

Catholic Area Faith Community of Jesus Our Living Water
Area Health & Wellness Subcommittee

January 10, 2013 Meeting minutes

Present: Sherrie Grindy, Mary Pieh, Deb Buffington, Berdelle Ingeman, and Pat Berg

Absent: Elaine Anderson, Mary Nordstrom, Fr. Steve

The meeting was called to order at 3:05 pm by Sherrie Grindy. The January 8, 2013 agenda was used since not all agenda items were covered during that meeting.

Discussion items:

- 1) Report on the meeting with Sr. Pat Imdieke: Sherrie met with Sr. Pat in December 2012 to discuss her role as Director of Pastoral Care, learn how this relates to parish nursing services, so as to enhance rather than duplicate services to parishioners. Sherrie prepared notes from her meeting with Sr. Pat. These notes were included in the January 8th meeting packet sent out in advance of the meeting. The Committee reviewed the notes. Comments and recommendations were made as follows:
 - Sr. Pat Imdieke visits St. Marys' parishioners only, not members of other parishes. Members of the other parishes could benefit from these services also if it is possible for the Area Faith Community to expand them.
 - Perhaps a card could be left with the hospitalized parishioner asking them to call the Parish Office once they return home (their residence, nursing home, assisted living, etc.) especially if they move to another location following hospitalization.
 - Transportation needs and available resources need to be explored for parishioners needing to get to medical appointments. One resource for transportation is Compassionate Care. The KAT bus and related services are also a resource but may be under-utilized. Volunteers may be needed to ride the KAT bus with the parishioner the first time so they are comfortable using the KAT bus. *Tiffany Collins, Director of KAT, can provide transportation information at a future date.*
 - The Committee needs an updated list of community health resources that can be used by volunteers during their home visits to parishioners. *Pat will attempt to find an updated resource list.*
 - Volunteers need to know who to contact when a parishioner's health is declining and more services are needed. *Contact will be made with Kandiyohi County to get more information on this.*
 - Sr. Pat requests a contact person at St. Marys for her to refer parishioners to for health visitation. *This will need to be determined. Having a contact person at each parish site was also discussed as well as the process to be used for referring parishioners with needs.*
 - The Committee plans to invite Sr. Pat to the future Health & Wellness meetings to promote coordination & collaboration.

- 2) Long –range planning of the structure of Parish Nurse Services – the Committee discussed the structure of the past parish nursing services (10 hrs/week each for both Kelly and Cate – totaling a .5 FTE). Both individuals felt there wasn't enough volunteer support available to them, yet reports from volunteers were that they were willing to help but were not contacted. Delegation and lack of efficiencies were also noted as difficulties. The Committee discussed the disadvantages of having one, or two, people in this role, especially if someone leaves the program basically halts, as it did last fall. The Committee explored whether having a team of 2-3 people coordinating the parish nurse services would strengthen the health & wellness program and add to the stability of the program. Responsibilities and leadership would be

shared among the team leaders rather than rely on just one person. This is a tough position to do alone with so much work to do in all the parishes. The Committee will continue to discuss this structure at the next meeting.

- 3) Healthcare/Advance Directive education: Mary Pieh is working with Kelly Sing who is a trainer for this education. April 2013 has been set as a target month for the training. Mary will work with Kelly on the details for the education session which will be open to all parishioners. Rick Wehseler, M.D. and Mark Wermerskirchen, Attorney, have both volunteered their services, as needed, for this training. The Committee talked about the role each would have during the training session. Another option would be to have a panel of professionals present during the session. More details need to be explored. Mary continues to work on this and will request the Committee's help as needed.

- 4) Bereavement Workshop scheduled for the morning of February 23, 2013: the Committee was reminded of the upcoming bereavement workshop and is asked to assist, as needed, during that event. Health Care Volunteers will be contacted and asked to assist also. More information is needed on the speaker, topic, etc. so this can be shared with the volunteers as they are asked to help. *Pat will contact David Rivers to get more information about the workshop and ask how Health & Wellness committee members and volunteers can assist that day. Sherrie will contact the volunteers about the upcoming workshop so they can get it on their calendars. More information will be provided as the event gets closer.*

- 5) Care Notes pamphlets: Sherrie brought a set of CareNotes pamphlets that she had obtained to show the Committee. She thought these could be available to parishioners during visits. The Committee would like to research the cost of these pamphlets and where they can be purchased. It was suggested to contact Rev Bev Crute at Rice Hospital who will have more information about this. *Pat will contact Rev Crute about this and request more information.*

- 6) AED training at St. Patricks scheduled for Feb 2nd: AED training by the Atwater Ambulance Service has been confirmed for Saturday, February 2nd after the 4 pm Mass (approximately 5 pm). Berdelle will contact Sharon at the parish office regarding who should receive the training. Announcements about the training will be placed in the bulletin. Anyone interested in attending is invited. Berdelle plans to be present at the training.

- 7) AED policies updates: The Committee plans to update two documents – “Heartstart AED Maintenance Protocol” and “Heartstart AED Protocol.” Pat will distribute both documents by email attachment and ask Committee members to review the documents and recommend changes. The Committee also discussed developing a form to document AED training at each parish with an AED, who attended, and how the units are checked and maintained (replacement batteries and pads).

The next meeting is scheduled for Feb 14, 2013 at 3 pm either at St. Marys, if a room is available, or at McMillan's Restaurant in Willmar. *Pat will contact St. Marys to check on room availability.*

The meeting adjourned at 4:45 pm.

Minutes respectively submitted by: Pat Berg 1-11-13