

Faith Community Nursing

BayCare
February 2024

Newsletter

BayCare's FCN Transitional Care Program addresses needs long after discharge

John*, a veteran in his mid-fifties, was discharged home from St. Joseph's Hospital (SJH), in Hillsborough County, in early 2023, after experiencing a stroke. Before discharge, FCN Transitional Care coordinators (TCC), **Sharon Cesare** and **Gloria Ciani** cared for his non-medical needs for his transition home. He'd suffered vision loss from the stroke, and Gloria referred him to **Lighthouse for the Blind & Low Vision** and encouraged him to have his sister work with them to obtain resources.

Fast forward, 18 months, John was staying in the garage of a friend, in Pasco County, and needed permanent housing. He knew Faith Community Nursing's Transitional Care Program had helped him before, and he had kept Gloria's phone number. John called her to say, "I need help." Since John was now in Pasco County, Gloria and Sharon connected him to the Morton Plant FCN team, to follow up.

The FCN TCC team at Morton Plant Mease, **Melinda Bynum** and **Jeannie Stowell-Urban**, spent a few weeks assisting John with the disability process and addressing his housing needs with local organizations in Pasco County, **One Community Now** and **St. Vincent de Paul (SVdP)**. His SVdP caseworker provided him with a voucher for temporary housing while working on securing long-term housing that he can rent using their voucher system. John is very happy, and most importantly, feels safe. While working on the disability paperwork, John found he needed assistance to obtain his medical records. He contacted Melinda who connected him with Morton Plant North Bay Hospital to pick up his medical records and disks from his stay at SJH, so he can continue care for neurological and vision deficits.



Our care recipient, John, sounds hopeful and voices his appreciation for the help he received from the FCN Transitional Care Coordinators. Our FCN TCC team spent time building a trusting relationship with John and are pleased that he felt comfortable reaching out for assistance. The FCN TCC team cares for those in life transitions: providing a bridge in the gap from discharge home to first appointment with a primary care physician, and linking them with their faith community. We focus on whole person health, address social determinants of health priorities, and promote self-efficacy so care recipients can confidently advocate for themselves once we are no longer with them.

*to protect confidentiality, John is not his real name.

February is
American Heart
Month



- American Heart Month 2024 brings renewed focus on CPR, and an urgent need for a Nation of Lifesavers™. For more information, visit **American Heart Association** or contact your FCN team to set up a **Family & Friends CPR Course** in your faith community.
- To see what specialties and treatment services are offered in BayCare, visit **Heart and Vascular Services** at baycare.org.



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.



Welcome Ronda Buffington to the St. Joseph's FCN Team



Ronda Buffington, born and raised in Pensacola, Florida, has been a nurse for 37 years and has spent most of her career in BayCare, at St. Joseph's Hospital Cancer Institute. She brings a wealth of knowledge to the FCN team as well as her personal experience with cancer. In 1992, she was diagnosed with acute leukemia while 6 months pregnant. She does not hesitate to share that she and her son are a miracle. She says "God did not let me endure and survive all that I survived for nothing. He put me here for a purpose and it was to help other people. That's why I'm a nurse; that's why I'm here." For the last 32 years, she has been helping others touched by cancer find their way. Whether it is at work, in her neighborhood, with a friend, family member, or right in her church, she has walked alongside others and shown them God's light.

FCN at health fair that serves homeless and uninsured in Tampa



On January 13, FCN volunteer, **Maureen Peterkin-Byrd**, and FCN coordinators **Sharon Cesare** and **Karla Bermudez**, pictured right (left to right), participated in the Pioneer Medical Foundation's annual health fair in downtown Tampa, utilizing the Church Health's **Model for Healthy Living**. They promoted not only physical health, but wellness of mind and spirit while keeping the participants engaged with games and prizes. The event had a number of exhibitors and organizations with a common goal of reaching the underserved and vulnerable. 72 people stopped

by the FCN table receiving information on healthy living as well as other education and services.

