

## Health & Wellness Committee Meeting Minutes

January 7<sup>th</sup>, 2010

Present: Susan Brodd, Jon Landen, Linda Langel, Tom Scharine,

Absent: Cleo Eliason, Bonnie Duerst, Tom Radloff

Devotions were led by Jon.

Committee recommended having Jon's devotion printed for congregation in: "News you can use" or the newsletter. (Susan to follow up.)

Goals for this 2009-2010 year: Presenting to the congregation a 4 part series of educational opportunities. Continue the Annual Flu Shot Clinic and Blood Drive, monthly Health & Wellness Sunday's (Blood Pressure Screening and Pharmaceutical Services) and hosting THI CHI. Future workshops: Finance, Estate Planning, Twitter and Facebook, we are also in the process of obtaining a DVD from Skaalen. Participate at McFarland Family Festival in October 2010. Possibly create a Float - (3 churches involvement). Continue collecting: Hearing Aides, glasses and cell phones

Pr. Jerry-has assigned Bonnie D. to be our staff liaison to this committee during the Pastoral vacancy

Linda stated she will contact Marilee T. in regard to Blood Pressure Screening. Discussed having "interest in blood pressure screening and CPR training included in the next time and talent form. Susan to contact Dennis Knutson and Lee Ackley.

Ministry Fair – Susan to contact Lee Ackley for planning the Health and Wellness booth/materials/possible presenter. (Pending)

Military/Birthday/Card Station – Member requested to have an explanation of the card ministry placed in the "Take me Home" or Newsletter and posted on the bulletin board. Susan to write for Feb 2010. Promote use: by suggesting to members to write homebound, friends, family and those serving in the military.

Tom R. to contact HHU and fact find on why the change in cost. (Pending)

Baby Quilts for local EMS and newborns. (Addition of crib size blankets for new born babies).

Cleo reported that she delivered baby caps (4) to EMS. She has introduced Norma Kohl and Audrey Bouchon (who is currently making the quilts for the Elizabeth ministry). Norma has an interest in quilting. Providing quilts to EMS is currently on hold as there was a change in Village staff. Awaiting new EMS Director.

Continue to review Homebound Tape ministry (Possibly convert to DVD)

Prayer Shawls: Susan to follow up on purchase of bags, cards/envelopes/tissue paper. Is there a need for more to be made? Next date for blessing at a service.

February is Heart Health Month. Susan to contact Tom R. for presentation at next Health and Wellness Sunday

Future: Next presentation: details pending (possibly Skaalen DVD and Judy Olson for speaker), Community Meal-Cooking Bee-Rotating hot dish-in planning stage-Invite local police/fire/EMS to meal(s), Purchase accessible van, Disaster Plan/Emergency Preparedness on Sundays (Worship/School)

Next Meeting: February 1st at 6:30. Please watch for reminder postcard.

Next Healing/Remembrance Service:

February Devotion: Linda

In His Service,  
Susan Brodd