

# Faith Community Nursing Newsletter

## Foundations Graduates

Congratulations to the *Foundations of Faith Community Nursing* course graduates! These twelve women, who began the course in February, overcame many obstacles as the COVID-19 pandemic unfolded: not being able to attend two of the three planned classroom settings, persevered as we extended the course by a couple of weeks to make up for the lost classroom days, and attended a virtual classroom for the closing modules and graduation ceremony. We were blessed to have **Sr. Mary McNally**, St. Anthony's VP Mission, and **Colleen Walters**, BayCare VP Mission & Ethics, add their own special touch that reminded us of the reason we answered a calling to this ministry.



Pictured L-R, BayCare Team Members in blue.

Top row: **Joan Leck**, St. Matthew Catholic Church in Largo, **Megan Dickinson** (Cardiac Medical Pool, SJHN), Harborside Church in Safety Harbor, **Lynn Gee**, partnered with SAH FCN program, **Cathy Gunn** (FCN coordinator, SJH/SFBH), First United Methodist Church of Homosassa, **Mary Luecke**, Beautiful Savior Lutheran Church in Sarasota, **Eileen Nolan**, partnered with MPM FCN program.

Bottom row: **Lori McKinney** (Oncology, WHH), partnered with Polk County FCN program, **Robyn Kremer**, Blessed Sacrament Catholic Church in Seminole, **Yvonne Shakes** (Med/Surg/Tele Unit, SFBH), Emmanuel Seventh Day Adventist Church in Plant City, **Carol Kramp** (Clinical Documentation, BayCare Alliant Hospital), partnered with MPM FCN program, **Valerie Butler** (Quality Improvement, BRMC), Bartow Associate Reformed Presbyterian Church, **Lynn Meehan** (FCN Dept, MPM), St. Michael the Archangel Catholic Church in Clearwater.

## Virtual CE Class: July 29

**Guide to Building Resiliency Through Gratitude (1 CE) | Wednesday, July 29, 1-2:30pm**

**Presented by Cathy Gunn, BSN, RN**

Develop and strengthen your skill set to promote well-being and mental health by developing the knowledge of resilience through the science of gratitude application. This virtual class, open to all faith community nurses and congregational health promoters, will take place using Microsoft Teams. An invitation will be sent to your email with the link to "Join the Meeting." To register: [Andrea.rose@baycare.org](mailto:Andrea.rose@baycare.org) or 727-825-1709

## Faith Community Nurses in Action



**Christina Boyd, RN, St. John Missionary Baptist Church, Clearwater,** extends a virtual “Quality Shoutout” to those who provided cloth masks for as-needed distribution to her church members, now that limited in-person attendance has resumed. (Thank you to St. Anthony’s FCN Partners who are sewing and sharing!)

Self-care support encourages attendance decisions based on current information, advice of health care providers, and prayer (not guilt or fear). On-site support includes hand sanitizer upon entry/exit, face covering verification, monitored 6 ft. distancing between households, FCN presence, posted information and prayer.

*“During the pandemic, the Faith Community Nurse serves as an advisory support to the church by modeling and echoing prudent and appropriate health and sanitation practices; gives suggestion on adjusting certain procedures during worship to mitigate the spread of the coronavirus without taking away the essence and sacredness of the worship.”*

**Ning Bonoan**

Faith Community Nurse  
Episcopal Church of the Holy Spirit  
Safety Harbor

## Faith Community Nurse Mentors

As professional nurses complete the 36.5 CE Foundations of Faith Community Nursing course with BayCare, each is encouraged to seek a mentor in this specialty practice. Some who are members of thriving health ministry teams may find suitable FCN mentors within their own congregations. Many begin as lone practitioners within their faith communities, and link to experienced FCNs through mutual participation in a health ministry network such as BayCare’s Faith Community Nursing program. Our Coordinators can help a new graduate connect with a “seasoned” FCN serving in a nearby congregation or other faith-based organization. Health Ministries Association members can also access the HMA’s FCN Mentor Program. Mentors should be past graduates of a foundational FCN course who are experienced in FCN practice and prepared to nurture the professional development and spiritual growth of a colleague. If you are a qualified and interested in serving as a mentor to a new FCN, or if you have questions about the mentor role, please email Neppie Alexander.

