

The Parish Nurse Curriculum Begins In South Florida!!

As part of its mission of providing education for parish nurses in southeastern Florida, *Interfaith Health and Wellness Association, Inc.* has established a partnership with Florida Atlantic University's Christine E. Lynn College of Nursing to provide the standard curriculum for parish nurses. Until recently, nurses interested in obtaining the International Parish Nurse Resource Center's (IPNRC) recognized curriculum for preparation in parish nursing were required to travel to either Orlando or the west coast of Florida. Thus the local offering will decrease cost and time. Designed for the working registered nurse, sessions will provide flexible scheduling and multiple formats. Options planned include modular learning (completing a series of one-day seminars), week-long retreats (summer 2005) and/or internet learning.

The basic preparation course ranges from a minimum of 35 classroom hours to a maximum of 54 hours. Content assists the participant to explore: beginning a practice; theological perspectives on health; common religious themes like prayer, grief, forgiveness, worship and healing; the seven (7) roles of a faith-based nurse; community assessments; teaching; visitation; legal issues; funding; etc.

The first in the modular series, "*Models of Faith-based Nursing Practice*," was presented in early June. Dr. Susan Chase, a

parish nurse educator and professor at Florida Atlantic University and Selma Verse, executive director of IHWA and a parish nurse revealed the history of the practice, its spread in Florida and the evolving models. Then, three religious leaders— Reverends Maya Malay and Mary E. Wright and Rabbi Howard Shapiro— explored common themes from Buddhism, Christianity and Judaism. All in attendance rated their experience and learning as very positive. Check "[Upcoming Events](#)," page 2, for the next module offering.



Above: (left) Rev. Maya Malay, Rabbi Howard Shapiro, Rev. Mary E. Wright

Below: Participants enjoy lunch on the patio of the Live Oak Pavilion at Florida Atlantic University.



Meet the Board of Directors: President

Mary Cleary accepted the leadership of Interfaith Health & Wellness Association in 2001 after participating in the early discussions and the strategic planning sessions which led to its birth. "I could see from that very first meeting that parish nursing was a way to help so many of those in our community who seem to 'fall through the cracks.' I knew this was a great need and I knew that I could help." And help she did! Under her direction the organization ob-

tained its State of Florida incorporation and federal 501(c)(3) non-profit status and the initial funding required for a non-profit start-up corporation. Mary contributes much of the early success of IHWA's organizational development to her good friend Mary Wyns. As the Chief Operating Officer of the Non-profit Resource Institute, Mary Wyns provided encouragement, positive, feedback and kept Mary Cleary focused. Today Mary Wyns, as a consultant to the board of (continued on page 3)

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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: Heart Attack Warning Signs for Women

Heart attack warning signs for women are different than they are for men and can be far more subtle. Below are some symptoms to look for:

1. A feeling of breathlessness, often without chest pain of any kind.
2. Flu-like symptoms—specifically nausea, clamminess or cold sweats.
3. Unexplained fatigue, weakness or dizziness
4. Pain in the chest, upper back, shoulders, neck or jaw.

5. Feelings of anxiety

Don't take a chance. If you or a woman you're with experiences one or more of these warning signs, don't wait longer than a few minutes before calling for help.

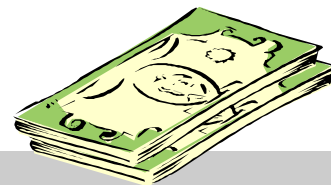
Call 9-1-1 and ask to be taken to a hospital. Most emergency rooms will determine within minutes of arrival if you are having a heart attack.

Every minute counts. Do not delay. **Here is why.** During a heart attack, the blood supply to the heart is blocked. The

longer it stays that way, the greater the potential damage and risk of death. Artery-opening treatments and procedures are most effective if performed within an hour of the first symptoms.

Statistics show that most people wait two or more hours after symptoms begin before seeking help—meaning permanent heart damage or death (1/2 of all who wait).

Taken from: Holy Cross Hospital "Matters of the Heart," Summer 2004



Interfaith Health & Wellness Association, Inc. is grateful for our supporters during our first year. The:

- Palm Healthcare Foundation
- Community Foundation of Palm Beach and Martin Counties
- Allegany Franciscan Foundation
- Frank J. Lewis Foundation

Major in-kind donations from the:

- First Presbyterian Church- WPB
- AAA Decorating—WPB
- Second Presbyterian Church-Ft. Ld
- Atlas Travel-Ft. Ld

Upcoming Events to attract nurses * * * *

July 26, 2004: Networking-Brown bag Luncheon

Who: Parish nurses and others interested in parish nursing

Where: St. Joan of Arc Catholic Church
370 Third Avenue (enter from 4th Avenue for this event)
Boca Raton, FL

Time: 11:30am —1:00pm

Bring your lunch. Beverage and good conversation provided.

