

Bethlehem Lutheran Church  
Health Ministry Committee Minutes  
July 25, 2011; 7-7:40PM

Attending: Mary Bliesmer, Jim Nagel, Marcia Nagel, Marilyn Stall

Opened with prayer.

At the May 16<sup>th</sup> meeting, Yvette M. Duloherly, RN gave a presentation on chronic disease and some information about her doctoral dissertation project. She will be contacting us in the future to participate.

Will ask Tammy Corcoran to follow through on a Flu Immunization Clinic with her sister Tanya, a Cub Pharmacist and also find out if they will file for insurance coverage of the immunization. Depending on the availability of the serum, we will schedule the clinic on a Wednesday evening in October, 4-6pm.

RNs will take blood pressures on August 28<sup>th</sup> following the service. We need to find a quiet private spot such as the library or an office.

Discussed Adult Education possibilities. Mary will contact the HyVee Dietician for a possible program. Talked about having Linda Engstrom giving a program this winter on food prep for healthy living.

Articles have been submitted for the Star:

August - Care of insect bites  
September - Stress Relief  
October - Adult Immunizations.

Possibilities:

Nagels will develop an article for January related to mental health  
Marilyn will develop an article on using spiritual exercises for stress relief

We talked about involvement of other boards. Mary will talk with Adult Education and Marcia is working on Stewardship of Self for the Stewardship board. Mary reported the Health Ministry Committee is included under the Stewardship Goal in the 5 year plan.

Next meeting is September 26, 2011 at 7pm.

Closed with the Lord's Prayer.

Respectfully submitted,

Marilyn Stall