

FLC HEALTH MINISTRY COMMITTEE

January 9, 2013 Heritage Room

Present: Jackie Blee, Katie Gross, Jack Rydell, Sue Pedersen, Dawn Nygord, Ruth Hanson

Minutes of November meeting were approved as written

Ruth led opening devotion and prayer

Announcements

1. Stepping On Series began Jan. 8th with 15 registrants
2. Healthy Faith Communities grant being submitted to DMF
3. Annual meeting will be Feb. 10th between services
4. New BeFriender training scheduled for Feb. 8,9 and March 1,2; will be team- taught by FLC, Atonement Lutheran, and Christ the King Lutheran

AED training for congregation

Katie Gross proposed that AED training be offered to the congregation on a Sunday morning between services. Discussion points included:

- Great idea, especially since community awareness is high after the incident during the recent downtown holiday parade
- Consider doing in February which is National Heart Month
- Consider doing on same Sunday as Mission Soup Sunday which is February 17th
- May offer to youth (confirmation) at a later date
- Katie will do the training; Jackie will provide the mannequin and training pads and training AED
- Besides how to use, we need to cover where the FLC AED's are located
- Include AHA resources like "Know Your Numbers" at the training booth
- A companion article(s) would be written for weekly bulletin

SAD display in Gathering Space

Jan 27th the SAD poster will be featured in the Gathering Space. Jackie will rework the poster. Ruth will submit article for weekly bulletin. The group agreed that we should try to establish a "Health Ministry" corner in the Gathering Space and change out the display to keep it fresh.

Future Women's brunch events

It was recommended that a 2nd brunch be held after Easter. One topic suggested was menopause, based on the evaluations from the first event.

Follow-up on identified need for programming for both high school and young adult members:

At a previous meeting, Dawn had identified the gap that exists for young members after confirmation. She experienced it with her children. Once confirmed, there is no real pull to bring them back to church. The committee brainstormed some ideas, and Dawn offered to meet with Pr. Laurie and Graham Sibley. She reported that they had met and talked about some of our suggestions. Pr. Laurie and Graham were already beginning to plan some activities. Jack also reported that Council has been talking about this and implications for needed resources. Offering free pizza and movie night just for senior high/college students might be a good start.

Lenten Programming:

Ruth suggested that we consider focusing on the 6 components of the Wholeness Wheel. We could feature one each week. She also suggested that we go a year without doing a "Walk to Jerusalem" or other walking program.

Meeting adjourned with the Lord's Prayer

Next meeting: February 6th at 5:30

NOTE DATE CHANGE BECAUSE OF ASH WEDNESDAY, FEB. 13TH

Future agenda items:

- Wellness policy for FLC
- Congregational Health needs assessment. Lu Vitalis
- Alzheimer support group/or seminar on same topic Jackie Blee
- Lenten program
- Energizers (quick exercises that can be done at any meeting)

Recorded by Ruth Hanson