



The Dove January 2021

A publication of the Holy Cross Faith Community Nurse Program

Greetings from the Holy Cross Faith Community Nurse Program.

Optimism and hope are radically different attitudes. Optimism is the expectation that things—the weather, human relationships, the economy, the political situation, and so on—will get better. Hope is the trust that God will fulfill God's promises to us in a way that leads us to true freedom. The optimist speaks about concrete changes in the future. The person of hope lives in the moment with the knowledge and trust that all of life is in good hands.

All the great spiritual leaders in history were people of hope. Abraham, Moses, Ruth, Mary, Jesus, Rumi, Gandhi, and Dorothy Day all lived with a promise in their hearts that guided them toward the future without the need to know exactly what it would look like. Let's live with hope.

-Henri Nouwen

Dear Friends,

Happy New Year! Between the development of a COVID 19 vaccine and an amazing new colleague, there is reason to be optimistic about 2021. We are thrilled to welcome Lucia Zegarra to our FCN team as a Program Coordinator. Please see below to learn more about her. We will continue educating on the latest Covid-19 vaccine information as it gets distributed more widely. In this issue, there is information and links to help towards that goal. We have also helped staff our colleague vaccine clinics and may do so more broadly as the need indicates.

Along with Heart Health reminders and Mental Health resources, we are

happy to introduce HC FCN Monthly Circles in February. We are anxious to reconnect with you and look forward to these virtual gatherings to share news and resources as well as support one another.

As Henri Nouwen reminds us, with the gift of faith we are always hopeful and remain grateful for that gift.

Meg

Welcoming Lucia Zegarra, Program Coordinator



We are excited to have Lucia Zegarra join our team as Program Coordinator. Lucia comes to us with a wealth of experience, and has been working as a Health Coach and CHW at Holy Cross since 2018. Please join us in welcoming her to the FCN department, as she shares her heart for her new position:

Tell us a little about yourself and background.

I come from Peru and I moved to California after I graduated from high school. There, I became a domestic violence counselor and worked with children who witnessed abuse. I also worked for a contractor for Microsoft as a quality control supervisor in a large call center. A few years later, I met my husband and we moved to Maryland. I got my B.S. in Biological Sciences from UMBC while working at a homeless shelter in DC and at a phylogenetics lab. I am married and have 2 boys (6 and 8), 2 dogs and 2 cats. After I became a mom, I notice the disparities in breastfeeding support for Hispanic moms and I became a breastfeeding counselor to fill in the gap. Nowadays, I enjoy hiking with my family, designing science experiments and cooking with my boys.

What is your experience in Community Health?

I have been involved in community development projects from a young age. From leading youth and environmental groups in Peru to developing and facilitating bilingual support groups for the homeless in DC, I became a strong advocate for peer support as a complement of conventional health

care services and prevention of disease

In my previous job, I managed various grant-based community health programs and a team of community health workers. There, I implemented a program that improved diabetes control for 67% of patients and resulted in weight loss for 62% after the 3-month intervention.

What will your responsibilities entail as Program Coordinator?

I will support the mission to empower faith communities in the creation of health ministries in our area. Also, part of my work will focus on addressing the social needs of the community we serve connecting them to resources. We know that lack of health care access and health information results in the increase of hospitalization rates. I will expand and strengthen partnerships between faith and community organizations, and non-profits, finding ways to use each of their strengths and resources to create a network of operations to lift struggling communities.

what would you like to see accomplished in this role?

The COVID-19 pandemic has shown us how strong our faith communities are. We saw how overnight churches became massive food distribution centers serving hundreds of families in need. I would like to work towards the creation of more health ministries and expand upon this model.

What is your vision for meeting the needs of faith communities and the community-at-large in your position of Program Coordinator?

I want to build trust and maintain strong relationships with faith-based institutions and their communities. Lack of hope and skepticism about public institutions is a common obstacle I dealt with especially within immigrant communities. This exacerbates many of the problems these people face as individuals and as a community. So, my vision for the community-at-large is for them to be able to find in faith-based organizations the support they need to thrive. Now more than ever, I want to see neighbors united by a message of hope and faith as it is something that can immediately lift a person's spirit and set them in the path to recovery or healing.

