

Health Ministry Meeting

October 24, 2024, 7:00 PM

Meeting at St. Anthony Parish Hall

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

Mary F. led the opening prayer.

The minutes from September 5, 2024, meeting were reviewed and accepted without changes.

Updates:

Weight & Wellness: The W&W members continue to have the opportunity to attend monthly meetings. We typically have 8-12 members who continue to attend the monthly meeting. Mary R. reports she has plans to start another class, beginning in January 2025.

Stepping On: A Stepping on booster class was held on September 12, 2024. The class went well with 5 out of 12 members returning for this class.

Blood Pressure Screening:

September – Mary Freitag

October – Mary Ricci

November – Anita T. will be doing the blood pressures in place of Robert

December –

CPR/AED/Stop the Bleed: A well-attended, Wednesday evening CPR, AED, and Stop the Bleed class was held on October 23, 2024, for ushers, volunteers, and parents. The Health Ministry program will continue to offer this life-saving program each year.

Church First Responders:

Mary R has been working on this, notices have been placed in the bulletin. We are seeking people who are interested and are trained medically to provide “first response” medical assistance at church mass/events. This would include first responders, EMTs, nurses, etc. These people would then check in with the ushers so the ushers know who is in attendance for a particular mass/event. Ushers will also have a back-up list of people should the need arise for medical assistance. To date, one person expressed interest. We may need to reach out to those we know who have medical training to see if they are interested.

Catholic United Presentation:

Financial Planning/End of Life - Looking for dates to have this presentation again after the Sunday social. Perhaps in February or March.

Financial Planning/Families – This would be for younger families to assist them in having a plan. It was suggested to have this on a Wednesday evening when parents would be available at the same time their children would be attending catechism. Mary F will talk with Deacon Steve/Greg about schedules and then contact Catholic United.

Next Meeting: December 12, 2024, at 7:00 pm

Mary F. led the closing prayer.

Submitted by Mary Ricci