



Parish Health Ministry Success Stories 2018

Christ Episcopal Church, Glendale, Glendale

After our Health Ministries' blood pressure screening, two parishioners whose blood pressures were elevated, were convinced to see their MD. One is only in her 30's. Both are now on medication, have made lifestyle changes and are doing great!

Church of Ascension & Holy Trinity, Cincinnati

Our church Health Ministry promoted parishioners to participate in Relay for Life. Sixteen people walked, totaling 55 1/2 hours. We also had Luminaria sales prior to walk, 700 bags were sold! Total raised for Relay for Life was \$8,898!

Stratford Heights Church of God, Middletown

We now have 5 Friendly Visitors (FV) visiting with 5 of our caregivers and their loved one they are caring for. Each of the FV and the care receivers has reported how much they love these visits. One FV reported "I know this is more for me than her. I think I can learn a lot from this sweet lady."

Knox Presbyterian Church, Cincinnati

The Parish Nurse began providing fresh fruit in the work room at Knox every Monday morning a few years ago. She carefully chooses the most beautiful fruit, organic when possible and places it in a tiered wire basket. Its simple beauty uplifts the work environment and she has observed employee habits of soda, snacks and candy change to enjoying the fresh fruit and filtered water from a dispenser also installed in the work room. She has observed the improved health status for 2 people who have chronic conditions such as diabetes and hypertension. This particular project may have had something to do with their improved health and habits!

Our Lady of Sorrows Catholic Church, Monroe

Last year, our team ran a book study based on the book, ***Made to Crave: Satisfying Your Deepest Desire with God, Not Food***. We were told this April by one of our parishioners that this book was the inspiration for her changing her lifestyle habits with regard to eating and exercise. This has resulted in her now eating healthfully, exercising regularly, and losing a significant amount of weight over the past months since she read the book.

Newport Aquarium, Newport

Employee came to the health advocate nurse and they met for one hour. Employee is struggling with depression and anger issues. Her father passed away 6 years ago and she still struggles with that and it is starting to affect her job performance. Nurse referred her to Lindner Center of Hope. She is scheduling an appointment with a psychiatrist and psychologist. Nurse will continue to f/u with her and assist if she needs help scheduling or needs someone to go with her to the appointment.

Employee came to Nurses office to let me know they had severe back pain. Employee was sent to the ER and their blood glucose was over 200. Nurse discussed the importance of maintaining a lower BS and the future health issues that can come from not keeping their diabetes under control when you are young. They do not have insurance and could not afford a glucose testing meter. Nurse gave them a list of free meters they could get from Good RX. They will be getting insurance next week which will be helping with their health status and going to the Dr. Also discussed diet options and ways to cut back on carbohydrates.

St. James of the Valley, Cincinnati

Better Balance program held on Nov. 26th at St. James went very well despite the poor, snowy weather conditions. We had 30 people attend with much positive feedback. Thanks to Andy Beardslee and his assistant, Katie, from Premier Physical Therapy for the presentation.

Sts. Peter & Paul Catholic Church, Cincinnati

46 Parishioners participated in Seasoning Lent Program. I had many people tell me that they loved the reflections in the booklet! One 91 year old lady said, "Although I don't cook much I loved the reflections so much that I would like two more books for my daughters".

The Network of Care Friendly Visitor (FV) Program is still going strong. Many of our Friendly Visitors bring Eucharist, transport parishioners to church on Sundays and often take clients shopping or help run errands. This is one of the most important programs that a church can have for their parishioners who are homebound! Although we always have parishioners on the "waiting list," new Friendly Visitor volunteers appear frequently so the list never gets too long. When that happens, out of the blue I think, "God just sent me an angel," because that's what I think these volunteers are! A recipient of the FV program recently called me to say, "Thank you so very much for the Network of Care. You do such a great job! It means so much to me!"

Forest Chapel United Methodist Church, Cincinnati

A referral was made at the blood pressure screening after an extremely high blood pressure in a client. I begged her to let me take her to the hospital. She acknowledged having let her insurance lapse, but she would start it back up. I told her that she was doing damage to every vessel in her body and was at risk of a stroke or heart attack. There was no convincing her. She is at church every Sunday, and each time I saw her I reminded her that I had been praying for her, but that prayer is not enough when we know what she really needs. A few weeks later she came in with a smile on her face. Yes, she was back on her insurance and her meds. And, yes, her blood pressure was back down to 140/80.

Gloria Dei Lutheran Church, Crestview Hills, KY

A parishioner commented on the Durable Medical Equipment Loan Program: "It is a God-send for me. I have used equipment 6 different times. I can't imagine how much it would have cost me if I had to purchase the equipment myself."

A parishioner commented on the Seasoning Lent Program: "The devotional has been a spiritual support system for me as I deal with keeping healthy food on the table to support my husband's body as it fights the cancer. This is one thing I can actively do to fight this cancer and support him. I like to think that this is one reason he has not experienced the typical weight loss associated with cancer and he still has enough energy to exercise almost daily."