

May 2012

Health Topic

Sturgeon Bay United Methodist Church
Carol Moellenberndt, parish nurse

10 Years of Health Ministry

*"I have set before you life and death, blessings and curses.
Choose life so that you and your descendents
may live, loving the Lord your God."
Deuteronomy 30: 19b - 20a*

In the book, "The Healing Word" by Deborah L. Patterson she writes about the above scripture: "We, our country and our world face serious choices about how we want to live and how we want to use our resources. Each of us, and we as a congregation, stand before our own unique set of choices about lifestyle and how our finite span of life, a sacred trust, might best honor and serve God. Because we are people of faith, called to preach, teach, and heal, we believe there is more to our health promotion ministry than simply making prudent health investments in the community. We need to act on the choices that lead to life, to extend ourselves in webs of blessing, and to nurture hope in all things...this is the way of life."

This, I believe, is what our church did as we decided 10 years ago to incorporate health and wellness ministry into our congregation. Ten years ago Ken Boettcher contacted me after a presentation to the church council from Jo Steber-VanGemert about parish nursing. I took the Parish Nurse course from Concordia College and started parish nursing 10 years ago in April. Bob and Judy Marshall mentored me as we set up a Wellness Committee, an office and a bulletin board in the narthex. I started taking blood pressures and we started looking at interests and needs of our congregation. A volunteer position turned into a paid position when Mel Henrichs joined our church staff. That allowed me to cut down on my hours at the hospital to make more time available to the church. Our church has done many things over the last 10 years to promote health ministry in our congregation and in the community. Remember the Mental Health Fair at our church, or the Coffee Hour for Caregivers? We have reached out to the community as we have learned about taking care of ourselves and supporting each other. The Prayer Shawl ministry has grown and is a blessing to those who make the shawls, those who give the shawls as well as those who receive them.

For those who are new to our church or those who have forgotten

What is a parish nurse and health ministry?

According to the "Scope and Standards of Practice", a parish nurse (or faith community nurse as a more modern term) is the specialized practice of professional nursing that focuses on the intentional care of the spirit as part of the process of promoting wholistic health and preventing or minimizing illness in a faith community. Rev. Dr. Granger Westerg used the term "wholistic health" to mean an integrated approach to health and health care that integrates the physical and spiritual aspects of the person. Wholistic health means that we, as human beings, strive for wholeness in our relationship to God, ourselves, our families, and our society.

As we continue on our journey in health and wholeness may our congregation continue to choose life. May our church be a living church that encompasses body, mind and spirit.



Health News Notes

- **Parish Nurse hours** 10am-2pm
Thursdays except May 17th.
- **Blood Pressure check** on
Sunday May 13th after both
services.
- **Parkinson Support Group**
Thursday May 3rd, 1-3:00 pm.
Special Program at The
Crossroads at Big Creek.
The Wisconsin Parkinson
Association is bringing two
speakers from their office at
Aurora Sinai in Milwaukee. Paul
Mamerwo, PA and Jay
Blankenship, executive director
will be leading a program called
"Understanding Parkinson
Disease". This program is for
anyone who is interested in
learning more about Parkinson
Disease as well as people with
the disease and their families.
This is a free workshop.
- Other Parkinson Support Groups
this summer will include June's
support group topic on "Using
Your Mind to Manage
Symptoms" with Christy
Wisniewski from Memory Care
Connections. And the July
meeting which will be on Driver
Safety with an occupational
therapist from Ministry Rehab
Services.
- A support group is being
started for family, friends and
others interested in Alzheimer's
disease or other dementia. This
support group will meet at the
Golden Living Center
(Dorchester) on the 4th Tuesday
of each month at 4:00 pm. For
more information call Elizabeth
Stuart or Mary Brugman at
743-6274.
- This year, in the summer
months, I will be available as
needed - just give me a call at
743-3476. I will not have set
hours at church.