Pictured top left, Karla, Sharon, and a community member at the FCN table.



Mt. Olive Baptist Church's MLK Health Fair

Ashley Rodriguez, SFBH FCN Coordinator, and **Patti Millin**, Congregational Health Promoter (CHP), hosted a table at the Mt. Olive Baptist Church Dr. Martin Luther King Jr. Health Fair held January 20. **Beryl Pope**, CHP at Mt. Olive, organized the event that included multiple exhibitors, food vendors, and health screenings provided by BayCare Community Health. FCN



utilized the Church Health's **Model for Healthy Living** to promote wholistic health, and offered pedometers to encourage movement. They had fun meeting people from the community and talking about the importance of whole-person care.

Quarter 4 winners

Volunteer FCN, **Elaine Richard**, Village Presbyterian Church, Tampa, was selected from a drawing of all SJH FCNs and CHPs that turned stats in on time between October and December 2023. Volunteer FCN, **Diana Lyles**, Christ Our Redeemer Lutheran Church, Temple Terrace, was chosen due to the overall creativity and



information she shared on her church FCN bulletin board (pictured).

Submit your stats by the 10th of each month and/or email a photo of your bulletin board to be in the running for the first quarter of 2024: Danielle.eason@baycare.org

Spotlight on community partners in Polk County

FCN has partnered with the Polk County Health Department and their **Indigent Health Care & Human Services Division** several times over the last few years. Meet Leslyn Campbell Diaz (Foreign Medical Graduate), AND, MA, Community Health Access Manager, pictured bottom left. Another colleague, Felicia Bristol, middle, is the Executive Director of the **Neighborhood Service Center**, Winter Haven. FCN is on-site every Monday and for other events as needed. Our largest outreach comes from working closely with **Catholic Charities of Central Florida**: Barb Cage, right, Program Manager for the **Senior Wellness Services**, who provides FCN with many locations for community outreach opportunities where we are present, listen with an empathetic ear, offer blood pressure screenings, and provide wellness education. Thank you for your support of Faith Community Nursing and allowing us to touch lives through practicing health ministry.

For I was hungry, and you gave me food, I was thirsty, and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me. Matthew 25: 35-36 (NIV)



FCN helps meet needs at Winter Haven’s Center for Behavioral Health



The **Center for Behavioral Health (CBH) of Winter Haven Hospital, Inc.**, provides outpatient behavioral health services to people of all ages. Faith Community Nursing was recently invited by CBH to provide monthly health education to community members at their new Annex, located at 1501 First Street South, on the southwest corner of the intersection of Ave. O and First St., across the street from the CBH and Winter Haven Women’s Hospital. FCN will be introducing the **American Heart Association’s Life’s Essential 8**, which address activities of daily living and how to form healthy habits. FCN looks forward to reaching new members of the community and working with Taylor Reyna, Peer Recovery Program Lead, Maureen McIntire, Program Supervisor, and Ashley Adair, Recovery Support Specialist (pictured left to right).

Establishing new relationships with other programs in BayCare provides FCN with outreach and advocacy opportunities utilizing educational materials that support the **Social Determinants of Health** priorities.



Feel good story about Westwood Middle School kids (students and goats!)

Sara McNamee, FCN supervisor, attends the food pantry twice a month at Westwood Middle School in Winter Haven. The Future Farmers of America (FFA) teacher, who also coordinates the food pantry, recently shared with Sara that her FFA students spent the last few years learning to make goat milk soap. After trial and error the students have now successfully determined the correct types and amounts of oils and milk to make these unique soaps. She explained that certain oils will enhance lather or bubbles and that by using avocado oil as a base, there is less potential for allergies. The students sell their homemade goat soaps at fairs and use the money raised to support their FFA animals and fund other projects. Way to go students, what a great learning experience and entrepreneurial opportunity!



