

Health Ministry Meeting Minutes

March 14, 2024 6:45 PM

Meeting at St. Anthony Parish Hall

Members attending: Mary Freitag, Mary Ricci, Roberta Braml

Opening Prayer/Mary F

Reviewed minutes from the January meeting, no changes were made.

Old Business:

CPR classes at St. Anthony and Sacred Heart. Both were poorly attended, and the KC fellowship at St. Anthony conflicted with the class. Nikki and Rebecca also provided a Stop the Bleed training and provided a stop the bleed kit for both parishes. Rebecca was supposed to get one for St. Ann church as well. Roberta will follow up to see if this kit is ready and arrange for delivery to St. Ann's. Some of the participants were not even aware that we had AED devices in all three churches and halls. Discussed some ideas on how to raise awareness with parishioners about the safety devices in the churches. One suggestion was a trivia quiz at the fellowships or in the bulletin with prizes for winners. Discussion on how to get better attendance, especially with the ushers. Mary F. will talk to Dcn. Steve to see if he would be willing to hold a mandatory Usher meeting where we could have a CPR/AED refresher class provided. Roberta will reach out to Nikki Huber about availability to have a CPR class on a weekday evening in September or October.

New Life Program update:

Mary R shared they just completed the most recent session and now all groups are combined into a group that meets monthly at 10:00 AM on the first Wednesday of the month. Mary has had a couple of guest speakers and attendance is very good when they have the speakers. The group is interested in a guest expert to teach about sourdough bread baking. Roberta suggested her daughter in law, Ginger and will have her contact Mary R. for details. Mary R. is also working with Sue Bridger, Cumberland community education coordinator, to hold another New Life Promise session starting either the first or second week in April. Sue will do all the promotion for the program. The program will start at 5:30 PM and be held at the school Home Ec room. Will cap registration at 20.

End of Life Presentation in the Fall through Catholic United Jan. 21st

This was well attended with approximately 10-15 attendees. It continues to be well received and we will continue to offer this program yearly to every 18 months.

New Business:

Stepping On series: Next class will start Thursday, April 25th from 6:00-8:00 PM and run weekly through June 6th. Barron County ADRC is handling all registration and program materials. We have 3 registered so far. Roberta and Alisa from ADRC are arranging the program-required guest experts. ADRC is promoting the program through several avenues. Roberta handed out flyers to Mary R and Mary F to post at various locations in Cumberland. Flyers are already up at all three churches, and it will be in the bulletin and pre-mass announcements for the next several weeks. Mary F will co-facilitate with Roberta as a peer facilitator. Roberta will pick up the class materials from Alisa at the ADRC office next week.

Update on follow up with Catholic Herald on our health ministry team:
Mary F left a message for the reporter who was interested in doing an article about our parish health ministry. She will contact the ministry team to set up interview plans after she hears back from the reporter.

Blood Pressure Screening:

March 17th: Mary F

April 21st: **WE NEED VOLUNTEERS FOR ALL OF THESE DATES. PLEASE CONTACT MARY**

F

May 19th:

June 16th:

July 21st:

August 18th:

Next meeting: Thursday, July 25th at 6:45 PM at the St. Anthony Parish Hall

Closing Prayer: Hail Mary