

FEATURED PARTNER:

Faith Community Nursing

Caring for the Body, Mind and Spirit

United Way
of Laramie County



Faith Community Nurses (FCNs) are registered nurses who have received specialty training to provide health outreach, education, intervention and prevention to community members in a place they may not normally think of for health – at their place of worship. In 2007 the first Faith Community Nurses were trained in Wyoming, and with the assistance of a Community Benefit Grant from Cheyenne Regional Center for the past several years more than 70 FCNs have been trained statewide with 29 of those in Laramie County. These nurses serve various denominations and community organizations to care for the body, mind and spirit.

This year the FCNs received United Way of Laramie County funding to provide nutrition and physical activity workshops, “Eat Healthy – Be Active”. There are six workshop topics including eating on a budget, losing weight and keeping it off, recipe modification, and teaching exercise movements that can be done at home. Participants in the workshops receive incentives such as a pedometer, resistance bands, and handouts. They also have the opportunity to meet with the FCN to address any health concerns, receive referrals or look at health through a spiritual lens.

Flossie Vance, an FCN with the Saint Mary’s Cathedral in Cheyenne, explains Faith Community Nursing as, “FCNs work with, but do not replace clergy, medical professionals, home health or social services.” The services Flossie provides include making hospital visits, and phone calls to the ill or those recently released from the hospital. She also organizes health fairs and flu clinics and writes a weekly health article for the bulletin. Each FCN offers different services depending on their place of worship and scope of nursing practice; however the FCN is knowledgeable of community resources including clinics, medical supplies, meals, transportation and more.

To locate an FCN or to register for FCN training, contact the Wyoming Health Council – Faith Community Nurse Program at 307.632.3640, visit the website at www.wyhc.org for an FCN directory or contact the FCN Project Assistant Amanda Hubbard at ahubbard@wyhc.org.



FCNs Carol Peterson and Flossie Vance promoting the "Eat Healthy - Be Active Workshops" for United Way of Laramie County.