



Minutes of the Stella Maris Health & Wellness Committee Meeting

Date: Tuesday, August 12, 2014 **Time:** 10:00 AM **Place:** Alice Stollenwerk's Home

Members Present: Julie Kudick, Marian Irmen, Barb Pasquesi, Lynn Polacek and Alice Stollenwerk

Excused: Melanie Johnson, Colleen Monske,

The meeting was called to order by Alice at 10:15 am. We began with a reflection lead by Alice.

MINUTES: The minutes from the July meeting were approved as written.

BLOOD PRESSURE: We currently need a volunteer for the October screening. Lynn will send out an email to hopefully recruit a volunteer; she will also review the contents of the bags and take inventory. We must be sure to have at least one quality stethoscope and cuff in each bag.

Sept 13 -- 6:00 pm, Jacksonport, Colleen and Marian
Oct 12 -- 8:00 am, Egg Harbor – **VOLUNTEER NEEDED**

Food for thought: the new FCN might want to be involved in these screenings to take advantage of the face-to-face contact. When Barb sends email to have these screenings announced at Mass, she will copy the volunteers for that weekend as a reminder.

MARKETING: Our website is experiencing an average of 150 visitors a month, up from 100 per month. Barb will be sure to add the dates and location of our meetings to the bulletin's "Calendar Happenings". The website will be updated this month and "Do You Need a Ride to Mass" will be deleted since we have not had a request in over 3 years and since *Door 2 Door* is now available. Our email box is only receiving junk mail, but Marian will continue to monitor once a month. Julie will put the "sandwich signs" from the CHIP programs in the storage room at First Baptist.

EDUCATION: It is important that we add to our CHIP task list "confirming with the speaker the week before each CHIP". It is important that we have the speaker's phone number and offer ours for last-minute corresponding. While waiting for last month's speaker, the group had good conversations and suggestions for future programs (i.e. Arthritis) We are hoping to get more people involved in scheduling the CHIPS. We hope to acquire ideas from these people, as well as obtain a commitment for an investment of their time. How do we stimulate people to attend the programs -- perhaps by offering a personal invitation from committee members. Hopefully, the new FCN will get involved in these presentations. Next year's schedule will be decided at the September meeting, but the following is the schedule for the remainder of the year:

August 24 -	Slips Trips and Stumbles: Fall Prevention as we Age
Sept 28 -	Making the Most of your Doctor Visit – Greg Sheehy, M.D.
Oct 26 -	Breast Cancer
Nov 16 -	Chiropractic Treatment

STEWARDSHIP: The liaison from the Parish Council for our committee is Jeanne Rabel, who is also the liaison for the CSR Committee. She will receive a copy of our minutes going forward, as will Becky Nash, the Pastoral Associate. We also completed the survey from the Stewardship committee, reviewing all our strengths, successes and challenges. ***(A copy of the completed survey is attached to these minutes.)***

FAITH COMMUNITY NURSE: Julie advised us of another grant that may be available in the county to fund programs dealing with elderly issues. It is important that we keep ourselves aware of other possible grant opportunities as time goes on for future funding. OPEN DOOR has applied for this grant to study how to provide respite in a rural community. Julie will make an appointment with the staff person for this area. This topic should be put on the September agenda for further discussion.

We have 4 candidates for the FCN position, all with very impressive resumes. All candidates (all women) have had both nursing experience and interesting life experiences. The hope is to arrange interviews soon with the interview committee (Lynn Polacek, Becky Nash and Sharon Brabson – Fr. Dave has elected not to participate in the interviewing process). Lynn will call Becky and Sharon to set up times for the interviews.

The FCN will serve all people, pursuant to our grant application – initially Stella Maris parishioners and then others in Northern Door. The focus is on ALL of Northern Door County. We should be setting up data collection to use in future grant applications. It is important to expend the grant funds first so that we can re-apply for next years' funds. It is important that we demonstrate how we used the dollars and how we have gone beyond our parish borders.

