

Faith Community Nursing

BayCare Health System

December 2022

Newsletter

Congratulations Foundations of Faith Community Nursing Graduates

The **Foundations of Faith Community Nursing Curriculum** graduates completed this 36.5 CE course in November, after meeting every other Thursday at the [Franciscan Center](#) in Tampa. Standing: **Carmenita Booze**, New Pleasant Grove Baptist Church, St.



Petersburg, **Tina Coyle** and **Anna Conaway**, St. Stephen Catholic Church, Riverview, **Karen Gonzalez**, Polk FCN program, and Oncology Nurse Navigator, Winter Haven Hospital, **Dana Green**, Cathedral Church of St. Peter, St. Petersburg, and **JoLinda Schrag**, First United Methodist Church, St. Petersburg, and System Manager of FCN Transitional Care. Seated: **Dina Sine**, partnering with MPM department, **Mia Bittinger**, Legacy Christian Church, Lakeland, **Josie DeDios**, Cathedral of St. Jude the Apostle, and FCN Coordinator, St. Anthony's Hospital, and **Sheila Mays**, St. John Progressive Missionary Baptist Church, Tampa. The next course, beginning in March 2023, will be offered virtually on MS Teams and held twice a week in the evenings.

Welcome Congregational Health Promoters

Congratulations to the six attendees who completed the Congregational Health Promoter (CHP) training in November: **Joyce Williams**, St. Mark's Episcopal Church, Tampa, **Marie Hobkirk**, Grace United Methodist Church, Plant City, **Latwanda Slaughter** and **Latosha Gibson**, Triumphant in Christ Outreach Ministries, Inc., St. Petersburg, **Donna Geeratisoontorn**, Greater Mt. Zion AME, St. Petersburg, and Clinical Pharmacist at St. Anthony's Hospital, **Tonya L. Lalonde**, Legacy Christian Church, Lakeland, and **Sara Terpilowski**, Morton Plant Mease FCN department. This 4-hour virtual course is based on the Church Health Center's [Model for Healthy Living \(MHL\)](#) tool that can be used to encourage balance between all aspects of life through whole-person care. If you are interested in serving on a health ministry team but do not hold an active Florida RN license, contact your FCN coordinator for more details about the next Congregational Health Promoter (CHP) training program.

Get Covered! New Health Care Options

The [Health Insurance Marketplace](#) is a new way to shop for affordable health care coverage. Whether you are insured or uninsured, you have options through plans that offer essential health benefits and features important to you, at a cost that will fit your budget. Essential Health Benefits include Emergency services, Hospitalization, Laboratory services, Maternity care, Mental health services, Outpatient care, Pediatric care, Prescription drugs, Preventive/wellness services, Rehabilitative services.

Open enrollment is November 1st through January 15th. Coverage begins January 1 if you're enrolled, and your premiums are paid by December 15th. If you enroll after December 15, your coverage will begin the following month. If you have questions about the Health Insurance Marketplace or need assistance with applying, filing an appeal or determining whether you qualify for an exemption, BayCare Health Care Navigators offer free, one-on-one assistance to help you understand your options. This service is available to anyone seeking affordable health care. For more information about your health care options, visit [HealthCare.gov](https://www.healthcare.gov)

To reach a BayCare Health Navigator, call (855) 404-3334. Virtual and in-person visits are available.



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.



CEO Stephanie Conners Visits Feeding Tampa Bay



BayCare's new CEO, **Stephanie Conners**, was given a tour of our community partner **Feeding Tampa Bay (FTB)** warehouse with their CEO, **Thomas Mantz**. Stephanie ended her tour with the Community Benefit, Community Health, and FCN teams to learn more about how we serve the guests that come into the **BayCare Health Education Center Health Hub**. **Sharon Cesare**, FCN, shared a story of a senior who recently came in to have her BP checked prior to shopping. The woman appeared healthy and shared having a balanced diet and exercise routine, but her BP was 184/102. She declined EMS but made an appointment with her physician for the next day. She went shopping and came back to the Health Hub to recheck her BP. It was then 212/98. She went to her physician, followed by a stay in the hospital. She was found to have a brain aneurysm and surgery is scheduled. Stephanie commented this is what we are all about, "The right care, one patient at a time."

