



The Dove May 2021

A publication of the Holy Cross Faith Community Nurse Program

Greetings from the Holy Cross Faith Community Nurse Program.

Nursing is an art: and if it is to be made an art, it requires an exclusive devotion as hard a preparation as any painter's or sculptor's work; for what is the having to do with dead canvas or dead marble, compared with having to do with the living body, the temple of God's spirit? It is one of the Fine Arts: I had almost said, the finest of Fine Arts.

Florence Nightingale

Dear Friends,

Including one of my favorite Florence Nightingale quotes with my good wishes to all nurses as we celebrated nurses day this month.

As many of us, nurses and otherwise, identify as caregivers, we offer some resources and webinar opportunities in this issue to assist on that journey. We have seen how much more difficult and lonely that road has been during the pandemic. On a hopeful note, we were excited to learn that the HC Medical Adult Day Center will be reopening next month! A resource that has remained open is the Caregiver Resource Center at Holy Cross. Sister Kathy Weber has continued her support groups virtually and remains a lifeline to many caregivers as she has for over thirty years. We continue to be optimistic that more in person care and worship will be resuming soon as well. As you will read below, we have been doing our part towards that effort at our community vaccine clinics! Janis Perry also shares an update from the Westberg Conference in this issue. Our next issue of The Dove will be in August.

wishing you a wonderful summer ,

Meg

COVID 19 Vaccine Update:

Holy Cross Health Community Health and the FCN department have been working for the last several months to ensure access to the COVID vaccine for all communities. To date we have set up 19 clinics throughout the county and vaccinated over 1700 people. We have been at churches and Senior buildings working with partners to reach those in most need. Last month Holy Cross Health was awarded a grant through the State's Health Services Cost Review Commission to support creation and expansion of community-based COVID 19 vaccine dissemination strategies in areas with vaccination rates lower than the state average. With the grant we will be able to increase our frequency of clinics and with the recent news of expanding age criteria, will also be able to serve more people. We are looking forward to working with faith communities and other partners to accomplish this goal. If you are interested in partnering with us as we move forward this summer, please contact Meg McKenna at mckenmh@holycrosshealth.org

upcoming community vaccine clinics:

- 5/22/2021 MCJ El Rey - Beltsville
- 5/26/2021 Forest Oak Towers -Gaithersburg
- 6/2/2021 Town Center Rockville and Waverly House, Bethesda
- 6/4/2021 Kingdom Fellowship AME- Silver Spring
- 6/5/2021 Mt. Calvary Baptist Church- Rockville
- 6/9/2021 Tanglewood Cluster- Silver Spring

please call or [email](mailto:mckenmh@holycrosshealth.org) if you would like more information



below: our FCN teammates, Lucia Zegarra and Betty Baklarz, join community health colleagues at Elizabeth House vaccine clinic

above: Holy Cross CH team joins our partners at Kingdom Fellowship AME church for our fourth clinic at their site in May



**Westberg
Conference
2021
Caring for
the Human
Spirit
update**

**Plenary: From Healthcare Trauma to Healthcare Trust:
Spiritual Care for African Americans in the Face of
Medical Apartheid**

Presenter: Rev. Dr. Danielle Buhuro, D.Min

Attended and summarized by Janis Perry, RN, FCN Coordinator,
Holy Cross Health

Dr. Danielle Buhuro, ACPE (Certified Pastoral Educator), and Certified Pastoral Educator (CPE) Supervisor, shared her research on the history of medical apartheid and racism during this workshop. The roots of these injustices can be traced back to 1619 when the first Africans were enslaved and subjected to coerced examination on the auction block. Further examples of current medical racism fuel the ongoing lack of trust, as seen with lower rates of COVID 19 vaccination. Dr. Buhuro asserts that as the past history of medical cruelties has been passed down from generation to generation, medical mistrust among African-Americans has understandably persisted. But she also feels this time of COVID19 is ripe for addressing the concerns and needs of many African Americans where this suspicion and wariness is embedded in the culture. Dr. Buhuro offers a spiritual approach to providers caring for the medical needs of African Americans with her SELF method. This approach takes into consideration African-Americans' Social Needs-Emotional Needs, Life Meaning and Purpose Needs, and Faith/Religious Needs. She also discussed her view of three ways that African-Americans perceive illness: Punishment from God; illness being a test to overcome; and illness as being a part of life with no relationship to God. Much more is included her book:

**Spiritual Care in an Age of #BlackLivesMatter: Examining the
Spiritual & Prophetic Needs of African Americans in a Violent
America.** Buhuro D. Cascade Books, 2019. ASIN : B081NYJJW4
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Ministry Spotlight:
Holy Cross FCN

Monthly Chat
4TH WEDNESDAY
12:30pm-1:30pm



NEXT : May 26th 2021 12:30pm-1:30pm

**Sheila Griffith, Program Manager,
Alzheimer's Association National Capitol Area
Dementia Conversations:**

Doctors Visit, Driving, Legal and Financial

Please join us for a webex lunchtime meeting for an hour of resource sharing, reflection and fellowship for anyone involved in health ministry or wanting to learn more. Feel free to share this link that will enable participants to 'join meeting'. If you are unfamiliar with webex, **these instructions** may help. If you would like invite emailed, please let us know. (link below will work regardless of email)

[Webex Link](#)

Community
Resource:

Holy Cross Caregiver Resource Center
coordinator: Sister Kathleen Weber, CSC
301 754 7152, call for info on support groups and educational offerings.

At last month's FCN chat, we were lucky to have Tom Manion Director, **Family Justice Center Montgomery County** and Ashley Grier, Outreach and Volunteer Coordinator of the **Family Justice Center of PG County** share about their work for victims of domestic violence. The FJC model provides a wraparound of services and support to help these victims navigate a complex network of help. Click their links to learn more.

Mental Health America (MHA)'s 2021 Annual Conference is being held June 10-12. Due to the ongoing need for mental health education, resources, and support, virtual registration for the 2021 Annual Conference is now **available at no cost**. Find out more **here**.



UPCOMING

EVENTS:

Powerful Tools for Caregivers Workshop

June 8 -July 20, Tuesdays via webex

This workshop is a FREE 7 week program, two hour duration, designed to empower family caregivers of adults with chronic conditions including dementia to take better care of themselves. The "tools" learned in the seven-weeks series benefits caregivers by helping them reduce stress, improve care-giving confidence, establish balance in their lives, communicate their needs, make tough decisions and locate helpful resources. The first session is dedicated to dementia.

Learn more and register [here](#).

More classes from Holy Cross Health (including Diabetes self Management, Living Well with Chronic Pain, and Lung Health Essentials) and many other wellness programs can be found [here](#).

Register to attend the Montgomery County Commission on Aging's Public Forum

A Commitment to Action: Countering Social Isolation and the Loneliness of Older Adults

Tuesday, May 18, 2021 from 10:00 am to 11:30 am

This Public Forum will challenge us to renew our commitment to work on behalf of vulnerable and underserved older adults in Montgomery County. Attendees will be able to ask questions and learn about local and national success stories and initiatives. Click [here](#) to register.

from our friends at GROWS: [Demystifying Dementia](#)

Thursday, June 3, 9-10:30 AM

GROWS invites you to join this webinar as they welcome Dr.'s Carole Guinta and Linda Sapin from Giunta Associates. In honor of Alzheimer's awareness month, they will present an educational program about neuropsychological testing - demystifying the process, how it is used to help diagnose dementia, how it can be useful in creating a baseline, how it can help to connect with other resources and how it can be used to help determine competency, among other things.

[Register Here](#)

Join Our Email List:

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

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