

**ERH MINISTRY REPORT 2016 – PARISH HEALTH MINISTRY
SUCCESS STORIES**

REGION: GREATER CINCINNATI AREA

Church Name and City	Success Stories/Positive Outcomes
Church of the Ascension and Holy Trinity	<ul style="list-style-type: none"> • Relay for Life - Team A&HT reached Platinum Level for second year - raised over \$8,000 for American Cancer Society. • Meditation Group member shared how important the group is to her ongoing coping with a diagnosis.
Knox Presbyterian	<ul style="list-style-type: none"> • An elderly couple (ages 90 and 93) recently moved from an independent living apartment in a retirement community to a long term care skilled level unit in separate private rooms. I believe it is through the help of Health Ministry and ongoing support in assuring care for them in body, mind and spirit that this couple transitioned without apparent symptoms of anxiety or cognitive decline. • I believe it is through our Health Ministry, that two of our long time members who had their 90th birthdays this spring, continue to reside happily in their own homes and are thriving. • In January, Rick Phillips, a member of the church who is also a pharmacist, began assisting with monthly blood pressure screenings. Participants seem to really enjoy having an opportunity to talk with the pharmacist about their medications. He is very generous with his time and resources, bringing helpful literature about medication management, medi-sets and more to share. • Coordinate Christmas Giving Tree: recipients are 180 children and youth served by Third Church. IHN also received gifts for their families. I had assistance from a wonderful family this year, "The Blacketer's". • Assist congregational members with successful care transition from hospital to home or skilled care facility. • Invited to become a faculty member by Credo Conference for at least two years. • I have journeyed with an elderly couple and their family since 2008, providing care, support and resources to assure their smooth transition from the home where they raised their four children, to an independent living apartment at MPL, and finally to the MPL skilled care unit. They have separate rooms but spend the entire day together holding hands. He listens to books on tape while she watches old movies. They have experienced minimal worry or anxiety through all of these typically difficult transitions.
Newport Aquarium, Newport, KY.	<ul style="list-style-type: none"> • I had an employee approach me that said she felt like the aquarium needed a group to support spiritual health and growth. I started a faith based inspiration group (FBI group). We meet every other Tuesday for thirty minutes before work in our café. It is open to anyone who wishes to attend. We are following a book called Wisdom Walks, 40 life

principles for a significant and meaningful journey. We are focusing on inspiring each other to walk more deeply in the pursuit of God. We are also focusing on using our faith and wisdom to make the aquarium a better place to lead through example. The group so enjoyed the first meeting that they made it their mission to invite one more person to the next meeting.

- Helped a young 25 year old girl schedule an MRI for her knee. Contacted Humana to find the cheapest place to have it done. Talked for a long time and she confided she had been diagnosed with Cancer/melanoma of her leg in December and had surgery. She had continued pain in her knee and was overwhelmed with this process since her family lives in Cleveland and she is alone. When we finished she cried and hugged me and said she was surprised how much I cared. She needed someone to support her in a simple task but was too overwhelmed to do it alone. The fear of the unknown made it even harder to schedule. We did it together. Thank you SIF for giving me the chance to do something I love. I was able to contact a business to donate shoes for the individual. Later, I was able to go to a doctor appointment with that young employee. Employee has ongoing pain and is presently using a cane to walk due to the discomfort. We spoke for a long time and employee finally spoke with original oncologist and had a MRI here. Results showed some issues with the knee but Thank GOD no return of the cancer. Employee is having a tough time with this, with no family in town and often feels alone. I accompanied employee to the orthopedic surgeon, because nervousness caused them to ask for my support. We have a successful appointment and established a treatment plan. Employee tearful, but expressed gratitude and said GOD had placed me in their life. What an incredible experience for both of us.
- Had a cast member telling me how stressed they were and how tense they felt. A week ago cast member mentioned having some blurred vision and saw an optometrist and was told vision was fine. Today noticed cast member had swollen ankles, so I asked if I could take their blood pressure. It was extremely high. Had cast member call their doctor and wrote down all the pertinent information needed to tell doctor at visit. Physician saw cast member right away. Blood pressure still very high in the office. Physician was so happy patient came to office and commented on HAN program. Cast member thanked me and was so happy I had sent them to the doctor. Hopefully we prevented a complication from untreated hypertension.
- Cast member with a history of Coronary Artery Bypass Graft came with elevated blood pressure and wanting guidance in weight loss. Cast member also mentioned occurrence of tooth pain similar to before the surgery. I immediately referred to cardiologist for testing. The cardiologist explained there was a small branch vessel that was never bypassed causing the pain. Employee had some medication changes and pain relieved. The cast member was much relieved: joined weight watchers with the spouse. Three weeks later, cast member told me they and spouse are having successful weight loss and cast member has started to exercise, tracking steps. Cast member reports feeling much