Front row: **Deborah Rivard**, system director, FCN, **Heather Coats**, supervisor, Community Health, **Lisa Bell**, director, Community Benefit. Back row: **Thomas Mantz** FTB CEO, **Sharon Cesare**, coordinator, FCN, **Keri Eisenbeis**, VP Government/Community Relations, **Jolinda Schrag**, system manager, FCN Transitional Care, **Susan Bertucci**, manager, Community Health, **Ralph Garcia**, FTB and BayCare board member, **Stephanie Conners**, BayCare President & CEO

Fall Festival at St. Timothy Catholic Church Included a Focus on Health

On October 22, **St. Timothy Catholic Church**, in Lutz, held its annual fall festival that drew well over a thousand people of all ages from the church and greater community. This was a full day of activities beginning with a "Fun Run" at 8am and ending with Father Blum's karaoke at 7pm. **Darlene Winterkorn**, FCN coordinator, in partnership with **Frances Siracusa**, Mission Integration, provided health education on advance care planning and the importance of having conversations about making your end-of-life wishes known, while BayCare Community Health was on site for free health screenings. A big thank you to **Dave Kotun**, CHP, and **Linda Matta**, Faith Community Nurse, for organizing and connecting attendees to the different health stations and activities.

Pictured: **Frances Siracusa**, Mission Integration, talking with event attendee, **Paul Helmich**



Breast Cancer Awareness Event at St. Stephen Catholic Church



The Faith Community Nursing Team at **St. Stephen Catholic Church** in Riverview participated in several events that focused on breast cancer awareness. They were on site at St. Vincent DePaul's Food Bank, attended a "Walking with Women in Need" event, and educated their parishioners after services. By using artwork and brochures, they promoted awareness, helped people know what symptoms to look for and how to conduct a breast self-exam. Many were unaware that men are also susceptible to this disease. A huge thanks to **Anna Conaway**, FCN, for putting the information boards together. The boards, done in English and Spanish, proved invaluable as a conversation starter that led to in-depth conversations and ability to share important information about breast cancer.

Faith Community Nursing Shines During Stroke Certification

The Polk region had their annual **DNV Stroke Certification** surveys on November 1-3. During the surveys, the Multidisciplinary Team shared about their important roles in the care of the stroke patient. The surveyors toured the clinical departments, met several of the team members, and reviewed many patient charts to evaluate care provided. Notably, the surveyors were delighted to hear about the Faith Community Nursing program and its valuable impact on our community. **Sara McNamee**, and **Lanet Owen**, Faith Community Nursing, highlighted key facets of the program including the multi-step approach to risk factor identification and management, facilitating access to health care with a focus on our low income/indigent population, and care of the patient as *a whole*. A DNV surveyor was so incredibly touched by the FCN presentation and discussions that she shared she is interested in joining a Faith Community Nursing program in the future. The Polk Region Stroke Program is tremendously grateful for the faith community nurse program and the impact it has on our community!

~ Submitted by **Laura Moore BSN, RN, Nurse Manager Stroke Services, BayCare Polk Region**

Promoting Health through Arts and Crafts

According to the **Alzheimer’s Association**, “Engaging in mental or social activities may help to build up your brain’s ability to cope with disease, relieve stress and improve your mood. This means doing these activities may help to delay, or even prevent, dementia from developing.” Additionally, “anything that engages your mind, processes information and develops your thinking skills is good for the brain and reducing your risk.” Congregational Health Promoter (CHP), **Sharon Wilson**, not only has a passion for service, but a special place in her heart for our senior neighbors. Sharon recently met with residents of the Episcopal-Catholic Apartments in Winter Haven to share her time and talent for flower arrangement. Thank you to Abigail Esquilin, Service Coordinator for facilitating this event.



Pictured from left are Beth Harper, Fran Miller, CHP **Sharon Wilson**, and Terry Norman.

Prayer Box Ministry

Prayer boxes have been used throughout history to foster a personal connection with God. Faith Community Nurse, **Kim Montague** created this special prayer box for the oncology patients at Bond Clinic in Winter Haven. As an oncology infusion nurse, Kim cares for her patients’ both physically and spiritually through their treatment and Cancer journey. Kim shared with **Sara McNamee**, supervisor of the Polk County Faith Community Nurse program, that she trusts in the power of the spirit and believes in miracles. This testament of faith is truly inspirational.



*The gifts I'd leave beneath your tree,
Aren't those that you can touch or see;
No toys meant just for pointless play,
But gifts to bless you every day.
The gift of friendship warm and true,
Is one that I would leave for you.
Good health and happiness and cheer
To keep you smiling through the year.
The gift of peace that comes from God,
With prayer to guide each path you trod.
And when your heart has lost its song
The gift of hope to cheer you on.
These are the gifts I'd leave for you.*

—Kay Hoffman



Born to Move!

