

## **Health Ministry Meeting**

**April 13, 2023 6:45 PM**

Meeting at St. Anthony Parish Hall

Members attending: Mary R., Angela S., Liz L., Roberta B.

Opening Prayer/Mary

Reviewed minutes from January 5<sup>th</sup> and 26<sup>th</sup> meetings. No changes made.

Old Business:

Discussed NLP weight loss programs

What is going well:

The Wednesday group has great attendance and engagement. Forming good connections.

The attendance this past Wednesday was down a little after Easter.

The Sunday group has lost a few members, but still has a core group who attend regularly and are engaged in the program. Consensus is that the program is going well and is well-received by those attending.

What changes/considerations do we need to discuss:

The group discussed continuing and agreed to continue the groups as is for another 4 weeks after the original end date of April 26<sup>th</sup>. This would take us through May 24<sup>th</sup>. Then will look at plans going forward. Maybe a break over the summer months and resume again in the fall.

Survey members to continue another 8 weeks?

Mary R. will type up a simple survey with a couple of questions to hand out to the groups. Will email it to Mary and Roberta for the Sunday group.

Start a session for new members?

Discussed looking at offering a new session, maybe an evening option. Will discuss later in the summer and maybe offer beginning in the fall.

ADRC updates: Mary/Roberta

Current offerings

Facilitator Training:

Roberta is taking the Stepping On facilitator training in June and hopes to offer a class at one of our parishes in the Fall. Stepping on is a fall prevention program for older adults developed by Wisconsin Institute for Healthy Aging. It will be sponsored and promoted by the Barron County ADRC and will consist of once per week sessions for 7 weeks, and then a follow-up session about two months later.

Mary F. plans to take the facilitator training in September and Roberta and Mary will be co-facilitators, which is a requirement of the training program.

Blood Pressure Screening:

April 16<sup>th</sup>: Angela

May 21<sup>st</sup>: Mary R. will check with Charlotte or Sharon to see if they can do May and any other months going forward. June 18<sup>th</sup>, July 16<sup>th</sup>, August 20<sup>th</sup>

Closing Prayer

Next meeting: Thursday, May 11<sup>th</sup> at 6:45 PM at St. Anthony

Submitted by Roberta