

Summary of 2019 Health Ministry Activities:

- Completed a health summary of all three parishes and identified the health needs of parishioners.
- Received donations from all three CCWs to cover the cost of brochures and supplies for the Blood Pressure screening.
- Purchased 2 different sizes of B/P cuffs and stethoscopes for all three parishes.
- In July began offering monthly blood pressure screenings at all three parishes.
- Developed a purpose and direction for the start of our health ministry
- Established a health committee and determined the role of this committee would start with education and information.
- Living Well with Chronic Conditions workshop was offered in September and October. 6-8 people attended.
- Offered friends and family CPR training in Cumberland for ushers and parishioners.
- AED batteries and pads were replaced in the AEDs at St. Anthony.

Plans for 2020:

- Obtain AEDs for St. Ann's and Sacred Heart Parishes
- Offer friends and family CPR in Almena for ushers and parishioners.
- Offer education around final affairs
- Offer QPR training/suicide prevention
- Continue to offer Blood Pressure Screening monthly