



Minutes of the Stella Maris Health & Wellness Committee Meeting

Date: Tuesday, Nov 4, 2014 **Time:** 10:00am **Place:** Julie Kudick's Home

Members Present: Mary Fulwiler, Marian Irmén, Julie Kudick, Colleen Monske, Barb Pasquesi, Alice Stollenwerk and Lynn Polacek (via phone)

Excused: Melanie Johnson

The meeting was called to order by Alice at 10:15 am. We began with our Health & Wellness Prayer.

MINUTES: The minutes from the September 30 meeting were approved as written.

FAITH COMMUNITY NURSE: Mary Fulwiler, our new Faith Community Nurse shared her initial steps as a FCN and commented on her observation so far. She has received 23 phone calls, has done 4 home visits and received 3+ referrals. She attended conferences on the "Power of Faith in Mental Health Recovery", "Addressing Stigmas in the Faith Community" and the "Journey Toward Wholeness" conference. Mary would like to eventually start a grief and bereavement group in the parish and perhaps offer a presentation on grief to the whole Northern Door community. The speaker from this conference would be a wonderful presenter and is willing to put on a 3-week program. This is a great idea to bring up at the meeting next week with Ministry. Perhaps a program on thanatology would be a good idea as well. Her observation thus far, is that the community needs to be educated as to:

- What a FCN can and cannot do
- What her job description includes as a liaison
- Visibility and clarity of the role are crucial.

It was agreed that Mary would make a short presentation at the 3 masses to introduce herself, after which we would hand out a flyer with pertinent information and her picture. The H & W Committee is willing to help as much as possible. Mary will attend next week's Northern Door Health & Wellness Meeting as an introduction to the Northern Door Parish Nurse Community.

BLOOD PRESSURE: The schedule for upcoming BP screenings is as follows:

November 8, 4:00 pm, Fish Creek -- Julie/Wayne
December 14, 10:00 am, Sister Bay -- Lynn/Barb
January 10, 4:00 pm, Fish Creek -- Alice/Jim
February 8, 10:00 am, Sister Bay – TBD

Lynn will call to recruit and verify volunteers for the February date.

MARKETING: The Sister Bay/Liberty Grove Fire Department is offering Community CPR/AED Training and has partnered with NDHWM to promote and market this community event. Classes will be offered on a regular basis, currently scheduled for Thursday, November 13, and Saturday, November 15. NDHWM will promote the classes in the same manner as CHIP programs with posters and PR.

The SM Prayer Shawl Ministry has reminded our group that prayer shawls are available for individuals in need and that they do not necessarily need to have a physical ailment. Information was passed on to Mary.

Barb will add information on our Faith Community Nurse to the website and include Mary's picture in the photo gallery.

EDUCATION: The last CHIP PROGRAM on Breast Cancer saw only one attendee that was not part of the NDHWM community. How do we attract more people to these programs? Is it the topics??? ... probably not since they are topics suggested by attendees. Is it the timing? ... we make an effort to avoid other events. A few suggestions were:

- Change the announcement at mass to begin with 'Your Health & Wellness Committee invites you to attend this month's CHIP program
- Put a "stuffer" in the bulletin with the quarterly lineup of topics, speakers, dates, etc.
- Have each attending member invite/bring a friend
- Rework the December article on "How do we feel blessed each day" to address a these programs (Alice will do this)
- Hold a *Meet and Greet* after mass on the day of the CHIP to promote the programs

Upcoming CHIPs include

- November 16 - Anne Emerson, D.C., Chiropractic Services
- December – No program
- January 25 – Paul Board, M.D., Pain Management
- February – DATE TBD, Sarah Keller, M.D., Arthritis

NEW BUSINESS: Julie has begun researching options for funding the FCN position next year, keeping in mind that these would be “matching” grants:

- The *Helen Bader Foundation* offers grants in the area of *Alzheimer’s and Aging*, and you need to be invited to submit an application. They currently help to fund the FCN on Washington Island, and gave a substantial grant to *Open Door Day Services*, specifically to cover operating costs and to fund a consultant to help determine how it would be a more effective program for the community. A request for consideration must be submitted by January 8, 2015, and, if invited to proceed, the full proposal must be submitted by February 16.
- The *Kopseeker Grant* application will be due the first week of May, and, hopefully, we can expect another grant, as they wholeheartedly embrace the concept of a FCN.
- The *Door County Community Foundation* will probably also consider offering another grant, but not necessarily for the same amount.
- The Stella Maris budget is tight next year (as of now) and it is not likely that we will receive the generous amount we received this year.
- Hopefully the meeting with Ministry will prove to be effective in helping in this area, after we reiterate what we can do to promote Ministry in Northern Door County, as a collaborative process regarding referrals, etc.

Julie, Alice, Mary and Barb will meet November 18 at Barb’s to go over bulletin articles for next year. We also need to speak with Jan regarding the length and frequency of our articles.

The next meeting will be held on **Monday, December 15, at Julie Kudick’s at 9:30 am.**

Respectfully submitted,

Barb Pasquesi

11/6/14