

Wellness of Body, Mind & Spirit

Advisory Board of Directors

Mary Cleary, RN, MS – Chair

Abbi Bentz, BSN, CRRN – Co-Chair

William Adkins, MD

Guia E.P. Brown

Roy Cacciaguida, MD

Mary Jean Houlahan, RN, BSN, BA, CCM

Kathy Kino, RN, Chaplain

Joanne Masella, Ed.D., MSN, RN

Fontaine Timmer, RN, BSN, BSW

Kelly N. White, PhDc, ARNP

Margaret Zeidman

Bernadette Macy, Program Admin.

wellness@ccdpb.org

Phone 561-345-2006

IN THIS ISSUE

Congregational
Inspirations

Networking & Mentoring

Benefits of Faith Community
Nursing Conference



Dear Friends,

In an age where an ounce of prevention is worth a pound of cure, there is greater need than ever for Faith Community Nurses to be involved in their congregations, helping families and individuals of all ages, promoting wellness of body, mind and spirit.

As the baby boomer generation begins to enter their sixties and beyond, it is widely recognized that issues and ethics related to healthcare and wellness will only become more prevalent in all aspects of ministry, simply because of sheer demand and with added importance to protect and preserve the dignity of human life in all of its stages. Nursing outreach within a church, temple or faith community has the potential to be a valuable asset and essential part of improving the health of a congregation.

Each nursing outreach is different--ranging from a Respite Program (visiting the homebound and providing an hour of "rest" for caregivers), to organizing annual health fairs, senior luncheons with blood pressure screenings, coordinating a Wellness series where physicians and speakers talk on various topics after Mass in the parish hall, to parenting classes, "Mother & Baby" support groups, Anger Management, and bereavement support. See "Congregational Inspirations" on page 2.

To learn about faith community nursing and how to begin, I encourage you to attend the "Foundations of Faith Community Nursing" basic preparation course in June and meet many of the advisory board members and Faith Community Nurse Mentors. You will help transform lives!

Mary Cleary Ierardi
Advisory Board Chair

Foundations of Faith Community Nursing

BASIC PREPARATION COURSE & RETREAT

June 16-20th

Palm Beach Atlantic University

West Palm Beach, FL

Are you interested in faith-based nursing?
This educational course and personal growth retreat prepares
Nurses to deliver whole-person care in faith communities.

For info, call (561) 345-2000 x256

Congregational News & Inspiration

Winners Church, West Palm Beach

Looking for a way to build community and get in shape? “Jazzercise” is a program at Winners Church, started by their team of Faith Community Nurses and Health Ministry. Open to the public, members meet several times a week for aerobic exercise and fellowship.

Not physically able to participate in aerobics? Try seated exercise or a prayer walk. Faith Community Nurse Mentors, Fontaine Timmer and Nakisha Kinlaw can help you create wellness activities to help individuals and families increase physical activity, improve nutrition and help prevent disease.

St. Jude Catholic Church, Boca Raton

Visiting the homebound is one component of the Parish Nurse’s duties and brings comfort and support in many ways to the elderly. When a person with no family has been released from the hospital, a reassuring home visit from the Parish Nurse can greatly assist the person

helping them understand their medication regime, better understand what led up to them being hospitalized and steps to prevent a readmission.

Dolores Hughes, RN, Parish Nurse, St. Jude Church is coordinating the next Mother Angeline Ministries of Care training, open to volunteers and caregivers.

The workshop will teach communication skills at varying stages of dementia and Alzheimer’s, the difference between a social and pastoral visit, and the Carmelite Sister’s Spirituality of Aging course.



Faith Community Nurse Networking Meetings

promote sharing of best practices and new resources in the community, and are important in the development of a strong faith-based nursing practice. At the last meeting, Gary Panoch, of Panoch Funeral Home in Boca Raton, ph. 561-997-8580 announced an annual “Community of Caring Nursing Scholarship” of \$1,000 for those interested in nursing or advancing their nursing degree.

Faith Community Nurse Mentor, Gae Faraone, RN, BSN will host the next meeting on Friday, January 25th, 12:00-1:00pm at Holy Name of Jesus Church, 345 S. Military Trail, West Palm Beach. Lunch is



Celebrating 10 Years of Faith Community Nursing

Interfaith Health & Wellness, a Program of Catholic Charities recently honored Yvonne Spencer Elliott, RN, as the Faith Community Nurse of the Year; Nancy Anderson, RN, with the Mother Teresa Humanitarian Award; and Lorraine Saraceno, RN with a Faith Community Nurse scholarship, at an annual luncheon fundraiser held at the National Croquet Center in April. Award winners were nominated by their faith communities, church, and colleagues and chosen on the basis of their life-long dedication and service to helping those in need.