## Justice Ministry Resources

To learn more about congregation-based justice ministry activities and resources in your area, visit:

- **Pinellas Faith and Action for Strength Together (FAST)** [FAST-Pinellas.org](http://FAST-Pinellas.org)
- **Hillsborough Organization for Progress and Equality (HOPE)** [HillsboroughHOPE.org](http://HillsboroughHOPE.org)
- **Polk Ecumenical Action Council for Empowerment (PEACE)** [PolkPEACE.com](http://PolkPEACE.com)
- **Sarasota United for Responsibility and Equity (SURE)** [SUREsarasota.org](http://SUREsarasota.org)
- **Direct Action and Research Training (DART) Center** [TheDARTCenter.org](http://TheDARTCenter.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)

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

## Mercy, Justice and Wellness

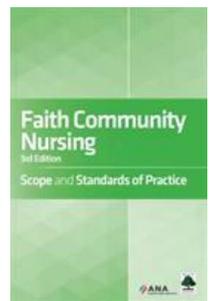
**Mercy ministry** offers some relief for the immediate needs of individuals, for example by feeding, clothing, giving drink, sheltering, visiting, caring for, instructing, counseling, comforting, forgiving, praying, or even burying, based on need. When institutional or structural injustice creates perpetual needs among vulnerable groups, we can minister by both meeting the need of today and addressing the injustice for a better tomorrow.

**Justice ministry** focuses on identifying and addressing the root causes of injustice. This can involve a coordinated community needs assessment, prioritization, identification of current and potential resources, solution planning and access to those who have power over local resources, such as city/county council members, mayors, law enforcement leaders, etc. You can read a biblical example of justice ministry in Nehemiah, Chapter 5.

We'd love to hear from you about how you incorporate mercy ministry and/or justice ministry into your wellness ministry.

## FCN Professional Practice

**Faith Community Nursing: Scope and Standards of Practice** defines standards by which all RNs in faith community nursing 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 8. Culturally Congruent Practice

Competency statements for this standard include, in part, that the FCN:

- Demonstrates respect, equity, and empathy in actions and interactions with all healthcare consumers.
- Participates in lifelong learning to understand cultural preferences, worldview, choices, and decision-making processes of diverse consumers.
- Creates an inventory of one's own values beliefs, and cultural heritage.
- Considers the effects and impact of discrimination and oppression on practice within and among vulnerable cultural groups.
- Advocates for policies that promote whole-person health and prevent harm among culturally diverse, underserved, or underrepresented consumers.
- Promotes equal access to services, tests, interventions, health promotion programs, enrollment in research, education, and other opportunities.
- Educates nurse colleagues and other professionals about cultural similarities and differences of healthcare consumers, families, groups, communities, and populations.

In addition, the graduate-level-prepared faith community nurse advances organizational policies, programs, services, and practice that reflect respect, equity, and values for diversity and inclusion.

See the complete list of competencies for this standard at:

American Nurses Association and Health Ministries Association, Inc. (2017). *Faith Community Nursing: Scope and Standards of Practice, 3rd Edition* (pp. 65-66). Silver Spring, MD. Nursesbooks.org.

**Heart, Stroke Emergencies During the Pandemic**

Although COVID-19 has changed the world, it hasn't changed the fact that hospitals are the safest place to be if there's a heart attack, stroke or other medical emergency. Delaying the 911 call that gets you to the hospital can be dangerous — even deadly. Here are **5 reasons** why the coronavirus shouldn't make you hesitate or doubt you need emergency help:

1. **Hospitals are following infection control protocols to sanitize, socially distance, and keep infected people away from others.**
2. **Calling 911 immediately is still your best chance of surviving an emergency.**
3. **Emergency room workers know what to do, even when things seem chaotic.**
4. **Year in and year out, heart disease and stroke are the top two killers worldwide.**
5. **Fast care is the key to survival.**

Minutes matter. People with blocked arteries or clots causing heart attacks or strokes need care quickly. The difference between life and death can be measured in minutes. With so little time to work with, and the extra time needed to ensure coronavirus safety measures, calling 911 quickly is more important than ever.

Call 911 if you or a loved one experiences heart attack warning signs — chest discomfort; discomfort in other areas of the body such as your arms, back, neck, jaw or stomach; shortness of breath; and other possible signs, like breaking out in a cold sweat, nausea or lightheadedness.

