

## **St. Vincent DePaul Health Ministry Team Summary October 2019 to January 2021**

The St. Vincent DePaul Health Ministry active members with about 5 attending meetings prior to COVID 19 pandemic. There are 3 new members from the fall 2020 stewardship survey that have been notified and thanked for volunteering. No additional members have attended a Parish Nursing Course in the last year and half. Those completing the parish nurse course are Cathy Korthas, Marge Wehman, and Bev Wilkerson.

### **Health Ministry Resources**

- **Faith Based Health Ministry Network (Diocesan group that is interfaith)** No one was able to attend the January 2020 or November 2019 meetings. No in person meetings due to the pandemic. The meetings have been on Zoom in November and September of 2020. Next Zoom meeting is January 21, 2021. The November and September meetings focused on keeping our congregations safe during the pandemic. In November we had a presentation via zoom on resources available through MU extension on nutrition and health.
- **Healthy Luncheons** have been suspended as of March 2020 due to the pandemic. October 16 luncheon featured fall vegetables with cauliflower soup, apple salad, corn bread and pumpkin mouse. About 22 attended. In November 13 2019 the speaker was LeAnn Korsmeyer from Women's ministry in Jefferson City. About 32 attended this luncheon featuring sloppy Joes, mac/cheese, coleslaw and apple crisp. December 18 was a luncheon featuring recipes that could be adapted for 1 or 2. It followed the healing mass, about 30 attended. The January luncheon featured healthy super bowl snacks and was decorated with a Chief's theme. About 25 attended. The Feb luncheon was cancelled due to weather.
- **Emergency Preparedness** The focus was on Tornado safety. COB mini lanterns or flashlights have been purchased for St. Patrick's and Sacred Heart churches. St. Johns already had them. Skid Guard Treads were installed on the stairs to the basement of the Parish Center. *Severe Weather* signs have been installed in all safe areas for a wind storm. Still need to ask the EMS director of Pettis County if the new bathroom at St. Patrick's church would qualify as a tornado safe area. Fr. Dave Viet advised the Health Ministry Team that the Administration Commission/Council would take over installing the LED emergency lights with battery back-up for the stair wells. SH needed 3, St. Pats -2. The purchased lights were delivered to Dianne with the locations recommended by the EMS survey of the church sites. AEDs are at all churches. A generous donor donated the AED at St Patrick's. COVID 19 hit before we could schedule mini courses for parishioners to be trained or instructed in the use of the AEDS. Health Ministry has paid for the purchase of all items when we were not funded by a submitted Safety Grant.

- **Bereavement Ministry** - Has had several new volunteers. Two still need to be trained, Susan Walker and Julie Branz. Two new volunteers were orientated, Marge Watson and Susan Sanderson. Ann Dove still leads the group with making assignments and scheduling meetings 3-4 times a year for volunteer support. We have supported 34 parishioners in the grief process during this time period. Bereavement Materials such as the Journeying Through Grief booklets, Anniversary of the death cards and Bereavement basket cards are purchased through Health Ministry funds. Bereavement baskets are filled by Bev Wilkerson, Jenni Walker and Natalie Walker. At this date there are only 3 baskets left. Items for the baskets are donated by a few parishioners. Fr. Joe presented a program at the ministry's September 2020 meeting. About a dozen attended. His presentation on grief was well received, all wore masks and socially distanced.
- **Prayer Shawls** - Sr. Mary Ruth will distribute as she finds individuals in need. Delivery to new Nursing Home residents has ceased with the pandemic. Arvol and Janet Bartok deliver the baby prayer shawls at baptism prep. There currently is no volunteer coordinator as Shari Brown resigned last Spring. There have been 9 prayer shawls delivered since October of 2020. Dianne Withers keeps a count if individuals notify her when one has been given out. Somehow, we need to give to our parishioners – so if anyone knows of someone in a crisis that could use the comfort of a prayer shawl, contact Dianne. She will see that one of us on Health Ministry gets it distributed. There is currently a bin of adult and infant shawls that need packaging. Jenni and Natalie Walker packaged adult shawls in June of 2020. Adult shawls need a small cross tied or sewn onto a corner. We have a wonderful group of parishioners that crochet. A new volunteer is a friend that does beautiful crochet and is incarcerated. She is working on the baby prayer shawls.
- **Sewing** Still headed by Carol Schibi and will return to Tuesday work days in the parish center when it is safe. Sewing was suspended because of COVID. Several members of the Faith Based Health Ministry Group have asked for samples of the clothing protectors.

## Health Education

- **Bulletin Notices -Physical Health:** Dental Hygiene, Breast Cancer Awareness, Diabetes Awareness, Strokes, Boosting your Immunity, Winter fruits and Vegetables, Dietary guidelines for Americans, Dietary Guidelines for Americans, Importance of Blood Pressure monitoring, Working out, Immune Building foods, High Blood Pressure risk, High BP prevention, Protecting yourself from COVID, Men's Health, Insect bites, immunizations for children, Planning healthy meals, Protecting your heart during a pandemic, Get your flu shot, Importance of getting the COVID vaccine. **Spiritual Health:** Spiritual check-in, advent series, Growing in Gratitude during Advent, Healthy recipe, Artichoke dip, **Mental Health:** Mental Fitness, healthy ways to deal with stress,

International Survivors of Suicide Day, Seven ways to Stress Less, Learn to relax, Mood boosting foods, Looking for Good, Grief awareness, Love yourself **Social Health:** Living sustainably in this Age, Pray for Peace, Caregiving and visiting with individuals with Dementia, Prayer for Faithful Citizenship from USCCB, Celebrating Thanksgiving safely during a Pandemic

- Walking with Sarah and Abraham Program focused on diet, activity and water intake. About 27 took part in the program. A dollar donation for the book was requested but not mandatory.

#### **Direct Care Services**

- **Blood Pressure Sundays have been suspended since March 9.** Prior to that, we had 5-7 regular volunteers to cover each mass. Will resume by next fall, hopefully, when a majority of individuals have been vaccinated.
- **Stroke Scan Plus in December Dec 13 & 14 2019.** There were a couple of scheduling issues that Bev Wilkerson called the company regarding. One they didn't have the appointment down and were told to come back at 4 but the techs were just getting back from break (2.30-4) and said they couldn't work her in. The other individuals were not contacted about no screenings on Saturday. Not sure if we will use them again.
- **Foot Clinic** – resumed in October. I do not have dates from Riki regarding dates for 2021.
- **Rosaries at Cedar Hurst have been suspended due to the Pandemic.**

**Respectfully submitted, Bev Wilkerson Chair**