Lucia can be contacted at Lucia.Zegarra@holycrosshealth.org

COVID 19 Vaccine Update

In less than ten months since the first Marylander was diagnosed with COVID-19 virus in March of 2020 the vaccines to effectively end this pandemic are already being distributed across the state. As impactful as this infection continues to be for our Faith Community Nurse Program and the faith communities we support it is even more consequential to recognize that never has a vaccine been researched, developed, trialed, approved by the FDA and distributed in so little time. Currently, Holy Cross Health is making the COVID-19 vaccine available for all staff and has already

vaccinated nearly 3,000 employees. Plans for Holy Cross Health participation in community wide vaccine distribution are being developed concurrently. On the state level Maryland is rapidly approaching Phase 1B that includes all Marylanders age 75 and older, special needs group homes, high-risk inmates, developmentally disabled populations, continuity of government vaccinations, as well as teachers, childcare, and education staff. The Maryland State Department of Education is coordinating with school systems to get their critical personnel vaccinated. Phase 1B includes an estimated 860,000 Marylanders. Marylanders are also encouraged to visit covidlink.maryland.gov to review safety information and learn more about the state's COVID-19 vaccination plan. The Holy Cross Health link to more vaccine education and FAQs is below, in Community Resources.

Ministry Spotlight:

Holy Cross FCN Monthly Circles



We have missed being able to see you. Beginning in February we will host monthly circles virtually on the last Wednesday of every month, from 12:30-1:30pm. The purpose of these gatherings for anyone involved in healthcare or ministry or both, is to share some resources, reflection and support. Our first meeting will be February 24th. To join, simply click this webex link below.

[Webex Link](#)

February: You gotta have (a healthy) Heart



The best defense against heart disease is prevention. Holy Cross Health will be offering free **Heart Disease Prevention** classes in February where you will learn to reduce risk for heart disease. The virtual sessions will be offered:

Monday February 8, 2021 10-11 AM
Thursday February 18, 2021 12-1PM
Tuesday February 23, 2021 12-1PM

Heart Health Month is also a great time to quit smoking!

Join Holy Cross Health and the American Lung Association for a free, virtual seven-week (eight sessions) **Freedom From Smoking® Group Clinic**.

During these online sessions you'll learn:

- **How to know if you're really ready to quit.**
- **Coping strategies for managing stress and avoiding weight gain.**
 - **Medications that can increase your success.**
 - **Lifestyle changes to make quitting easier.**
 - **How to prepare for the day you'll quit.**
 - **How to stay smoke-free.**

There will be two clinics: Clinic 1 will be on Mondays, 4:30-6pm beginning January 25th till March 5th. Clinic 2 will be on Wednesdays 5:00-6:30pm beginning March 22nd till May 3rd.

Please contact Stacey Bisnette: Stacey.Bisnette@HolyCrossHealth.org ; or by calling **301-754-8710** to get more information or to register for these programs.

Holy Cross Health also offers a range of fitness and movement programs to improve cardiovascular health and reduce stress. For upcoming dates, times and locations for our health and wellness, fitness and movement programs, visit [Holy Cross Health](#).

News from :



As of November 2020, The Westberg Institute has partnered with the Spiritual Care Association under its Nursing Division.

It will continue to support FCN and promote the practice of Faith Community Nursing.

Westberg Institute resources will continue to be available to members and non members of the SCA.

SCA Caring for the Human Spirit conference,
World Technology meets Human Compassion
will be virtual again this year, April 12-14, 2021
More information can be found [here](#).

Community Resource:

- The information on the pandemic changes quickly, as well as news on the COVID vaccine and rollout. Please see Holy Cross Health web page and FAQs regarding the vaccine [here](#).

- Social Care, including family support programs, is comprised of coordinated activities between our health ministries and community-based organizations to address social needs of those we serve, colleagues and community members. We know that Social Determinants of Health, like physical environment and socio economic factors impact health and well-being to a much greater extent than simply access to clinical care. The Trinity Health Community Resource Directory is an online portal connecting the people we serve, colleagues and community members in need of health resources and social services within the community in our area and all across Trinity Health.
- The need for Mental Health Services and education has been tremendous in the last several months. Many Faith Communities are struggling to know how to help their members.
 - **The Partnership Center**- Center for Faith and Opportunity Initiatives US Dept. HHS , has provided the *Compassion in Action* document as a way for Faith Communities to better assist members suffering with mental health issues. The link to that is here: [compassion-in-action.pdf \(hhs.gov\)](#)
 - **Everymind** provides mental health resources and education in Montgomery County and DC . Learn more about them with this video.



Got this as a forward? If you would like to connect with the Holy Cross Faith Community Nurse Program and receive our e-mails, please let us know.
Email : fcnprogram@holycrosshealth.org



Holy Cross Faith Community Nurse Program
HolyCrossHealth.org/fcn

Meg McKenna, RN
Manager
Holy Cross Faith Community Nurse
Program
301-754-7066

These resources are provided to assist you and not to endorse any particular entity, service or event.