

Meeting at St. Anthony Parish Hall

Members in attendance: Mary Freitag, Mary Ricci, Jennifer Capra and Roberta Braml

Mary F. led the opening prayer.

The minutes from the October 24th meeting were reviewed and accepted without changes.

Weight and Wellness: Mary R. reports the next class will begin January 8th at 6:00 PM and will run every Wednesday for 8 weeks. The location is yet to be determined. Cumberland Community Ed will co-sponsor the class. Mary R. will get announcements in the bulletin and on the church website.

Stepping On: Roberta reported that the next Stepping On class will be held at St. Ann Center in Turtle Lake, 2:00 PM to 4:00 PM, from Thursday, April 24th through June 5th. Laura Sauve from Barron County Public Health will co-facilitate the class with Roberta. The Barron County ADRC will sponsor and promote the class. Roberta will get the announcements in the bulletin some time after the New Year.

Blood Pressure Screening:

December: Mary F.

January 19th: Mary R.

February 16th: TBD

March 16th: TBD

Church First Responders Update:

Mary R. has only heard from one person in response to the announcements in the bulletin. Will work on a list of potential members from each parish who have a health care or emergency services background and reach out personally to them.

Catholic United Presentation:

Mary F. reports they will do a presentation on financial planning/end of life following the after-Mass social on January 19th at St. Anthony's. Deacon Steve Linton will do the pastoral part of the presentation. Catholic United will do all the promotion for the event.

The financial planning for younger families needs to be attached to another event to get needed attendance. Mary F. will reach out to Deacon Greg and Elaine to see if it can be held after an event they are planning for April.

Epi Pens/Grant/Discussion: Mary R. attended a class and got certified to administer epi injections to someone who is experiencing an anaphylactic reaction. She also applied for a grant to get free epi pens for St. Anthony church and has received the pens. Discussion on where to keep the pens resulted in the plan for Mary R. to keep the pens until more members are certified to give the injections. Then a secure location for storing the pens will be determined. Mary R. is also going to be trained to be an instructor, so she can train more members to get certified to give the injections. When more members are certified, we will get grants for the free epi pens for St. Ann's and Sacred Heart.

Next meeting: Thursday, February 27th at 7:00 PM at St. Anthony Parish Hall

Mary F. led the closing prayer

Submitted by Roberta Braml