FCN involved in addressing food insecurity



Hernando County: **Shady Hills United Methodist Church Food Pantry** located at Shady Hills Mission Chapel in Spring Hill, offers food, fellowship, and support to the community most Wednesdays from 9am-12pm and holds a First Friday Community Meal on the first Friday of each month from 3-7pm. **Melinda Bynum**, FCN coordinator, has partnered with this community to offer health screenings, education, and resources to patrons of the food pantry. Members of underserved and unsheltered communities can visit and receive whole-person care, nourishing their bodies with nutritious food available for free from the pantry as well as nourishing their mind and soul through fellowship and health screenings.

Pinellas County: **Pinellas Community Food Clinic**, Clearwater is offering extended hours, **Tuesdays** from **7:30-11am** and **3-6:30pm**. FCN volunteers offer BP screenings, assist with food distribution, educate, and offer community resources.

Pictured: Wanda Martinez-Alonso, FCN coordinator sharing BayCare resources with clients of the Food Clinic, and BayCare volunteer, Liz Rickner, helping with food selection.

If you would like to volunteer for either location above, or any other opportunities, contact your FCN team.



Diabetes education and resources shared at Come & See! event

The *Come & See!* series is a joint effort between the SAH and MPM FCN teams to offer in-person fellowship and resources to our volunteers. January's event was held at Mease Dunedin Hospital. Katherine Desmarais, BSN, RN, CDCES, discussed diabetes education with a special focus on the underserved and unsheltered populations. The FCN team provided flyers, brochures, and giveaways that FCN and CHP volunteers can use in the community, as well as healthy snacks including veggies, dip, cheese, and a variety of drinks. Come & See! events are held monthly, alternating between Pinellas and Pasco counties. The next event will be at **North Bay Hospital** in New Port Richey, on **February 29, 10am-12pm**. FCN coordinator, **Melinda Bynum**, will speak on *Heart, Mind, and Spirit*. Self-care stations will be offered as well as light refreshments. Details will be sent via email.

Katherine Desmarais, diabetes educator, presenting to FCN volunteers at the January Come & See!



Are you ready to offer DEEP classes in your church?

Diabetes Education Empowerment Program (DEEP) is a free series of six weekly sessions that empower people to take charge of their diabetes. FCN has three certified instructors who are now offering courses to the public. If you are interested in hosting a DEEP class in your faith community, please contact your MPM FCN team! We are happy to bring this diabetes self-management program into the community.

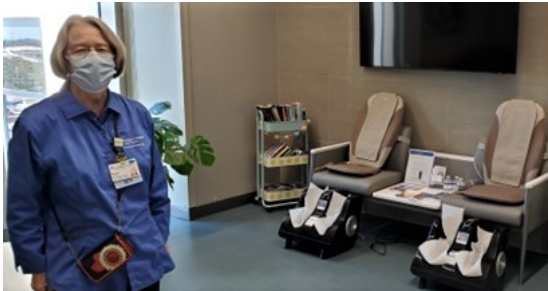
Impact story: FCN volunteer, Cheryl Track

Cheryl Track, FCN at **First Presbyterian Church of Sarasota**, recently wrote an article on a couple she knows from the gym who decided to go vegan due to the husband's elevated cholesterol. He achieved excellent results. She submitted the article to a nursing journal for publication. She is currently working on another article about a church member with a hoarding disorder and how the church and community came together to offer him some quality of life before he died.



Speaking of Cheryl, she was recognized and celebrated last month for her 10 years of service as an FCN on staff at **First Presbyterian Church of Sarasota!** Adding her time as a volunteer, she has served her faith community for a total of 16 years!

FCN responds to Code Lavender (Team Member Engagement) on the Oncology unit



Melissa (Missy) York, Nurse manager of AT6 Oncology, reached out to the FCN team for ideas to help brighten up her team's emotionally challenging days on the unit. Working closely with Missy we created a plan, and on January 19 we hooked up our portable massagers in their lounge, and brought spiritual reading materials and self-care resources. **Gwenn Gordon**, FCN coordinator, and **Sandy Beall**, FCN (pictured), visited with the staff, handing out chocolates. It was a privilege to partner with Missy and serve the team members on this floor!

