

First Lutheran Church - Health Ministry Committee
November 16, 2017
Minutes

Mission Statement: Our mission as the First Lutheran Health Ministry Committee is to help all to more fully experience God's grace, love, and healing by addressing their spiritual; physical, emotional and mental health.

Present: Haley Vargas, Dianna Woodard, Sue Pedersen, Kathy Helming, Doreen Gigstad-Stave, Jeanne Laugtug

Agenda Item	Discussion	Action/Follow up recommendations
Devotions/Prayer	Haley led a devotion	
Old Business	<p>Flu Shot Clinic</p> <p>Influenza Write-Up for Newsletter</p>	<p>We had a great turnout this year. Next year we will consider having the clinic on 2 Sundays and a couple weeks earlier.</p> <p>It was suggested by marketing that this not be included in the newsletter this year. For the next newsletter, we will consider a "Health Ministry" banner to highlight the health awareness month.</p>
New Business	<p>Senior Education Group</p> <p>Friends and Family CPR for staff/congregation</p>	<p>We discussed the suggestions made by Wednesday Fellowship attendees and possible speakers/ideas for each topic.</p> <ul style="list-style-type: none"> • Arthritis <ul style="list-style-type: none"> ○ Chris Kramer (PT) ○ OT • Insomnia • Wills <ul style="list-style-type: none"> ○ Jessica Foss (Estate Planning Attorney) • Medical Assistive Devices <ul style="list-style-type: none"> ○ John Vastag <p>Kathy will reach out to Dr. Judy Blehm to possibly discuss HTN, arthritis, insomnia etc.</p> <p>Discussed implementing a walking group and/or chair exercise group after Wednesday Fellowship for those who would like to attend.</p> <p>Deb Kaul is coming to Wednesday Fellowship to speak at the first Education Group on March 21st. She is the leader of Memory Café in Fargo and will speak about dementia. She will come from 2:15-2:45pm.</p> <p>We will not have an Education Group while Haley is on maternity leave.</p> <p>We will revisit this in March.</p>
	The Lord's Prayer	
Next Meeting		Our next meeting will be held on March 15, 2018 (after Haley's maternity leave)