If you or a loved one has stroke symptoms, which you can remember with the acronym FAST: Face drooping, Arm weakness, Speech slurring or other difficulty, then it's Time to call 911.

If you find a loved one or anyone down and unresponsive (with or without a pulse), call 911 and start CPR right away.

(Excerpted from Stroke.org)

A 2017 study determined the proportion of patients with acute ischemic stroke were not captured by FAST and evaluated a revised mnemonic (*Stroke, 48(2), 479-481*): BE FAST, adding a "B" for Balance and an "E" for eyes. BayCare Health System has adopted this new mnemonic in their educational materials, such as the one below:

**B.E.F.A.S.T.**  
To Reduce Stroke Impact

**EVERY 4 SECONDS**  
Someone in the U.S. has a stroke\*  
\*On average

**Any one of these sudden signs could mean a stroke:**

- B** Balance
- E** Eyes
- F** Face
- A** Arms
- S** Speech
- T** Time

**Stroke Symptoms – Five Suddens**

1. Sudden loss of balance
2. Sudden loss of vision in one or both eyes
3. Sudden facial weakness or drooping
4. Sudden weakness or numbness in arms or legs
5. Sudden slurred speech or difficulty speaking

*If you observe any of these signs in someone, follow your facility's emergency process.*

## Faith Community Nursing in Action



The first Safe@Home class was held virtually on a Saturday morning in June. **Lavina Ward** facilitated the 90-minute class to 5 youth participants. This free class helps prepare students to be safe when they are home alone. According to Lavina, "the kids were very engaged and such a joy to work with! They said they had fun even though some have stayed home alone before this class, but they learned something they did not know."

If you would like more information or to discuss offering this virtual class to youth (4-6th grade) in your church, contact Lavina at [Lavina.ward@baycare.org](mailto:Lavina.ward@baycare.org) or 727-820-7884.

## Cloth Mask Distribution Sites

Free face masks will be available for Pinellas County residents who need them to stay safe now that there is a countywide ordinance requiring face coverings. The ordinance, which took effect June 24 at 5pm, requires all employees at public establishments and their customers to wear face coverings while indoors. It is part of the County efforts to slow a recent, rapid spike in COVID-19 cases in the community.

Individuals are encouraged to call the location before heading out to verify availability. Supplies are limited and will be replenished as often as possible.

**Cloth face masks will be available on a first come, first served at the following locations in South Pinellas:**

- **Lealman Exchange**, 5157 45th St. N., St. Petersburg, 727-464-5404
- **St. Petersburg Free Clinic**, 863 3rd Ave. N., St. Petersburg, 727-821-1200
- **Barbara S. Ponce Public Library**, 7770 52nd St. N., Pinellas Park, Mon-Thurs: 10am-1pm, 2-7pm; Fri & Sat: 10am-1pm, 2-5pm, Sun: 1-5pm, 727-369-0669
- **Greater Mt. Zion AME Church**, 1045 16<sup>th</sup> St. S, St. Petersburg, 727-894-1393
- **Rock of Jesus Missionary Baptist Church**, 3940 18th Ave S, St. Petersburg, 727-327-0015
- **Prayer Tower Church of God**, 1137 37th St S, St. Petersburg, 727-321-0670
- **Gulfport**: Residents who are in need of a FREE face mask are advised to go to the 49th Street Neighborhood Center, 1617 49th St. S., and/or the Gulfport Casino Ballroom, 5500 Shore Blvd. S. Both facilities are walk-up sites with the Gulfport Casino Ballroom open Monday - Friday from 1-8pm and the 49th Street Neighborhood Center open Monday - Friday, 8am-3pm.



For more locations in Pinellas County, visit [pinellas.floridahealth.gov](http://pinellas.floridahealth.gov)

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

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

**Patti Carr Wolfenbarger**, Nursing Coordinator, 727-820-7880/ [patricia.carr@baycare.org](mailto:patricia.carr@baycare.org)

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

**Katrina Goodrich**, Transitional Care Coordinator, 727-825-1703/ [katrina.goodrich@baycare.org](mailto:katrina.goodrich@baycare.org)

## Look What's Happening With Our Ambassadors of Health!

The nurses and staff of La Esperanza Clinic and San Jose Mission Clinic were greeted with "Heroes Work Here" signs when they opened for Clinic recently. Since the COVID-19 pandemic began, staff members of both clinics have had to think outside the box to ensure the safety of their patients and staff. For instance, they no longer hold Clinic inside. To promote social distancing, they have had to move their Clinics outside and thoroughly and continuously disinfect all equipment. Their dedication to their clients and the hard work they have done are worthy of applause! You are our true heroes, thanks for all you do!