NEXT PARISH NURSE CURRICULUM MODULES

September 9, 2004:

Mind, Body, Spirit: Faith-based Nursing Roles AND Self-care

October 28, 2004:

Faith-based Nursing Practice Consideration (Legal/ethical & prayer)

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

Where: TBA

Wellness means attention to the
BODY

Did You Know?? Nursing Expo was a wonderful event!



Check-up time: Is There Spirit in Your Nursing Practice! Mary Cleary (table-far left), Abbi Bentz, Maggie Gibbs and Gae Faraone assisted nurses, who attended the Second Annual Palm Healthcare Nursing Expo in May, to evaluate the meaning of their nursing practice and

learn about "parish nursing. Prior to the session, attendees self-evaluated their current practice. During the seminar, stories of parish nurses, from several faith communities, outlined the journey of developing, beginning and continuing a parish nurse practice. At the conclusion, participants

re-assessed their future practice from a new perspective.



Abbi Bentz and Gae Faraone, IHWA Board members assist at the information booth—Palm Healthcare Foundations Nursing Expo, May 2004.

MIND

&

SPIRIT



Selma Verse, Executive Director
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West Palm Beach, FL 33401

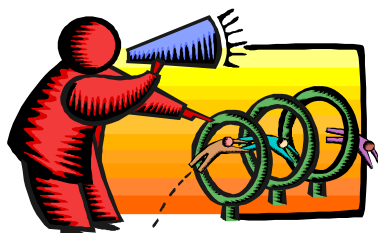
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WE WILL SOON BE ON
THE WEB AT
IHWASSOC.ORG



Abbi Bentz, board member (right) receives an outstanding community service award from the Governor's Council for Community Health Partnerships for her guidance and support of IHWA. With her is Selma Verse, Executive Director of IHWA.



Striving to keep us together and
moving forward.

RESOURCE CORNER:

Internet website for various denominations:

1. www.adventisthealth.org - Adventist
2. www.chausa.org/PARISH/NURSING.ASP - Catholic
3. www.episcopalhealthministries.org/course.html - Episcopal
4. www.lcms.org/pages/internal.asp?NavID=2381 - Lutheran
5. www.umc.org/interior.asp?ptid=6&mid=2830 - Methodist
6. www.ncm-inc.org/nhcm/ParishNursing.htm - Nazarene
7. www.pcusa.org/health/usa/parishnursing - Presbyterian
8. www.uahc.org - Jewish
9. <http://info@al-amana.org/> - Muslim

Internet websites for other organizations supporting parish nursing:

1. www.marquette.edu/dept/nursing/parish.html - Marquette University
2. www.capnm.ca/ - The Canadian Association for Parish Nursing Ministry
3. www.huc.edu/kalsman - Kalsman Institute on Judaism and Health

Books:

1. O'Brien, Mary Elizabeth. Parish Nursing: Healthcare Ministry Within the Church. Boston: Jones and Bartlett, 2003.
2. Patterson, Deborah L. Essential Parish Nurse: ABC's for Congregational Health Ministry. Sparks, NV: Pilgrim Press, 2003

Bookstores with parish nurse literature:

15. <http://www.eden.edu/bookstore>—Eden Bookstore at Eden Theological Seminary
16. www.amazon.com—Amazon Bookstore

Funding & Grant Resources:

1. www.grantstation.com
2. <http://www.cfda.gov/public/cat-writing.htm>

(continued) Meet the Board of Directors—President

directors, continues to share her wisdom, expertise and knowledge of the community with IHWA.

Mary Cleary has a passion for positive leadership. She is a Miami native who graduated from St. Mary's Hospital Nursing School in West Palm Beach, FL. Over the years her credentials include a masters in management, certifications in nursing administration and legal nurse consulting. She has served in leadership roles at St. Mary's Hospital, West Palm Beach, FL, and Cooper Hospital University Medical Center in New Jersey. She is founder and president of Cleary Medical-Legal Consulting Services, Inc. and recently accepted the role of President for the Governing Board of Directors of Catholic Charities for the Palm Beach Diocese. Mary sees her community as an extension of her family and her passion for "giving back" is deeply rooted in her family of origin and religious convictions. She is involved in local charitable activities and is active at two churches- St. Ann in West Palm Beach and St.

Edward of Palm Beach. Interfaith Health & Wellness Association, Inc. owes its life to Mary Cleary—a true nursing leader of today. Mary led the IHWA steering committee (whose membership included nursing leaders, parish nurses, social workers, and foundation representatives) to assess a need, plan with the community, implement an action plan and now, with a strong executive director and board of directors, evaluate its' first year of operation. **THANK YOU MARY!**

Faith-based nursing means true

CARING !



Healing & Wellness