

## Parish Health Ministry 2010 Annual Summary

*Wellness Committee Members 2010:* Corrie Blasi; Nancy Burger, Publicity; Nancy Cooper, CareNotes Ministry; Peggy Long; Mary and Ozzie Mantilla, Parenting Classes Facilitators; Linda Martin; Joan Palmateer, Grief Support Cards Ministry; Faith Schwenker, Transportation Coordinator; Mary Lou Grott, Parish Health Nurse; Rev. Keith Tamlyn.

### *Health and Wellness Programs offered in 2010:*

- Offered “Communicating with Compassion” program, facilitated by Rev. Tamlyn and Mary Lou Grott, on March 10th as part of the Lenten program.
- Series of four *Parenting Classes* were offered in March and April entitled “Handling Anger in the Family,” facilitated by Mary and Ozzie Mantilla.
- Participated as a team on *Sunday with Daffodils* in March for cancer awareness and to foster hope.
- *CPR class* offered on April 17th, with 14 individuals trained at a reduced rate; taught by Jan Viola, R.N. / Certified CPR Instructor.
- Offered a *Healthy Lifestyle Program* with Fitness Specialist Lori Decker along with luncheon, on April 18th.
- Offered “Communicating with Compassion” video and discussion program during the day for seniors in May.
- The *Medical Equipment Loan Closet* was utilized by 51 individuals this past year, twice as many as previous years. With the generous help of Bill Hawk, the closet was downsized in July, and the majority of the remaining equipment was moved upstairs to the closet near Rm 7 for better accessibility.
- A weekly *Yoga Class* was offered through the year with Certified Yoga Instructor Katie Mangan- average of 10-12 individuals attended.
- A weekly *Healthy Eating Support Group* was initiated in September and continues as a 30 minute discussion and sharing group to encourage healthy eating and overall wellness.
- Eight (8) members of the church, including Parish Health and Stephen Ministry volunteers and staff, attended a wonderful weekend Caring and Compassion Conference in New Jersey in September.
- *Souper Supper Servers* freezer meals continue to be offered when needed on short notice, as an enhancement to our Shepherd Groups Ministry. The containers of homemade soups have been a special “hit” for those recovering from illness, hospitalization, and treatments. The new freezer was a shared purchase by the Congregational Life Council and the Parish Health Ministry.
- Our Annual Community Remembrance Service for those grieving losses was offered on Saturday, December 11th, with community member Anita Drake as soloist and Rod MacLeod as Organist/Pianist. Approximately 45-50 attended, with many attending the time of fellowship following the service.

### *On-going Activities and Events:*

CareNotes Ministry; Strength and Balance Exercise classes; Blood pressure screenings; Medical Equipment Loan Closet; active visitation and transportation ministries; (2) AEDs checked weekly and maintained; collection/distribution of used eyeglasses; Grief Support Cards sent.

### **Parish Health Nurse Summary - 2010**

I actively participated in the Parish Health Ministry's many programs and on-going activities, along with the following individual professional work and continuing education:

- Maintained an active phone and visitation ministry, along with scheduled office visits, with those in our community in need of support and follow-up after a medical and/or psycho-social issue.
- Ordered new CareNotes every other month as needed.
- Visited our newborns and parents in hospital and/or at home to offer my support, knowledge, and share in their newest joy and challenge, when able.
- Attended a wellness program in April, presented by the D.C. Parish Nurse Network Committee, with an emphasis on nurturing our own faith and spirituality as healers in our faith communities.
- Participated in monthly Wellness Committee meetings, Congregational Care Council meetings, and most JOY Committee meetings throughout the year.
- Checked both AED's in the facility weekly and maintained required checklist sheet for each; ordered and replaced needed supplies that were outdated.
- Assisted church members and friends with medical equipment from loan closet as needed and requested, with Release of Liability forms maintained; cleaned out, downsized, and moved closet upstairs in July.
- Supported Youth Ministry team with the "Safe Dating" program offered to the youth in May, in relation to Domestic Violence issues, with speaker Kat Kraynor from the Domestic Violence Prevention of Family Services.
- Continue as the Referrals Coordinator for the Stephen Ministry, as both Parish Nurse and Stephen Leader.