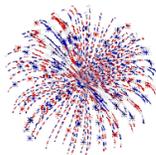


La Esperanza Clinic, Wimauma



San Jose Mission Clinic, Dover

On time statistics winner for May is **Marcelle Triantafilou**, FCN at St. John the Baptist Greek Orthodox Church, Tampa, FL. Marcelle received a copy of *"Weary Joy, The Caregiver's Journey"*, by Kim Marxhausen, as a gift. Congratulations, Marcelle!



It's summer time!!! As you prepare to enjoy the events of the season (cook-outs, camping, going to the lake or the beach), please take all necessary precautions to stay safe and healthy! COVID-19 is alive and extremely active so be sure to wear a mask when in public places, practice social distancing good hand hygiene, and stay home when you can to limit your chances of exposure!! It's also time to celebrate the birth of our great country, it's Independence Day! Unfortunately, freedom isn't always free. Take a moment to say a prayer and give thanks to all the military service members, both those currently serving and Veterans, who historically have fought for this great nation, some making the ultimate sacrifice. From our families to yours, we hope you have a safe and healthy 4th of July!!

## Manager's Memo



*"Rest and be thankful."* William Wordsworth. Counting our blessings serves as an antidote to life's discouragements. Coupled with rest, it can turn a mundane existence into a victorious life in Christ. Consider a ritual for practicing gratitude such as keeping a journal, creating a blessing board or gratitude jar, having a daily re-cap, or simply handwriting a thank you note. Your focus becomes about God and others, while all the time you are receiving a blessing. As the old hymn by Johnson Oatman, Jr. reminds us- when you are discouraged, when you think all is lost, when you are tossed by billows, when you are burdened with a load of care, "count your blessings, name them one by one. Count your blessings, see what God hath done."

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

Linda Wilkerson, Manager, Ph: 813-757-8006 SFBH/813-356-7310 SJWH FAX: 813-872-2936 [linda.wilkerson@baycare.org](mailto:linda.wilkerson@baycare.org)

Darlene Winterkorn, Coordinator, Ph: 813-872-3950 FAX: 813-872-2936 [darlene.winterkorn@baycare.org](mailto:darlene.winterkorn@baycare.org)

Carla Williams, Department Secretary, Ph: 813-356-7311 FAX: 813-872-2936 [carla.williams@baycare.org](mailto:carla.williams@baycare.org)

## Ambassadors of Excellence/Education Programs

**BLS Recertification** Please note that all BLS classes have been temporarily discontinued until further notice. If your certification is expiring or has expired, the AHA has extended all expiration dates.

## Links and More....

Hillsborough County has a new toll-free line dedicated for **COVID-19 coronavirus testing** only, a move that should alleviate wait times and reduce dropped calls. The new number to call to make an appointment at any of the County's seven testing sites is **(888) 513-6321**. Call center hours are 8 a.m. to 5 p.m. weekdays.

**Testing sites:** Lee Davis Community Resource Center, 3402 N. 22<sup>nd</sup> St., Tampa; Plant City Community Resource Center, 307 N. Michigan Ave., Plant City; SouthShore Community Resource Center, 201 14<sup>th</sup> Ave. SE, Ruskin, Suncoast Community Health Centers, 313 S. Lakewood Drive, Brandon; Raymond James Stadium, 4201 N. Dale Mabry Highway, Tampa; Redeemer Lutheran Church, 701 Valley Forge Blvd., Sun City Center; and, Wimauma Opportunity Center, 5128 SR 674.

