

# NEWSLETTER

FALL • 2009



## PRESIDENT'S MESSAGE

### MESSAGE FROM MARY CLEARY CHAIR, ADVISORY BOARD OF DIRECTORS

Often I'm asked, "How does Faith Community Nursing benefit a congregation?" A response that is repeatedly heard from members of various congregations is "I can talk with someone about my health concerns." and "I feel cared for."



Also known as Parish Nursing, Faith Community Nursing is a health promotion, disease prevention ministry based on the care of the whole person — mind, body and spirit. Faith Community Nurses (FCN) certainly have the expertise to provide health education and literacy, advocacy, connection and navigation through the healthcare system as was evidenced at the recent FCN Basic Preparation course. Registered Nurses who attended accounted for over 300 years combined nursing experience!

On a deeper level, Faith Community Nurses (FCN) help people find meaning and purpose, that is, spiritual well-being. Through Faith Community Nursing, churches are reclaiming their role of healing and community wellness. However, it takes time to plan, develop, and implement a new ministry. Through the FCN Basic Preparation Course, experienced mentoring nurses at local churches, and bi-monthly networking meetings, support is available to assess, build, and sustain a Health Ministry that fits the needs of your congregation. Call us today!

My sincere thanks to all Faith Community Nurses for your dedication and care.

*Mary Cleary*



## CEU CREDIT AVAILABLE

### EDUCATIONAL CONFERENCE

#### *Promoting Health & Wellness & Cookies for Caregivers*

**November 18, 2009**

**Wednesday**

**Temple Beth El**

**333 SW 4th Avenue**

**Boca Raton, FL**

In conjunction with the annual event "Cookies for Caregivers," Interfaith Health & Wellness and Village Home Care of the Palm Beaches will offer Registered Nurses CEU credit to attend the upcoming educational conference. Sessions include Caring for the Family and Promoting Health and Wellness.

**9:00-9:30 am-Registration & Breakfast**

**9:30-10:00 am-Welcome and Proclamation**

**10:00-11:00 am-Breakout sessions:  
Shared Care**

**Grief Support for Caregivers  
Author of Window To My World  
What's New in Caregiving?**

**11:00-11:45 am-Keynote Speaker  
The Legal Side of Caregiving**

**11:45-12:30 pm-Lunch and Recognition of Caregivers**

**12:30-2:30 pm-Promoting Health and Wellness  
American Heart/Stroke Assn.- Faith Based Initiatives  
Diabetes Resources**

**2:30-3:00 pm-Evaluations/CEU certificates**

Price: \$10 (includes lunch and CEU credit). Checks payable to: IHWA, Catholic Charities, P. O. Box 1885, West Palm Beach, FL 33402 • For more information or to pre-register, please call (561) 379-1972 or e-mail: [ihwa@ihwassoc.org](mailto:ihwa@ihwassoc.org).



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**Website update has Encounter  
Summary & Care Notes**

Faith Community Nurse Care notes, encounter log, and other sample forms are on the IHWA section of the Catholic Charities website:

**www.ihwassoc.org**. Click on RESOURCES, and on the left documents are listed that you can save to your computer and customize for your congregation. The Health Survey (in English and Spanish) is useful in planning programs. If you have documents that you'd like to share, please e-mail them to [ihwa@ihwassoc.org](mailto:ihwa@ihwassoc.org).

**New Classes & Screenings  
at Palm Healthcare Pavilion**

Palm Healthcare Pavilion's new Pre-diabetes and Diabetes Education Research Center (behind St. Mary's Medical Center) 5202 Greenwood Avenue, West Palm Beach, is offering free glucose screenings during the month of November, 8:30 am and 9 am, Monday –Thursday, for people in Palm Beach County and Medicare recipients.

Free workshops and classes are also offered in the Apartment for Caregiver Education and Health Professions Simulation Center, Healthy Kitchen, and state-of-the-art Conference Center, in addition to comprehensive care provided to children with special healthcare needs and their families.

Wellness Lectures for Family Caregivers and Community; Introduction to Caregiving: Your Role in Preserving Health & Wellness; Household & Kitchen Safety; Safe Mobility and Transfers; Managing Incontinence; and Living Healthy with a chronic condition are just some of the courses open to the public and presented in cooperation with community partners.

For a list of class dates and times, visit the website [www.greatertogether.org](http://www.greatertogether.org) on the Internet or call Judy Brustead, Palm Healthcare Pavilion Coordinator, 561-840-4222.



(From left), Carmel Duvalsaint, RN, BSN, MS, Wellness Nurse, Marie Romain, RN, and Jacqueline Alcindor, RN have begun providing monthly blood pressure screenings including BMI measurements, and health advocacy at Notre Dame Church.



## ***Faith Community Nurses Lead "Living Healthy" Self Management in Belle Glade***

"Living Healthy", Stanford University's evidence based chronic disease self-management workshops, results in positive health outcomes for participants when the program is implemented as designed. "Many of the participants have multiple health conditions and this workshop gives them the tools and skills to manage their condition such as better breathing, relaxation techniques, communication with their health provider, positive thinking, better nutrition, and flexibility, endurance, and strengthening exercises."

Two parish nurses from Belle Glade, Florida have implemented the 6-week "Living Healthy" workshops for local residents.



*Parish Nurses, Sr. Anne Meehan, RN, MA (far right) and Sr. June Fisher, RN, lead "Living Healthy" workshops on self-management of chronic, ongoing health conditions.*

Catholic Charities of the Diocese of Palm Beach Wellness Program staff, trained at Stanford University, holds a license to offer these classes. Through a collaborative agreement with Area Agency on Aging of Palm Beach/Treasure Coast, Inc. and Caridad Health Clinic, and cooperation with the Florida Department of Health, courses are offered in English and Spanish. These workshops help "Put life back in your life!" For more info on class locations or to set up a workshop at your congregation, please call 561-379-1972 or e-mail: [wellness@catholiccharitiesdpb.org](mailto:wellness@catholiccharitiesdpb.org).

## ***Inspired Nurses Complete Faith Community Nurse Basic Prep Course***

Twelve inspired and energized registered nurses completed the week-long annual Faith Community Nurse Basic Preparation course at Duncan Conference Center in Delray Beach, FL and were prepared to begin practices in their congregations.



*Faith Community Nurses earn certificate & pin at Commissioning Ceremony. From left to right (front row): Jacqueline Alcindor, Marie Hippolite, Sandra Williams, Sheri Dowling, Frances Stroh, Sr. June Fisher. (Back row): JoVeta Wescott (Educator), Marie Romain, Ellen Flanagan, Carmel Duvalsaint, Katie Pruss, Denise Chisholm, Lilly Ann Kurian.*

Nurses expressed the most beneficial part of the course was "building of relationships and excellent modeling of parish nurse demeanor and expectations." "I will recommend this retreat to my friends who are nurses." "Once in a lifetime is not enough!"



*Abbi Bentz, RN, BSN, Co-chair, Interfaith Health & Wellness and JoVeta Wescott, RN, MSHA, (right) dispense certificates to new Faith Community Nurses.*



*for info on Faith based Nursing  
& Health Ministry*

*www.IHWASSOC.ORG*

*Visit us on the web at*



P. O. Box 1885  
West Palm Beach, FL 33402

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

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