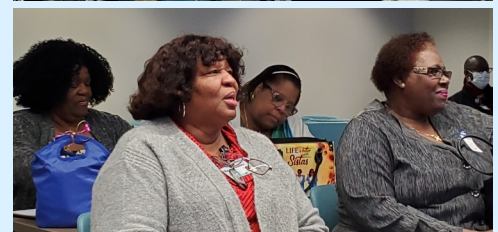
Kicking off 2024 with a celebration of accomplishments

The Come & See! event held in January at St. Anthony's Hospital, provided vibrant, high-energy celebration of all that Faith Community Nursing accomplished in 2023, and the hope we're bringing into the new year. **Patti Wolfinbarger**, FCN supervisor, top, with **Ann Gustafson**, foreground, FCN coordinator, blowing up balloons for the event.

Presenter, Ms. Jean Freshler, top right, with **Ruby Hope**, FCN coordinator, preached an impassioned sermon on the power and importance of having a joy-filled servant's heart, closing with her top 8 biblical attributes of joy.

Afterward, FCN and CHP volunteers shared their moving and life-changing ministry stories. Then the audience, pictured middle and bottom, was wowed as Patti presented a summary of all that our volunteers accomplished in 2023 in their faith Communities. And those were just the stats numbers that were submitted. Many of you are doing things that would easily double our community impact numbers, so please send us your monthly stats! Let's make 2024 a year to remember!

Pictured bottom, L-R: Chineder Hutchins, CHP, Latrese Taylor, FCN, Sharon Thomas, CHP, and Vanell Williams enjoying the January meeting and fellowship.



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



Stress can be brief, situational, and a positive force motivating performance, but if experienced an extended period of time it can become chronic stress, which negatively impacts health and wellbeing. (APA, How stress affects your health, October 31, 2022)

Recently, we celebrated Marcela, pictured holding balloons, a patient at the San Jose Mission Clinic. In April of last year, she shared that she was under some personal stress: her two sons were living in Mexico and she had not seen them for 12 years. The stress was notably affecting her physical health. This month, we were so thrilled to learn that her sons were arriving and so the clinic team and Catholic Charities team gathered in celebration for their reunion! At her most recent clinic visit Marcela was happy to share that she is feeling less stressed and so happy to have her whole family at home, stating, “it’s as if we’d never left each other.” Her eldest, age 18, is currently working and her youngest, age 15, is starting school.

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.

Education Calendar: All 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 |
|---------------|-----------------------|--|---|
| 2/21 Wed | 6-8pm (evening) | Diabetes Management Update (1.5CE) (repeat class from Sept 2023) | Patricia Newsome, BSN, RN, CDCES Co-Chair for the BayCare Diabetes Collaborative Coordinator, Inpatient Adult Diabetes Education Morton Plant Mease Hospitals |
| 2/27 Tues | 3:30- 4:30pm | Health Reset (1CE) | Lisa Musician, RD, LDN , Bariatric Manager, South Florida Baptist Hospital Andrea Birge, RD, LDN , Outpatient Weight Management, SFBH |
| 3/14 Thurs | 10- 11:30am | Emotional Wellness: The Importance of Emotional Intelligence and Resilience (1CE) | Donna Kremer, MDiv, RN-BC FCN Coordinator, Morton Plant Mease |
| 3/20 Wed | 10- 11:30am | Parkinson’s Disease: The Basics (1CE) | Dr. Carlos A Zubillaga, MD , Volunteer Neurologist CARES Senior Health Clinic and Good Samaritan Clinic, New Port Richey, FL |
| 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 |

BayCare FCN program covers: Hillsborough, Polk, Hernando, Citrus, Pasco, Pinellas and Manatee/Sarasota counties

St. Joseph’s Hospitals (SJH), BayCare Hospital Wesley Chapel (BHWC); South Florida Baptist Hospital (SFBH)
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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
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