	<p>better, with a more positive outlook now.</p> <ul style="list-style-type: none"> • I had an employee that attended the anxiety presentation. She was able to speak with the therapist after the program. Her daughter suffers from anxiety and sleep disorders. She suffers from stress. She came to me 2 weeks after the presentation and stated that she has been practicing the deep breathing and relaxation techniques and she can't believe the difference it has made in both their lives. She thanked me over and over. I was disappointed that only 11 people attended but this made all the difference. If it helped one person it was worth it. • This month we had a team member who broke their glasses approx. 6 month ago and refused to get glasses again because of cost and time. I suggested a clinic in Cincinnati offering a free eye exam. I also spoke with a Len Crafters in Kentucky and found a manager willing to provide a free pair of glasses. I encouraged the employee every day to go and they finally went and got glasses. The next day, the employee came to my office, so excited about the "cool" glasses provided. The employee commented that they thought the glasses would be ugly and as a young person, didn't want to wear ugly glasses. Instead, these glasses are the most stylish pair they have ever owned. A few weeks later the employee stopped again to tell me how much better life is now that their vision is good again. I now have another appointment set up for someone else works with and they are also very grateful. (A few phone calls and begging from a pitiful nurse can make a difference) • I had a supervisor come get me that a young employee was having problems breathing. The employee was in tears, having a hard time catching their breath. I asked about a history of panic attacks and the answer was yes. With permission I sat across from them holding hands and we did relaxation breathing together. Once the breathing was better we talked about all the stress in their life and how it affects school and work. At home, parents just say "go to your room and calm down". We spoke about techniques to help calm down. We downloaded the Breathe to Relax phone app and used it together. We discussed the signs and symptoms of panic attacks and what happens to your body. I suggested employee talk with parents and physician. Employee was grateful and now feels equipped to help them self. • I had the pleasure of accompanying an employee to the emergency room then the following week to the hospital for an angiogram. A blockage was found, and a stent was inserted. Employee has no family in town and was so grateful that I was able to be there. Employee continued to have pain post angiogram and had to have the procedure repeated but was found to have clean coronaries. We have had many meetings and teaching opportunities. Employee wrote me such a nice thank you note I am truly grateful for this opportunity to help the employees here at the aquarium.
<p>Sacred Heart Catholic Church</p>	<ul style="list-style-type: none"> • Held semi-annual blood drive in which participation has been gradually increasing. Announcements and Articles of both Blood Drives placed in local Newspaper: The Enquirer – Fairfield. • We continue to offer blood pressure screenings every other month, and are able to encourage lifestyle modifications and follow-up as

	<p>necessary.</p> <ul style="list-style-type: none"> • Our parish response to the Community Blood Drive outreach has been excellent, and continues to grow. • The blood pressure screenings we offer are fairly well attended, and on occasion we have been able to identify someone that is at risk and unaware. The volunteer number of our ministry has increased recently, and we plan to increase the number of screenings offered.
St. Ignatius of Loyola Catholic Church	<ul style="list-style-type: none"> • Father of family receiving weekly meals very grateful, Big help! • "Appreciate time spent with me" was a comment received after a visit. • Episcopal Retirement Services Parish Health Ministry Refresh Your Soul program on Dementia was really good, especially Teepa Snow. • "Big smile" on handicapped man's face after swallowing the Host at Communion in home - knows that it is Jesus! • Parishioner in hospital stated, "Appreciate all that the different people have done for me." • Gratitude for Suicide Program expressed. • School Health Fair - "Awesome Presentations" & activities for all grade levels. • "Parish friends have given me so much support" stated a parishioner who was going through lots of medical problems. Services provided include communion, rides to church, prayer and verbal encouragement. • Annual Parish Health Picnic/Dinner enjoyed by all. Six people volunteered to help with visiting and sending cards. • One person shared, "Healing Touch has helped me get through the past year."
St. John UCC, Reading	<ul style="list-style-type: none"> • Student nurses from Good Samaritan Nursing Program assist with blood pressure readings, foot washings, distributing jackets, socks, hats and gloves to those in need every Thursday during the Community Kitchen dinners. They also visit with participants attending dinners and help in the kitchen and clean up.
Christ Episcopal Church, Glendale	<ul style="list-style-type: none"> • A blanket ministry for children was started this month by a member of our congregation, becoming part of our commission - 4 blankets were given out in this time period.
St. James of the Valley	<p>Thanks to the Prayer Shawl Ministry who distributed a total of 68 handmade prayer shawls and lap blankets for the sick and homebound as well as baby blankets for Christ Hospital ill babies and Baptismal bibs for St. James parishioners and project chemo squares and local retirement communities.</p> <p>Communion Services have been held at Wellspring by a team of volunteers under the leadership of Joe Stolz most Sundays in 2016 with 6 - 15 residents attending.</p> <p>Ashes distributed to approximately 50 people on Ash Wednesday at Wellspring.</p> <p>48 people attended the Good Friday Communion Service at Wellspring. 1/1/2016 95 year old lady received Communion from Joe Stolz also received a prayer shawl. Now she wants to volunteer in the prayer shawl ministry.</p>

