

Faith Community Nursing Newsletter

Facts about COVID-19 mRNA Vaccines



Messenger RNA vaccines—also called mRNA vaccines—are some of the first COVID-19 vaccines (ie. Moderna and Pfizer-BioNtech) authorized for emergency use in the United States by the U.S. Food and Drug Administration (FDA).

How do mRNA vaccines work? mRNA vaccines give instructions for our cells on how to make a protein—or a piece of a protein—that triggers an immune response inside our bodies. That immune response, which produces antibodies, is what protects us from getting infected if the real virus enters our bodies.

Will the mRNA vaccine affect or interact with my DNA? mRNA never enters the nucleus of the cell, which is where our DNA (genetic material) is kept. The cell breaks down and gets rid of mRNA soon after it is finished using the instructions.

How will my immune system know what to do? The cell displays the protein piece on its surface. Our immune systems recognize that the protein doesn't belong there and begin building an immune response and making antibodies, like what happens in natural infection against COVID-19.

How effective are the COVID-19 vaccines? Both the Pfizer and the Moderna vaccines are about 95% effective when both doses are received, and no major side effects.

Are the COVID-19 Vaccines safe? The FDA's rigorous review classifies them as safe and effective. They are being held to the same safety standards as all vaccines.

Can I get COVID-19 from the vaccine?

- mRNA vaccines do not use a live virus to trigger an immune response so mRNA vaccines **CANNOT** give someone COVID-19.

[cdc.gov](https://www.cdc.gov) and [fda.gov](https://www.fda.gov)

2020 Virtual Retreat, Fellowship in the time of COVID-19



Nearly 80 Faith Community Nurses and Congregational Health Promoters from across the system joined in on Microsoft Teams as **Sr. Mary McNally**, OSF, VP mission at St. Anthony's, opened the retreat with a devotional. **Jeanmarie Scordino**, exercise physiologist with BayCare Health System, presented on Positivity with tips on nutrition, movement, and self care. **Chris Yarnold**, director of BayCare Behavioral Health provided a presentation on creating a Life Plan, incorporating concepts specifically for the faith community.

All participants received healthy holiday treat recipes and instructions for a fun paper folding Swedish Advent Star activity. Faith community nurse **Barbara Caleca** from the St. Joseph's Hospital program spent time with her husband making the recipes (pictured) for Christmas.



Look What's Happening with our Ambassadors of Health!



The staff of SJH/SFBH Faith Community Nursing Office was “gifted” with the presence of seeing many of the FCNs during the two Christmas Drive-Thru events held recently. The events were held at Village Presbyterian Church, Tampa and St. Stephens Catholic Church, Riverview as an opportunity to physically see the FCNs and to thank them for all they have done for their congregations and communities during the pandemic. Shown top left is **Bobbie Anderson**, FCN, St. Anne Catholic Church, Ridge Manor; (bottom) **Barbara Caleca**, FCN, Prince of Peace Catholic Church, Sun City Center and **Lora Beth Reece**; top right **Darlene Winterkorn**, **Lora Beth Reece**, FCNO Coordinators and **Kit Moretuzzo**, FCN, St. Stephens Catholic Church; (bottom) **Pat Metcalf**, FCN, River of Life Church of Tampa Bay, Lutz. As a result of the combined efforts, 35 gift bags were handed out. It was truly a joy to see all of the FCNs again and to have the ability to reconnect. If you were unable to attend either event, please contact Carla at 813-356-7311 or carla.williams@baycare.org to coordinate delivery/pick-up.



Mindfulness Webinar For Your Congregations.....

Building Resiliency Through Mindfulness by **Cathy Gunn**, Coordinator, Mental Health

What if we approached every day with a grateful heart for the breath in our lungs? Instead of striving for what we *think* will make us happy, can we embrace the joy God offers us in Christ to sustain us? Christ died for us to live life to the fullest, not to live in fear over what each day will bring.

We hear a lot about mindfulness, but what is it? Mindfulness is a way of thinking about the present time and moment and focusing only on that, as though nothing else exists. Mindfulness is a way of reducing the chaos of our minds and calming ourselves. That way, we can truly be present in the here and now.

We are happy to announce that we have developed a presentation entitled, **Building Resiliency Through Mindfulness**. If you would like to have this presentation for your congregation or organization, please contact cathy.gunn@baycare.org.



During challenging times, what is something we can do for our well-being to help build resiliency? BayCare

On time statistics winner for November is **Tina Coyle**, FCN at St. Stephens Catholic Church, Riverview, FL. Tina 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, Tina!

