

**ERH MINISTRY REPORT 2012 – PARISH HEALTH MINISTRY
SUCCESS STORIES**

REGION: GREATER CINCINNATI AREA

Church Name and City	Success Stories/Positive Outcomes
Gabriel's Place Avondale	<p>Gabriel's Place continues to work with the underprivileged in the greater community. One incident that was a possible life saver for a client; While watering gardens at Gabriel's Place, the Parish Nurse was asked to come in and check on the new gardener intern. The Program Manager was concerned about him and didn't want to leave him alone. He had been walking in circles and appeared confused. She learned he is diabetic and had taken his insulin in the morning and had breakfast but had not eaten lunch. He had been working for several hours gardening in the heat. His speech was difficult to understand and she asked if someone could get some orange juice and/or oranges. She stayed with the gardener and helped him peel the 2 oranges he was holding and encouraged him to eat the sections. When she got the juice I gave him a cup to drink and within a very short time - maybe five minutes, he was back to normal and apologized for alarming them.</p>
Knox Presbyterian – Hyde Park	<p>Crisis occurred for a Knox couple this past June - assistance began in the ER that day. The husband had been diagnosed with Parkinson's a few years prior and had been receiving treatment. His tremors were well controlled. He was beginning to demonstrate some cognitive difficulties. Pending a dental procedure his medications were held because he was to have general anesthesia. His wife has expressive aphasia and some undiagnosed cognitive challenges.</p> <p>He had become very confused, but his wife took him for his dental procedure anyway and it was done with general anesthesia. His confusion worsened afterward, and he became delusional and was hallucinating. He became aggressive toward his wife when she tried to stop him from leaving the house. A neighbor transported them to Good Samaritan Hospital. He was admitted to the Psychiatric Unit and stayed there for two weeks and was discharged to a secure dementia unit. His medications were stabilized and there were no further episodes of hallucinations or delusions. He was transferred to Assisted Memory Support where he has thrived. I made a referral for the family (2 children living out of state) to contact LWSS Geriatric Care Management while continuing support from our faith community for both of them.</p> <p>He has been to worship every Sunday and his condition has continued to improve. He has received many visitors and had bi-weekly outings with Knox members. She has moved and transitioned to an Independent Living Apartment. He is scheduled to move into an assisted living apartment on 12/27/12. They will not live together per her request, but plan to share meals, entertainment and activities offered at their retirement community together. Much healing has occurred for both of them in these past several months due to the coordinated efforts of professional care management and health ministry together!</p>

St. George Episcopal - Dayton	<p>One participant (attending with her son) had very elevated blood pressure of 130/100 at our church blood pressure screening. After resting, the blood pressure was rechecked and was still elevated. Participant was advised to see her physician as soon as possible. She was started on Lisinopril and blood pressure is now 102/80. Her son really got after her.</p> <p>Another participant forgot her medication; her blood pressure was 160/102. She saw her physician and her blood pressure remains normal when she takes her medication.</p>
Hamilton Presbyterian	<p>People are getting more concerned about their health when their BP's are elevated. Several people are taking the health ministry BP team more seriously. One couple called for me to check their BP mid-week since one was a little high. They were very appreciative.</p>
St. James Episcopal Church - Westwood	<p>Our annual Valentine Card Blitz took place this month as 115 Valentines were sent to our sick and shut-ins. The following thank you was received from one of our recipients: "To the staff of Health Ministry - Thank you so much for the nice Valentine card. It was much appreciated. It is good to be still remembered by you folks at St. James and I miss it very much. The Valentine message also helped a lot. My mother also passed away on Feb. 9th just a few days short of turning 99. . . Thank you again." It is our experience that this simple act of love sent via a Valentine can and does make a difference in the lives of those who can no longer be at church on a regular basis.</p>
St. James Episcopal Church - Westwood	<p>Our Episcopal Church Women reached out to the shut-ins of our church community. Each member visited 1 to 4 people, taking Christmas greetings, conversation, and small gifts (some of which were hand made). Everyone reported having a very pleasant and satisfying time. The ECW also hosted a "greeting card blitz", during which parishioners wrote in and signed Christmas cards supplied by church for each homebound member. It was reported that our shut-in friends were happy to be remembered, and to receive such an unusual, large amount of mail.</p>
St. John the Baptist - Harrison	<p>We distributed 52 "Yellow Dot" kits at our festival and at our program "Aging with Grace". Everyone was very impressed and anxious to use it and hoping it goes statewide.</p>
St. John UCC - Reading	<p>Caring Hearts Blanket Ministry has been an ongoing ministry of our Caring & Sharing Ministry. Throws are made from fleece fabric. Hearts are signed (first names only) by members of the congregation and our pastor and are fused to the fleece and then stitched around. A large heart stating "Caring Hearts, Sharing God's Love, St. John U.C.C., Reading, Ohio is fused to the top of the throw. The throws are distributed to shut -in and ill members of the congregation. They are very well received and appreciated by the recipients.</p>
St. Matthias Catholic Church – Forest Park	<p>Conducted our first BP Screening on November 4, 2012 and the result validated the need for this program in our parish. We made 3 referrals to PCPs. One parishioner's BP was extremely high, and through our screening and referral recommendations, he was able to get into his PCP the next day and get his current BP returned to normal baseline within 24 hrs. of getting his dosage adjusted.</p>
Sts. Peter & Paul Catholic Church - Reading	<p>Our Easter Visits to the Homebound and those in Nursing Homes this Easter season were a great success! 47 parishioners participated in the visits and 38 people were visited in their homes and at Nursing Homes. We brought flowers, bulletins, Easter cards made by the children of Sts. Peter & Paul</p>

