

Faith Community Nursing

BayCare Health System

June 2022

Newsletter

Water Safety is Everyone's Responsibility

Summer is almost here, and that means more and more people will be spending time outside enjoying the warm sunshine and cooling off in the water. Drowning is the leading cause of death for children, and while children are at highest risk, anyone can drown. With the many pools, waterways, lakes, rivers, and other bodies of water in Florida, surrounded by the Gulf of Mexico and the Atlantic Ocean, water safety is key in preventing drownings for visitors and residents alike.

The "Water Safety Is Everyone's Responsibility" initiative works to educate parents, caregivers and communities about drowning risks and prevention strategies along with how to be safe in and around the water. The campaign identifies 3 layers of protection to increase water safety and reduce drownings:

1. Watch: Designate a "Water Watcher"-- a responsible adult who is always actively watching when a child is in, on, or around the water. Teach children about water safety -- knowing the rules of the pool, and how to safely help someone in trouble. If a child is missing, check the water first.

2. Use Barriers to Reduce Access: Make your home pool safer with a 4-sided fence that includes alarms, gates, and locks. Put alarms on windows and doors leading out to the pool to signal when opened.

3. Be Ready: Everyone in the family should know how to swim. Never leave a child unattended around any body of water. Learn CPR and recertify every 2 years. Keep safety equipment near the pool. Wear a lifejacket. Keep a phone nearby to immediately call 911 in an emergency.

Educate your faith community on the importance of pool safety and drowning prevention. Drowning is preventable and happens when you least expect it.

(Excerpted from WaterSmartFL.com and FloridaHealth.gov)



Water Safety Resources

- [WaterSmartFL.com](https://www.watersmartfl.com)
- [PoolSafety.gov](https://www.poolafety.gov)
- [Ndpa.org](https://www.ndpa.org)
- [CDC.gov/drowning/index.html](https://www.cdc.gov/drowning/index.html)
- [FloridaHealth.gov](https://www.floridahealth.gov)
- Florida Violence and Injury Prevention Toll Free 877-362-5033
- American Academy of Pediatrics Policy Statement (2019)
- Children with disabilities and special needs: Center for Autism and Related Disabilities [florida-card.org](https://www.florida-card.org) and Safe Kids Worldwide [safekids.org](https://www.safekids.org)
- Contact your FCN program to inquire about hosting a *Friends and Family CPR* class in your faith community

Did you know?

- Florida leads the country in drowning deaths of children ages 1-4 (Florida Dept. of Health, 2017), and ranked 6th in the US for unintentional drowning deaths for *all* ages (CDC, 2019).
- Most infant drownings occur at home, in bathtubs and buckets. Children 1-4 are more likely to drown in swimming pools. Children 5+ are more likely to drown in natural bodies of water.
- Over 90% of Florida's home swimming pools were built before the Residential Swimming Pool Safety Act took effect in 2000, requiring at least one pool safety feature.



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 Tammy Holecek

This month we welcome **Tammy Holecek** as our new department secretary. Tammy has held various administrative support positions with Delta Air Lines and American Express Travel for thirty years, and is now looking forward to a role that contributes to our community as well. Tammy is a lifelong Pinellas County resident and loves the beach and outdoors, bicycling and hiking. Her work in the travel industry has given her the opportunity to travel the U.S. extensively, visiting our national parks, as well as many other countries and cultures. Tammy is married and has two sons, one who lives locally and the other in Atlanta, Georgia. She is looking forward to getting to know each of you. Her contact information is tammy.holecek@baycare.org, 813-357-0868.



Transitional Care



We are having such a great response from our Transitional Care post discharge follow up calls. Our goal is to reduce complications, costs, and readmissions while offering comfort to the spirit. One thing we can tell you for sure is that the patients appreciate the calls. Former patients are consistently commenting on how grateful they are for the concern that is shared for their well-being and the appreciation for prayer over them. Kudos to FCN **Susie Juarez** (pictured), **St. Mark's Episcopal Church**, who took on the challenge and found that she had resources to offer the patient she called. One patient recently shared that they were inspired to go back to church due to the kindness and prayers from our calls. We have begun to have the floor staff refer patients to us, indicating the professional relationship being established with the unit. Remember to give us a call if you know of someone that is in the hospital that we can visit.

