

## HEALTH MINISTRY TEAM

The Health Ministry Team is the guiding committee for the Parish Nurse program, and has the physical, mental and spiritual health of the congregation and the community as its focus. This year, 2009, has been a year of continued growth in health ministry. The parish nurse is working to give the program increased visibility and accountability to the congregation.

Several goals were accomplished or started during 2009, and a partial list of activities is as follows:

1. Wrote parish nurse column in the monthly *Discovery* newsletter, with educational bulletin board and health information materials available in the Library hallway;
2. Ongoing medical equipment and supplies collected and redistributed to agencies that can use them. Medication container collection for Synod's free clinic;
3. Organized and coordinated the Children's Health and Safety Fair September 19, attended by over 75 neighborhood children;
4. Developed DivorceCare ministry in conjunction with parish nurse from Fox Point Lutheran Church to serve as healing resource to community members in need of healing following divorce/separation;
5. Telephone or personal contact with hospitalized and ill members, based on referrals from the pastor, the Prayer Chain, or specific requests;
6. 59 home and 45 hospital/nursing home visits, 56 telephone visits and 58 blood pressure screens;
7. Obtained grant funding and directed the 4-session interfaith senior Cooking with Chef Robert class;
8. Sunday School teaching on health-related topics (3);
9. Coordinated the development of a Blood Drive held every 8 weeks through the Mighty Ministerium churches;
10. Luther Manor Family Worship service held in December for all Memorial members and friends at Luther Manor, along with their families;
11. Two healing service Sundays, in April and in October (two services each);
12. Initiated and led the ongoing *First Place* weight-loss program;
13. Continue to lead the seniors "Sit and Be Fit" exercise program;
14. Weekly E-Pistle;
15. 34 hours continuing education;
16. Adult forum educational program on faith, spirituality and healing;
17. Continued to coordinate (recruit, train, match) the Eucharistic ministers for visiting our congregation's homebound members;
18. Health promotion programs for various age groups;
19. Coordinated Christmas caroling to the homebound;
20. Represent Memorial on the Shoreline Interfaith Neighborhood Outreach Program Board of Directors;
21. Serve on Synod-wide health and wellness committee;

Each of these activities support one or more of the eight ministry priorities as developed by the Church Council. In the spirit of Christ and in response to His grace and love, Memorial has become a place where people can find support and healing as a reflection of God's healing love for us. Our parish nurse ministry is our way of extending an invitation to seek wholeness in Christ. Caring for one another and for the community is at the very heart of this congregation's history. Our health ministry is an organized way to respond to the call to care for one another, both within and beyond our own walls.

Please contact me or any Health Ministry Team member to provide input or fresh ideas for health and wellness services to support the mission of our congregation: **"Witnessing for Christ in our Community."**  
Eileen Weller, Parish Nurse