



PRESIDENT'S MESSAGE

**MESSAGE FROM MARY CLEARY,
PRESIDENT OF THE BOARD OF DIRECTORS**

It was an honor to attend the Annual Faith Community Nurse Recognition Luncheon in April at Devonshire at PGA National this year. Amgad Wahba, BSN, MN, PhD was recognized as the Faith Community Nurse of the Year, and Susan Chase, EdD, APRN, BC was honored as the Faith Community Nurse Educator of the Year.



Amgad Wahba received the award for her dedicated and faithful outreach to the community at Christ Fellowship Church in Palm Beach Gardens. She is currently an Associate Professor at Palm Beach Atlantic University and Congregational Nurse at Christ Fellowship. Health Care Ministries at Christ Fellowship has several components one of which is Congregational Nursing, another is the Medical Advisory component including 40 physicians, and another is non-medical Health Advocacy which helps people navigate through the health system. Amgad has been instrumental in creating all of this. She has also created programs that are easily duplicated for other churches.

Dr. Susan Chase, Assistant Dean for Doctoral Studies and Associate Professor at the Christine E. Lynn College of Nursing, Florida Atlantic University, received the Faith Community Nurse Educator Award. She completed certificate programs as Parish Nurse and Parish Nurse Educator, and for many years promoted and taught the Faith Community Nurse Basic Preparation Curriculum endorsed by the International Parish Nurse Resource Center.

I would like to congratulate all nurses serving our faith community and encourage those who have not yet attended the Basic Preparation Course to consider the upcoming Retreat in June. This educational program offers a tremendous opportunity for promoting health and wellness in our community.

Mary Cleary



TIME TO REGISTER

**Basic Preparation Curriculum
Faith Community Nursing**

June 23-27th, 2008

Duncan Conference Center
Delray Beach, FL

The Basic Preparation Curriculum, designed to prepare registered nurses to deliver holistic care in congregations is developed within an interfaith model and endorsed by the International Parish Nurse Resource Center. Course content also includes health advocacy, promotion and education, self-care, ministerial team, & more! It is offered annually in South Florida through Interfaith Health & Wellness and through the generous support of Palm Healthcare Foundation, Allegany Franciscan Ministries, and the Gertrude E. Skelly Foundation. Scholarships are available for nurses interested in this specialty practice of Faith Community Nursing.

Price: \$650 (includes lodging, all meals, snacks, materials, IPNRC pin, certificate) • 40 Contact Hours • Scholarships are available • Daily rate \$75 • Discounts for organizations when registering 3 or more participants • Please send registration form and \$75 deposit check by **May 15, 2008** payable to: Interfaith Health & Wellness Association, P. O. Box 1885, West Palm Beach, FL 33402 • Fax (561) 863-5379
E-mail: ihwa@ihwassoc.org. For info, please call (561) 379-1972.

Registration Form: *(Please print)*

Name: _____

Title: _____

Organization: _____

Address: _____

City: _____ State: ____ Zip: _____

Phone: _____ Fax: _____

Email: _____

RN License # (for contact hours): _____



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Hosting a joyful challenge, Catholic Charities of the Diocese of Palm Beach Counseling Services reaches out to the senior community with "The Healing Power of Laughter." Pictured above, residents of a local senior housing community attend a 45-minute session. The goal is to help people experience the physiological and psychological benefits of laughter and develop a "habit" of finding joy in each day. For more information, contact Gloria Stevenson, MSW, LCSW, 561-842-2406.

**Best Practices:
Parenting & Family Life Classes**

Spanish River Church in Boca Raton celebrates faith. Registered Nurse, Jackie Adames, specializes professionally as a perinatal nurse and lactation consultant, and within Spanish River Church, members of the congregation and community teach several classes which have a positive impact on the quality of life of families and children, and ultimately on future generations.



Jackie Adames, RN, during perinatal class at Spanish River Church in Boca Raton.

"Parenting 101" is a model program that gives parents the tools they need to raise children. The eight week class, offered two times a year, from 9 am-10:30 am, is a video workshop featuring Dr. Bob Barnes, a family and marriage therapist, author, and popular speaker on marriage and family issues. The approach helps parents learn a step-by-step plan for love and discipline, and deal with family stress. There is a minimal cost and child-care is available. Additional classes include: Prenatal Program, Childbirth, Baby Basics, Breastfeeding; CPR; Nurturing Your Newborn (up to 1 year); and Basic Training for Dads.

Local medical centers and hospitals in your area may also reach out to the Community with prenatal classes but for the congregation at Spanish River and those who are comfortable in a Church setting, these classes are life savers.

For more info on starting a program in your congregation, please call Jackie Adames, RN, 561-994-5000 ext. 211, or e-mail jadames@spanishriver.com.



Heart Symposium Touches Lives

MaryAnn Worts, a registered nurse for 25 years, promotes wellness of body, mind, and spirit. Her passion is health education and awareness of cardiovascular disease. She has facilitated and coordinated numerous health education and awareness workshops and health screenings. At Redeeming Word Christian Center International, MaryAnn, RN, BHSA, Dr. Paul Anderson-Worts, and Dr. Lawrence Weinstein spoke on topics such as risk factors related to heart disease and the importance of nutrition and physical activity.

The presentation materials utilized by MaryAnn, from the American Heart Association, are designed to help people achieve a heart-healthy lifestyle and take positive action. The 5th Annual Health Symposium also included cholesterol, glucose, and blood pressure screenings and pharmacist consultations. Annually, February is heart awareness month and the color red and red dress have become symbols of the ability all women have to “be encouraged to take care of yourself and take charge of your health.” For help in holding the “Search Your Heart” curriculum, contact MaryAnn at (954) 915-8478 or Rochun McCray, American Heart Association at (561) 876-3922.



From left, Paula Anderson-Worts, DO, MPH., MaryAnn Worts, RN, BHSA, and Janet Dobson, BSN, MBA, promote the American Heart Association's curriculum and health education at Annual Heart Symposium in February.

Annual Faith Community Nurse Luncheon Honors Nurses

The Annual Faith Community Nurse Recognition Luncheon, held in April at Devonshire in Palm Beach Gardens, recognized nurses who serve their faith-based communities. This year's award recipient, Amgad Wahba, BSN, MN, PhD has been volunteering faithfully for many years at Christ Fellowship Church.



Amgad Wahba receives the Faith Community Nurse of the Year Award. From left: Mary Cleary, Amgad Wahba, Don Chester, St. Mary's Medical Center, and Honorary Chair, Dr. William Adkins.



From left: Dr. Susan Chase, Faith Community Nurse Educator of the Year, Dr. Terri Touhy, Mary Cleary, and Dr. William Adkins.

The event was sponsored by St. Mary's Medical Center; Raymond James Financial Services, Worth Avenue, Palm Beach; Matrix Home Health Care; Devonshire of PGA National; and Edna Hibel Corp. Over 60 community leaders, nurses, and educators showed their support of the vital work of Faith Community Nurses. Thank you for your continued support.



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

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