	<p>Academy, prayer books, blessed palm and of course, Eucharist! Many positive comments were received. From those who made the visits; "I loved it." "It was wonderful." "It was the best experience we'd had in our life." "I got so much out of it." "I have gotten much more out of it than I gave." Those who were visited said; "Thank you so much", "I love the card from the children" and "I can't thank you enough". What a joy-filled day for all!!</p>
<p>Sts. Peter & Paul Catholic Church</p>	<p>The Network of Care organized Christmas visits to those who are homebound and in care facilities. Parishioners were set up in teams to visit all those who are not able to attend church any more. There were 52 parishioners who helped with make these special Christmas visits. The Eucharist was brought along with a poinsettia, Christmas gift, Healing Payer bookmark, and Christmas cards made by Sts. Peter and Paul Academy. A total of 43 people were visited and so many wonderful comments received! Those being visited loved being remembered by their parish family and those making the visits commented how "this is what Christmas is all about, I love making these visits!", "This was a blessed experience for me!", and how blessed we are as a parish for so many to show what "Christ"mas is all about!</p> <p>Some comments from those being visited were, ""I love you from the bottom of my heart." "You made my day!" "God bless all of you!"</p>
<p>St. James of the Valley Catholic Church</p>	<p>The shawl ministry continues to provide hand knitted and crocheted shawls and lap robes for the ill and homebound, as well as blankets for preemies at Christ Hospital. New this year, the shawl ministry began donating handmade baby blankets to the Women's Center in Sharonville (Crisis Pregnancy Center) as well as hats to a Cancer Center. They distributed a total of 102 shawls, laps, blankets and hats this year!</p> <p>We partnered with ERH Parish Health Ministry to launch the Yellow Dot program for our members in December. This program provides emergency response personnel with important medical information in the event of an automobile accident. Distributed 35 kits to members after Mass on December 8 and 9.</p>
<p>Church of the Redeemer, Hyde Park</p>	<p>The prayer shawl ministry continues to be successful with approx. 40 members in the knitting group. We knit for several ministries but the largest contributions are for the Redeemer prayer shawl ministry. We create approx. 50 shawls a year. We also create prayer bears, helmet liners, preemie caps for University Hospital, bereavement shawls for Christ Hospital, afghans for Habitat for Humanity and "Courage Caps" for chemo patients at Cancer Family Care. There are also lots of scarves and hats that we create for MEAC. To create a prayer shawl takes approx. 15 hours depending on the size of needles and yarn used. They truly are works of prayer and creativity.</p> <p>Parish Nurse attended two care conferences with parishioners as their advocate, one in the hospital and the other at a nursing facility.</p> <p>Parish Nurse overheard a comment regarding a visit with a homebound individual: "She has become my friend, I need her."</p> <p>Parish Nurse made a hospice referral for two individuals in their mid 90's, still living at home without services.</p>