**Joyce VanMatre** (shown on the far right of this photo), FCN at Hope Lutheran Church in Plant City, has been a faith community nurse for over 20 years but has decided to transition to be a Congregational Health Promoter (CHP). During her years of being a parish nurse, she accomplished many things and these are just a few highlights:

- Joyce was a member of the FSU Parish Nurse Dementia Caregiver Problem-Solving Skills Counseling (PSC) Project, a Byrd Institute-funded research program to design, implement and evaluate the impact of PSC training for distressed rural dementia caregivers.
- She also felt blessed to travel to Bethlehem with another parish nurse to work with parish nurses there. They exchanged differences between parish nursing in America verses Bethlehem, and toured several hospitals while there. It was an eye-opening, humbling experience for her.
- On behalf of the Lutheran synod, Joyce also represented the states of Florida and Georgia at the Parish Nurse National convention in Wisconsin. Meeting other parish nurses from all over the country and hearing some of their challenges and successes was very enlightening to her.



With all her vast travels and parish nursing experience, when asked what one change has she seen over the years, her response was simple, "Acceptance of parish nurses." She explained that when she first started, parish nursing was just getting off the ground and most people did not know much about them, plus there wasn't a lot of structure. Being a parish nurse now is very acceptable. There is also more structure, accountability and education opportunities. When asked what her favorite memory was, she said she loved the trips where she got to meet so many people who were so appreciative and gracious for the smallest of things, like taking their blood pressure. She is also very proud of the work she has done for her congregation and how they wrap their arms around her and make her feel so appreciated. As a self-proclaimed "military brat" from the Midwest, it's clear that Joyce loved every moment of what she did and that parish nursing is in her blood. Simply put, she loves helping people! From the bottom of our hearts, we thank you for all you have done for your church and your community, and we feel blessed, Joyce, that you will still be in the Faith Community Nursing family as a CHP. God's blessings to you as you transition to this next chapter of your life.

## Embracing New Era in Health Ministry



The Polk County Faith Community Nurse program wants to welcome **Sara McNamee** as the new coordinator at Winter Haven Hospital. She completed the Foundations of Faith Community Nursing course in the spring 2019, and earned a Master of Science in Nursing Education from University of West Florida in May, 2020. Sara has been employed at Winter Haven Hospital for 29 years and has experience in NICU and surgical services. She has volunteered in several Winter Haven faith community outreach ministries including: the Society of Saint Vincent DePaul; Matthew 25:35, a community outreach meal and Thrift Store supported by Saint Matthews Catholic Church; and The Haley Clinic, a ministry of the First Baptist Church offering free primary health care for those who qualify. When asked about her new nursing role, Sara shared the following comments. "In reflection, what seems like a leap of faith to leave the known world of direct care nursing and pursue a new role in faith community nursing, is actually a transition that God has been preparing me for over the years. I am both humbled and excited to take this next step in my nursing journey." **Welcome to the team Sara, we are excited to have you!**

## Reaching OUT

The June edition of the Faith Community Nursing Newsletter provided Hurricane preparedness during COVID 19 and how to plan ahead. This is not always possible for the elderly population. Faith community nursing partnered with Seniors Organizations United Locally (SOUL) to provide items for Hurricane Preparedness Kits. Multiple Polk County organizations and businesses stepped up to supply kit items. Senior Helpers in Lakeland provide a room as the drop off site. The SOUL committee will be getting together to fill the kits which will be delivered through the direction of Catholic Charities and VISTE. **Lanet Owen** (pictured), Faith Community Nurse Coordinator feels strongly that it is important to think of what the elderly population may need if a disaster were to occur. Staying in touch with local elderly organizations provides ministry opportunities, especially to a vulnerable population during this time.



## Spiritual Reflection

### *Practice "Leaning In" to Listen to the World*

If you're not moved by the widespread, systematic disregard for life in these times, then you're NOT awake. As you pray the news, listening with your heart, hold the world together with this intention: **"Let it in! Let it be! Let it move Me!"**

***I have come that they might have life and have it abundantly.*** John 10:10 (NET)

[Source: *Engaging Spirituality*, #5 from *10 Practices to Deepen our Prayer and Broaden our Reach, living a HOLY Life*; [www.justfaith.org](http://www.justfaith.org)]

## Contact Info: Polk County FCN Program

Lanet Owen, Coordinator, Bartow Regional Medical Center, 863-533-8111, ext. 1831/[lanet.owen@baycare.org](mailto:lanet.owen@baycare.org)  
Sara McNamee, Coordinator, Winter Haven Hospital, 863-293-1121, ext. 7935/[sara.mcnamee@baycare.org](mailto:sara.mcnamee@baycare.org)