



PRESIDENT'S MESSAGE

MESSAGE FROM MARY CLEARY,
PRESIDENT OF THE BOARD OF DIRECTORS

The Interfaith Health & Wellness website has a new look! We are in the process of expanding it to include excellent suggestions from our Faith Community Nurses as to what additional information would be helpful.

One of the necessary additions is the new "Events" section. It lists Health Fairs, Screening & Immunization schedules, and wellness events that are happening in and around our community. If you are planning an event, please "send" it to us. It will be listed in the Calendar of Events.



Another frequent request we get is for contact information for health and social service agencies. A Crisis Resource Directory listing contact numbers has been added to the "Resources" section of the website including a link to the Medicaider™ Community Health & Social Services Information System. Please let us know if you have additional sources that you'd like to add.

As we all know, documentation is not only required by most state nurse practice acts, it is a professional responsibility outlined in the Scopes and Standards of Parish Nursing Practice. We are currently developing an on-line statistical form to track annual activities of parish nurses and health ministers in the community. (Health ministers would only document actions within their area of expertise.) We would like your help and participation in this process and look forward to your input.

Thank you for helping to bridge the gap in health care services in our community and for your dedicated service in promoting wellness of body, mind, & spirit.

Mary Cleary



MARK YOUR CALENDAR

Annual Retreat Experience

Basic Preparation Curriculum

Faith Community Nursing

June 23-27th, 2008

Duncan Conference Center

Delray Beach, FL

The Basic Preparation Curriculum is a 5-day educational and personal growth retreat, designed to prepare registered nurses to deliver wholistic care in congregations. It is developed within an interfaith model, recognizing and incorporating a diversity of belief systems for faith-based nursing. Recognized by the International Parish Nurse Resource Center, it is offered annually 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, all meals, snacks, materials, IPNRC pin, certificate) • 40 Contact Hours • Scholarships are available for all participants • Daily rate \$75 • 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 • Fax (561) 863-5379
E-mail: ihwa@ihwassoc.org

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 \$150 is due by May 19th. Please call (561) 379-1972, for more info.



Parish Nurse Reflection

By Tina Klingaman, RN, BSN

The majority of the population at St. John of the Cross in Vero Beach that I serve as a Catholic Charities Wellness Nurse is over 55 years of age. With the help of our outreach worker, Pat Dimesa, we have built a volunteer base to assist with health education, advocacy, transportation, respite, and as Eucharistic ministers. A "Seniors Helping Seniors" fund was also started to provide financial assistance to those in need for electricity, medicines, and other basic expenses. A food bank has been set up in the Parish Center with non-perishable food items and is run by volunteers. Flu and health clinics were held last Winter. We also have held Health Fairs and are planning on holding the American Heart Association's "Power to End Stroke" and 9-week "Search Your Heart" class on the importance of nutrition and exercise.

One client I visit is an elderly man who lost his vision many years ago. He has only one nephew in the area (an accountant) who takes care of his finances but doesn't have much time to help him with some of the other daily areas of his life. Each time I visit him, I check on his overall wellness. We also pray together. Not everyone will seek prayer but the strength and hope that we receive from this encounter goes beyond sight. My client also looks forward to someone from the Church visiting him and helping him with his selection of books on tape that come from the Bureau of Braille.

Another client I have visited is an 88 year old with a diagnosis of diabetes. I was able to reinforce what he learned from his dietician and give him meal suggestions that would match his preferences. I spent extra time with him to explain the use of his glucometer and today this client has a complete understanding of his diabetes and the self-care needed to maintain health.

Our clients have varied needs and are of diverse backgrounds. They are all given the same respect and consideration, and in their own way give back more to the nurses than they could imagine.

Faith Community Nurse Volunteers at Your Congregation

A new and unique community service is now offered by Hospice of Palm Beach called the Faith Community Nurse Program. The goal is to provide a faith-based registered nurse within congregations to promote holistic health and wellness utilizing the Parish Nurse Scope and Standards of professional practice.

- Service is uniquely designed for each faith community.
- Education, advocacy, prayer, screenings, wellness and counseling are offered.
- Services are complimentary, not a substitute for current medical care.

Lisa Shoemaker, RN, BSN, was hired by Hospice of Palm Beach to take on this new role. Mentoring closely with Gae Faraone of Holy Name of Jesus Church in West Palm Beach and Abbi Bentz of Temple Beth El in Boca Raton, Lisa has begun contacting the network of faith community nurses in South Florida to volunteer one day a week for six weeks. She asks the established faith community nurses how she could help them, and for new congregations interested in beginning a health ministry, she offers support in conjunction with Interfaith Health & Wellness Association.

Lisa is already scheduled to work with St. Paul Episcopal in Delray Beach, Christ Fellowship in North Palm Beach, the Jewish Community Center and First Presbyterian in West Palm Beach. "Faith is where the people are," says Lisa, and it's an awesome job. If you would like to contact her to help in your community, please call (561) 707-3323.



Kathleen Smith, RN (above left) Grace Episcopal Church, West Palm Beach, presents American Heart Association "Power to End Stroke" during Health Fair in August.



Visit us on the web

www.IHWAssoc.org



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

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