

Faith Community Nursing

BayCare

March 2024

Newsletter

Annual FCN Retreat: Pursuing Healthy Living



BayCare Faith Community Nurses and Congregational Health Promoters are invited to join us as we learn how to enjoy healthy living using Church Health's signature Model for Healthy Living tool. The day will include activities, lunch and reflective time. Please invite a prospective Faith Community Nurse (RN) to attend with you.

Saturday, April 20 | 9am-3pm

Arthur Boring Civic Center 2406 W. Reynolds St., Plant City

An invitation will be mailed to your home and sent via email that includes registration information.

Annual Recommitment reminder

Thank you for your commitment to Faith Community Nursing and Health Ministry. The service you provide locally has a global impact. To maintain your partnership agreement and all it includes, it is required that the recommitment process be completed annually. The 2024 Recombitment period is open through **April 30**. If you have not yet completed this process, select *one* of two ways below, to recommit:



1. Click on this Recombitment [link](#) and complete the brief recommitment form. Once you click "submit" you have completed your Recombitment duties for 2024. Contact the FCN office for the Volunteer Training Manual to assist you with the quiz.
2. Call or email any of your FCN Coordinators to schedule an in-person meeting to complete your Recombitment paperwork.

FCN Transitional Care attends MPM Heart Failure Expo

Faith Community Nursing (FCN) is rolling out Transitional Care at Morton Plant Hospital (MPH) in March. Jeanna Wade, Heart Failure Navigator, invited our team to be part of their Heart Failure Expo on February 29, open to team members and visitors. There were 132 attendees at this expo. This gave us a great opportunity to share how transitional care bridges the gap after discharge and ensures patients remain healthy at home by providing whole-person care. Referrals from our FCN partners and volunteers will be top priority, along with a focus on the heart failure population within MPH.

If you have a church member at Morton Plant Hospital that would appreciate a visit, notify your FCN team. We will be happy to make a visit. If you want to learn more about our Transitional Care Program, contact your FCN program.



JoLinda Schrag, BayCare System Manager, FCN Transitional Care, Patti Wolfenbarger, Supervisor FCN, West region, and Wanda Martinez-Alonso, FCN coordinator, and transitional care lead for Morton Plant Hospital, at the Heart Failure Expo.



Faith Community Nursing is the 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.



Honoring Black Heritage in the community

Ashley Rodriguez, FCN coordinator, and **Angela Fairwell-Smith**, Congregational Health Promoter (CHP) at **New City Church of Plant City**, attended the 21st annual Black Heritage Banquet Gala at the beautiful Hillsborough Community College, Plant City campus Trinkle Building on February 9. This glamorous event highlighted prominent figures in Plant City that are passionate about Black Heritage, including Pastor Antonio Wilkerson of our partnership church, **Mt. Olive Baptist Church**. The event included a dinner of delicious southern food, and plenty of entertainment. It was a special treat to be able to attend this event during Black History Month.

Pictured: Angela Fairwell Smith, and Ashley Rodriguez enjoying the evening at the gala.



The St. Stephen Catholic Church FCN team meet client needs at St. Vincent de Paul



Linda Wilkerson, FCN supervisor, and **Nancy O'Connor**, FCN coordinator at St. Joseph's Hospital South (SJHS), were delighted to visit the **St. Stephen Catholic Church**, Riverview, FCN team at their weekly outreach to the clients of **St. Vincent de Paul (SVdP) Food Pantry**. From the time the guests step in the door, they are assisted by volunteers who are passionate about giving back to others. Services provided include a food pantry, financial assistance, religious tokens, and practical items donated by local businesses.

The volunteer FCN team at St. Stephen Catholic Church, pictured top left, include **Mary Brigati**, **Kit Moretuzzo**, **Nikki Prepetit**, **Anna Conaway**, (Nancy O'Connor, FCN coordinator, SJHS), and **Tina Coyle**. They provide health education, screenings, and prayer. The FCN team is well respected by all the SVdP volunteers and are frequently called on by the interviewers to help navigate difficult situations. Pictured right, Anna teaches SVdP guests about the impact of high cholesterol.



