HEALTH MINISTRY COMMITTEE MINUTES

January 9, 2019

Present:  Ruth Hanson, Polly Kloster, Jeanne Laugtug, Sue Pedersen, Lu Vitalis, Dianna Woodard

Kathy Helming, Council member is still interested in this committee, but cannot make the 4:30 meeting time.

After a brief prayer, the committee divided into 2 workgroups to further develop their assignments from December. They reconvened and reported the following:

Grief Event on Monday, Feb. 9

- Service will begin at 7 in the Chapel with light refreshments afterward in Celebration Hall
- Michael has agreed to help select music and play
- Ruth will recruit a pastor to join us
- They would like a heart to be included in all promotional materials.
- They would like to have an inspirational gift for each of the participants
- Ruth will ask Travis Klath to design graphics
- Promotion to include personal mailed invitations, information on Web page and in weekly email updates, posters, Sunday announcements

Prioritization of future projects:

- Offer Hands Only CPR to many church groups (e.g. Mom Talk, ushers, choir, quilters, BeFrienders, ) and launch this in February, Heart Month (Ruth, Dianna, Lu, and Polly will help)
- Revisit Faithfully Fit (Dianna and Lu will explore)
- Assist with launch of Living Free curriculum
- Explore summer walking or biking groups (Rory Biel might be willing to help)
- Investigate “Far Above Rubies” for moms and daughters and a companion program for dads and boys (Ruth will meet with Atonement nurse to learn more about it)
- Explore a ministry supporting HERO (Polly has ideas)
- Conduct a congregational assessment of health needs

Next meeting will be on Wednesday, at 4:30, February 6 in the Heritage Room.

Recorded by:

Ruth Hanson, Parish Nurse Coordinator