

**Trinity Lutheran Church
Clarks Summit , PA**

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

Meeting Date: Wednesday, Tuesday, October 24, 2006

Pastor opened meeting with prayer.

CARD MINISTRY: Betty Wood reports that all is going well with card ministry and the card ministry team. Joan Lundin is sending out the cards to our shut-ins during the month of October. November will be covered by Barbara Stauffer and December cards will be sent out by Irene Mueller. Thanks to all who help Trinity in this very special way. In addition, 2007 calendars have been ordered, and they are available for Pastor to deliver to the shut-ins during the month of November.

EDUCATION & SUPPORT MINISTRY: Our Family Health Hour programs for Trinity and the community are doing well. In September, Dr. Debbie Miller, of Trinity presented her program on "Patient's Rights." The program was well received. Debbie asked that her stipend be returned to the church and donated to Trinity's Pre-School. Thanks Debbie for a fine job and for all you do for PHM and Trinity.

The first of two programs to be presented in October was presented on the 10th at Our Lady of the Snows parish. Over fifty people attended this jointly sponsored venture "Spirituality and Health"- A Life's Journey. Both Dr. Scialla and his wife Mary are involved with seriously ill patients delivered a very informative program. Dr. Sal and Mary returned the stipend we had for them and asked that the money remain within the Parish Health Ministry at Trinity and Parish Nurse program at OLS. Our thanks to Dr. Sal and Mary Scialla.

This evening following our meeting, PHM will present a program on "Sleep Disorders" with Dr. A.C. Patel and John Washo, RPSGT, RRT. I am sure the program will be well received.

Next month, on the 14th of November, Priscilla Pancoast, MSW and Licensed Clinical Social Worker with Diakon Lutheran Social Ministries will present "Christian Parenting." Priscilla has 30 years experience in marriage and parenting counseling and will speak on the following:

- 1) Communication — speaking and listening
- 2) Consequences vs. Punishment
- 3) Responsibility and Self-Esteem
- 4) Helping Children to express emotions (verbally) vs. Acting emotions out
- 5) Anger Management for Parents and Teaching Children how to express angry feelings. Parents learning to role model or express anger in front of children

Please mark your calendars and remember to mention it to your family and friends. I plan to contact Sunday School Superintendent and Pre-School teachers as well to advertise this program.

Beginner Yoga Classes will begin Monday evening, November 6th from 7 to 8:30 p.m. here at Trinity. Eileen Harte will be the instructor and will continue with classes for six weeks. Cost of yoga classes will be \$8.00 a week for six weeks or \$48.00, payable in advance at the first class or \$10.00 a week for walk-ins. Please bring something soft to lie on (quilt, blanket or yoga mat), pillow and something to cover oneself during relaxation period. Time: 7 to 8:30 p.m.

There will be no PHM program in December.

The first PHM program in 2007 will be January 15th at 7 p.m. here at Trinity. Lowanda Ulysse of the United Neighborhood Center will speak on HIV Prevention & Education. This program is important for teens, parents as well as the general public.

February 13 and March 13 at 7 p.m., we will present two programs on "Natural Health." February will be on Eating Disorders and March will be on Nutrition and Digestion.

April 17 will cover "What is Autism?" and May 14 "Caring for Ourselves without Guilt! Dr. Joanne Weiss, MSW (LCSW, M.Div., M.A., D. Arts at the Annual Mother's Day Dinner, will present this program.

Looking to 2007-2008, I have searched out a program to begin in Sept. 2007 on Arthritis and Osteoporosis. Vicki Lassiter, Program Director of the Arthritis Foundation out of Philadelphia is locating a speaker for us.

Other programs I am looking into include:

- 1) Bullying Issues & Harassment
- 2) Childhood Obesity (to be a joint venture with OLS)
- 3) Death & Dying with Hospice — Hospice St. John
- 4) Local Cancer Research with Dr. Sam Lesko Prostate & Testicle Cancer
- 5) The Basics of Breast Cancer
- 6) The Nursing Home Decision
- 7) Clown Ministry & Mother's Day Dinner

Any other suggestions?

BLOOD PRESSURE SCREENINGS

Saturday, November *11 Debbie Miller

Sunday, November 12 Bonnie Lesko

Saturday, December 2 Bonnie Lesko

Sunday, December 3 Suzanne Jones

PHM purchased a new blood pressure cuff from The Medicine Shoppe for our screenings.

Beginning with the November blood pressure screening, "File of Life" packets will be offered to those in the congregation who are interested in listing their medical records on a file to be placed on their refrigerators at home or on a smaller version that can be placed in the glove compartment of their car. These "File of Life" packets are very helpful in case of Emergencies. They allow EMT's and other rescue personnel get the correct information immediately and without delay when it matters most. Please see Bonnie, Debbie, Suzanne, Diana, Brenda, Louann or Irene during blood pressure screenings.

PHM INFORMATION TEAM

CARE NOTES: A new supply of CareNotes has arrived and Suzanne has refilled the shelves on the table in the narthex. Thanks Suzanne.

OCTOBER IS DOMESTIC VIOLENCE MONTH: The Women's Resource Center in Scranton supplied us with great information on "Domestic Violence" and "An Empty Place at the Table" literature, which can be found on the Poster Board inside the side, doors in the narthex. Please take time to pick up some and pass them on to your neighbors and family.

Also on the table in the narthex are "INSIGHT" pamphlets on Prostate Cancer and Breast Cancer as well as information for women on self-breast exams. Christina Phillips of the Northeast Regional Cancer Institute gave these to us.

I have represented Parish Health Ministry at several meeting of the new Service and Outreach Ministries Team. Dr. Sam Lesko heads this team and a Charter Draft is being prepared. The team will organize congregational and

outreach services to the community by assessing the needs of the congregation and community and implementing services through subcommittees such as: Parish Health Ministry, Endowment Program, Special Benevolence Program, St. Francis Kitchen "Host for a Day" Program, Red Cross Blood Drives, Meals-on-Wheels, Ugly Quilts, Ministerium Food Pantry, Sunday School Service Projects and Assistance for Senior Citizens.

Next Meeting scheduled for Wednesday, December 14th at 6:00 PM at the Parish House.

Respectfully submitted,
Carol J. Pencek
PHM Coordinator