	<p>3/1/2016 Received a thank you card from a parishioner's family as follows: "I don't know your name, but I appreciate your ministry at St. James! Your regular, sweet cards and messages were so encouraging to my Mom while she was sick this last year. Thank you for your kindness to us."</p> <p>9/16/2016 Provided prayer shawl ministry lap robe to a gentleman at Cedar Village with an amputated leg. He seemed very happy for the orange and black (Bengals) blanket.</p> <p>9/16/2016 Residents of Glendale Place express appreciation for Peggy's faithful visits to bring them Communion monthly.</p> <p>9/16/2016 Man that was recently diagnosed with Parkinson's Disease received support during BP Screening at church.</p> <p>10/16/2016 Arranged for homebound parishioner to be transported to Mass every Sunday.</p>
<p>St. Andrew's Episcopal Church, Evanston</p>	<p>1/1/2016 Three parishioners had heart bypass procedures and knee replacement. Each is undergoing therapy and is returning to our church worship Sunday services.</p> <p>2/16/2016 Lay Pastoral Care Team has located a personal caterer who is supplementing meals that can be frozen for a couple experiencing health issues. These meals can be used along with meals on wheels.</p> <p>3/16/2016 Lay Pastoral Team and one vocalist member (total of 4 members) have been visiting retirement communities - Maple Knoll, Cottingham and Marjorie Lee - with vocal program concert "One Voice". Three of our 90 year old church members enjoyed our visits and the concerts.</p> <p>4/16/2016 Four of our parishioners are participation in rehab physical therapy programs successfully.</p> <p>5/16/2016 Parishioner with dialysis treatment is stable.</p> <p>5/16/2016 Parishioner recovering from serious surgery, spent several weeks in rehab and now is home with therapy.</p> <p>6/16/2016 Two parishioners hospitalized with back and leg problems were prepared for surgeries.</p> <p>7/16/2016 Parishioner was able to travel to visit with family when doctor set up dialysis schedule out of town.</p> <p>8/16/2016 Coffee Hour was sponsored by a parishioner recovering from serious surgery (brain tumor).</p> <p>9/16/2016 A young parishioner is able to participate in church activities again after a hospital stay for diagnosis and</p> <p>9/16/2016 Two of our senior couples are receiving COA services after several days in hospital for ongoing health conditions.</p> <p>10/16/2016 Three of our Lay Pastoral Team members visited on of our parishioners in a retirement nursing home community. We shared coffee cake with her, health care notes, Forward Day by Day, and a concert "One Voice".</p> <p>12/16/2016 Two parishioners are receiving therapy at home and in a rehab center.</p> <p>12/16/2016 One parishioner has had surgery and is home recovering.</p> <p>12/16/2016 Two of our parishioners are in hospitals for follow-up assessment.</p>

<p>St. Peter and Paul Catholic Church, Reading</p>	<p>3/1/2016 The Network of Care made visits to those parishioners who are homebound or in care facilities for Easter. Eucharist was brought along with flowers, prayers and Easter cards made by students of Sts. Peter & Paul Academy. All those visited were so grateful to be remembered. One lady called the parish and was in tears with gratitude. She said, "I can't thank you enough for the visit, bringing Communion meant so much to me and the flower was beautiful and brightened up my room!"</p> <p>4/1/2016 During the Lenten Season the Network of Care collected desperately needed personal care items for Interfaith Hospitality Network (IHN) from the parishioners. The people were so generous! A total of 338 large gift bags of full size personal items were donated. There were 138 women's bags, 48 men's bags, 120 adult bags, 36 children's bags plus over 150 extra bars of soap, extra lotions, toothbrushes, toothpaste, etc. Just too many to mention. The, Executive Director of IHN, commented, "Your donation directly benefits families with nowhere else to turn. Your gift was truly above and beyond! Many parents and children in need will be touched by your generosity." The Shelter Operations Coordinator said, "One of our biggest needs is toiletries, something that is often overlooked in the whole process, so to provide our families with this basic necessity is HUGE!" A mother of an IHN family stated, "We appreciate the toiletries that you all donated, things we don't have at the moment, THANK YOU!"</p> <p>10/1/2016 An elderly couple was beginning to have problems staying in their own home. The wife's dementia was getting worse, and the husband was having difficulty walking and his cancer had returned. He just couldn't take care of himself anymore, let alone care for his wife. The parish nurse helped him look into care facilities that were near his daughter and that had assisted living for him and also a living area for his wife. A facility was found that they both could be in the same building and just a floor apart! The move was made! He now can visit and dine with his wife regularly but does not have the responsibility of her daily care.</p> <p>12/1/2016 During the last 6 months of 2016 the lead of the Network of Care has made a conscious effort to talk to parishioners about the joy of becoming a Friendly Visitor. 4 new Friendly Visitors were acquired during this period. This is wonderful news for 4 homebound parishioners who are lonely and in need of companionship and especially being able to receive Eucharist on a regular basis. After their training and beginning to make their visits, positive comments were received on what a wonderful ministry this is and how it is enriching their life by being there for others.</p> <p>12/31/2016 12/17/16 The Network of Care Health Ministry gathered 52 parishioners at church to head out for the annual Christmas visits. 49 parishioners who are homebound or in care facilities were visited. They were brought, Eucharist, poinsettias, handmade Christmas cards, prayer books, bulletins, calendars, and also the gift of love and friendship! Those visited were so happy, and the parishioners making the visits felt the true meaning of Christmas!</p>
<p>St. Barnabas Episcopal Church, Montgomery</p>	<p>Our shawl ministry has been steadily producing and when called providing shawls. Since January we have sent out a total of six shawls along with 2 pocket prayer cloths.</p> <p>We have also had 3 prayer shawl meetings since January.</p> <p>Two volunteers continue to take Communion to shut ins.</p>

