

Health Ministry Meeting

October 12, 2023, 6:45 PM

Meeting at St. Anthony Parish Hall

Members attending: Mary Freitag, Angela Schug, Liz Larson, Roberta Braml, and Mary Ricci

Opening Prayer/Mary-Prayer of St. Francis

Reviewed minutes from August meeting. No changes made.

Old Business:

Update on NLP weight loss programs:

Mary R. reported they are on week 4 of current sessions. Two groups at St. Anthony, Wednesday AM and Thursday PM, with a total of 18 participants. Have had a total of 65 pounds lost so far in four weeks. They had a presentation from the Food Co-op and were informed of a program at the Cumberland library called Spice of the Month.

The current 8-week sessions are due to be completed on November 1st and 2nd, but both groups are discussing continuing the program for additional sessions.

The original Cumberland group from last spring continues to meet monthly as a support group.

The ministry team discussed holding a new session in January and opening it up to the community in addition to parishioners from our three parishes. All members present agreed it was a good idea to open it up to the community. Will discuss planning and promotion for this next session at next meeting.

Stepping On Program:

Roberta Braml and Mary Updike, from Barron County ADRC, finished leading the 7-week program on October 5th with 7 participants completing the program. There will be a follow-up/booster session for these participants on Thursday, December 14th at 6:00-8:00 PM at the Sacred Heart Parish Hall in Almena. The program was well received by the participants and the guest experts provided valuable input to the program. Will plan for another session sponsored by the Barron County ADRC in the spring or early summer of 2024. Mary Freitag attended the recently completed session and is considering being trained to co-facilitate the next session as a Peer Facilitator with Roberta. The program will be offered at either St. Anthony parish hall or St. Ann Center.

Friends and Family CPR/AED training

Will look at providing in January, February or March of 2024; one session at Sacred Heart after Mass, and one session at St. Anthony. Roberta left messages for Anita Tomczik asking if she would be willing to provide the training. Roberta will follow up with her. Mary F. reported Kristin Olson, the Cumberland school district nurse, is not able to provide the training for our parishes. Roberta will check with Kelly Quick-Hanson at the Cumberland Hospital to see if there is someone on staff who could provide the training for our parishes.

End of Life Seminar through Catholic United:

This is scheduled for Sunday, January 21st after the 10:30 AM Mass at St. Anthony. Dcn. Steve will do part of the presentation due to Fr. Kanna being on vacation at that time. The Catholic United Financial representatives will present the same program that was previously presented as it was so well received.

Blood Pressure Screening at St. Anthony:

August 20th: Sharon Hermon

October: Mary F.

November: Mary R.

December: TBD

Next meeting: November 30th at 6:45 PM at St. Anthony Center

Mary Freitag led us in a closing prayer. Prayer for troubled times.

Submitted by Roberta Braml