Developing healthy habits at a young age can provide lifelong blessings. On November 16, MPM FCN team members **Kameelah Diggs, Neppie Alexander, Wanda Martinez-Alonso, and Lynn Meehan** had fun with more than 230 kids (and their teachers) at Tarpon Springs Elementary School as part of Pinellas County’s Great American Teach-In (GATI). Nurses are often known for their care of the sick, and we wanted kids to know that nurses love helping people stay healthy, too! We shared that the way our skeletons and muscles work together in our bodies shows us that we were made to move. Active learning included joyful music, ribbon dancing, and other movement activities. Each child went home with a ribbon, a list of YouTube movement/ribbon dance videos (below) and a baggie with paper bones to assemble into a skeleton. We were asked to, *“Pleeeeeease come back and do the same thing next year!”* GATI is a nation-wide opportunity for parents and businesses to introduce school children in their local communities to a variety of job/career options.



Fun Movement Videos for Kids on YouTube

- **Born to Move** | Jack Hartmann video: youtu.be/QmoE8NSkK7s
- **Ribbon Dance for Kids** | Kids Dance: youtu.be/fAv1KWV_bPo
- **Let it Go Ribbon Dance** | Little Movers: youtu.be/zlooj2KgYas
- **Ribbon Dance with Friends** | Little Movers: youtu.be/s8mphBCu5kk



BayCare Kids Wellness and Safety Center offers a range of community health and safety programs. Wellness and safety experts provide educational lessons to students in their own classrooms at their teacher’s request. Programs can also be adapted for playgroups, summer camps, community centers and other out-of-school settings. Visit BayCareKidsWellnessAndSafety.org or call (813) 615-0589 for more information.

2022 is coming to a close...

The MPM FCN team has been blessed to educate, equip, support and work alongside our wonderful volunteers throughout 2022. Even as COVID-19 restrictions shifted throughout the year, wellness promotion in congregations and communities continued in both familiar and creative new ways because of you. Thank you!



In the last few months, congregation-based health ministry activities have increased. New community alliances and resources have come into the picture. FCN team members have participated in many health and wellness events and increased wellness services for homeless community members, now regularly serving in four service centers in Pinellas and Pasco Counties, with volunteers often working alongside us. In 2022, we welcomed several new team members. We proposed, and recently received approval for an expansion of FCN’s work with some of our most vulnerable community members, in response to BayCare’s recent **Community Health Needs Assessment**. We’ve really missed having frequent in-person time with our volunteers, enjoying time with you during Nurse’s Week and at holiday gatherings. We hope to see you at the monthly “Table Talk” meetings we’ll begin in 2023, with in-person and virtual opportunities.

Wishing You Happy Holidays



Blessed Holy Days



Happy New Year



Morton Plant Mease

BayCare Health System

Why FCNs do what they do

Judi Prime-Sayles, BSN, RN, a Nursing Educator at Pinellas Technical College and volunteer FCN, was supporting the team at the [Feeding Pinellas Empowerment Center](#) last month by doing blood pressures and engaging with the community. Two of her clients had been living in their vehicle, going for months without any of their medications. Judi found that each had alarmingly high blood pressures. Both were reluctant to go to the Emergency Room, so Judi reached out to her contact at the **St. Petersburg Free Clinic** early the following morning. They were able to connect with her clients and get them in for assessment and medications.



Judi also works closely with the Free Clinic team as a volunteer FCN and has built a strong relationship with everyone there. Her gratitude for that relationship speaks volumes, "Being a part of the Free Clinic and seeing first hand the results of Faith Community Nursing and the Free Clinic working together in the community is such an honor; bringing everyone together for the dialogue really makes us understand on the ground level what this means to the lives of those we help."

Community Harvest Health Fair



Triumphant in Christ Outreach Ministries' passion to reach their neighborhood with wholistic healing was evident at their recent Community Harvest Health Fair, held October 22. FCN volunteers, **Corinna Harshaw**, pictured left, and **Maria Millan**, and two FCN team members, spent the afternoon taking blood pressures and educating on various health issues facing the clients they saw. Based on our team's referral and education, a client followed up with her oncologist and cardiologist, and has created a self-care plan to prioritize her own health. Way to go FCN Team! Contact us for info on future events.

Pictured: **Corinna Harshaw**, FCN, and Triumphant in Christ Outreach Ministries, Inc. members Sharonda Strong, and George House stopped for a photo during the event.