	Volunteer parishioners helped get the home cleaned out of a member who was moving out of state.
St. Andrew's Episcopal Church, Washington Court House	6/16/2016 Joint presence with Good Shepherd Lutheran Church (our partner church in Washington Court House) at Community Health Fair. 400 people visited our table for prayer and conversation.
Church of the Redeemer, Hyde Park	<p>Referred two parishioners for in-home care.</p> <p>Helped procure durable medical equipment for elderly parishioner.</p> <p>Church Ministry helped provide microwave and home accessories with Knox Community PHM in need of an evicted 93 year old.</p> <p>Referral for in-home care services X2.</p> <p>Aging Parent counseling with referral to Pro Seniors, COA.</p> <p>Family support in the hours after death for grieving families X2.</p> <p>Hospice referral X2.</p> <p>Loaned out church walker X3, wheelchair X1.</p> <p>Instructed on use of walker.</p> <p>Advocate at MD appointments for several parishioners. Escorted one to ER and direct admit to Hospital.</p> <p>Care conferences for several parishioners.</p>
Gabriel's Place, Evanston	Two success stories r/t elevated glucose readings - each person saw their MD, was diagnosed with diabetes and started on Rx and diet regimen. One of the women was very grateful, said she appreciated me and I was making a difference. Another woman I had been screening fairly regularly came in with her husband who had had a stroke, but was doing well. I brought educational material for him re diet and other lifestyle changes following stroke.
St. Boniface Catholic Church	<p>3/16/2016 Parish Nurse took her dog to visit a nursing home patient.</p> <p>3/16/2016 Parish Nurse assisted client in Medicaid renewal.</p> <p>4/16/2016 Assisted a parishioner to prepare for hip replacement - got raised toilet seat and tub seat for her.</p> <p>4/16/2016 Attended a jet class.</p> <p>5/16/2016 Parish nurse participated in home visit where MD comes to the home.</p> <p>6/16/2016 A patient that a parish nurse had followed since 2007 died in June (in a nursing home). The parish nurse helped her sign up for Hospice and was her POA, as she didn't have any family.</p>
Forest Chapel United Methodist Church	<p>3/1/2016 Kathy Craft and Donna DeLozier have an extensive card, phone, and personal contact ministry in which many cards are made and personal conversations with some of our aging members happen regularly and when needed.</p> <p>12/1/2016 The success story is simply the daily living and showing the light of Jesus Christ to each person who has the opportunity to be in the presence of the dynamic ladies of the Forest Chapel Parish Health Ministry team!</p> <p>Carolyn Bretz - always in the mode of caring for the church physically and</p>

