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301 South Olive Avenue
West Palm Beach, FL 33401

Catholic Charities of the Diocese of Palm Beach
Supporting Faith Based Nursing in South Florida

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PRESIDENT'S MESSAGE

MESSAGE FROM MARY CLEARY,
PRESIDENT OF THE BOARD OF DIRECTORS

Interfaith Health & Wellness Association supports many different models of Faith Community Nursing. In Palm Beach and surrounding counties, there are now a number of salaried parish nurses, and other churches and synagogues are served by volunteer Faith Community Nurses, who completed the Basic Preparation Curriculum Course recognized by the International Parish Nurse Resource Center. We are hoping to extend this outreach to mosques in the area and also increase awareness in the Hispanic community. The connection the Faith Community Nurse (FCN) has to their community provides a unique ability to reach out to people who are in need of healing in mind, body, and spirit which is so greatly needed in our world today.



Earlier this year, several Faith Community Nurses agreed to be part of a Mentoring Program where registered nurses interested in this specialty practice of nursing could pair up with established programs in various faith communities. It's been very beneficial to nurses inquiring about Faith Community Nursing to spend time with various faith communities, not just their own!

Best practices, often developed by Faith Community Nurses, provide crucial assistance to the FCN network. One of the model practices is highlighted in this newsletter. Shared Care, an interfaith respite program, created by Temple Beth El, St. Joan of Arc Catholic Church, and First Presbyterian Church of Boca Raton combines resources to give caregivers a day of rest each week. Faith Community Nurse networking meetings, held every other month, to offer support, share experiences, discuss outcomes, and provide on-going learning, are one avenue for sharing best practices. I would like to wholeheartedly encourage you to take the time to attend the next Faith Community Nurse Networking meeting on January 25th.

Mary Cleary



SAVE THE DATE NOW

Basic Preparation Curriculum
Faith Community Nursing
Annual Retreat Experience

June 23-27th, 2008

Duncan Conference Center
Delray Beach, FL

Promoting health and healing within a faith community, the Basic Preparation Curriculum is a 5-day educational and personal growth retreat designed to prepare registered nurses to deliver holistic care in congregations. It is developed within an interfaith model, recognizing and incorporating a diversity of belief systems for faith-based nursing. The curriculum, developed by the International Parish Nurse Resource Center, is offered annually in South Florida through Interfaith Health & Wellness Association.

Price: \$650 (includes lodging, all meals, snacks, materials, IPNRC pin, certificate) • 40 Contact Hours • Scholarships are available to participants • Daily rate \$75 • Please send \$100 deposit check by May 15, 2007 payable to: Interfaith Health & Wellness Assn., P. O. Box 1885, West Palm Beach, FL 33402 • Fax (561) 863-5379 • E-mail: ihwa@ihwassoc.org. For more info, please call (561) 379-1972.

Registration Form: *(Please print)*

Name: _____

Title: _____

Organization: _____

Address: _____

City: _____ State: ____ Zip: _____

Phone: _____ Fax: _____

Email: _____

Faith Affiliation: _____

RN License # (for contact hours): _____

Registration with a non-refundable deposit of \$100 is due by May 15th. Please call (561) 379-1972, for more info.



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**Best Practices:
Congregations Team Up
to Provide Shared Care**

Shared Care, an interfaith program and model respite program, created by Temple Beth El, St. Joan of Arc Catholic Church, and First Presbyterian Church of Boca Raton, FL held "Cookies for Caregivers" on Wednesday, Nov. 14th, 2007. Facilitated by Abbi Bentz, RN, BSN, CRRN, and Temple Beth El Social Action Committee Chairperson, caregivers attended seminars and workshops and were honored with baskets of cookies by local school children.



Abbi Bentz, RN, BSN with Respite volunteer holding mayoral "National Family Caregivers Month" proclamation.

Seminars included "Get to Know the Shared Care Program", tips & medical supplies for day-to-day caregiving, spiritual reflections and discovering strength in caregiving, and valuable resources including the National Family Caregivers Association website www.familycaregiving101.org.

The Mayor of Boca Raton declared November as "National Family

Caregivers Month in Boca Raton" and a Proclamation was given to the faith communities for their model Respite Program which validated the importance of caregivers.

The ongoing Shared Care program is an interfaith respite program for caregivers and meets every Wednesday from 9:30-2:30 p.m. at Temple Beth El. Designed to give caregivers a day off, trained volunteers from 3 congregations lead those in need of care in discussions on current events, sing-alongs, table games, arts and crafts, and chair exercises. Volunteers are recruited from area faith congregations. For more info, call 561-203-3771.

A faith-based nurse who attended the session is interested in reaching out to two other faith communities near her church to start a similar program.

**Assistant Secretary on Aging
Attends Health Fair**

The first ever "Health Fair 2007" in downtown West Palm Beach was held at First Presbyterian Church, in November. One Parish Nurse participated and 3 prospective Faith Community Nurses attended, along with numerous local healthcare agencies.



Josefina G. Carbonell, (left) Asst. Secretary for Aging, U.S. Department of Health and Human Services and Linda King, RN, Alzheimer's Community Care at IHWA booth.

The Asst. Secretary of Health & Human Services, Josefina Carbonell spoke to participants and Richard Wild, Chief Medical Officer for the Centers for Medicare and Medicaid Services was pleased to learn that Faith Community Nurses annually coordinate flu shot clinics at their congregations. A Flu Shot Clinic was available through the PB County Health Department, at the health fair.

**Resources For Annual
or Bi-Annual Health Fair**

If you are considering holding a health fair at your congregation, consider "checking out" the *Health Fair Introductory Guide*, from the IHWA Library of books. The manual identifies tried and true community resources, and for Faith Community Nurses provides best practices for a successful health fair including suggested timelines and an Activity Outcomes Evaluation form. Kathleen Smith, RN, BSN, Faith Community Nurse, Grace Episcopal Church, has offered to be a "mentor" to help in planning this type of event.

(Below) Eighteen registered nurses attended the Medicaider training as part of the Faith Community Nurse Networking meeting in September. For info, call IHWA (561) 379-1972.



Yes, I want to be part of IHWA and support Faith Community Nursing. Enclosed is my annual donation to receive newsletters, announcements, and educational materials.

Name _____

Address _____

City _____ State _____ Zip _____

Phone number _____ Email _____

\$10 RNs \$20 \$50 \$100 Other _____

This gift is made in memory of _____

My employer will match my gift.

Please bill \$ _____ to : Visa Mastercard American Express Discover

Name on account _____

Credit Card # _____ Exp. Date _____

Signature _____ Date _____

Please remove my name from your mailing list. Please update my address.

Please make checks payable to: IHWA, 301 S. Olive Avenue, West Palm Beach, FL 33401 (561) 379-1972 Fax (561) 863-5379



The team from St. Mary's Medical Center (from left): Denise Tognan, Audiologist; Mary Beck, Occupational Therapist; Carole LaPointe, Physical Therapist; Lynn Farmer, RN; Teri Lanier, RN, Asst. Director of Pediatric Services; Susie Kopp, RN; Ruth Larkin, RN; and Lisa Rocheleau, Director of Pediatric Services visited St. Luke School in West Palm Beach to provide free vision, hearing, and scoliosis screenings. Call Kimberly A. Eloie at (561) 840-6131, for more info.