



PRESIDENT'S MESSAGE

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

I had the privilege of attending the June 2006 Basic Preparation Curriculum for Parish Nursing held at the Duncan Conference Center. The five day retreat gave me an opportunity to relax and share in this powerful experience with the other seventeen participants.

On behalf of the Board of Directors, I would like to congratulate the participants: Mercedes Aguirre; Denise Brown; Sharon Cory; Crystal Dillard; Patricia Fregeau; Debbie Fulton; Kathleen Geib; Judith Hatch; Suzanne Kuebler; Gail Langley; Katherine Molinet; Mary Rodriguez; Patti Salvaggio; Fontaine Timmer; Bertha Watts; Caren Weinberg; and Lisa Wright Martin.



I wish to thank and commend the faculty: Dr. Susan Chase, Susan Dyess and Marnie Poncy for this outstanding faith based nursing program. Dr. Chase is also a Board Member of Interfaith Health and Wellness Association and Interim Assistant Dean for Doctoral Studies and Associate Professor at FAU. Through their superb knowledge and understanding of faith based nursing, Dr. Chase and Susan Dyess conveyed the significance of health promotion and care within the context of faith communities. Congregational nursing models and roles; parish nursing practice; collaboration with other health care professionals; and the International Parish Nurse Resource Center (IPNRC) standards were some of the topics discussed fully. The spiritual dimension, central to parish nursing practice, was weaved throughout the curriculum.

Equipped with the knowledge and International Parish Nurse Resource Center (IPNRC) certification, the retreat participants are prepared to transform the faith community into a source of health and healing and make a difference in our communities and our world.

Mary Cleary



MARK YOUR CALENDAR

In partnership with the Christine E. Lynn College of Nursing at Florida Atlantic University and the International Parish Nurse Resource Center, Interfaith Health & Wellness Association is offering the next basic preparation curriculum which leads to a certificate of completion in Parish Nursing.

Mark your calendar now!

**The Basic Preparation Curriculum for Faith
Community Nursing**

Retreat is scheduled for June 4th-8th, 2007 at the Duncan Conference Center in Delray Beach, FL. For more information visit our website at www.IHWAssoc.org or call 561-379-1972. All nurses considering a faith community nursing practice are welcome and encouraged to attend.

2nd Annual Faith Community Nursing Retreat
"What a powerful experience."

The 2006 annual Faith Community Nursing Retreat was a gathering of an exceptional group of nurses and health care professionals with a variety of backgrounds and experiences from the East Coast of the United States. Held in Delray Beach, Florida at the Duncan Conference Center, 18 registered nurses and health care professionals attended the week-long retreat which included practical knowledge that is necessary to develop and implement a faith-based nursing practice.

Dr. Susan Chase and Susan Dyess of Florida Atlantic University led the sessions that facilitated the participants' designation and certification as Faith Community Nurses (from the International Parish Nurse Resource Center) and empowered them with 40 contact hour credits from Florida Atlantic University.

Promoting an understanding of the relationship between faith and health was a theme throughout all of the classes. Identifying the needs of a congregation's community, discussing health issues, planning support, educational outreach, and referrals were some of the topics discussed. One morning session, led by Rev. Mary Beth Wells, explained the labyrinth and how it is used for prayer, reflection and wellness.

The strength of the group gathered was in their deeply rooted commitment to promoting health and wellness in the community. The group dynamic was harmonious, energetic and life-giving. The bond between these nurses, their Creator, and to the community was positive and affirming.

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Thanks to the financial support of local foundations – The Community Foundation for Palm Beach and Martin Counties, Palm Healthcare Foundation, the Allegany



Faith Community Nurses received certification and 40 educational contact hours at the Basic Preparation Curriculum Retreat in June.

Franciscan Foundation, the Frank J. Lewis Foundation, a major in-kind gift from First Presbyterian Church of West Palm Beach



Fontaine Timmer (left) and Bernadette Macy (right) share a moment during the Faith Community Nurse Retreat. Bernadette is the new assistant at Interfaith Health & Wellness

and a scholarship donation from Raymond James Financial Services of Palm Beach, several nurses were able to attend the week-long event

through a scholarship program that has been established with Interfaith Health and Wellness Association.

This retreat and educational experience empowers participants to bring health and wellness to our world and communities which is so necessary in our lives today.

Wellness Examination

By S. Marylou Lyons, CND, RN
Wilton Wellness Consultant

This article may be reprinted in your congregation's newsletter by including the following: "Reprinted with permission – School Sisters of Notre Dame."

God made all of creation to be in harmony through balance. Every human person has been given the gift of life. We are each responsible for the choices we make that lead to wholeness/wellness/balance/harmony...or away from it.