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Growing Faith Community Nurse Outreach



Polk County Faith Community Nurses (FCN) feel that getting out in the community to offer wellness is an honor and privilege. Serving those in need during this unsettled time holds true to FCN Scope and Standards of Practice *Standard 8, Culturally Congruent Practice*. **Sara McNamee** (left) has an established relationship with The Mission of Winter Haven where she does weekly blood pressures and flu vaccines. **Lanet Owen**, right, standing far left, works very closely with community health. Recently, the BayCare mobile unit was at the Bartow Church Service Center which is a Feeding Tampa Bay site to offer health screenings and flu vaccines to those waiting in a drive-through receiving line. The FCN program took part in a Senior community drive through at Catholic Charities in Lakeland. Gift bags were distributed from over 22 vendors and approximately 200 cars went through on Friday, December 11. On December 12, Congregational Health Promoter, **Izora Bullock** distributed 50 gift bags with tooth brushes, tooth paste, coloring books, and crayons supplied by FCN to youth who are temporarily living with their families in a Haines City campground.



Intentional Care of the Spirit/Health Promotion



The above title says it all. Faith community nursing lost one of our own in December from COVID-19. Myrna Harris Cassimere, PhD, RN-BC (pictured second from left) author of the **Health Promotion** module in the **Foundations of Faith Community Nursing Curriculum**. She was a wonderful example of *Intentional Care of the Spirit* in the way she touched so many lives. She served as a yearly adjunct faculty at the Westberg Institute teaching other faith community nurses to become Foundations Educators during the educators course and retreat. Myrna, along with other FCN colleagues volunteered to lead worship during many FCN events such as the Westberg Symposium and the Annual Health Ministry Association meeting. This picture was taken at the 2014 Westberg Symposium.

From Left to Right: Cassandra, Myrna, Tunda, and Jovetta

Myrna served as the faith community nurse at the Blessed Francis X. Seelos Catholic Church in New Orleans, Louisiana. Listed are just a few of the outreach ministries that Myrna was dedicated to in her church and in the New Orleans area.

- Blood pressure monitoring, a Mental Health Follow-Up program
- Cancer Survivor program, Diabetes programming and resources
- Programs specific to Hispanics
- Food distribution

Those we love
don't go away,
they walk beside us
every day...
unseen, unheard,
but always near,
still loved,
still missed
and very dear.

Contact Info: Polk County FCN Program

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Sara McNamee, FCN Coordinator, Winter Haven Hospital, 863- 293- 1121, ext. 207935/sara.mcnamee@baycare.org

“For the land, into which you are entering to possess it, is not like the land of Egypt from which you came, where you used to sow your seed and water it with your foot like a vegetable garden. “But the land into which you are about to cross to possess it, a land of hills and valleys, drinks water from the rain of heaven, a land for which the Lord your God cares; the eyes of the Lord your God are always on it, from the beginning even to the end of the year.” Deuteronomy 11:10-12 (MEV)

Crossing into a New Year Together

As we head into 2021 let us take courage from the words of Deuteronomy 11:10-12. We planted some seeds in 2020 and learned how to encourage them to grow. We learned how to navigate the world of virtual meetings. Some of us learned that we are more tech savvy than we ever imagined. (Others learned that we have more tech support than we knew). We also discovered that virtual meetings often have greater attendance than in-person meetings for several reasons. Now we are ready to take that experience and plant even more seeds in 2021.

You saw in last month’s newsletter how some faith groups were able to plan virtual health and wellness events with multiple speakers. Many of your faith communities have embraced virtual platforms for meetings. We have reached out to many of our vendors/community partners who have attended in-person events in the past and they are excited about opportunities to meet with members of your communities virtually to share their information. Some of them, like the Alzheimer’s Association, already have pages of educational videos and webinars ready to share training.alz.org/home.

Have you been pondering ways to continue your health and wellness ministries virtually? We are here to support you and help you make that happen. Contact **Katrina Goodrich** for event planning information/guidance, and look for weekly emails from **Marla Winn-Wicht**, keeping you up-to-date on resources/upcoming events as we learn about them.

Gifts and Gratitude



We are so grateful for community partners who help us offer the gift of flu prevention to our shared communities. **First Baptist Church of Indian Rocks** was one of several December flu shot event host sites. Thanks to **Carolyn Defayette** and **Kathy Johansen** for serving as congregation-based FCN liaisons between church and health system. Other December sites included **The Shepherd Center** in New Port Richey, **CARES** in Hudson, **Grace House** in Clearwater and **The Volunteer Way** in New Port Richey.

It was great to see many of our FCN partners as we delivered self-care themed gifts of appreciation and celebration in December. Thanks to the **First Baptist Church of New Port Richey** (with faith community nurse **Lois Petermann**) and **St. Michael the Archangel Catholic Church** (with faith community nurse **Lynn Meehan**) for serving as host sites for our drive-thru distribution events.



The 12-week **Foundations of Faith Community Nursing** course for RNs will be offered by BayCare three times in 2021, with generous scholarship opportunities available. Contact **Georgia Cuthbert** for more information about how you can receive the gift of foundational development in this professional nursing specialty (a course valued at approximately \$450) with little or no out-of-pocket cost.