	<p>spiritually and an inspiration for Sandy's work at her son's church. Donna DeLozier and her card ministry is not only spiritual, but with her unique and wonderful sense of humor-and always stylish! Sandra Thompson - this petite and soft spoken women carries a powerful punch to each thing she does within our church- and I would imagine wherever she goes. Jennifer Conklin - travels more than we do and we try not to be too jealous but always supports the efforts and programs of PHM regardless of her schedule Vickie Wright - another quiet but amazing woman who always makes certain the blood pressure schedule is managed lovingly and correctly, especially when Carolyn and Donna are traveling. Kathy Craft - Marjorie's daughter whose card and personal contact ministries are filled with her creativity and deep kindness. We think maybe Marjorie may be keeping an eye on us. (Submited by Sandy Hicks) 12/1/2016 The dynamic group continues to provide monthly blood pressure screenings - often identifying a need for follow up with their doctor and potentially life saving treatment.</p>
<p>St. Paul Village</p>	<p>The weight loss contest was a success with eight residents and one visitor completing the challenge. Planted a vegetable garden for the residents at SPV. Planted flowers in the back of D building at SPV. Walk 50 Miles in 50 Days was a success. Twenty residents and two visitors completed the program. Several residents continued to do prayer walking on Wednesdays as a group and individually. 6/1/2016 Raised \$231 for the ministry through a Rummage Sale fundraiser for the Health and Wellness Ministry.</p>
<p>Gloria Dei Lutheran Church, N. Kentucky</p>	<p>6/16/2016 Do I know about the Prayer Bears! A year or two ago I mailed one to a friend who lived in Anderson and was in the fight for her life for ten years against blood cancer that was literally breaking her bones all over her body in the last eight months...awful!. When her daughter called me to her house as the oncologist said just a day or two more of life...I was sitting in their living room near where my friend always sat...and there on the side table next to her seat was that wee purple Prayer Bear from Gloria Dei! I'm sure it was such a blessing to my spiritual friend ...but guess what? Seeing the bear there beside "her seat" was a tremendous blessing to me as grief was rising up in me and I was overwhelmed with gratitude. God is so consistently covering us!</p> <p>12/16/2016 The purchase of the knee scooter has been a blessing. We had one member borrow it and on the day they were to return we needed to get it loaned to someone else. The exchange was very helpful as the second family was just about to have to purchase one when we were able to work out the exchange. Lastly, Debbie has been invaluable in helping us get the equipment to the people who need it. She adds to the success of the DMELP!</p>
<p>St. Paul United Methodist Church</p>	<p>6/30/2016 Picked up on a pulse of 46 with rapid referral and pacemaker insertion.</p>

**St. Gertrude
Catholic
Church,
Madeira**

Parish Nurse assisted a mother and her daughter with their concerns about the daughter's mental illness.

Diabetes screening: 55 y.o. participant with 3 risk factors who identified that she struggles with weight gain as a mom of 5 kids. Discussed quick, easy lifestyle changes. Identified the participant had stopped taking her thyroid replacement medication a while ago. Encouraged follow up with primary care doctor and reviewed signs/symptoms of hypothyroidism that the participant was experiencing.

The BP Screening, under the leadership of Brian Varisco, MD and Holly Stewart, RN, was held on April 17th and well received. One participant shared the following with the parish nurse, "Everybody loves this." Another participant shared that she is making lifestyle changes and trying to walk 1 mile per day and eat healthier.

At the request of PHM, healthy food options were included in the Coffee & Donuts Sunday during our PHM events in April and October this year and that seemed to carry over to other months with at least a basket of fruit.

The Prayer Shawl Ministry, under the leadership of Rebecca Diwan, was kicked off in April and 24 volunteers signed up. All prayer shawls include an Our Lady of Perpetual Health Medal and a prayer card. Much positive feedback has been received from recipients of the prayer shawl ministry. Five knitted prayer shawls and 3 baby quilts were distributed at the kickoff. One recipient's mother was in the hospital and was touched by the generosity extended her with a prayer shawl for her mother.

Prayer shawl given to person in hospital (not a member of St. Gertrude) with Muscular Dystrophy and facing surgery. Nervous and fearful. Grateful for prayer shawl. Sent thank you note to parish nurse and the Health Cabinet.

Prayer shawl given to woman with fertility issues. She shared with parish nurse, "The shawl worked." She was pregnant.

Thank you note from prayer shawl recipient: Dear Prayer Shawl, How can I thank you enough for the beautiful baby blanket and nursing cloth! Your ministry is absolutely wonderful and very much needed!! Please thank you all your knitting members for me. Sincerely, Judy S.

We had such a wonderful turn out on Sunday October 23rd at our Prayer Shawl table during the Parish Health Ministry fall event! We picked up new 8 new members, and handed out about 10 shawls. We received so much positive feedback, so many touched by all the hard work, and prayer put into each shawl! A few of people talked of stories that seemed helpless and you could see the hope in their eyes when the shawl was handed over. Its just something little to hold onto yet it meant so much to everyone who received one. (From Rebecca Diwan, Chair for Prayer Shawl Ministry).

A resource list of Mental Health Professionals and service providers was created by Kathy Swart and the Mental Health Subcommittee. It will be shared with the Health Cabinet and clergy after it is completed this fall.

The Diabetes Screening on April 17th was well received. One participant with an elevated fasting blood glucose was very grateful for follow up call, education, and support by the RD (age 71 y.o., 40 minute phone call). Her primary care physician was not worried about fasting blood glucose of 110, but the participant was frustrated with her weight gain, lack of exercise, and was concerned about high blood glucose, high cholesterol, and high blood pressure. The participant was very thankful for the support.