Staying Connected

With thunderstorms happening all over Hillsborough County on May 20, those of us at the FCN picnic, held at Al Lopez Park in Tampa, didn't see a drop of rain! A photo scavenger hunt, best bulletin board contest, crafty nurses cap, delightful lunch, and



lots of connecting proved to be just the thing the attending nurses needed to boost their spirits and affirm their amazing work in the communities they serve. Watch your inbox for further opportunities to connect and network together.

Pictured left to right, sporting their creative nurses caps: **Pat Ogden**, First Presbyterian Church (FPC) Brandon; **Tina Coyle**, St. Stephen's Catholic Church; **Linda LaComb-Williams**, FPC Brandon; **Lisa White Land O'Lakes UMC**; **Kit Moretuzzo**, St. Stephen's Catholic Church; **Susie Juarez**, St. Mark's Episcopal Church; **Linda Wilkerson** and **Theresa Rodriguez**, FCN Department.

Community Events

FCN team members had a busy month in May. Several community events were held, including a "spirit filled" community health fair at **New Salem Missionary Baptist Church**, Temple Terrace, the 4th in a five month Wellness Challenge series at **Wholesome Community Church**, Wimauma, and a first offering of screenings to **Feeding Tampa Bay's Trinity Café** Busch Blvd. location. Along with BayCare Community Health Educators and Health Navigators, screenings and various health information was provided to these communities. If you are looking to host a health event at your church, please contact us.

Community Outreach

April presented an opportunity to work with our local Farmworker ministry to provide outreach education to the residents of Wahneta, a farming community in Polk County. FCN **Sara McNamee** attended the Spring Festival hosted by **Redlands Christian Migrant Association** (RCMA) in Wahneta. RCMA was founded in 1965 by people concerned about the children spending all day in South Florida’s vegetable fields with their migrant-working parents. They saw the harsh and sometimes deadly environments these children had to endure and knew they could not sit idly by. These brave and selfless early members of RCMA created a safe haven – 2 child-care centers located at Homestead’s Redlands labor camp. RCMA has expanded and now operates 66 childcare centers, 19 partner family childcare homes, 2 charter schools, and several afterschool programs in 21 Florida counties, serving nearly 6,500 children every year. RCMA truly embodies the values of honesty, respect, love of self, and caring for our neighbors and community. The April 23 event in Wahneta included assistance from the Mexican consulate, who were on-site to offer Mexican citizens legal and financial assistance. BayCare FCN provided nutrition education. Fifty-four families, including 30 children received BayCare “portion plates” along with coloring sheets, crayons, and fruit. Additional BayCare representatives included team members from Healthcare Navigators, Community Health, and Children’s Health and Wellness. Many thanks to Eloy Rodriguez who assisted the BayCare teams with translation.



A Baby Shower with Purpose



The **Women’s Care Center of Bartow, Inc.** provided the location to celebrate a baby shower for a new expecting mother on Saturday, April 30th. Pictured left, LuAnn Green, case manager, and mom-to-be, Michelle, are seen here smiling at how far Michelle has come. The center was able to assist her transition from living at the Center into her own apartment once she gained employment. The **Associate Reform Presbyterian Church of Bartow Women’s Connection Group One**, has had a going ministry for the center’s women and children since the center’s inception. These ladies planned the entire event including all the food and gifts. The goal is to make the new mother feel special and excited for the upcoming birth. This is just one example of the many outreaches this ministry provides to those living on site. Pictured: **Lanet Owen**, far right, faith community nurse, was excited to share in this special ministry by doing the decorations and adding a gift into the mix. What a special display of showing compassion and stewardship to others. Blessings to these wonderful women of God.



