

## **Health Ministry Meeting**

**May 11, 2023 6:45 PM**

Meeting at St. Anthony Parish Hall

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

Opening Prayer/Mary

Reviewed minutes from April meeting. No changes made.

Old Business:

Discuss NLP weight loss programs:

Almena group stopped after 8 weeks. Cumberland group continuing for a couple of weeks.

Mary R would like to offer a casual weigh-in and meet 2 times per month over the summer in Cumberland if the group would like that. Discussed letting the Almena group know that is available, if going ahead with this.

Review Survey results:

Overall positive comments. Mary R has surveys and will summarize.

What changes/considerations do we need to discuss:

Discussed offering the program again in the fall. Discussed offering at 10:00 AM on Wednesdays in Cumberland and after 8:30 AM Mass at Almena. If doing that same schedule, would start Mary R's Wednesday class first, so she could provide any additional content to the Almena group. Mary R. also suggested that the books need to be given to the participants before the first session. A potential additional topic for the classes in the fall would be a presentation from the Food Co-op. Mary R will check on that.

Discussed offering an evening session, on Thursday evenings, Mary R would lead, and Liz would be back-up. Would only do if a minimum of 4-5 registered.

\*Tentative plan for fall: Wednesday sessions September 20<sup>th</sup> -November 22<sup>nd</sup>. Sunday sessions September 24<sup>th</sup> -November 26<sup>th</sup>.

ADRC updates: Mary/Roberta

Current offerings

Facilitator Training:

Roberta is doing Stepping On training in Eau Claire in June and then hopes to offer the program in the fall. Would be sponsored through the ADRC with them doing all promotion, registration, and providing all materials. We would just need to provide the facilitator (Roberta), meeting space and healthy snacks.

Blood Pressure Screening:

May 21<sup>st</sup>: Charlotte

June 18<sup>th</sup>: Mary F.

July 16<sup>th</sup>: Mary R.

August 20<sup>th</sup>: Mary F.

End of Life Seminar through Catholic United: Will look at providing another session in the Fall.

Next meeting: August 3<sup>rd</sup> at 6:45 PM at St. Anthony Center

Closed with Hail Mary.

Submitted by Roberta Braml