	<p>Parish Nurse arranged parish visitor for an individual, for dementia issues. Plan perhaps some art therapy and social interactions.</p> <p>Parish Nurse referred family to "Caring Bridge" as a blog/scheduler for an individual as he goes through a kidney transplant.</p> <p>Parish Nurse is following a 90+ year old couple, assisted in moving to assisted living at MPL with full time hospice</p> <p>Parish Nurse is providing personal health counseling to non-parishioner on aging parent/Alzheimer issues for Medical Alert services, Vial of Life, Alzheimer Association, and in-home assistance for non-parishioner.</p> <p>Parish Nurse coordinated AED/CPR training for 12 staff members</p> <p>Parish Nurse organized flu shots for 11 people at church.</p> <p>Parish Nurse made referrals to Professional Pastoral-counseling Institute for two separate individuals for adult and children's counseling after divorce.</p> <p>Parish Nurse referred parishioner, RVK, for Alzheimer Associations' art classes and caregiver support for JVk, husband. In home assessments for reiterating safe transfers from wheelchair and home safety evaluation. Assisted in increased care as needed after rehab services.</p> <p>Parish Nurse organized photo's of seniors and other parishioners for easy identity for Church Directory and for missing persons.</p> <p>Parish Nurse followed up with home caregivers after Incident of missing person to ascertain changes in care to keep parishioner, FS, safe at church functions.</p> <p>Parish Nurse transported 91 year old veteran to Eastside Veterans Group X2.</p> <p>Parish Nurse became the advocate for CP, who is primary caregiver for spouse with multiple medical issues. Assisted her to Dr. appointments five times to assist in determining her treatment path with cancer diagnosis, since family out of town, and adult son with special needs.</p>
<p>St. Barnabas Episcopal Church</p>	<p>The prayer shawl ministry gave out 16 shawls in 2012 along with 25 pairs of booties. The booties were given to Children's Hospital.</p>
<p>Newport Aquarium, N.KY</p>	<p>What a blessing to have the Faith Community Nurse (FCN) movement advance into the corporate world. Newport Aquarium (NAQ), through the Share It Forward program has just hired a FCN with the label - Health Advocate Nurse (HAN). The role of the HAN for NAQ is Health Promotion and Education, Wellness Consultation and Bridge to Care. The HAN is here to serve the cast members in a holistic way to assist them in maintaining a life of health, wholeness and balance. Having healthy employees creates a happy working environment.</p>

	<p>The NAQ staff is beginning to utilize the Health Advocate Nurse as a resource. Several of the staff members have come by to visit and ask questions concerning health topics. These topics discussed range from needing a list of physician referrals, needing a blood pressure re-checked or to ask questions about a medical condition. When appropriate, a prayer is said with the person before they leave the office.</p> <p>Finding resources in the community really has been a blessing. There are many agencies in the community whose main goal is to help people in their time of need. Such agencies include the St. Elizabeth Healthcare Family Practice Center. It is such a joy to work alongside their staff.</p> <p>Our Health Interest Survey collection was a great success. We had 109 NAQ staff members fill out the survey. There was incentive – each survey had a ticket stapled to the survey. After completing the survey, the person was asked to remove the “Keep the Coupon” portion of the ticket. Each returned survey ticket was then entered into a drawing for a chance to win a Health & Wellness Basket. Thank you to everyone who completed the survey. Upon a first glance the most chosen topics of interest were diet/nutrition, exercise, stress reduction and self defense.</p> <p>The NAQ Health & Wellness Team is being revitalized and 9 staff members have agreed to be a part of the committee. Our first meeting is set for January 9th.</p>
<p>Gloria Dei Lutheran Church, Northern KY</p>	<p>The <i>Whole Health Ministry</i> wanted to focus upon spiritual health but could not get a Prayer Service organized with Pastor Vicki until June of 2013. She has a small Prayer Service on the 5th Sunday of the months that have 5 Sundays. We wanted to expand this Prayer Service. I then got on-line and checked out a web-site that has guided imagery. This information was given to me in Jan. 2012 by Terry Kessler at an ERH function. Our Whole Health Ministry Team checked this out and we opted to not use it because it was not a very spiritual form of guided imagery. I prayed as to what we should do and then I realized that we had the resources available already at Gloria Dei. In October I asked Pastor Vicki if she would be willing to do a series of CDs focusing on Spiritual Encouragement. When she was in Louisville she had a radio show called GodTalk. (This title is trademarked.) She was excited about doing this and wanted to have it completed by Advent. Sayaka, a member of our WHM team is a designer and designed the cover of the CD, our sound person, Paul, made sure that the audio was professional and Pastor Vicki completed recording the first in a series entitled GodTalk for Real Life. I was project manager. (Walda Helvie)</p> <p>The first CD in this series has four tracks and focuses upon: Guilt and Forgiveness, Managing Stress, Dealing with Grief and the fourth, Living a Life Grounded in Prayer. We had copies duplicated and on Sunday, December 16 we gave copies to our members. Each household received a gift of one CD. For gifts, a donation of \$3.00 was recommended. This is also on our website at www.gloriadei-nky.org/GodTalk. You can check it out. We are very pleased with it. Also, our Outreach Ministry was involved. As well as a Whole Health Ministry spiritual tool it also goes hand in hand with Outreach. We gave the CD in our Visitor Packets beginning on Dec. 23.</p>

