

**Trinity Lutheran Church  
Clarks Summit , PA**

**Service and Outreach Ministry Team  
Parish Health Ministry Sub-Committee Meeting**

Meeting Date: Tuesday, March 7, 2006

Pastor opened meeting with prayer.

CARD MINISTRY Betty Wood reports all is going smoothly with card ministry and the card ministry team.

EDUCATION & SUPPORT MINISTRY Yoga classes held last fall would resume with Eileen Harte on Monday, April 24 in the basement of Our Lady of the Snows rectory. The class will run for six weeks ending June 30<sup>th</sup>. The cost for each class is \$8.00.

George Duhigg of Social Ministry asked PHM to sponsor a CPR class at Trinity the beginning of December. Due to lack of interest, the class was cancelled and we will try again at a later date to hold a class here at Trinity.

Six of our eight PHM programs have been held so far in the 2005-2006 season with two programs remaining. Since we met in December, a two-day Stress Management class was held January 10 and 11 at OLS. Marty McGurrin, Director of Education at CMC taught the class which totaled approximately fifty people. Eileen Harte taught a yoga class at the conclusion of the program on the second night.

In February, Dr. John Lundin, Cardiologist and member of Trinity spoke on Heart Disease and Stroke. Fifteen people from Trinity and the community attended. Dr. Lundin, an excellent speaker received great evaluations and many asked that he be asked to return at a later date.

Our next educational program will be held next Tuesday, March 14 here at Trinity with Teresa Osborne, Director of Lackawanna County Area Agency on Aging as our speaker. She will discuss the Aging Population and the Services available.

We will end of educational season on April 4<sup>th</sup> with a program addressing End of Life Decisions with Atty. David Howell, Funeral Director Larry Young and Pastor Mathews. The program will cover the importance of having in place documents such as medical directives, power of attorney, pre-arranged funerals, irrevocable trusts, and informing family of your wishes for funeral arrangements before one die.

On Sunday, February 26<sup>th</sup>, the Education and Support committee met in the Parish House after church services. They reviewed the year to this point and then looked to selecting programs for 2006-2007. From a list of 22 topics, the committee decided on the following and Carol has contacted the speakers for a tentative schedule:

<u>September 19</u>	Patient's Bill of Rights and How to talk with your doctor: Dr. Debbie Miller from Trinity
<u>October 10</u>	Spirituality: A Life's Journey at OLS Dr. Sal Scialla, Director of Heartland Hospice & Medical Oncology Associates of Northeast PA and his wife Mary Scialla, Director of Pastoral Care at CMC
<u>October 24</u>	Sleep Disorders — Dr. A.C. Patel and David Washo
<u>November 14</u>	Christian Parenting, Diakon Social Ministries <u>December</u> No Program
<u>January 15</u>	The first of a 3-part series on Teen Health HIV Prevention & Education — Lowanda Ulysse of United Neighborhood Centers, Scranton

February 13            Eating Disorders

March 13             Diet & Exercise

April 17             Autism Mary Christine Remick from Friendship House

May 14             Caring for Ourselves without Guilt!  
 Dr. Joanne Weiss, MSW (LCSW), M.Div., M.A., D Arts  
 This program could possibly be presented in conjunction with Mother's Day Dinner held yearly by the Women of Trinity.

A five-week Lenten program entitled Transforming to Live as Christ: A Spiritual Journey using Imagery and Music will begin Monday, March 13 and end Monday, April 10 with Maria Fay, Music Therapist at Our Lady of the Snows rectory. Each session will include prayer and discussion around the theme, journal writing, music and imagery experience, and group process.

I was asked to contact Sherrie Holloway, M.Ed. Assistant Prof. Health & Physical Education at Baptist Bible College to come and speak at the Women of Trinity's Mother's Day Dinner. She will speak on "Good Health Mind, Body and Spirit."

The next education committee meeting will be held on Sunday, April 23<sup>rd</sup> following the church service.

BLOOD PRESSURE SCREENINGS

Saturday, March 4 <sup>th</sup>	Debbie Miller
Sunday, March 5 <sup>th</sup>	Debbie Miller
Saturday, April 1 <sup>st</sup>	Bonnie Lesko
Sunday, April 2 <sup>nd</sup>	Beth Quenzer
Saturday, May 6 <sup>th</sup>	Debbie Miller
Sunday, May 7 <sup>th</sup>	Suzanne Jones
Saturday, June 3 <sup>rd</sup>	<i>(to be determined)</i>
Sunday, June 4 <sup>th</sup>	Diana Pope-Albright

HEALTH SEMINARS

Carol will attend three seminars on health in the coming weeks. All will be held in the Allentown/Bethlehem area. They are as follows:

Death, Bereavement & Spirituality, Friday, March 24<sup>th</sup> and 25<sup>th</sup>  
Spirituality of Aging, March 31<sup>st</sup> and April 1<sup>st</sup>

Both of these programs will be held at the St. Francis Center for Renewal in Bethlehem.

Trends in Psychiatry, Thursday, April 2<sup>nd</sup> this program will be held at the Holiday Inn in Fogelsville and is sponsored by Sacred Heart Hospital, Allentown. The session includes the following topics:

Hormonal Influences on Mood in Women  
 Effects of Stress on the Unborn Child  
 The Genetics of Postpartum Depression and other Postpartum Disorders  
 Borderline Personality Disorders  
 Improved Understanding and Management, and  
 Gender and Grieving: Similar but Different.

Carol thanks the Pastor and church council for allowing her to attend these very informative programs.

Our next meeting is scheduled for Wednesday, May 3, 2006 at 6 p.m. at the church.

The meeting adjourned with the Lord's Prayer.

Respectfully submitted,

Carol J. Pencek,  
PHM Coordinator