	<p>Thanks to Donna Schlake for sending out 6 Get Well/Thinking of You cards and 10 Sympathy cards from January to April, to parishioners and/or their loved ones.</p> <p>We are excited to be partnering with NAMI to offer the Family to Family class for those loved ones of those living with mental illness. It is a 12 week class and will be held on Wednesdays at St. Gertrude in the school starting on Jan. 11, 2017.</p> <p>Parish Nurse assisted a parishioner with depression with mental health referrals.</p> <p>A gentleman was helped to find a physician. He asked a volunteer to thank the health ministry.</p> <p>PHM 2016 Fall Event: October 23, 2016; St. Gertrude Parish Center: Blood Glucose Screening: Event was well received; 14 individuals were screened. Twelve were first time participants. Three individuals were referred to their personal physicians based on elevated readings. Three follow-up phone calls were initiated by PHM Registered Dietician - 2 were successful and 1 resulted in satisfactory communication via voice mail. One participant had previously been diagnosed with pre-diabetes and started on Metformin. The participant's non-fasting BG result x2 was >400 mg/dL indicating diabetes. The participant followed up where their doctor, was started on insulin, and fasting BGs have been ~120 mg/dL. Participant was very grateful for the screening and follow up call. Two other participants with a fasting BG within the pre-diabetes range made an appointment with their doctor.</p> <p>The Mental Health First Aid class on Oct. 29th went very well with 23 people attending.</p> <p>PHM 2016 Fall Event: October 23, 2016; St. Gertrude Parish Center: Blood Pressure Screening: Event was well received; 20 individuals were screened. Nine individuals were referred based on elevated readings and a single individual was referred to their personal physician. One follow-up phone call was made by PHM Nurse wherein the referred individual shared that they had been diagnosed with Shingles which may have accounted for / contributed their elevated BP level. Thankfully, this BP Screening episode prompted this individual to receive timely medical attention for a previously unknown / undiagnosed condition.</p> <p>2016 Prayer Shawl Ministry made 48 shawls and 14 hats this year. All 48 shawls were distributed. We have been getting wonderful feed back from parishioners who have received a shawl, how beautiful the shawls are, comfort they have received, and thanksgiving for all the prayers attached to each shawl!! Our basket was empty in November when we placed it in the back of the Church.</p> <p>PHM began commitment to cover an hour in Eucharistic Adoration starting in December on Thursdays from 8 -9 a.m. once weekly. There are 8 volunteers participating so far.</p> <p>The Health Cabinet created and approved a plan on how Parish Health Ministry can help in Forming Intentional Missionary Disciples last January. It was submitted to Jeff Plate for review and it was approved. This project was requested by Fr. Andre' Joseph and Jeff.</p>
<p>Mt. Washington Presbyterian Church</p>	<p>1/1/2016 1/3/16 Held our second card making event for the card ministry; fellowship and sharing for the participants; made 30 cards for our ministry.</p> <p>1/16/2016 Had a good meeting with our church's new "director of operations." She is supportive of our efforts.</p>

1/16/2016 Health cabinet met this month.

1/16/2016 Our pastor asked the health ministry to be represented on a grief team she is putting together.

2/1/2016 Celebrated heart health month with roll out of "backdoor reading" program using "5 Simple Steps to Control your Blood Pressure" from the AHA, immediate positive feedback from congregation members.

2/16/2016 Celebrated heart health month with "find the AED" game, published in Sunday bulletin; players were rewarded with dark chocolate heart.

2/16/2016 Initiated wheelchair loan program, using equipment at church.

2/16/2016 Recruited health care professionals for blood pressure screening through bulletin & Beacon notices; enthusiastic response, seems to be causing involvement of folks who have not previously been involved in church activities—a plus!!

2/16/2016 Participated in the formation of a Grief Team, initiated by our pastor; planning meeting and weekly availability to the congregation immediately initiated.

3/16/2016 Offered CPR/AED review class with support from Cincinnati Children's Hospital for 11 members/church leaders.

3/16/2016 Critical need for senior support services for congregational members has arisen.

3/16/2016 Held blood pressure screening training.

3/16/2016 Recruited additional nurses and health care providers for blood pressure screening. Folks said, "I've been waiting for this kind of a way to be involved."

3/16/2016 Continued to participate in grief team support activities, including through the death of our beloved member; shared in grief with members of our church and St Barnabas.

3/16/2016 Held card making activity, we made 25 cards.

4/16/2016 First blood pressure screening served 171 people and had one physician referral. Due to expert pediatric caregivers, made blood pressure screening a family event for some with great teaching opportunities.

4/16/2016 Held card making event with 10 participants; made 20 cards.

5/16/2016 Members of our Health Cabinet participated in two community events in Mt Washington to address the opioid addiction problem.