	<p>Outreach split the cost with us.</p> <p>We have had great feedback and want to produce the second and third CD in this series in 2013. The four topics that are on CD #1 were chosen with our congregational survey in mind, the Care Notes that have been taken this past year and the 19 funerals that Pastor Vicki performed from November 28, 2011 through August, 2012. Grief is a very time sensitive issue at Gloria Dei.</p>
--	---

REGION: COLUMBUS AREA

Church Name and City	Success Stories/Positive Outcomes
Community United Methodist, Circleville	<p>Member of congregation arrived at church and stated “not feeling well” BP taken by health team member, extremely high. Retaken after service, still alarmingly high. Taken to ER by health team member. Was treated in ER and then advised to see family physician next day, where medications were changed.</p> <p>Walking program called “Walk to the Four Corners” with 34 participants walking over 11,000 miles in 24 weeks.</p>
Wilmington Presbyterian	<p>Started Friendly Visitor Program in June. 20 Volunteers have made 114 visits since June.</p>

REGION: GREATER DAYTON AREA

Church Name and City	Success Stories/Positive Outcomes
Cedar Cliff ministerial Association Cedarville	<p>An unemployed middle aged woman with depression, high blood pressure and “skin picking” disorder has begun attending church and getting financial counseling. Parish nurse went with her to doctor as an advocate. Blood pressure now under control, skin healing. Has found a job and depression decreasing.</p> <p>Worked with young family of four. Mother has depression and neurological disorder, father is bi-polar. Living in terrible conditions. Parish nurse has worked with Food bank and Grace Baptist Church to get them better housing and help with improving health.</p>
First Baptist Church, Middletown	<p>Due to many stories (news) of tornadoes, storms, etc. we worked very hard to make a flyer with all aspects of severe weather described and recommended from the National Weather Service, Red Cross, and NOAA for Emergence Preparation. It described what to watch for from alerts to protecting you and your family. We had a large tri-fold poster with pictures of real storms, some in the area, and emergency kit contents were displayed. We felt people would pay more attention, and reminded that we are all at risk and to be better prepared.</p>
St. Christopher Catholic	<p>A male parishioner had his blood pressure checked at our monthly screenings for months with elevated readings. The volunteer nurse made many recommendations that he see his physician about the elevated readings.</p>

