

## **Success Stories**

### ***Christ Church Glendale***

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

### ***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 the walk, 700 bags were sold! Total raised for the American Cancer Society through the Relay for Life was \$8,898!

### ***Stratford Heights Church of God, Middletown***

We have five Friendly Visitor volunteers paired with five care partners. Each of the Friendly Visitors and the care receivers report how much they love these visits. One visitor 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 workroom at Knox every Monday morning. She carefully chooses beautiful fruit, organic when possible, and places it in a tiered wire basket. Its simple beauty uplifts the work environment. 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 workroom. She has observed the improved health status for 2 people who have chronic conditions including 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***

Our team ran a book study based on the book, *Made to Crave: Satisfying Your Deepest Desire with God, Not Food*. One participant shared 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.

### ***Newport Aquarium, Newport***

Employee came to the health advocate nurse, and shared that she was struggling with depression and anger issues. Her father passed away several years ago and she still struggles with that; it is starting to affect her job performance. Nurse referred her to the Lindner Center of Hope for an appointment with a psychiatrist and psychologist. Nurse will continue to follow up with her and assist with scheduling or someone to go with her to the appointment.

Employee complained of severe back pain to the Health Advocate Nurse. Employee was sent to the ER. Blood glucose was over 200. Nurse discussed the importance of maintaining a lower blood sugar and the future health issues that can come from not keeping diabetes under control. This person did not have insurance and could not afford a glucose testing meter. Nurse provided a list of free meters available, confirmed eligibility for health insurance and discussed diet options and ways to cut back on carbohydrates.

### ***St. James of the Valley, Wyoming***

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, Reading***

The Network of Care Coordinator/Nurse has been helping a parishioner who did not drive and whose husband was ill. Over the course of a week, the nurse got hospice involved, helped her through some difficult days and obtained a Friendly Visitor for her. A few weeks later a note was received by the nurse from the lady stating, "Your kindness during my time of need will never be forgotten. You will never know how much your kind and soothing words and actions got me through those dark days. Thanks to you I am able to go to church every Sunday and meet a kind and reliable friend. I pray God blesses you and gives you the desires of your heart"!

Forty-six parishioners participated in the Seasoning Lent Program provided by ERS Parish Health Ministry. 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 Visitor volunteers bring the Eucharist, transport parishioners to church on Sundays and often take clients shopping or help run errands. The coordinator states that 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!"

The coordinator for the health ministry (called Network of Care) shared the following: I have always wondered, "Does anyone read all the articles about health that I put in the bulletin?" I got an answer at a workshop I was having. At the workshop I was handing out water for the attendees. One elderly lady was attending with her middle age daughter. The elderly lady said, "I definitely want some water. Last week in the bulletin the nurse had an article on the importance of drinking water so I'm going to do it." The daughter said, "I've been telling her for years she is supposed to drink a lot of water and because a nurse at the church said it in the bulletin article she is going to do it!" "Thank you!"

### ***Forest Chapel United Methodist Church, Forest Park***

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."