

Health and Wellness Subcommittee Meeting Minutes,

November 6, 2012 at the Church of St. Mary

Attending: Mary Pieh, Sherrie Grindy, Deb Buffington, Pat Berg, Berdelle Ingeman, Fr. Steve, and Christa Rivers to facilitate the meeting. Mary Nordstrom was present to act as scribe.

Opening prayer was led by Christa.

Fr. Steve gave an overview of our current Parish Nurse program with Cate's resignation, and reaffirmed his – and the APC's – desire to continue this ministry. What are our options: 1) hire part time again; 2) hire one person for 20-hours per week; 3) wait until spring/summer.

Pat described the history of the Parish Nurse program in the community. Many of them began as paid positions funded through SWIF grants. As the grant money ran out, many of the programs became more volunteer and less paid. There used to be monthly support group meetings at Rice for all of the nurses, allowing them to get feedback from each other on what was working and what wasn't. It is her belief that this has been discontinued.

What has worked well for us, and where do we have room for improvements?

Worked well	Room for improvement
Faithfully Fit in Willmar	Faithfully Fit in Spicer – due to it being more of a rural parish
Home visits – huge help to the priests. Sr. Pat is now on staff for home visits to St. Mary's parishioners.	Few people were attending blood pressure clinics and there wasn't any way to know if the follow-up was happening
	Other nurses have indicated they would have volunteered if they had been called and organized.
	Poor participation at health fairs and wellness seminars; duplication of what is being offered elsewhere in the community.

What we have learned:

- We have wellness centers in the community
- We have community grants to provide the information without using Parish Nurses
- We should use the resources for items not provided by other community resources
- Have we helped our parishioners understand the function and role of parish nurses?
- The need is present.
- There is a need for health care directives
- There is a need to attend medical appointments with the elderly (not provide transportation, but act as an advocate)
- We need an RN to coordinate, educate, and delegate.
- The needs are different in each parish/church.
- Our main goal is physical & spiritual care when a family is in time of crisis. (Pastoral Presence & Outreach)

- We need a point person to be a contact at each parish.

Things we would like to see happen even without a nurse in place:

- Advanced Directive session at each parish during January / February
- AED training – especially at the Church of St. Patrick, which just received it's AED.

Outcomes:

- Pat, Deb, Mary P, and Sherrie will work on both a short-term and long-term plan for the program.
- Pat will contact Kelly and Deb will contact Cate to see what the volunteer pool looks like.
- Mary N. will pull the list of Time and Talent entries for this area.
- Deb will contact Fr. Jerry to discuss having Dr. Wehseler do an AED class at OLOL.
- Pat will talk to Brad Hanson about doing an AED training session in Kandiyohi.
- Need to see who is qualified to lead Advanced Directives sessions.

Next meeting: Monday, November 26, 5:30 pm at the Church of St. Mary in Willmar.