

HOW DOES HEALTH MINISTRY TEAM WORK FOR YOU?

The Health Ministry Team's foremost goal is to make its work relevant and meaningful to our members' needs in today's busy and complicated world. We realize there are already lots of good resources out there for your health needs regarding treatment and prevention via the internet, medical facilities, medical insurance companies, and healthcare providers. What we think might be lacking are resources for the everyday issues and problems of ill-health, such as spiritual and mental/emotional support—the body, mind, spirit concept of health. Also often lacking is honest advice on such topics as the pros and cons of all treatment options, financial solutions for problems associated with ill-health, care-giver burnout, etc.

Currently, we offer a prayer chain, prayer shawls and baby blankets, encouragement cards, exercise classes, walking group in summer, blood pressure screenings, laying on of hands and anointing on Wellness Sundays [2nd Sunday of each month], occasionally a LifeLines speaker presentation, flu vaccine clinic, and some special events. Our team maintains first aid kits at 5 key locations in the building, in addition to the AED defibrillators by the elevators on the lower and upper levels.

And do you need occasional assistance with help around the house or yard, or with shopping? Do you need someone just to talk with or an advocate in the current confusing healthcare system? In a health crisis, do you need a ride to a medical appointment or some assistance with meal preparation? Our newly-formed Potholders, includes volunteers to prepare meals for a short time for temporary needs, as well as the Shepherds-on-the-Go volunteers for an occasional ride to a medical appointment. There are many talented and willing people in our congregation.

Are we right? What ideas do you have? How are you able to help out missions? What is your experience? We need input to effectively accomplish our goals. Perhaps we should be a clearing house of knowledge and resources. Please contact our parish nurse, Dorothy Ellerbroek by phone or email at 612-927-8849 extension 108, or nurse@goodshepherdmpls.org Our team meets monthly on the third Tuesday of the month at 7 p.m.

Submitted by Dorothy Ellerbroek, parish nurse