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301 South Olive Avenue
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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

At the Annual Faith Community Nurse Recognition Luncheon in April, there was a strong feeling of support, gratitude, and faith in the work our Faith Community Nurses, Educators, and Volunteers do every day to enhance the quality of life in our community. Among the sixty community leaders and supporters, twenty Faith-Based Nurses attended the event and were given a gift of appreciation from the Interfaith Health & Wellness Association. Gae Faraone, RN, was honored with the Faith Based Nurse of the Year award for her dedicated and faithful outreach to the community as Parish Nurse at Holy Name of Jesus Church in West Palm Beach, FL. Gae attended the first parish nursing basic preparation retreat and although already working as a parish nurse, she agreed that the course is crucial to every nurse either already involved as a Faith Community Nurse or just considering faith-based nursing.



I would like to encourage all nurses who have not yet attended the basic preparation Retreat to consider the upcoming Retreat. Scholarships are available. The annual retreat, offering valuable information on assessments, outreach and education, selfcare, referrals and much more, is scheduled for June 4-8th, 2007 at the beautiful Duncan Conference Center in Delray Beach. Dr. Susan Chase and Susan Dyess, RN, MSN will be leading the sessions and Marney Poncy has an updated chapter on Legal Issues/Documentation.

As we move forward in promoting health and wellness in our community, please consider this vital educational offering this summer.

Mary Cleary



MARK YOUR CALENDAR

Annual Retreat Experience

Basic Preparation Curriculum for
Faith Community Nursing
June 4-8th, 2007

Duncan Conference Center
15820 S. Military Trail
Delray Beach, FL 33484
(561) 496-4135

The parish nurse Basic Preparation Curriculum, recognized by the International Parish Nurse Resource Center, is being offered in south Florida through a partnership between Interfaith Health & Wellness Association and the Christine E. Lynn College of Nursing at Florida Atlantic University.

Price: \$650 (includes lodging, meals, snacks, materials, IPNRC pin, certificate) • Scholarships are available for all participants • Daily rate \$75 does not include lodging • Discounts for organizations when registering 3 or more participants • Send checks payable to: Interfaith Health & Wellness Association, P. O. Box 1885, West Palm Beach, FL 33402 • E-mail: ihwa@ihwassoc.org Phone (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 will be accepted with non-refundable deposit of \$100. Full payment is due by May 21, 2007. Registration is possible up to the date of the conference if space is available.



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Sr. Maryrose Crowley, (right) Catholic Charities Elder Affairs Program and Wellness Division Director holds a "Wellness Wheel" at a meeting with Wellness Coordinator Peg Mattare, SSND, in Miami on March 4th. The challenge is to balance each segment of the wheel and reach out in the community to promote physical, mental, and spiritual wellness.



Check out the Clinics Can Help Foundation www.clinicscanhelp.org or call 561-876-3138. They are an invaluable resource for medical equipment and supplies, family and baby items. Donations of items are also accepted.

Wellness Committee Promotes Health Education in Community

On Saturday, March 24th, the Temple Beth El Health and Wellness committee in Boca Raton sponsored a Wellness Program focused on Health Education. The day included three breakout sessions: Raw Foods Cooking Demonstration by Ken Blue, Head Chef at Hippocrates Health Institute, Text Study on Health & Wellness, and a session by Hospice of Palm Beach County on end of life issues and the importance of organ donation.



(From left) Abbi Bentz and Rabbi, Jessica Spitalnik-Brockman with Chef Ken Blue.

Breakout sessions were followed by a panel discussion made up of donor, recipient, hospice and nurse representatives. Nurses who attended were awarded 2 CEU. There was no charge.

Sign up NOW for the Annual Retreat Experience Basic Preparation Curriculum For Faith Community Nursing June 4th-8th, 2007

In partnership with the Christine E. Lynn College of Nursing at Florida Atlantic University and the International Parish Nurse Resource Center (IPNRC), Interfaith Health & Wellness Association is hosting the next basic preparation curriculum. Open to registered nurses of all faiths thinking about faith-based nursing or wanting to increase their knowledge of parish nursing. At the end of the course participants receive 40 contact hour credits and an IPNRC certificate of completion. Scholarships are available. For a brochure or more info, call (561) 379-1972.

**Parish Nurse Reflection**

By Judith Hatch, RN

Winners Church Family Health Team's mission statement reflects our heart. The ministry promotes physical and spiritual wellness, connects individuals and community resources, and provides educational opportunities for healthy lifestyle changes.

Through networking meetings and classes with IHWA, an idea for starting a weight loss program was sparked. With the blessing of Pastor Fred Shipman, Fontaine Timmer, RN, and myself, the "Family Health Team Weight Loss Program" was born. As a result, there is growing interest and a new awareness of the ministry services. After an initial promotional meeting of church members, almost 90 people attended the 12-week program. Currently, an average of 30-40 people regularly attend varied exercise, educational and nutritional classes. The Program includes: nursing and nutritional assessment, diet tracking, individual goal setting, and exercise classes we call "Winnerize."

Last October, we were proud to participate in "Making Strides Against Breast Cancer Walk-A-Thon" and "Walk for Life" in April. Winners Church Family Health Team plans for future children/teen health and exercise programs running simultaneously with the adult program to promote family participation in health and wellness of body, mind, and spirit. Other outreach efforts include: Biannual Expo displaying medical professionals' available expertise; healing services; individual nursing assessment that include prayer and referral to other community resources; first-aid stations at church events; and classes such as CPR, Kidz Careers, Healthy Heart, and for teens, "Risky Business."

Our ministry team meets monthly and we are always available to help meet the needs of the members and surrounding community. Lastly, but not finally, groundwork is in progress for renovation of an on-site proposed clinic. Through the continued partnership with Interfaith Health & Wellness (IHWA), all parish nurses envision enhanced health care for the entire community.

Interfaith Health & Wellness 2nd Annual Faith-Based Nurse Recognition Luncheon

The Annual Faith-Based Nurse Recognition Luncheon, held at Mary Cleary's home on April 19, 2007, honored nurses who serve in faith-based outreach programs throughout the community. This year's award recipient, Gae Faraone, RN, has been working faithfully as a parish nurse at Holy Name of Jesus Church in West Palm Beach. Gae's caring manner, genuine concern for those in need, and professional demeanor, increases wellness each day in our community.

Next year's awards will be expanded to include Parish Nurse Educator of the Year and Volunteer Parish Nurse. The event was underwritten by Raymond James Financial Services, Worth Avenue, Palm Beach and Matrix Home Health Care. Over 60 community leaders, nurses, and educators showed their support of the vital work of Faith Based Nurses. Thank you for your support.



Gae Faraone (center) joyfully accepts the Parish Nurse of the Year Award. From left: Dr. Terri Touhy, Mary Cleary, Gae, and Honorary Chairpersons: Dr. and Mrs. William Adkins.



Tom Bila, Guia Brown and Mary Cleary enjoy a moment at the Faith Community Nurse Recognition Luncheon.

