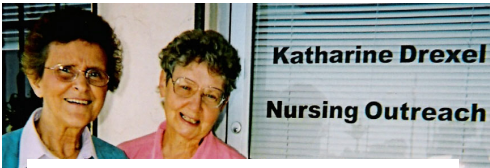


Faith Community Nurses meet in Belle Glade!!!!



Gloria Van Brocklin, ARNP & Sister Anne Meehan, RN

The parish nurse networking group held its April meeting at the Katharine Drexel Nursing Outreach offices in Belle Glade, Florida.



Bi-monthly, between seven and eleven active parish nurses and other interested individuals meet to share stories,



Above nurses: Barbara Wolfe, Sister Anne, Kathy Grimm Left: American Health Association resources Below nurses: Virginia Pierson, Barbara Wolfe, Gae Faraone



resources and mutual concerns. This month the "Hurricane Preparedness Form" was finalized and will be used by the nurses for the upcoming hurricane season. It will help congregants realize the importance of being prepared and assist congregations to improve their car-

ing support for their own members in a disaster.

Each meeting is hosted by a different parish nursing congregation and thus provides the group an opportunity to view other nursing practices and learn about various faith traditions. The parish nursing outreach of St. Philp Benizi Catholic Church maintains two offices in Belle Glade – one at the church on Main Street and the other in the community- 425 SW 4th Street. Sister Anne Meehan, a sister of the Blessed Sacrament and a registered nurse, maintains the practice. Services offered to the community include: assessments, education, exercises, community resources, home and hospital visits, assistance with medication acquisition, patient advocacy and support groups. With Gloria Van Brocklin, ARNP with the Florida Atlantic University Belle Glade Wellness Center and a consultant for the Outreach, immunizations and physicals are offered.



For the past five years, the Katharine Drexel Nursing Outreach of the St. Philp Benizi Church has been positively impacting the people of its church and the surrounding community. It's mission - meeting the many and diverse needs of its people and their community (including the medically underserved and migrant population) is a true expression of God's love by and for all His people.

***Parish Nursing at Holy Name of Jesus Church
Reaching Out for Community Healing***

Sam (not his real name) is homeless and visits Holy Name of Jesus regularly. Why? He knows Gae Faraone, the parish nurse and

others there will listen to his needs and are not "too busy" to help him. For the past one and a half years, this caring congrega
(continued on page 3)

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April 2005**

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Faith-based nursing practice roles:

- *Health counselor*
- *Health educator*
- *Health advocate*
- *Referral liaison*
- *Developer of support groups*
- *Volunteer trainer*
- *Integrator of faith and health*

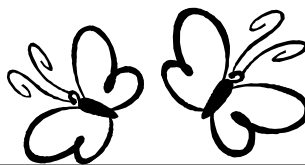


Clip and Post: Easy & Lucky "13" to a Healthier Future

The road to a healthier future can happen with realistic goals and plans that can be incorporated into everyday life. Focus on starting slowly and build on successes.

Here are a few ideas (adapt according to abilities):

1. **Take stairs** instead of elevators
2. **Park your car far away from your destination** rather than close and walk
3. **Eliminate sodas**, even diet
4. **Use salt wisely**-leads to many problems-try flavored spice combos instead
5. **Eat breakfast everyday**—it gets your metabolism energized
6. **Eliminate one unnecessary thing from your diet**—rolls at dinner, candy, desserts (even if only occasionally every week)
7. **Substitute foods**—water with lemon or lime instead of soda, fruit or cheese rather than french fries
8. **Reduce portions**—in restaurants take half home
9. **Exercise 30 minutes per day.** Walk the neighborhood or the mall—recruit a friend to join
10. **Drink lots of water**—6 to 8 glasses per day
11. **Strive for a balanced diet**—include vegetables, fruits, meats/beans and milk
12. **Increase milk consumption**—2 to 3 glasses per day for everyone—the new govt. requirements
13. **Get some sunshine**-(not sunburn) to provide natural vita-

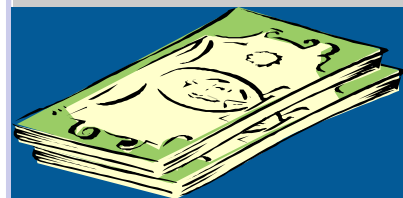


Interfaith Health & Wellness Association, Inc. is pleased to announce continuing funding for year two from the:

- **Community Foundation of Palm Beach and Martin Counties**
- **Allegheny Franciscan Foundation**
- **Palm Healthcare Foundation**
- **Frank L. Lewis Foundation**

Major in-kind donations from the:

- **First Presbyterian Church- WPB**



BUT

IHWA NEEDS YOUR HELP!

