

St. Michael Church
Health & Wellness Committee Minutes
Thursday, April 12, 2007

Present: Jody Shafer Diane Meyer
 Muriel MacArthur Chris Sayer
 Sally Robinson Elaine Leist

Sally opened the meeting with prayer.

Mary Beth Timmel received the job description from Scott H. for the position of Health & Wellness Ministry Coordinator. She came to this meeting to gain information about the ministry and its responsibilities to St. Michael Parish. Mary Beth is currently helping at our Monthly Blood Pressure Screenings. She is a resident of Glendale and her 2 children attend St. Michael School. She is involved in the school and Parish activities. Her nursing background is in Oncology. Her interest in this staff position stems from her desire to work closely with the recipients of the services that are provided by the H & W ministry. The committee suggested that she contact Jeanne Palcic or Rose Lindeman from ERH to get the “particulars” on the Parish Nurse Program, that St. Michael’s has “adopted” and has received much support from.

AED- Muriel brought the AED (St. Michael’s second AED) that the Knights of Columbus so generously purchased and has agreed to maintain. The original AED came from School monies and must be kept in a “school- operated” room. This new one has updated features and will be demonstrated to the ushers in the second-annual meeting scheduled for the fall.

AMERICAN HEART ASSOC.- Sally introduced the “Start Program” from the American Heart Association and suggested it be promoted as a Parish activity, to encourage walking, as a means of maintaining a healthy heart. She will get Father’s thoughts first and then bring it back to the May meeting for the committees consensus.

MONTHLY BLOOD PRESSURE/DIABETIC SCREENINGS: We serve an average of 30+ Parishioners monthly and could benefit in recruiting more volunteers. Chris continues to counsel clients on medications and elevated sugars levels.

CAREGIVERS WORKSHOPS: The four part series was well attended with an average of 20 people per session. The plan to continue with a monthly support group meeting is in the planning stages. Catholic Social Services of SW Ohio, “Caregivers program facilitators”, have been contacted and are awaiting the confirmation of a time and date to begin. They will help with marketing and advertising for the support group and will provide speakers, when requested.

MEETING WITH FATHER JEFF- Teri and Elaine met with Father Jeff on March 20th to discuss the “open H & W Coordinator position” and to hear what his goals and visions are for this ministry. He confirmed that the staff nurse would be hired for 10-12 hours a

week. He agreed to have Donna M. advertise in the weekly bulletin, with the possibility of extending that to neighboring parishes. Limited, budgeted-funds may not allow outside advertising. He supports the current programs in place and would support a friendly visitors program in the future. H & W could plan the annual ushers orientation/ training (in safety issues) breakfast in the fall, with the support of Brian B. and the Worship Commission. The scheduling of the Communion Distributors for the Homebound Parishioners remains with JoAnn Schwaegerle. If there are any changes Father was unaware of them and we should check with Carol S. Bill Z. and Father are planning most of the funerals and the Bereavement ministry is active and viable. Often families offer a donation to the parish after the funeral of a loved one. We discussed how these monies could be put to “good use” (ex. replacing chaises that are ageing).

HOSPITALITY WEEKEND-H & W members are asked to volunteer at the next meeting for the Hospitality Weekend on May 19th and 20th. If the committee decides to promote the Amer. Heart Assoc. walking program, this could be a good venue to use.

ERH UPCOMING EVENTS:

GERIATRIC CARE MANAGEMENT focus group- April 25th (9:00-10:30am)
MONTHLY SUPPORT AND NETWORKING MEETING – April 25th (10:30 to noon)
REV. HARRIS AND REV. BAER –April 22 (3:30 to 6:30) .

ERH MONTHLY REPORT- We are up to date on the H & W monthly reports for ERH, with the help of committee members and Bill Z., who reports the volunteer hours from the Bereavement Ministry. The total number of volunteer hours for March was 194. This includes Network of Care, Bereavement, Monthly Blood pressure screening, and committee meetings and workshops.

Closing- Prayer of Jabez

Next meeting is scheduled for Thursday, May 10th.