bay chapter representative is Brittany Garner who may be contacted at bgarner@thephoenix.org. Please share this valuable behavioral health and fitness resource with your communities. Blessings Forward, Cathy Gunn.

sobertruthproject.org The Sober Truth Project in Tampa contains information and resources for those facing mental health and addiction challenges. Pastor George Wood of the Timothy Initiative, is co-leading this program and will be presenting a virtual CE to our FCN group in November for clergy appreciation. **Save the Date: Thursday, November 12th from 1-2:30pm via MS Teams.** Be on the look-out for the official invitation via email, from Andrea Rose, sometime in the near future.

September is the Alzheimer's Association Memory Walk. Formed in 1980, The Alzheimer's Association is the leading volunteer health organization in Alzheimer's care, support, and research. This year, Walk to End Alzheimer's® is happening on every sidewalk, track and trail across this country. No matter where you are, you can walk and raise funds. Because Alzheimer's isn't waiting. Neither are you. Dates vary depending on location. Contact your local Alzheimer's Association or visit alz.org for more information.



The 2020 FCN Office Retreat is in the books! Held off-site, the group shown top left included Linda Wilkerson, Cathy Gunn, Stephanie Morrison, Magda Setzer-Podowski, Carla Williams, and Lora Beth Reece and Gloria Ciani, seated. The day was filled with training and several activities. Cathy, Lora Beth, Magda and Linda who imagined themselves as somewhat wacky "tourists" (middle). Meanwhile, Stephanie and Gloria (right) relax and enjoy the scenic view on a break between events.

On time statistics winner for July is **Judy Harris**, FCN at Nativity Catholic Church, Brandon, FL. Judy received a copy of *"Weary Joy, The Caregiver's Journey"*, by Kim Marxhausen, as a gift. From Linda, Darlene, Lora Beth and I, thanks for getting your stats in on time. Congratulations, Judy!

Fulfilling The Mission



While many have had to close their doors due to the pandemic, The Mission Winter Haven has continued to provide hot meals and warm showers to those in the community that struggle with these basic needs. Executive director Dave Berry explained that *The Mission* has kept their services going with just a core group of staff since February. "We knew we had to protect our volunteers, but we also knew that many in this community depended on our services." Thanks to the support of several local congregations; meals, hygiene and food pantry services have been uninterrupted.

Winter Haven Hospital Faith Community Nursing is pleased to report that weekly blood pressure screening and health education will resume this month at The Mission, located at 180 E. Central Ave.

Positive Purpose

September is Healthy Aging Month: 10 Tips for Reinventing Yourself

1. Do not act your age or at least what you think your current age should act like. (Tip: Don't keep looking in the mirror, just FEEL IT!)
2. Be positive in your conversations and your actions every day.
3. Have negative friends who complain all of the time and constantly talk about how awful everything is? Surround yourself with energetic, happy, positive people.
4. Walk like a vibrant, healthy person.
5. Stand up straight!
6. How's your smile? (Tip: Go to the dentist regularly.)
7. Lonely? Take a class.
8. Start walking not only for your health but to see the neighbors.
9. Make this month the time to set up your annual physical and other health screenings.
10. Find your inner artist. Painting, coloring or working in wood are a few examples.

Visit the following website for a more detailed description of each tip:

healthyaging.net/healthy-aging-month/september-is-healthy-aging-month/

Teach Us How To Live

God of love-Forgive! Forgive!
 Teach us how to Truly Live!
 Ask us not our race or creed,
 just take us in our hour of need,
 And let us know You love us, too,
 And that we are A Part of You....
 And someday may man realize
 that all the earth, the seas, the skies
 Belong to God who made us all,
 The rich, the poor, the great the small,
 And in the Father's Holy Sight
 No man is yellow, black or white,
 And Peace on Earth cannot be found
 Until we Meet on Common Ground
 And every man becomes a Brother
 Who worships God and loves each other.



Prayer

*How to do nothing
and still think you're helping*

Contact Info: Polk County FCN Program

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