5/16/2016 Backdoor Reading campaign this month to commemorate Melanoma Awareness month, using materials from "Melanoma Know More" at least one person reported that they made a dermatologist appointment after seeing the materials.

5/16/2016 Blood Pressure Screening on 5/1/16 had one referral to physician.

5/16/2016 Three members of our health cabinet participated in Mental Health First Aid.

5/16/2016 Asked to join in a community collaboration at Mercy Hospital Anderson to explore "tele-chaplaincy" and enhance communication between the hospital and the community.

6/16/2016 Blood pressure screening - one referral for a person unknown to have hypertension previously.

6/16/2016 Sadly we are having a lot of community attention to the opioid and heroin addiction problems in our community; health ministry is participation in coalition efforts in Mt Washington and Anderson Township.

Attended Mt Washington coalition meeting on 6/15 with another health

	<p>cabinet member. Will be attending Anderson Township meeting on 6/22 with another health cabinet member.</p> <p>6/16/2016 Attended Hope Bridge movie with another health ministry volunteer and our assistant pastor.</p> <p>7/16/2016 Card making activity at church, July 16. 10 attended, and we made 20 cards</p> <p>7/16/2016 Yay, Session approved our health ministry budget - ordering our own blood pressure equipment</p> <p>8/16/2016 In preparation for expanding blood pressure screening outside our church walls, goal for this month was to begin learning about health resources in our community.</p> <p>8/16/2016 Continued participation in Mt Washington Prevention First Action Coalition (drug/alcohol issues).</p> <p>8/16/2016 Preparation for poster presentation on our card ministry.</p> <p>9/16/2016 Partnered with Stephen's Ministry at our church to provide cards for their use.</p> <p>10/16/2016 Developed intentional card ministry for those during their grief journey (i.e. will send cards one month and one year after their loss)</p> <p>10/16/2016 Toni attended Foundations of Faith Community Nursing course.</p> <p>10/16/2016 Partnered with YMCA to provide A1c screening for 21 during mobile food pantry.</p> <p>11/16/2016 Health ministry team member continues to attend Mt. Washington drug coalition meeting monthly.</p> <p>11/16/2016 Held Family Blood Pressure Screen Day to raise awareness of heart health starting in childhood.</p> <p>11/16/2016 Began program to identify and refresh all first aid kits at church.</p> <p>11/16/2016 Friendly Visitor program being given a re-boot, in conjunction with Congregational Care subcommittee of Deacons, more volunteers identified.</p> <p>11/16/2016 Card ministry participated in our church's Alternative Gift Fair for the first time. Children could make cards; also cards and lists available for all members to remember our members in nursing homes this Christmas.</p> <p>12/16/2016 Health ministry team member continues to attend Mt. Washington drug coalition meeting monthly.</p>

REGION: COLUMBUS AREA

Church Name and City	Success Stories/Positive Outcomes
St. Stephen's Columbus OH	<p>Parishioner with mental health issues moved into a skilled nursing facility and has been receiving transportation to church every Sunday enabling him to sing in our choir.</p> <p>A retired Episcopalian minister also received weekly rides.</p> <p>An attorney held a session on completing advanced directives and this was well attended with many parishioners completing power of attorney for healthcare and living will documentation.</p>
Peace United	Enjoyed meditations, Would like to do again, easy to stay motivated, with

Methodist Columbus OH	tracking and meditation. Gave out T-shirts in the end. Total miles walked were 1611. This program also helped get back into walking as a great exercise.
St. Patrick Dublin OH	<p>Living Compass-attendance at workshop, development of Wellness Council and presentations to council.</p> <p>Two PHM attended a Living Compass Program in Chicago and since met the requirements for certified presenters. An Elderly Sacred Circle formed as a result of Living Compass and the women meet monthly. Other workshops are planned for near future.</p> <p>Mental Health First Aid course held at St. Patrick's. PHM leads took the responsibility of food, venue and audio. Twenty Five attended and response was very favorable.</p>
St. Andrew Pickerington	A group walking program was started which gave needed support and encouragement, Though the start was very slow, the pace and distance increased. Two parishioners increased their distance for walking: one knee replacement and 1 back surgery.

