

## **FLC HEALTH MINISTRY COMMITTEE MINUTES**

### **February 6, 2013 Heritage Room 5:30 PM**

**Present:** Katie Gross, Jackie Toppen, Lu Vitalis, Dale Vitalis, Dianna Woodard, Dawn Nygord, Ruth Hanson

Ruth led opening devotion and prayer , using a devotion on the “Ripple Effect”

#### **Announcements**

1. Annual congregational mtg. & Parish Nurse Commissioning for Rita Moen and Kalah Erickson on Feb. 10
2. BeFriender Training begins Feb. 8
3. Ash Wednesday is Feb. 13<sup>th</sup>
4. Lent Theme is “Come Thirsty”
5. Chris Dahl, NP student will help with Lenten series
6. Water Bottles with FLC Logo and Lenten verse have been ordered. They will be sold by confirmation students as fund raiser for the Well/clean water project. Inserted into each bottle will be a sheet talking about the importance of water for our bodies.
7. Katie Gross has begun the Parish Nurse course through Augustana College and will complete course on April 12<sup>th</sup>

#### **AED education for congregation**

This will be offered between services in the Chapel on Feb. 17. Dianna and Katie will facilitate. Ruth will place article in the Sunday bulletin and print handout. Future sessions may be scheduled, depending on the response. Serious consideration is being given to offering to confirmation students. Lu suggested that we keep Roger Spilde in mind for a future Temple Talk on the life saving experience he had when someone used an AED to resuscitate him. Ruth will have signs made to post about the AED education.

#### **Lenten series, based on Wholeness Wheel**

We will address each of dimensions during Lent. This will replace our past “Walks” during Lent. Members offered to write weekly stories for the Sunday Bulletin. (see attached chart). Pr. Dale will supply appropriate Bible verses to go with each dimension. A table will be set up in the Gathering Place with a large poster of the Wholeness Wheel. The plan is also to prepare short information pieces to hand out each week. They will be on quarter size sheets of card stock paper, and will complement the article that week.

#### **Women’s brunch:**

Discussion on the next Women’s Brunch led to the following recommendations and actions:

- Date will be April 13<sup>th</sup> 9-11 or 11:30
- Topic “Hormones through the Generations” (to include teens through post-menopausal women)
- Include entertainment, possibly Lena and Tina comedy act (Not sure of exact name of the group) or a musical group
- Dianna will approach OB/GYN colleagues about the topic and date to see if there is interest in being our presenter.
- Ruth will reserve space
- Would serve a health brunch

The meeting adjourned with the Lord’s Prayer

**Next meeting: March 13<sup>th</sup>**

Recorded by Ruth Hanson, Chairperson

**Future agenda items:**

- Wellness policy for FLC
- Congregational Health needs assessment. Lu Vitalis
- Alzheimer support group/or seminar on same topic Jackie Toppen
- Energizers (quick exercises that can be done at any meeting)
- Increasing use of FLC website for wellness information

**LENTEN SERIES TOPICS FOR CELEBRATE FIRST BULLETINS  
BASED ON WHOLENESS WHEEL**

Per our meeting last night, we agreed that we would use the brief descriptor contained in the Wholeness Wheel in our write-ups for each dimension. Web site for Wholeness Wheel is <http://www.wheatridge.org/resources/health-ministry-center/wholeness-wheel/>

WEEK	SUNDAY DATE	PUBLICATION DEADLINE (Article to Magda)	WHOLENESS WHEEL DIMENSION(s)	PERSON WRITING ARTICLE
1	Feb. 17	Feb. 12 <sup>th</sup>	Series introduction and Spirituality	Carrie Mcleod
2	Feb. 24	Feb. 19	Social/Interpersonal & Emotional Well-Being	Chris Dahl
3	Mar. 3	Feb. 26	Financial Well-Being	Dawn Nygord
4	Mar. 10	Mar. 5	Vocational Well-Being	Dianna Woodard
5	March 17	Mar. 12	Intellectual Well- Being	Lu Vitalis
6	March 24	Mar. 19	Physical Well-Being	Chris Dahl

**Best Practices for Health and Wellness (This section will be printed on the back of the Wholeness Wheel handout)**

As faithful Lutherans, we understand the value and the importance of rules that guide us. Living in a way that is healthy and whole is essential in making the most of the life we were given. Here are some suggestions for being intentional about your health and wellness.

1. Love God with all your heart, soul, mind, and strength.
2. Love your neighbor as you love yourself — be an example of self-care as well as caring for others.
3. Remember the Sabbath and keep it holy — be intentional about time for rest and renewal within your week, church year and life in ministry.
4. Honor your body as a gift from God and temple of the Holy Spirit. Feed it healthy foods and build your physical and emotional endurance with regular physical activity.
5. Honor your mother, father, siblings, spouse, and/or children with your love, respect, and time.
6. Reflect your faith and use your gifts in your vocation.
7. Develop healthy habits to keep your wholeness wheel in balance and to be fit for a ministry of service.
8. Equip yourself to use your gifts effectively to proclaim and live out the Gospel in the world.
9. Practice and seek forgiveness.
10. Pray daily

*The ELCA Social Statement "Caring for Health: Our Shared Endeavor"*