Give Your Faith Community the Gift of Wellness this Season

There are many health & wellness programs available to bring to your places of worship using a virtual classroom format, such as

- **Get Into Fitness Today (GIFT)**
- **Diabetes Education Empowerment Program (DEEP™)**
- **Advanced Care Planning/Advance Directives**
- **Family & Friends® CPR - American Heart Association (AHA)**
- **Check. Change. Control. Cholesterol™ Program - AHA**
- **Safe Sitter® class for teenagers who babysit**
- **Alzheimer's Association Virtual Brain Bus: Understanding Alzheimer's and Dementia**



Contact an FCN Coordinator to learn details of these **FREE** programs available to you, 727-825-1709.



Welcome **Duangduan Geeratisoontorn** "Donna G," **Greater Mt. Zion AME Church**; **Rev. Latwonda Slaughter & Latosha Gibson**, **Triumphant In Christ Outreach Ministries, Inc.** who completed their CHP training & are serving in their communities.

Congratulations Annelie Sullivan, CHP at Grace Lutheran Church, this month's Stats Winner!

Date	Time	Topic/Class Title	Class Length	Presenter(s)
12/8 Thurs	10am-12pm	<i>Family Dynamics and Stress</i>	60 min	Lisa Moser, PsyD, and Tennazha Bradley, MA, MFT BayCare Behavioral Health
12/14 Wed	2-3:30pm	<i>Your Gut and Your Health</i>	60 min	Rita Sewell, BSN, RN Faith Community Nurse
1/11 Wed	3-5pm	<i>Discovering Ways to Serve: Findings from a Needs Assessment Workgroup</i>	90 min	Ruby Hope, MBA, BSN, RN, FCN Coordinator (SAH) Neppie Alexander, MSN, APRN, ACNS-BC, FCN Supervisor (MPM) Sharon Cesare, BSN, RN, CNML, FCN Coordinator (SJH/SFBH) Sara McNamee, MSN Ed, RN-CAPA, FCN Supervisor (Polk)
1/17 Tues	6:30-8pm	<i>Sepsis</i> (repeat course from Oct 2022)	60 min	Danielle Abukalaf, MSN, RN, NPD-BC, CCRN Advanced Professional Development Practitioner/ Mease Dunedin
1/24 Tues	12:30-2:30pm	<i>Managing the Complexities of Grief</i>	90 min	David Karchut, MDiv, MA Mission Education Specialist, St. Joseph's Hospitals

Registration links for virtual CE education events are sent via email. Registering for classes ensures you receive handouts prior to the class date. Classes are submitted for Florida Board of Nursing review. Schedule changes sent via email.

Happenings at La Esperanza and San Jose Mission Clinics

On November 3rd, **La Esperanza Clinic** (LEC) partnered with **Preserve Vision Florida** at **La Virgen de Guadalupe Catholic Church** in Wimauma to host a flu event with free vision screenings for the family. This was LEC's first flu vaccine clinic of the season. Preserve Vision held an informational session on pediatric eye health for families and LEC provided flu vaccines for those who were interested. Participants were clinic patients, church parishioners and community members.

We are always happy to work alongside our community partners and provide health and education to those we serve!



Pictured, Left: **Magda Setzer-Podowski** giving a flu vaccine. Middle: **Stephanie Morrison**, Isabel Barrientos, assistant, Catholic Charities, with a mom and her two sons who received free vision screenings and flu shots. Right: **Soledad Flores** giving a flu vaccine.

~**Stephanie Morrison**, APRN-BC, FCN, Clinics Supervisor

East Region: Hillsborough	St. Joseph's Hospitals (SJH) & South Florida Baptist Hospital (SFBH); FCN office fax: 813-357-0815 Linda Wilkerson , Supervisor, 813-757-8006/ linda.wilkerson@baycare.org San Jose Mission and La Esperanza Clinics Stephanie Morrison , Supervisor, 813-419-1929/ stephanie.morrison@baycare.org	FindHelp.org is an online platform that will allow you to connect those in need to local social service organizations. Search by zip code.
West Region: Polk, Hernando, Citrus, Pasco, Pinellas Manatee/Sarasota	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 Neppie Alexander , Supervisor, 727-736-9767/ neppie.alexander@baycare.org St. Anthony's Hospital (SAH); FCN Office fax: 727-825-1009 Patti Wolfinbarger , Supervisor, 727-820-7880/ patricia.wolfinbarger@baycare.org	