

**Trinity Lutheran Church
Clarks Summit , PA**

Service and Outreach Ministry Team

Parish Health Ministry Education Sub-Committee Meeting

Meeting Date: Sunday, August 26, 2007

Education & Support

Since our last meeting, we held an educational program on Autism Spectrum Disorders, an overview of the Diagnosis, Treatment, Prevalence and Theoretical causes with Mary Christine Remick, M.A., Clinical Director of Autism Services at Friendship House, Scranton. The April 17th program was attended by twenty people. In addition to Ms. Remick's excellent presentation, Kathleen Walsh, President of Parent's Loving Children Through Autism, a support foundation for families, spoke on her experience raising a young child with autism.

On April 19th, Trinity and OLS sponsored the alcohol and drug awareness program "Not My Child! How Do You Know??" with South Abington Police officer Tom Ksiazek and Dr. Karen Arscott of Marywood University. This program was attended by twenty-five people.

The Mother's Day dinner was attended by fifty women. The dinner sponsored by Parish Health Ministry and the Women of Trinity was prepared and served by Trinity's Men in Mission. Members of Trinity's Youth Group helped with the serving and clean-up as well. Following dinner, Dr. Joanne Weiss, MSW, (LCSW), M.DIV., M.A., D. ARTS spoke on "Caring For Ourselves Without Guilt!"

During the summer months, Parish Health Ministry sponsored two AARP SENIOR DRIVING COURSES. The first was held June 13 and 14 and was attended by 35 Seniors. The course was taught by Betty Strutin, volunteer instructor from AARP.

The second course was held August 7 and 8 and was attended by 33 Seniors. This course was taught by Bob Cummings, volunteer instructor from AARP. Approximately 12 members of Trinity attended the program and received discounts on their car insurance. Both instructors were given excellent/good remarks on the evaluation sheets provided. Trinity has another 13 people on a waiting list for additional class. Mr. Cummings is willing to do another class on two Saturdays in October if Trinity is willing to sponsor another class.

Two Babysitting and Infant CPR classes were also held this summer. The first was held on August 1, 2, 3, and the second class was held August 22, 23, 24. A total of 17 young girls, ages 11 to 14 years received Red Cross certification as babysitters. The Red Cross instructors were Donna Klingman and Phyllis Festa from the American Red Cross.

During the summer months, information on "Poison Prevention and Safety" was secured from The Children's Hospital of Philadelphia and the University of Pittsburgh Medical Center. Copies of the

brochure listing the latest in poison prevention and safety, Mr. Yuk stickers and a Poison Help 1-800-222-1222 sticker for the telephone will be included in the September Trinity Newsletter. Materials for Trinity's Pre-school and Sunday school students will be ordered for Marci McDermott, Pre-school teacher and Sunday school teachers to teach a class on Poison Safety as well.

During the last several years, the Trinity's Parish Health Ministry has made the congregation aware of Domestic Violence using posters, pamphlets, newsletters and the video "An Empty Place at the Table" which is located in the Trinity Library. Since October is also National Breast Cancer month, Parish Health Ministry will take several steps to bring awareness to Trinity's members during the month of October. Look for the "Tree of Hope" in the narthex.

PHM Educational Programs For 2007-2008

- September 17 or 19 ARTHRITIS & OSTEOPOROSIS, Dr. Eugene Grady, Scranton Orthopedic Specialists and Gregory Shahum, Community Development Director NEPA Arthritis Foundation at Trinity
- September 26 NURSING HOME PAYMENT ISSUES, Attorney Jim Gillotti at Our Lady of the Snows
- October 16 BULLYING & HARASSMENT, Priscilla Pancoast, Diakon Lutheran Social Ministries at Trinity
- November 13 DEATH & DYING WITH HOSPICE, The Rev. Art Harshman, Hospice St. John, East Stroudsburg, at Trinity
- December 5 CHILDHOOD OBESITY, Nutritionist Marilyn Ksiasek of Dunmore at Our Lady of the Snows
- January 15,2008 Update on Cancer Research in Northeastern PA, Dr. Sam Lesko, MD, MPH, Medical Director and Director of Research at Northeast Regional Cancer Institute at Trinity
- February 12 DOWN SYNDROME, Bob Durkin, Member/Representative of "Parent's of Down Syndrome" organization at Trinity
- March 11 EATING DISORDERS, Nutritionist Mary Klem, Private Practice and Northeast Radiation Oncology Center
- April 8 THE NURSING HOME DECISION, Kerry Mathews, District Sales Mgr. for Golden Ventures, Long-term Nursing and Rehabilitation
- May 12 MOTHER'S DAY DINNER, Clown Ministry

Stretching and Exercise Class:

Arja Duhigg will offer another exercise class for members of Trinity and their family and friends beginning Wednesday, October 10th at Trinity. Those interested in getting in shape or staying in shape should use the sign-up sheet on the bulletin board and bring a mat or towel to class.

The next Educational Sub-committee meeting will be held Sunday, October 21 following the church services at the Parish House or the church.

Respectfully submitted,

Carol J. Pencek

Parish Health Ministry Coordinator