Making a DEEP Impact at Prince of Peace Catholic Church



The inaugural **Diabetes Empowerment Education Program (DEEP)** was hosted at **Prince of Peace Catholic Church, Sun City Center**, by **Nancy O'Connor**, FCN coordinator and DEEP facilitator. Ten eager participants engaged over six informative sessions during the in-person classes. DEEP equips attendees with vital knowledge and practical skills for effective diabetes self-management, serving as a crucial platform for education and personal development. Throughout the program, participants fostered peer connections, exchanged insights, and learned from each other's experiences. Encouraged by its success, preparations are underway for the next DEEP class scheduled for late spring.

Pictured: Linda Castagno, DEEP attendee, Nancy O'Connor, FCN and DEEP facilitator, Barbara Caleca, volunteer FCN, and Marcia Morgan, DEEP attendee.

Neighborhood Service Center News



On Saturday, February 10, the **Neighborhood Service Center** (NSC) in Winter Haven held their first annual Gala to celebrate the reopening and raise funds for the center. BayCare FCN partners with the NSC to provide routine health and wellness screenings along with prevention education. **Litisa Davis**, FCN coordinator, pictured left, promoted heart health at the event. Since the reopening of the center in 2023, Eunice Paige's five adult children have all assisted with its daily operations. Bessie, Eunice's daughter (standing with her mother) and other family members are known for cooking and serving meals, facilitating exercise activities, and cleaning at the NSC. They are truly hands-on

and show concern for their mother as well as the other seniors who attend the center by living out biblical values of caring for the aged, widows and orphans. Eunice's children's commitment to service and compassion are a testament of love that exemplifies the Lenten Season.

Polk County Community

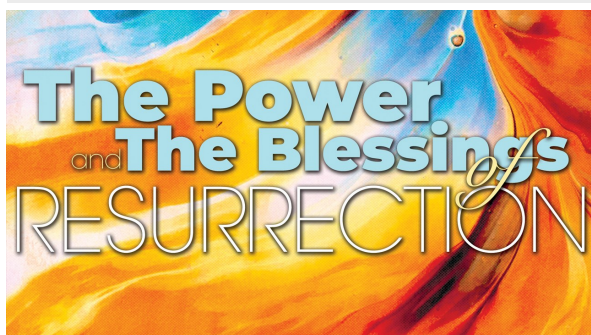
Faith Community Nursing was honored to join twelve other agencies as part of the Polk Mobile collaborative for a Health and Wellness Fair on Saturday February 10 at the Mary Norma Campbell Community Center in Lake Wales. **Sara McNamee**, FCN supervisor, provided heart health education for **American Heart Month** and had coloring sheets honoring Black History Month for children.

Pictured, Sara McNamee, and Caroline Benitez, Outreach Coordinator for Florida Department of Health Polk County.



Polk County Events in March

- **Polk County Mobile Bus Fair** is scheduled for Tuesday, March 12 from 9am-12pm at the **The Mission of Winter Haven**.
- **Community Senior Adult Health and Resource Fair**, March 8, 2024 at the **First Presbyterian Church**, Lakeland. Beginning at 10am, the Spirit of Service meeting presentation will be by Mari Adams, MSN-ED, BSN, RN, CHPN, Clinical Nurse Educator at Cornerstone Hospice to discuss hospice and palliative care. Resource Fair will be from 12-3pm.



Sunday, March 31 marks the historical Resurrection day we still recognize some 2000 years later. The ultimate sacrifice and the transformative hope that we celebrate each year is our foundation. Faith Community Nursing wants to take this opportunity to thank the Franciscan Sisters of Allegany, BayCare Health System, our supportive local hospitals, FCN leadership, and our community partners for allowing us to humbly serve those in our community. It truly is a powerful blessing that we have been given.