Stroke Assessments at Health and Social Services Fair



Mount Moriah Primitive Baptist Church, Waverly, opened their church grounds on Saturday, May 21 to the Polk County Health and Social Services Fair. Faith Community Nursing was on site for blood pressure screenings. **Sara McNamee** and **Lanet Owen** reviewed the stroke assessment card and provided stroke education. Eighteen individuals, young adults to seniors, received BayCare bags with a variety of wellness and prevention resources. Pictured left: Lanet Owen, faith community nurse, taking the blood pressure of an attendee. A huge thank you to Elder James Dawkins and member Russell Aekert for being so gracious in providing lunch to all the vendors on site.

Nurses Month - Celebrating YOU!

FCN team members and nurse partners enjoyed beautiful weather and delightful fellowship as we gathered at Philippe Park in Safety Harbor on May 12th, Florence Nightingale’s 202nd birthday. Together, we celebrated nurses and Nursing, appreciating the opportunity to serve now in the communities where we live, work and worship. The nurses also enjoyed playing BINGO, with FCN-related terms and faith-based words in place of numbers. It was great to see colleagues reunited and new connections being made! If you were unable to attend, please know that we celebrated you, too.

May God bless the work of your hands.

Be blessed as you bring kindness, comfort, healing, and hope.

May you be blessed as you bless others.

Pictured, clockwise: BINGO winners **Rosemary Bradley, Anna Pavlidakey, Patti Crow, Ning Bonoan, and Ellie Smith.**

Bottom right: **Kathy Johansen** (FCN Team) models her nursing cap name tag.

Bottom left: FCN Team (left to right) **Julie Rose, Neppie Alexander, Kameelah Diggs, Georgia Cuthbert and Lynn Meehan.**

Middle, front to back: **Pam Jacobson, Gisela Dalnoky, Ning Bonoan, Ellen O’Brien and Ellie Smith** enjoying flowers, friends and fellowship.



Women’s Health Month Outreach

Mt. Moriah AME Church in Tarpon Springs celebrated Women’s Health Month with a whole-person wellness workshop on Saturday, May 14. BayCare FCNs **Neppie Alexander, Kameelah Diggs, and Kathy Johansen** presented on a Model for Healthy Living, breast cancer awareness, screening resources, and cultivating gratitude. Other topics included financial, physical and lifestyle fitness, and voter information. The event’s theme verse, from Psalm 23:5, KJ21,

Thou preparest a table before me in the presence of mine enemies; Thou anointest my head with oil; my cup runneth over.



Faith Community Nursing in Action



The partnership between Faith Community Nursing and **Feeding Pinellas** is a great way to reach out to those in need. **Laura Stilwell**, FCN coordinator, is pictured far left with Carson Graves, dinner cook at Feeding Pinellas Trinity Cafe. Carson enthusiastically reports that the Higi machine has inspired him to make some changes in his health. He's lost 25 pounds and attributes that to healthier eating habits like giving up soda and exercising. Pictured right, **Judy Prime-Sayles, FCN, St. Thomas Episcopal Church**, with Feeding Pinellas guests, Crysta and Jeff. Judy has been assisting Jeff with monitoring his blood pressure weekly, resulting in a medication adjustment and a decrease in need for follow up appointments. Judy shares: "As a Faith Community Nurse, volunteering at Feeding Pinellas is a rewarding experience to help navigate medical care for many who may not otherwise know the resources in our community."

Pictured right, **Paul Laurence, FCN, Holy Family**, and **Neil Coogan, FCN, St. Paul's Catholic Church**, among many others, volunteered to check blood pressures at the St. Anthony's Triathlon. Contact the FCN office for info on future community events if you would like to help out.



Cheryl Track, RN-BC, FCN at First Presbyterian Church in Sarasota, hosted Mark Selis (left) from **All Ears Hearing Services** to provide mobile hearing screenings at no charge. Mark provided twenty screenings! The screenings were by appointment only, every 20 minutes, and Mark was even able to squeeze in a few walk-ins. Eight people will receive needed follow-up care for hearing loss. Cheryl said, "Yearly screenings at the church are valuable and I encourage you to host one at your church!"

