

**Health Ministry Meeting Minutes** **February 12, 2026, 7:00 PM**

Meeting at St. Anthony Parish Hall

Members in attendance: Angela Schug, Mary Freitag and Roberta Braml by phone

Mary Freitag led the opening prayer.

The minutes from the November meeting were reviewed and accepted without changes.

**Weight and Wellness:** Defer to next meeting in April

**Stepping On: Next Session planned for April 2026.** Roberta reported the session will run from 4/9/2026 through 5/21/2026 on Thursday afternoons from 2-4 PM at Sacred Heart in Almena. Laura Sauve will be the co-facilitator for the group and Roberta will be primary. The ADRC will help with all the advertising.

**Blood Pressure Screening at St. Anthony:**

February 15<sup>th</sup>: Mary R., March 15<sup>th</sup>: Angela, April 19<sup>th</sup> Mary F., May 17<sup>th</sup> Mary F.

Update: The new automatic monitors readings are running high as compared to the manual readings. Roberta reported she had talked to Carol at St. Ann's sometimes there are a few who come for blood pressure screening and sometimes no one. It is better when it gets announced. Carol will remind them to announce when she is taking blood pressures and will have Michelle put it in the announcements at church.

**Church First Responders and Epi Pens Update:**

Defer to our next meeting

**General Updates:**

Hand sanitizer and alcohol wipes have been replaced. All hand sanitizer used during communion at the 3 parishes has also been replaced.

We are running low on blood pressure tracking cards. It was noted many members of the congregations bring them when we are taking their blood pressures. Mary Ricci will print more.

**Next meeting:** Thursday, April 9<sup>th</sup> , at 7:00 PM at St. Anthony Parish Hall

Closing prayer led by Mary Freitag

Submitted by Mary Freitag