



## Minutes of the Stella Maris Health & Wellness Committee Meeting

**Date:** Tuesday, September 30, 2014 **Time:** 10:30 AM **Place:** Stella Maris, Sister Bay

**Members Present:** Lynn Polacek, Julie Kudick, Melanie Johnson, Marian Irmen and Alice Stollenwerk, and Mary Fulwiler, FCN, Becky Nash, PA

**Excused:** Barb Pasquesi, Colleen Monske

The meeting was called to order by Alice at 10:35. We began with a prayer lead by Becky.

**MINUTES:** The minutes from the September 9, 2014 meeting were approved by the committee members.

**INTRODUCTIONS:** Each SMH&W member gave a detailed introduction of themselves to Becky Nash and Mary Fulwiler. Mary also introduced herself and talked of her commitment to Faith Community Nursing.

**BLOOD PRESSURE:** The Schedule is set to for the rest of 2014. Lynn and Melanie will meet to begin discussion of the 2015 schedule. Marian is unable to record for the October 12<sup>th</sup> Egg Harbor BP screening. Lynn will contact Barbara Martin to see if she can screen and record.

**STEWARDSHIP:** Becky Nash spoke on behalf of the SM Stewardship Committee. It is the Stewardship Committee's goal to speak to all 17 Parish Committees this year and to ask committee members what we think as an individual is the meaning of Stewardship. Becky stated the Stewardship committee welcomes those who want to learn more about or want to join the committee. The weekend of November 8-9 will be Stewardship weekend and at that time the talents of our parish members will be celebrated. The Stewardship Committee is interested in handing out brochures for the different committees within the Parish. SMHW should review their existing brochure and determine whether any changes need to be made. A copy of the brochure we want handed out to the Parish should be to Stewardship by Oct.30<sup>th</sup>.

**FAITH COMMUNITY NURSE:** This was the H&W Committee's first opportunity to speak with Mary Fulwiler our newly hired Faith Community Nurse. Bulletin articles were discussed and Mary was invited to participate in the identification of needed articles for 2015 and the authorship of articles as she felt the need. H&W has yet to talk with CSR about the best manner to utilize our newly limited space in the bulletin. It was felt that at this point we will attempt to reduce the article size to the allotted 150 words and will discuss whether the articles continue to be effective after trying it out for the month of October. Mary will write an article introducing herself which will be inserted in the H&W space the weekend of October 11-12.

**NEXT MEETING:** Our next meeting is scheduled for **Tuesday, November 4, 2014 at 10:00 AM** at Julie Kudick's home.

Meeting adjourned.

Respectfully submitted,  
by Julie Kudick 10/7/14