

## **ST. CHRISTOPHER PARISH HEALTH MINISTRY MINUTES**

September 2, 2008

Attendees: Michele Bendik, Marie Branagh, Elaine Fortkamp, Sandy Hibner, Griselle Ortiz, Judy Smith, Carol Wirick, and Joanne Lauber.

Opening Prayer and Mission Statement.

Minutes from last meeting approved.

### **PROGRAMS:**

Prayer Shawls: One shawl was given in August. At the Labor Day Mass, Father Frank spoke about laboring and those retirees who volunteer, for example, Betty Kozuh and the prayer shawl ministry which bring comfort and support for those receiving the shawls.

Blood Pressures: Eighteen blood pressures were taken after three Masses in August. Blood pressures were not able to be checked after the 9:00 Mass, due to an emergency situation involving a parishioner who became ill shortly before Mass was over. The two blood pressure volunteers evaluated him and called the emergency squad, who then transported him to the hospital emergency room. September screening is 27 and 28.

Friendly Visits: One visit to Maria Joseph in August.

Card Ministry: Thirty-five cards were mailed to shut-ins and residents of long term facilities.

### **OLD BUSINESS:**

Budget: A donation was received from Basic Vitamins to sponsor the "Refresh At Women's Morning" event.

Spiritual Potpourri Morning: Four Parish Health Members attended. It was a wonderful spiritual, informative, and fun program.

5 K Run/Walk: No serious injuries.

Flu Vaccine/Oral Cancer Screening: October 23 3:30-7:00 PM. No information on the cost of the flu vaccine has been received from Interim Health Care yet. Information will be given to Michele for posters.

Blood Drive: November 25, 2008 in the Emmaus Center--no information on times from Leanne yet.

Refresh At Women's Morning Program: Speaker for Post-Partum Depression is still being investigated. Sandy is in the process of finding a speaker for women's

nutrition. Jenny Niekamp will make miniture Mary Gardens to use as centerpieces and door prizes. Discussion was held on publicity, programs, decorations, set-up, food, and evaluations.

**NEW BUSINESS:**

New ERH Program: Backdoor Reading--This is a program developed by a parish nurse in Annapolis, Maryland. It's a one page information sheet with colorful pictures and information about various health topics. These are mounted inside bathroom stalls or over paper towel dispenser. Joanne will attend a seminar to learn more about this program.

**MEETINGS/SEMINARS:**

SWO Chapter Health Ministries Assoc. Quarterly Meeting: Thursday, Sept. 18, 2008 6-8:30 PM. Topic: Understanding how Medicare, Medicare Advantage Plans & Special Needs Plans Work 1,5 CE'S \$10 fee.

Dayton Area Parish Health Ministry Support Group Meeting: Oct. 16, 2008 6-8:30 PM. Speaker: Ann Neuman, Routsong Funeral Homes--Community Resources & Support for Grief & Loss.

**PRAYING IN COLOR:** Saturday, October 18, 2008 8-4:00 Christ United Methodist Church Kettering, Ohio CE'S available.

**CLOSING PRAYER**