Retirement Announcement: Georgia Cuthbert



On March 1, **Georgia Cuthbert**, FCN coordinator, retired after a 37 year nursing career in our health system: 3 years in telemetry, 13 years in the ICU, 16 years in Risk Management, and the last 4.5 years in BayCare Faith Community Nursing. Patti Wolfenbarger, FCN supervisor, and FCN team “wish Georgia all the best in her adventure into retirement. She will be sorely missed!” Georgia also wanted to express how much she has loved working with all of our volunteers, “you are an amazing group of women and I have seen how you move mountains when you put your minds to it. I am so blessed to have been able to meet, work with, and get to know you. Blessings to you all!” And Georgia, FCN wishes you a happy and very relaxing retirement!

February's Faith Community Nursing in Action

Faith Community Nurses (FCN) spread the love on St. Valentines day at the **Shepherd Center's HOPE Center in Tarpon Springs**. Along with providing wellness screenings, education, and support the FCNs gave away Valentine treats, inspirational cards, and messages of love to the visitors at the center. At the HOPE Center, clients can take a hot shower, do laundry, and pick up a freshly made hot meal. It is a place to feel safe and retain dignity. Volunteer opportunities at The Shepherd Center are available weekly.

Pictured: Eileen Nolan, FCN, and Howard Wasden, unsheltered client and volunteer at the HOPE Center.



On Saturday, February 17, 26 hardy souls braved the chilling rain to attend CPR class at **Grace Methodist Church Homosassa (GMCH)**. The American Heart Association's CPR Anytime course, facilitated by **Karen Kline**, volunteer FCN at GMCH, and **Donna Kremer**, FCN, provides basic lifesaving skills in a short course available to the community. Participants master recognizing and responding to sudden cardiac arrest, heart attack, and stroke, practice operating the AED, and coordinating a rescue as a team. Attendees agree that the hands-only technique greatly simplifies CPR and reduces performance anxiety. Perhaps the best takeaway was the CPR Anytime kit that each participant took home! Contact your FCN team to schedule this lifesaving information for your congregation or community.

Pictured left: Donna Kremer, FCN coordinator, facilitating the class. **Right:** David Steth and Priscillia Fredrick, members of GMCH, practice the hands-only technique.



On February 17, **Mt. Moriah A.M.E. Church** held their annual community baby shower for expectant mothers and moms of infants or toddlers. The church provided much needed baby items and put on a fun day of education, raffles, and food with various community partners. **Wanda Martinez-Alonso** and **Kameelah Diggs**, FCN coordinators, provided wellness screenings, resources and an informative presentation on breastfeeding, sleep safety, hypertension during pregnancy, and pre-eclampsia. FCN donated quilted blankets made by BayCare volunteers.

Pictured: Commissioner Michael Eisner of the Office of Vice-Mayor of Tarpon Springs, has his BP screening done by FCN Wanda Martinez-Alonso. He thanked FCN's for what we do in the Tarpon Springs community.

Collard Green Festival

Thank you to our volunteers who braved impending weather to support us at the 7th annual Tampa Bay Collard Green Festival! The popular Festival focuses on providing education and resources regarding food consumption, intergenerational agriculture, and improved lifestyle choices for the Black, African American, and Brown communities. The SAH FCN team provided hands-only CPR and AED training to 43 community members. A grand total of 115 attendees stopped by our booth, and included conversations about nutrition, steps to take for a healthy heart, stroke warning signs, diabetes, and much more!



Pictured, left: Cheryl Burnett, Red Hat Sassy Sistah, and Ruby Hope, FCN. Top right: Ted Hope (Honorary CHP), Corinna Harshaw, FCN, Sandy Beall, FCN, Gwenn Gordon and Ruby Hope, FCN coordinators, and Chineder Hutchins, CHP. Not pictured: Claire Malczyk, FCN and Marjory Buechner, FCN.

Come & See!

Learn Tai Chi, they said. It'll be fun, they said. And it was! **Trish Gonzales**, an FCN volunteer with **St. John Vianney Catholic Church**, and a certified Tai Chi instructor with the Tai Chi for Health Institute, gave a great introduction to Tai Chi and Qi Gong. She then Tai-Chi'd our group through a series of movements, leaving everyone less-stressed and excited to learn more! **March Come & See!** event: Naloxone (Narcan®) training, **3/13, 9:30-11:45am**. **RSVP** [here](#) or call the FCN office.