Faith-based nurses care for the whole person — Mind, Body and Spirit— and integrate faith, health and wellness. This integration of Spirituality and wellness is fundamental to the Faith Community Nursing scope and standards of practice.

The event featured keynote speaker Rev. Dwight Stevens, Board Member of the Palm Beach Fellowship of Christians and Jews, who shared his faith journey from successful medical doctor to Pastor and Mercy Mission team leader, bringing assistance and hope to lesser advantaged people in this world. Proceeds provide Faith Community Nursing outreach in the community, life-saving interventions, free health screenings, health education, referrals and advocacy for the homeless, families in transition, the uninsured, elderly and those in need of whole person health and wellness.



Top photo: On left, Yvonne Spencer Elliott, RN, Faith Community Nurse of the Year, holding Edna Hibel Award plate, with Fontaine Timmer, Advisory Board Member and Faith Community Nurse Mentor. **Photo below:** From left, Dr. Roy Cacciaguida, Luncheon Co-Chair; Nancy Anderson, RN, holding Mother Teresa Humanitarian Award; Mary Ierardi, Advisory Board Chair; and Lisa Erdmann, Luncheon Co-Chair.

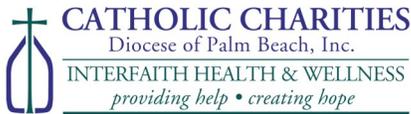
ANNUAL FOUNDATIONS COURSE

Twelve Nurses that attended the previous annual **Faith Community Nurse Basic Preparation course** held at the Duncan Conference Center in Delray Beach have become active volunteers in their church congregations. The week-long course and retreat prepares Registered Nurses for this specialty practice of nursing.

Faith Community Nursing is an integral part of a congregation, in promoting whole-person wellness. A goal of the Faith Community Nurse is to educate, advocate, discuss issues, refer to resources, and is a professional resource in times of concern or crisis. Each congregation's ministry is different, some focus on home-visits, visiting homebound members in their homes or the hospital. Health ministry teams and Ministries of Care usually have people with a variety of specialized education.

For more info or to register for the next course, sponsored by Catholic Charities, Interfaith Health and Wellness Program, call 561-345-2000 x256.





CATHOLIC CHARITIES

Diocese of Palm Beach, Inc.

INTERFAITH HEALTH & WELLNESS

providing help • creating hope

100 W. 20th Street
Riviera Beach, FL 33404

***Catholic Charities of the Diocese of Palm Beach
Supporting Faith Community Nursing in South Flori-***

NONPROFIT ORG
US POSTAGE
PAID
WEST PALM BCH FL
PERMIT NO. 668

Wellness of Body, Mind & Spirit Resources

On the web at www.ihwassoc.org/resources.html

FOR FAITH COMMUNITY NURSES

American Nursing Association
Faith Community Nursing: Scope & Standards of Practice
Available at nursesbooks.org

Caridad Center — Free Chronic Disease Self Management
workshops 561-853-1633

Florida Nurses Association—www.floridanurse.org

International Parish Nurse Resource Center &
The Church Health Center—www.Churchhealthcenter.org

LENDING LIBRARY—www.ihwassoc.org/resources
Free DVD Wellness Series

Professional Liability Insurance—www.nso.com

Whole Person Ministries for Faith & Health—
www.healthministriesassociation.org

60 Health Topics and Short Videos: “Know Stroke, Act Quick-
ly”—NIHSeniorHealth.gov

SUPPORT GROUPS & RESOURCES

Dial 211 or 1 (866) 882-2991 for crisis intervention, information,
assessment and referral.

Alzheimer’s Association 1-800-272-3900

Alzheimers Community Care—24-hr hotline 1-800-394-1771

American Diabetes Assn. www.diabetes.org
1-800-342-2383 to order Diabetes info packet

Caregiving Youth www.cyppb.org

Catholic Charities Birthline/Lifeline— 24/7 Pregnancy Support hotline
561-278-0880

Catholic Charities Guardianship Program—561-345-2001

Catholic Charities Counseling—561-345-2000

FAU Diabetes Education Center, West Palm Beach
www.faudiabetescenter.org 561-803-8880

National Alliance for Caregiving -www.caregiving.org

National Alliance for the Mentally Ill—www.nami.org

National Family Caregivers Association-www.familycaregiver.org

Today’s Caregiver-www.caregiver.com lists local support groups &
resources