- Hours will be flexible
- Stella Maris policy and Diocesan guidelines need to be considered
- Vacation time needs to be clarified
- A collaborative relationship with other FCN's is important and would document involvement with other parishes
- Training should be required for any "fill in" substitute (i.e. if FCN is on vacation) – perhaps other parish nurses?
- How should contact be made when there is a request for service?
- Membership in WNA should be required, payment of the fee to be provided by H & W Committee.
- H & W committee will assist in any way we can!

NEW BUSINESS: None

The next meeting will be held on **Tuesday, September 9 at 10:00 am at Barb's Home.**

Respectfully submitted,

Barb Pasquesi

Attached: Completed Stewardship Survey

8/17/2014

Stella Maris Parish Stewardship Survey

Name of Committee or Group *Health and Wellness Committee*

Name of person completing the form *Alice Stollenwerk, Chair*

Telephone number *920.854.5640* **email** *alicestollie@gmail.com*

Describe the mission, purpose or objectives of your committee?

The Health and Wellness Committee of Stella Maris Parish, in collaboration with other Northern Door churches, will recognize and respectfully address the health and wellness needs of our community members-body, mind and spirit.

How often does your committee meet? *Usually monthly*

Who are the members on your committee?

Julie Kudik, Barb Pasquesi, Marian Irmen, Melanie Johnson, Coleen Monske, Lynn Polacek and Alice Stollenwerk

Which sites are represented? *All 5 mainland sites*

Please list and describe the strengths, i.e. what do you identify as those factors that bode well for or have a positive impact on your committee's mission, purpose and goals?

Tenacity and thoroughness, strengths and gifts of individual ,members, varied backgrounds, positive relationship with CSR, length of time in existence (4 yrs), involvement in Northern Door Health and Wellness, support of Pastor, majority of members participated in CHRP which stimulates sense of responsibility, passion and dedication to what we are doing, clear idea of goals set through strategic plan and statement of purpose, Web site, formalized communication with congregation ie; bulletin articles, BP screening, CHIP programs,

Please list and describe some successes your committee has achieved.

Monthly BP screenings at all sites. Weekly bulletin articles. Resource manuals at each site. Establishment of Northern Door Health and Wellness (NDHWM). Establishment of Web Site. Obtained grant funding, parish support and parish financial support for FCN position. Leadership in all activities of NDHWM. Established BP screening at Loaves and Fishes. Recruitment of qualified presenters for NDHWM CHIP programs.

What are the key challenges you need to address to achieve the goals that your committee has set or the needs that you are trying to address? i.e. unable to recruit volunteers, funding limitations, unclear expectations, etc?

Recruit Volunteers. Need for ongoing funding especially FCN for future years. Increased participation of parishioners in taking advantage of Health and Wellness offerings such as CHIP programs and BP screenings.

Please describe needs you have identified (within the scope of your committee's domain) in our parish. For each of these needs, please identify whether staff support or funding is needed to take this on. Please answer these questions for each need you have identified. Add more pages as required.

Describe the need, objective or goal:

Meeting the health and wellness needs of our parishioners, over half of whom are over the age of 60, many of whom live alone or care for a spouse, others who reside in long term care facilities. Our parish covers a wide geographic area, many live far from their health care provider as well as far from family. We feel strongly that a Faith Community Nurse (FCN) also known as a parish nurse is needed to adequately address the unmet health care concerns of the members of our community, develop comprehensive plans of care to assist individuals in staying in their own homes and fill in gaps in service.

FCN: Future funding.

How would your committee go about addressing this need?

FCN: Seeking grant funding again (however this will be lesser amts than initially if we are able to be successful again) Seeking continued parish support.

How does this fit with the stewardship teachings of the Catholic Church?

FCN: Promotes the GB Diocese Core Values of spirituality and stewardship through compassionate service and generous sharing of talents by combining the skill of nursing with aspects of pastoral care and a visible symbol of the Parish's healing and health ministry. Assist with making a connection with those who are feeling isolated or alienated through the gift of presence.

If you need additional volunteers or staff support to address this issue please elaborate.

What do you estimate the annual financial support (if any) that would be required to address this issue?

FCN: Salary and expenses were anticipated to be \$33,481. For the current year \$17,250 was obtained through grant funding. While we will seek grants for the future, we can not guarantee a specific amount.

Date prepared 8.13.2014