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Spreading Christmas Joy

COVID couldn't crush our Christmas spirit this year. The FCN Team (below L to R, Dani, Katrina, Patti, and Andrea) abided by the CDC guidelines of mask wearing, social distancing, and held the event outside on the grounds of our gracious host church partner, Bethel Community Baptist Church. It was wonderful to see all of



you who were able to come to the Christmas Drive-thru Event! Our hearts are so full and we feel abundantly blessed getting to reconnect with each of you in person. We have missed you so much. With the help of congregational health promotor **Bea Fuller** (bottom left), we passed out almost 50 Christmas Bags. Faith community



nurse **Janie Johnson**, bottom right, handed her monthly Stats to Patti in exchange for her gift. We hope you all have a wonderful holiday season and a very happy New Year!

Cathedral of St. Jude the Apostle faith community nurse **Josie DeDios**, right, along with the help of **Sandy Beall**, RN, left, gave free flu shots after the Sunday Masses in early December.



IN MEMORIAM: Janet Headley, of Trinity United Methodist Church, Sarasota, passed from this life on December 19, 2020. The leadership and fellow faith community nurses of St. Anthony's Hospital FCN Program offer their sincere condolences to the family. Janet served her church and the community of Sarasota as a faith community nurse for many years and joined the SAH FCN program in 2012. She will be remembered for her heart of service.



Community Impact Success Story

Ruby Hope is the FCN at Daystar Life Center in St. Petersburg. Daystar provides the necessities of life to neighbors in need in order to alleviate hunger, homelessness and hopelessness. She recently shared the success story of one of her regular monthly blood pressure clinic clients: *"D.W. is a homeless 55 yr. old black male who would often comment before his BP was taken that he knows 'it's in the triple digits'. Remarkably, he remained asymptomatic even though his BP had consistently been >180 systolic and > 100 diastolic or higher. One instance, his BP was so high it prompted EMS to be called. Unfortunately, he refused to go to the ER. D.W. had confessed that he has gone to the ER for non-BP related concerns and his high BP has always alarmed healthcare professionals more than whatever he went to the ER for in the first place. He has been on blood pressure medications which had been changed each time he goes to the ER. On 10/20/20 his blood pressure was 202/108, and while he was asymptomatic and as usual dismissed my concern, he was on my mind and heart for days."* Ruby conferred with the Director of Daystar and together they came up with a plan to have him sit down with no one else around and call Community Health Centers of Pinellas. D.W. made the appointment, and Daystar arranged for transportation. Ruby would meet him and stay with him for the duration of the appointment. As planned, he was driven via the Daystar van to the appointment and became a patient of Johnny Ruth Clarke where he had his prescription filled, had his plan of care set, and follow-up appointment. Thanks to Ruby and the work she does at Daystar, D.W., who was using the ER as his primary care, received the help he needed to connect with a community resource that will treat his chronic high blood pressure and improve his quality of life.

Contact Information: St. Anthony's FCN Program

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 FCN Dept, MS 2021
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Virtual Continuing Education Classes

Date	Time	Topic	CE	Presenters
1/7 Thursday	12-1:30pm	<i>Parkinson's Disease</i>	1	London Butterfield, PhD Clinical Neuropsychologist St. Anthony's Hospital, BayCare Medical Group
1/14 Thursday	10-12pm	<i>Why Adult Immunizations Matter</i> (including COVID-19, Influenza)	1.5	Will Johnston, Infection Control MP North Bay Hospital
2/11 Thursday	1-2:30pm	<i>Trauma Informed Care</i>	1	Cathy Gunn, BSN, RN, FCN Faith Community Nurse Coordinator, SJH/SFBH
3/16 Tuesday	3:30- 5:30pm	<i>Renal Failure/Dialysis</i>	1.5	Prakas D'Cuhna, MD (Nephrology) Renal Hypertension Center & MPM hospitals

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

(Tip: if you do not see an email in your inbox, check your spam folder)

**REMINDER**

Participants registered for the **January 2021 Foundations of FCN** course, "virtual class days" will be:

- Friday, January 15, 9am-3:30pm
- Friday, March 12, 9am-3pm
- Friday, April 23, 9am-4pm

Microsoft Teams "**Join Meeting**" links will be emailed to you from Andrea Rose.

Resources and Links

The **Mental Health Coalition** is made up of many organizations who have come together to end the stigma of mental health. Site offers a *Roadmap to Mental Health* and the *Resource Library* full of additional resources. [thementalhealthcoalition.org](https://www.mentalhealthcoalition.org)

Mental Health America: mental health screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. Online screenings available for conditions such as anxiety and depression. Information and resources are provided following the screening and you are encouraged to share your results with a physician or healthcare provider. [screening.mhanational.org/screening-tools](https://www.screening.mhanational.org/screening-tools)

How Right Now is an initiative to address people's feelings of grief, loss, and worry during COVID-19. A downloadable Toolkit includes a variety of materials, including graphics, that you can use to support the communities you serve. [howrightnow.org](https://www.howrightnow.org)

Immunization Action Coalition: a website for healthcare professionals that houses hundreds of free, downloadable professional immunization education materials and patient handouts, some in several languages. [immunize.org](https://www.immunize.org)