



Partner Success Story – Newport Aquarium

Parish Health Ministry is a movement that encourages churches and other community partners to renew their role in health care, which includes promoting health, preventing disease, responding to crisis, and emphasizing a wholistic approach to wellness and health care. At ERS Parish Health Ministry we are impressed with just how well this movement is working. Through reports of ministry activities from our partners, there is evidence that lives are being touched in a meaningful way. The following is a success story we received from our partner, The Newport Aquarium in Northern Kentucky.

“I had a supervisor come get me to respond to a young employee who was having problems breathing. The employee was in tears, having a hard time catching her breath. I asked about a history of panic attacks and the answer was yes. With permission I sat across from her, held her hand and we did relaxation breathing together. Once the breathing was better we talked about all the stress in her 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 that the employee talk with her parents and physician. The employee was grateful and now feels equipped to help herself.”

Thanks to Mary Schmidt, Health Advocate Nurse, and her team at Newport Aquarium for the good work and leadership they offer and for sharing this success story in their Report of Activities.