Celebrating and educating about heart health in February



The SAH FCN team and volunteers participated in multiple heart events throughout the community, and taught CPR to over 100 community members. Some of our events included BayCare Wear Red Day, Tampa Bay Go Red for Women, Christ Gospel Church Friends and Family CPR, Tampa Bay Collard Green Festival, New Hope Missionary Baptist Church Health Fair, and Daystar.



Clinic Happenings: La Esperanza and San Jose Mission by Stephanie Morrison, APRN, clinic supervisor

This month we are celebrating **Nora Graham, RN**, for her 20 years of service with BayCare! Nora, who is originally from Panama and speaks English and Spanish fluently, graduated from The University of Texas at El Paso. She moved to Florida in 2000 and started working at St. Joseph Hospital and gained experience and expanded her knowledge working on the float team and BayCare mobile pool.

Nora joined Faith Community Nursing (FCN) as a volunteer in 2012, and since August 2023, works in FCN as a Nurse Care Coordinator at the San Jose Mission and La Esperanza Clinics, serving migrant farmworker community. She is a great team player, and we are so proud to have her as a valued member of the team! Nora says, "I love my job and I am excited to work at BayCare providing my skills and experience to the neediest people in the community." Congratulations Nora!

Education Calendar: Classes are virtual and submitted for Nursing CE, but may not be approved at the time of publication. Registration and Meeting links are sent via email. Register for classes to ensure you receive handouts prior to the class date.

Date	Time (EST)	Class Title/Topic	Presented by
3/14 Thurs	10-11:30am	Emotional Wellness: The Importance of Emotional Intelligence and Resilience (1 CE)	Donna Kremer, MDiv, RN-BC FCN Coordinator, Morton Plant Mease
3/20 Wed	10-11:30am	Parkinson's Disease: The Basics (1 CE)	Dr. Carlos A Zubillaga, MD , Volunteer Neurologist CARES Senior Health Clinic and Good Samaritan Clinic, New Port Richey
4/8 Mon	6-8:30pm (evening)	Human Trafficking & Prevention (2 CE) (meets renewal requirement; repeat class from July 2023)	Kaitlyn Poppa, MS , Anti-Trafficking Program Specialist Caleb Bell, BA, BS , Anti-Trafficking Program Specialist NO MORE Foundation
4/11 Thurs	6:30-9pm (evening)	Recognizing Impairment in the Workplace (2 CE, meets renewal requirement)	Sara McNamee, MSN, RN Supervisor, BayCare Faith Community Nursing (Polk County)
5/7 Tues	10:30am-12pm	Stroke Awareness (1 CE)	Amanda Belt, BSN, RN, SCRNP Stroke/STEMI Manager, ER, S. Joseph's Hospital

Community Resource | FindHelpFlorida.com is an online platform that will allow you to connect those in need to local social service organizations. Simply enter your zip code.

BayCare FCN program covers: Hillsborough, Polk, Hernando, Citrus, Pasco, Pinellas and Manatee/Sarasota counties	St. Joseph's Hospitals (SJH), BayCare Hospital Wesley Chapel (BHC); South Florida Baptist Hospital (SFBH) Linda Wilkerson , Supervisor, 813-757-8006/linda.wilkerson@baycare.org; FCN office fax: 813-357-0815
	San Jose Mission (Dover) and La Esperanza (Wimauma) Clinics Stephanie Morrison , Supervisor, 813-419-1929/stephanie.morrison@baycare.org
	Winter Haven Hospitals (WHH) & Bartow Regional Medical Center (BRMC) Sara McNamee , Supervisor, 863-293-1121 ext 207935/sara.mcnamee@baycare.org
	Morton Plant Mease Hospitals (MPM); FCN office fax: 727-333-6173 St. Anthony's Hospital (SAH); FCN Office fax: 727-825-1009
	Patti Wolfenbarger , Supervisor, 727-820-7880/patricia.wolfenbarger@baycare.org