Share with your congregations outreach ministry or benevolence committee the work of IHWA. Suggest a financial contribution. Also, consider *one yourself*. To continue growing and affecting healthcare access, expanded revenues are necessary. All contributions will graciously be appreciated. Send donations to:

IHWA
301 South Olive Avenue
West Palm Beach, FL
33401

Medicine focuses on "curing disease."



Healing and wholeness comes through attention to the body, mind and Spirit !

Upcoming Event to attract nurses * * * * Mark Your Calendar!!!

NEXT PARISH NURSE CURRICULUM MODULES

May 13, 2005:

Module 5: Parish Nurse Roles: Health Educator, Health Advocate & Coordinator of Volunteers AND Health Promotion/Wellness

August 26, 2005

Module 6: Parish Nurse Roles: Referral Agent & Support Group Coordinator - Dealing with Family Violence

October 14, 2005

Module 7: Getting Started: The Health Ministry Team

TIMES: 9:30 am—4:00 pm (5 contact hours)

WHERE: Florida Atlantic University
Boca Raton, FL

OR

JOIN THE

RETREAT EXPERIENCE

June 6—10, 2005

WHERE: *The Cenacle
Spiritual Life Center
1400 South Dixie Highway
Lantana, FL.*

TIMES: Variable between 9am to 9pm
For brochure and information call:
IHWA @ 561-379-1972

FREE LUNCHEON OPPORTUNITY

Networking Brown Bag Luncheons

Who: Parish nurses and others interested in parish nursing
Where: TBA—call IHWA for information
Date: **July 25, 2005**
Time: 11:30 am - 1:00pm

Bring your lunch. Beverage provided. Good dialogue guaranteed.

Supporting faith-based nursing practice in South Florida

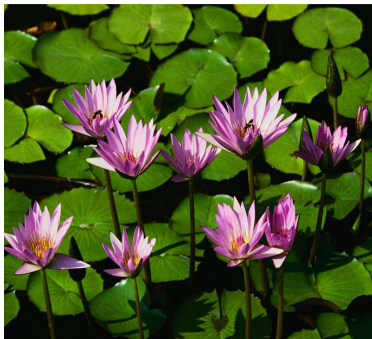
The Newsletter is published bi-monthly in January, April, July & October

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West Palm Beach, FL 33401

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ON THE WEB AT:
IHWASSOC.ORG



Observe the colors and detail.
Reflect on these in your life
and
be thankful!

Resource CORNER:

Internet websites:

1. International Parish Nurse Resource Center—www.parishnurses.org
2. Stephen Ministries—www.stephenministries.org
3. Journal of Christian Nursing—www.intervarsity.org/ncf/jcn
4. Health Ministries Association—www.hmassoc.org
5. American Nurses Association—www.nursingworld.org
6. Florida Nurses Association—www.floridanurse.org/
6. Florida League for Nursing—www.thefln.org
7. Interfaith Resources—<http://www.interfaithresources.com/products/inunity.cfm>

IHWA Library (for loan):

1. *Identify Alzheimer's Disease*, National Family Caregivers Association – a resource kit that includes:
 - a. Video – warning signs, early diagnosis, treatments, tips for family members dealing with the disease
 - b. Early warning signs questionnaire
 - c. Educational guide for video
 - d. Case study with tips
2. “Healthy Living”, Palm Beach County Health Department –CD. Gives 5 simple steps to stay healthy. In English, Spanish and Creole (approx. 5 minutes)
3. “Are you Ready? Being Prepared” Palm Beach County Health Department-CD. Excellent tips including items needed if leaving your home. (approx. 11 minutes)
4. “In disaster – Where to Turn, What to Look For?” Florida Department of Health-CD. Tips on what to do in any disaster. (approx. 7 minutes)
5. “Influenza.” Palm Beach County Health Department, Cultural Coalition-Powerpoint. (2004). What it is and how to avoid influenza. In English, Spanish & Creole (approx. 10 minutes)

tion has shepherded him by providing: cab fare for appointments, assistance with detailed paper work for disability, mental/spiritual support for disappointments, encouragement, access to health insurance, and now, ultimately **a home**. Sam was recently placed in an assistant living facility.

This anecdote is only one example of the people of God, at Holy Name, modeling his love and care. “Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.” *Matthew 25:40.*

Also, others from the church and surrounding community receive support through this parish nursing practice and related health ministries. Those services include (but are not limited to): monthly on site immunizations provided by the Palm Beach County Health Department; blood pressure, vision and hearing screenings; weekly health articles published in the Church bulletin; assistance with federal Medicaid applications; and, home visits that

provide prayer, presence and location and referral to community resources.

Thanks to the people of Holy Name of Jesus Catholic Church on Military Trail, health ministries are making their presence known and changing the face of health and healing within this part of Palm Beach County.

Faith-based nursing means true **CARING !**

Body
Mind



for
Healing & Wellness