Nurses Week 2022 Celebration

It was so good to see so many of you in person to celebrate 2022 Nurses Week! **Rita Sewell, FCN, Cathedral Church of St. Peter**, assisted with preparing the gift bags for everyone. Pictured, **Maureen Barnash, FCN, St. Paul's Catholic Church** assisted staff, **Lavina Ward**, and **Josie De Dios**, with decorating and handing out gifts to all FCNs that could join us. Those of you unable to attend, keep an eye on your mailbox!



Opportunities for You

FREE BLS Recertification for FCNs: Wednesday, June 22, 9am-12pm/ SAH Auditorium. Register now: 727-825-1709.

Table Talks in person AND virtual: Join us for fellowship, share ideas, complete your recommitment paperwork, and get updates on what's new at SAH FCN program.

Tuesday, June 14th, 5:30-6pm, virtual/MS Teams | Monday, June 20th, 1:30-2pm, in person/St. Anthony's Hospital cafeteria.

Stats Winner (April): Barry Bentley, Northwest Church of Christ. Each month we draw one name from all the FCNs & CHPs reporting their activity by the 15th of each month for prior month activity. Nurse Bentley, contact us to get your prize!

Date	Time	Topic/Class Title	Hour	Presenter
6/8 Wed	12:30- 2:30pm	<i>Understanding Alzheimer's and Dementia</i> Infomercial: United Way	1.5	Stuart Sinoff, MD BayCare/Medical Dir. MPM Balance Ctr/Neuroscience
6/16 Thurs	1-3pm	<i>The Faith Community Nurse: A Reluctant Leader</i>	1	Colleen Walters, MAHCM VP Mission & Ethics, BayCare health System
6/28 Tues	11am- 12:30pm	<i>Delivering Compassionate Care with Empathy</i>	1	Courtney Weaver, MA, CELC, Dan Sadowski, Janet Winder, ODCP/ BayCare Organizational Learning Consultants

July Save-the-Dates: 7/14 (1pm): Elder Law; 7/15 (time tbd): Hearing/Audiology; 7/26 (10am): Whole Foods/Plant Based Diet

Registration for all virtual CE education events: Links for Registration & joining Teams will be sent via email. Registering for classes ensures you receive the handouts prior to the class date. CE classes may be added to the calendar between newsletter publications.

Happenings at La Esperanza and San Jose Mission Clinics

On May 5th **La Esperanza Clinic** held its first **Family and Friends CPR** class in Spanish at **La Virgen de Guadalupe Church** in Wimauma. The class is intended for individuals looking to learn how to perform this life saving skill. The class was made up of patients from the clinic, and parishioners from La Virgen de Guadalupe Church and Saint Anne's Catholic Church. Participants were each given a blow up mini-CPR manikin so they could practice the new skills in class, and then take it home to demonstrate for their friends and family. Participants were also given a CPR skills practice DVD transmissible in Spanish to also share with friends and family. The class was facilitated by FCN staff, **Magda Setzer, RN** and **Soledad Flores, RN**. Participants watched the DVD and practiced CPR on their manikins for both adults and children. There was also a segment on airway blocking and how to help a choking infant, child and adult. Participants were actively involved and asking questions throughout the presentation. Many were surprised to learn the depth of the compressions was much deeper than they expected, as the manikins made a clicking sound to signal correct compression depth. At the end of the segment, one participant shared he was a boy scout, and for many years would take CPR classes. He brought his wife with him to the class and expressed a sincere appreciation for us for offering this class. He shared that his friend, after attending a CPR class, encountered a man who was having a heart attack, and because of knowing this life saving skill, his friend was able to save the man's life. The class was a success, and we look forward to being able to offer it again in the future!



Stephanie Morrison, APRN-BC, FCN, Clinics Supervisor

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

**East Region:
Hillsborough, Polk**

San Jose Mission and La Esperanza Clinics
Stephanie Morrison, Supervisor, 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

**West Region:
Pinellas, Pasco,
Hernando, Citrus,
Manatee/Sarasota**

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