

## Health & Wellness Committee Meeting Minutes

February 1st, 2010

Present: Pr. Jerry, Tom Radloff, Susan Brodd, Jon Landen, Linda Langel, Tom Scharine,

Absent: Cleo Eliason

Devotions were led by Linda.

(Corrections to previous minutes: Dec 7<sup>th</sup>, 2009 mtg – canceled. Jan 7<sup>th</sup> mtg date corrected to 1/4/2010)

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

Next presentation: March 20<sup>th</sup>. Skaalen Services DVD and Dawn Zamisch, Director of Community Relations is our speaker. Susan to notify church staff for room schedule/audio equipment and newsletter/take me home article.

Linda reported that Blood Pressure Screening back to 1x/mnth on Health and Wellness Sunday's.

Ministry Fair – To be held May 23<sup>rd</sup>. Discussion of providing: Bone Density and blood sugar testing and blood pressure screening. Linda and Tom to locate and book providers. Tom S. to contact Loretta Bailey for healthy snacks/breakfast? Jerry to contact Jeff B. Available to speak about Advanced Directives and wills. Tom R. or Linda to contact Julie S. book to be present or provide hand out? (Caregiver Support Group). Address mental health – Spirit of Hope?

All: Try to locate other providers for Flu Clinic. Obtain gift bags (tissue paper) for prayer shawls.

Discussion of need for health kits in Haiti.

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

Next Healing/Remembrance Service:

March Devotion: Tom R

In His Service,  
Susan Brodd