

Mary Mother of the Church

Health Ministry Commission

THE HEALTH MINISTRY COMMISSION, promotes health and wellness of body, mind, and spirit for all members of the parish community through activities involving education, presence, and prayer. Health Ministry's Mission is to create an environment that will enable all parishioners to become ministers of health. The Vision is to successfully serve every parishioner's total health needs with the assistance of the Mary Mother Community. The staff representatives for this commission are the Parish Nurses.

Description of Programs and Activities

LEADERSHIP POSITIONS— Any parishioner interested in promoting spiritual, physical, emotional, mental health and wellness to all Mary Mother parishioners is welcome to serve on this commission. All backgrounds welcome and encouraged — business, education, computer, athletics and so on. There are eleven (11) leadership positions, with a planned replacement of six (6) per year. Minimum term of service is two (2) years, if possible.

Meetings — Monthly on the third Tuesday of the month in Classroom 3&4 at 7:30 pm.

AED/CPR TRAINING — Since the recent purchase of three Automatic External Defibrillators, AED/ CPR training is provided on a regular basis, especially for the parish staff, Hospitality Ministers, PSR Teachers, Coaches, Managers and others involved in overseeing large group activities.

APPRECIATION EVENT FOR MEDICAL PROFESSIONALS — Is held annually in conjunction with the Healing Masses , to show appreciation to all health professionals and non professional caregivers in the parish, especially those volunteering in the Blood Pressure Screening Program.

ATHLETIC HEALTH EDUCATION & PROGRAMS — Purpose is to develop and present sports-related health education programs for team managers and coaches, and develop safety protocols for all athletic activities. This committee works closely with Athletic Commission of the Parish Council.

“BEGINNING AGAIN” - FOR SEPARATED / DIVORCED — This program is a collaborative effort of several South County Catholic Churches that offers support for Catholics experiencing the changes and transitions of separation/divorce.

BP SCREENING — This Program utilizes licensed health care workers skilled in taking blood pressure readings. Screenings are done before and after Sunday Mass during the second full weekend of the month. Follow-up phone calls (by a Registered Nurse) of abnormal readings takes place the week after the screening.

CANCER SUPPORT GROUP — This program is for the individual who has cancer, their spouse, relatives or close friends who are dealing with the physical, emotional and spiritual impact of cancer. Meetings are usually on the first Wednesday of the month (except July) at 7:30 PM in the Chapel. Call Parish Office to verify.

CAREGIVER PROGRAM — The Parish Nurses will be using the Red Cross Caregiver Program to instruct parishioners in the fundamentals of home care-giving. Upon implementation, this program will be offered in specific situations. Contact Parish Nurses for detailed information.

CARE NOTES — Provides a supply of free pamphlets and books covering a range health issues or crises events such as coping with the diagnoses of cancer or surviving the death of a loved one. These are stocked in the church's vestibule, by the Caton Chapel and by the far exit door of church.

EMERGENCY PREPAREDNESS — A formal protocol is being developed for handling emergencies due to intrusion, tornado, fire, or earthquake for the parish facilities.

FIRST AID BAGS — Six (6) bags of first-aid supplies are stored on MMOC premises. The bags are cleaned, inventoried and restocked on an annual or as-needed basis. Volunteers needed.

FITNESS PROGRAMS —(**Exercise and Dietary**) A variety of fitness programs; Yoga, Tai Chi, and healthy eating programs; TOPS and PEACE are offered.

FLU SHOTS —Flu and pneumonia vaccine clinic is offered in the Fall, by an outside agency. This event is open to the community at large. Volunteers are needed to control vehicular traffic, complete paper work and direct participants.

HEALTH EDUCATION — Periodic programs/presentations related to a wide range of health and wellness issues are made available to parishioners by age group (children, teens, adults); often triggered by a parishioner's recent affliction with a disease or problem that is not generally understood by those outside the medical/health professions.

LIVE ALONE SENIORS and SPECIAL NEEDS — This program matches seniors (whether living alone or with a spouse/relative/friend) needing help to live independently, with volunteers able to make social visits (which allows the caregiver time off), or to provide other services such as simple household repairs, shopping, transportation, etc. Social visits may involve feeding assistance, directing exercise regimens, and walking assistance to the bathroom, etc., but not hands-on patient care. If in a Nursing Home, visits by volunteer parishioners help the elderly parishioner maintain ties to MMOC.

MINISTRY OF CONSOLATION —This Program provides ongoing support for parishioners following the death of a loved one through arranged visits by a parishioner trained in the grieving process, scheduled mailings and an annual Bereavement Memorial Mass and Breakfast. A Grief Library is also maintained by this ministry

MERRY MOTHERS This group meets the third Thursday evening of each month. It is for mothers with children from birth through early grade school. Membership is not limited to MMOC members. Meetings are varied with either speakers or fun activities sometimes held off site. Childcare is always provided. There are no membership dues. Positions for volunteers would include a leadership roles on the steering committee that meets when necessary. Volunteers are also needed to help with the childcare room at the monthly group meeting. One adult and two teenagers are needed to provide childcare.

PARISH NURSE HEALTH CARE VISITS— The Parish Nurses are available to visit with **any** parishioners for private health care visits, in their homes, in the PN office, the hospital or nursing home concerning any health issue they may have. of **These sessions are strictly confidential.** The Parish Nurses will visit with individuals in a group setting on any issue of health or personal welfare.

TRANSPORTATION FOR MEDICAL NEEDS — This program provides transportation for patients needing dialyses treatments, doctor appointments, chemotherapy or radiation therapy treatments. Training for drivers has been developed. Volunteers drivers are needed. This program was started in 2008!

VOLUNTEER VISITS— Volunteer RN's, under the supervision of the Parish Nurse, visit the elderly living at home, making one visit per month for a physical assessment, making referrals if indicated, and provide the Eucharist and Spiritual comfort.