This examination is a tool to be used now – and from time to time – to evaluate how we're doing as stewards of this gift of life. At different points on our life journey, our answers will change. Whenever our answers are unsatisfactory, let us challenge ourselves to find creative ways to rectify the situation.

The following are some of our basic needs as whole human beings. Take your time as you answer the questions. There is no rush to finish and no time limit. Use whatever is applicable to you now. Perhaps some are best answered in prayer context. This is not meant to be an exhaustive list. Add your own personal touches!

Spiritual:

- How is my relationship with God?
- How much time do I spend with God?
- What are my names for God?
- Where do I find God in my daily life?
- What is the balance between talking to and listening to God?
- What do I need from God today?
- Do I believe that God loves, supports and cares for me?
- Do I pay attention to my dreams as bearers of God's messages and revelations in my inner life?

Social:

- What is the quality of my relationships?
- How much time do I invest in keeping contact with friends, in finding ways to improve my relationships, in reaching out to others?
- How do I relate to those I see every day?
- Do I give of myself and welcome the gifts of others?
- Are there people I trust to share my difficulties on the journey?

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Wellness Examination

Emotional:

- How much attention do I pay to my emotions?
- Our wisdom is in our feelings. Do I make conscious efforts to name, honor, direct and express my emotions in healthy ways?
- What is the stress level in my life (both from within and outside of me)?

Physical:

- How do I treat my body?
- Do I make healthy choices regarding food, exercise, water?
- Do I get sufficient rest?
- When is the last time I pampered myself?
- Do I listen to the messages my body give me when something is out of balance?
- Do I seek and follow appropriate medical advice?
- Do I have regular checkups to maintain or improve my health (dental, eye exams, mammograms, yearly physical, specialists)? How do I balance work and rest?

Psychic:

- Do I know/admit/accept my limitations?
- Am I hopeful as well as realistic?
- Do I value my free time and spend it in ways that are re-creative for me?
- Do I stand simply in my own truth?
- How do I handle others' expectations of me?
- Do I identify my needs and feel free to express them?

May each of us strive daily to be good stewards of the body/spirit which our God has given us, and to make choices that will lead us to wholeness, holiness and wellness.

Thank you...

to all the volunteers who assisted in mailing the Newsletters and Retreat brochures. The Board of Directors sincerely thank Helen Lee, Mary Schadewald, and Vilma Peart. All are part of the community at St. Andrews Residence on Flagler Drive in West Palm Beach, Florida. Your help is greatly appreciated.

And a whole-hearted thank you to all our volunteers and members for their support in promoting health, wellness and wholeness in the community.

Mary

Parish Nurse Reflection

by Kathleen Grimm, RN
St. Jude Parish Nurse

June marked my third anniversary as a parish nurse at St. Jude Catholic Church in Boca Raton. It has been an adventurous and fulfilling journey. The concept of faith community nursing was new to me when I applied for the position. The Health Care Committee at St. Jude had adopted mission and vision statements that made it a position that called to me and offered a special challenge. It is so much more than a job; it is an opportunity to incorporate my faith into the health process by recognizing "that healing may be achieved in the absence of cure". I have used every bit of experience from the previous 30+ years of nursing to meet the varied and unexpected duties associated with this ministry.

There are as many different models of faith community nursing as there are faith community nurses. The model that St. Jude has chosen allows for a great deal of independent activity with a quarterly report to the Health Care Committee on achievements and future plans. In the three years I have had the privilege of working within this ministry we have established a variety of programs e.g. a weekly walking group, Safe Sitter® classes, an annual health fair, flu shot clinics, blood drives, blood pressure screenings, and lectures to name a few. I am blessed to have the cooperation of a very dedicated group of volunteers to assist in these endeavors so that I can also accomplish visits to area hospitals, Rehab Centers, hospice, and homes. The twenty-hour week is over before it starts.

One of the most challenging parts of this position is the solitude. Most days I find myself relying on the "angel on my shoulder" for advice. The Interfaith Health and Wellness Association has provided me with valuable support through the periodic brown bag lunches and the Faith Community Nursing Basic Preparation Retreat. Sharing experiences and resources with peers has helped me offer a better and more complete program to my community. I look forward to many more anniversaries as St. Jude's Parish Nurse.

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What does your Congregation and Program do? Could you share your experiences and reflections with us? Please write to us and let us know about your Faith Community Nursing experiences at ihwa@ihwassoc.org.



Proud to

support the efforts

of the

Interfaith Health

and Wellness Association.

matrix
HOME HEALTH CARE



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