REGION: GREATER DAYTON AREA

Church Name and City	Success Stories/Positive Outcomes
Christ UMC, Dayton	<ul style="list-style-type: none"> • Preschool Vision Screening. We provided free screenings for the children who attend the CUMC Preschool February 22-25, 2016. We screened 57 children and referred 6 children to their pediatrician for further evaluation. Three RN volunteers are certified to do the vision screening; they donated 39 hours. There were 3 other volunteers plus 4 moms who served as runners to bring the children from their classroom to the screening location; these folks volunteered 26 hours. Planning meetings took 5 hours and data entry for the Wise about Hours record an additional 8 hours. • Shawl ministries. The ladies donated 251 shawls this year, including 20 that were taken to Bolivia. Our Church sends a mission team to work with the Bolivian teachers to improve conditions for special needs children. The shawl ministries team has given away 2,377 shawls in the past 11 years, averaging 200+ each year. They also send preemie blankets to MVH and some shawls to Children's Hospital. They will make a white shawl for a member of our church who is planning to be married there whenever it is needed.
Canterbury Court, Dayton	<ul style="list-style-type: none"> • Stephen Ministers hold a group meeting twice a month discussing many topics. The residents that attend have been victims of abuse. After talking with the Stephen Ministers, I, and the group, they have asked to have a support group started on their behalf and other residents that may benefit from the program. I have contacted an agency that is

	<p>currently looking for a leader that will lead our group. Without the help of the Stephen Ministers this need would not have been met. Canterbury and St. Paul's Episcopal Church have a great partnership. We are blessed to have that.</p>
Church of the Ascension, Middletown	<ul style="list-style-type: none"> • Church of the Ascension revived their Health Ministry in 2016. Rick & Karin Benner are serving as the Leads for the ministry. An AED was purchased for the congregation with finances contributed by a Parish Member. In 2017 we plan to begin basic classes for the congregation on use of the AED which will be led by a volunteer nurse. Also initiated and sponsored construction of the "Little Library". This is a community outreach that will also begin in 2017.
Monroe UMC, Monroe	<ul style="list-style-type: none"> • The Yoga class has been a great success. We have added 2 additional classes each week and continue to have wonderful attendance. The event is open to the community.
St. George Episcopal Church, Kettering	<ul style="list-style-type: none"> • During our January quarter we found four elevated blood pressures with three being sent to their physicians. One man in his mid-thirties has been noted to have a slightly elevated pressure for the last three screenings. He was advised this time to call his physician. • One lady has been treated for hypertension since noted by health ministry three years ago. Her pressure was elevated and after calling her at home, she took it and it was normal according to her report. She chided health ministry for being on her case but stated she appreciated it. • A 76 year old male was being treated for hypertension. After walking the aisle for choir, changing out of his choir robe and having his blood pressure read, his blood pressure was raised as this was more than normal activity for him. Once seated for 15 - 20 minutes his pressure returned to normal. • A 33 year old male had a history of hypertension but was not on medication. He made an appointment with his physician in February and was placed on medication. • Health Ministry leadership at St. George's transferred from Melanie Hitch to Joan Purdon in March at a Sunday morning service. Existing and new committee members met on June 5 to consider what has worked, what to continue and begin to envision next steps. • The fall program on addiction and the opiate epidemic in our community was well planned and organized and had outstanding speakers. The attendance was less than we had hoped. An outcome is that an agency that presented, Families of Addicts, is being considered for a grant from the Social Issues Committee at St. George's. This is an all volunteer organization in the Dayton area and is growing rapidly. I will report on the committee's decision in mid-December.
Stratford Heights Church of God, Middletown	<ul style="list-style-type: none"> • A congregational member came to an evening event at the church and entered through the new doorway of the church. They thought a full sized window was an open doorway and ran into the window. First Aid was given to the member. The nurse advised the church to put a decal or etching on the window and the church followed through with the suggestion. • Was able to find community services for a congregational member who has limited mobility for in home assistance with house cleaning,

	<p>bathing and shopping 3 hours a day - five days a week. The client is most grateful for this assistance.</p> <ul style="list-style-type: none"> • During a blood pressure screen a person with an elevated reading was referred to see their Dr. within the week. Then they shared information about a family crisis. We immediately had prayer for the client. They were very appreciative of our concern and encouragement. The client did go to the Dr. and was started in medication. Some months later the client shared how they have been making lifestyle changes to improve their health. They also shared that they have the names of the nurses who prayed with them that day in their Bible and pray for them often. Again shared how thankful they were for the nurses who prayer with them.
St. Francis Episcopal Church, Springboro	<ul style="list-style-type: none"> • Good feedback on monthly inserts.

REGION: EASTERN OHIO

Church Name and City	Success Stories/Positive Outcomes
Cambridge Heights Apartments	<p>Giving Back to St. John's Episcopal Church Residents feel St. John does so much for them at CHA. They help with our monthly dinners, fundraising events and special holiday celebrations. We would like to give back to them.</p> <p>With the help of a small congregation, St. John's provides disposable diapers to needy families, offers a meeting place for Alcoholics Anonymous, and provides other community services. An envelope was passed to each resident to make a contribution to help St. John's with their local ministries.</p> <p>One hundred dollars was collected.</p>
St. John's Cambridge OH	<p>St. Johns Episcopal Church in Cambridge donated 2 new computers for residents. The parishioners continue to give of their time for numerous activities at Cambridge Heights Apartments.</p>