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Catholic Charities of the Diocese of Palm Beach
Supporting Faith Community Nursing

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PRESIDENT'S MESSAGE

MESSAGE FROM MARY CLEARY,
PRESIDENT OF THE BOARD OF DIRECTORS

Good things are happening in South Florida! In June, eighteen Registered Nurses completed the Faith Community Nurse Basic Preparation Course. In July, the Health Care District of Palm Beach County approved a plan to provide universal health coverage for low-income residents. Vita Health is a shared-cost program that provides affordable, quality health coverage to residents. And, the Mollie Wilmot Children's Center at the Palm Healthcare Pavilion, in West Palm Beach east of St. Mary's Medical Center, will be opening soon.



Offering a full spectrum of services, the Mollie Wilmot Center will enhance the lives of special needs children and their families. It will provide a "welcoming, supportive environment that will offer comfort, knowledge and hope." Services for children and adolescents with diabetes include family-centered preventive and therapeutic interventions, assisting with medication management; counseling, and clinical research. Education will focus on the individual as well as the family unit and reach beyond the Center to our community and schools. Faith Community Nurses will be invited to tour the new Pavilion and may be given the opportunity to offer caregiver training for teachers and friends to learn the basics about caring for a child with special needs.

As we continue to make our community a better place by addressing the critical needs in people's lives and increasing access to wholistic healthcare and education, we know as Faith Community Nurses we make a difference in people's lives every day. Keep up the good work!

Mary Cleary



BASIC PREPARATION

Faith Community Nurses
Attend Basic Prep Course

The Faith Community Nurse Basic Preparation Course held at Duncan Conference Center in June was "awesome, awesome, awesome!" Designed to prepare registered nurses to deliver wholistic care in congregations according to the Scope & Standards of Practice for Faith Community Nursing, this week-long retreat was "the highlight of my summer." Comments from participants also included: "All nurses should be required to partake in such a retreat." "I feel equipped to start and have the resources to continue a Faith Community Nurse ministry."

Testimonies continued with "All guests and instructors were thorough and informative." "Teaching methods were diversified." "The instructor loves Faith Community Nurses and Faith Community Nursing and it shows in her passion and her love of the students." "This is an awesome program." "Love the Duncan Center." "Thank you for a wonderful experience and sense of community."

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From left, Linda King, Lisa Shoemaker, and Connie Fahey share a smile during a break at the FCN Basic Preparation Course.



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From left: Jacob Silva, RN, Kate Lorig, RN, DrPH, Stanford University, Bernadette Macy, IHWA, during Chronic Disease Self-Management Program (CDSMP). The Program gives participants skills needed to manage their chronic diseases and improve their lives. A Leadership training program will be offered to Faith Community Nurses interested in holding workshops at your churches, synagogues, and congregations.

Faith Community Nurse Reflection

Sr. Anne Meehan, RN, Parish Nurse
Katherine Drexel Nursing Outreach & St. Philip Benezi Church
Belle Glade, FL

Gratitude for my twofold ministry, Parish Nurse and Hospice, overwhelms me at times. I cannot explain in a few words the connection between faith and health but can utter a very sincere THANK YOU for this ministry.

The goals of our Parish Nurse program include education, advocacy, and empowerment for the medically underserved of the Glades. The American Heart Association's *Power to End Stroke* DVD in Creole has been a great help in education as has an exercise program which was well received by a group of women who come to the office before going to work in the packing houses. Blood Pressures are checked at these times and always followed up on.

A client and daily communicant in our church is a woman who had been blinded by diabetes. Her daughter, one of our many volunteers, is also diabetic and now greatly benefits from the educational programs we offer (with the assistance of translators.) Through education there is transformation and disease reduction.

When we are unable to obtain medical insurance for our clients, and when reaching roadblocks in other good assistance programs, we are able to purchase medications for the needy through the donations and grants from wonderful benefactors. One patient, whom we worked with for several years, received successful eye surgery and was followed up with a three day post-op stay in our convent, was so grateful that she is now giving back by volunteering.

Love and hope are so obvious in these individuals, in those helping one another, and in families and friends forced to say "goodbye" to loved ones. The two ministries have taught me so much...and I am still learning. The connection between Faith and Health is very real in the love and care of those who are recipients of our Parish Ministry outreach.

**Faith Community Nurses Attend Basic Prep Course (cont.)**

In five very full days, participants learned the roles of the Faith Community Nurse as: **Integrator of Faith and Health** working to improve health of body, mind, spirit, community and creation; **Health Educator**, **Health Counselor**, discussing health concerns, emphasizing early response to problems and encouraging healthy lifestyles; **Referral Advisor**, providing referrals to healthcare and social services and help in accessing and navigating the health system; **Health Advocate**, speaking out to help others obtain needed health services; **Developer of Support Groups**; **Volunteer Coordinator** to help those in need. The Faith Community Nurse focuses on the whole person to emphasize wellness, disease prevention and health promotion, including healthy spirituality.

The conference nourished each person at their own level of spirituality and increased each nurse's knowledge of Faith Community Nursing and whole person health. Time spent with colleagues and the instructor, JoVeta Wescott, and guest speakers provided encouragement, inspiration, and academic advancement. Self-Care was also a component of the curriculum. "The health ministry team relentlessly goes about doing the work we have been called to do for our fellowmen. We burn the candle at both ends. We care." Rabbi Jessica Brockman-Spitalnik, a guest speaker, asked each of the nurses what they do for self-care. One nurse replied, "I dance. I put on some music and dance." Understanding how health of mind, body, and spirit relates to *everything* a person does, thinks, and feels complemented the 40 CEU curriculum. Faith Community Nurses know the importance of wholistic health and how to reach out in the community to affect positive change.



Registered Nurses from left: Angela Williams, Mary Lou Durante, Ruth Crichlow, Ellen Aloj, Connie Fahey, Jackie Adames, Linda Hudson, Evelyn Rossi, Lisa Shoemaker (back), Denise Turiano, Pat Gerring, JoVeta Wescott (Instructor), Margaret Thorne-Henderson, Mario Dickerson, Susan Millette, Cindy Vincentz, Laura Dunavent, Denise Hole, Nora (Bambi) Maeglin experience the Faith Community Nurse Commissioning Ceremony on the beach.