<p>Church, Dayton</p>	<p>Finally, several months ago he saw his physician (new) and was placed on medication. His BP readings are much better.</p> <p>Assisted a high school youth and our parish who sponsored a blood drive. 38 units of blood drawn.</p> <p>"Refresh - A Women's Morning" – 54 women attended. A morning program starting with light breakfast, 3 speakers focusing on body, mind and spirit and door prizes. We received lots of good feedback from those who participated.</p>
<p>Breiel Blvd. First Church of God, Middletown</p>	<p>Health Ministry determined our church bathrooms need hand rails for those who need assistance getting up from commode. Project is in progress with Active Adult Ministry for sponsorship for cost.</p>
<p>Stratford Heights Church of God, Middletown</p>	<p>One person who had an elevated blood pressure has made many lifestyle changes and their blood pressure is now under control.</p> <p>The Celebrate Recovery Ministry has been practicing services since September 7, 2012. This ministry is a biblically based 12 step program that ministers to anyone with a hurt, hang-up or habit. The 12 steps and 8 biblical principles give people the tools needed to overcome and experience true healing. The ministry continues to grow weekly and we currently have over 45 in attendance each week and we haven't officially opened the ministry up to the community. Our official launch date for the Ministry is January 4, 2013.</p>
<p>College Corner Presbyterian Church, Oxford</p>	<p>Journeying Through Grief</p> <p>Though times of grief and loss are something we all experience during our lives, many of us feel unsure of how to process these experiences. Three years ago, Nancy Welty, a nurse and the lead of the health ministry at College Corner First Presbyterian Church, took the call to help and support others in their grief process. Nancy's instincts told her addressing grief was an area that "needed some real attention." During this time, she came across a series of books about loss of a loved one – a program by Stephen Ministries entitled "<i>Journeying Through Grief</i>." As she read the books, she realized they were well-written and accessible, and she knew they would be a "great resource" to the folks in her congregation.</p> <p>After discussing the program with her pastor, he was in full support of the idea, and Nancy ordered a supply of the books. There are four books in the <i>Journeying Through Grief</i> program: 1) "A Time to Grieve," 2) "Experiencing Grief," 3) "Finding Hope and Healing," and 4) "Rebuilding and Remembering," and they are meant to be sent to people at four crucial times during the year after a loved one dies. According to Stephen Ministries, "Each book focuses on what the person is likely experiencing at that point in grief – offering compassion, understanding, and hope." Ideally, the books aren't simply sent out, but are instead hand-delivered (books one and four) by someone from the church.</p> <p>For a good while, Nancy and the pastor were able to visit people in their homes, personally delivering books one and four, while also lending a supportive ear to the person grieving. She found that many people "really appreciated this time to talk." She also says the books were immediately well-received by the people they visited, and people found comfort in the program</p>

	<p>as a whole. As time went on, time constraints prevented Nancy from continuing the visits, but she's proud to say she and her church have now been offering <i>Journeying Through Grief</i> to their congregation for three years! In asking Nancy to look back over these years and evaluate the power of this program, she shared part of the reason this program was so personal to her from the very beginning- "I've lost a lot of family, and I've done a lot of grief work. Following these losses, I didn't feel like I got a lot of grief care." She feels like this program gets the experiences of grief and loss out into the open, and "it reminds people it's okay to <i>feel</i>." According to Nancy, the books of the program validate people's feelings, whatever they may be, and whenever they're being felt. It also allows people who might never seek out help or attend a support group access to valuable information and support in the comfort of their home.</p> <p>In offering words of wisdom to churches adopting the program for the first time, she recommended resisting the urge to feel like your group has to do this "perfectly." In her experience, people usually don't want or need reassurance or fancy advice, and, in fact, these things (when unsolicited) can cause someone grieving to share <i>less</i> in the future. Also, even if you have past experience with loss, it's important to avoid telling people <i>how</i> to feel. Each experience is so unique, and it's important to allow each person to have their own experience. On the whole, the most important thing you can offer to those experiencing grief is your presence, and a willingness to simply listen. People may not always remember the words you spoke to them during the hardest times, but they will certainly remember your unwavering support.</p>
--	---

REGION: EASTERN OHIO

Church Name and City	Success Stories/Positive Outcomes
Holy Trinity	Parish Nurse helped an elderly couple get to doctor appointments and spoke with doctor about her condition. Clients' medical care improved with her intervention and the couple received help from social agencies.
Holy Trinity	A member was in the nursing home. The Parish Nurse was told by her husband that it was their anniversary in 2 days. She notified the members of the health ministry team and members from church and they attended a little party for them. The couple was so moved; it brought tears to their eyes. They loved telling stories of their past. The wife passed away 2 months later.
Cambridge Heights Apartments, Cambridge OH	<p>During a Pamper Yourself Day, a resident's BP was taken and was very high. She was scheduled for surgery the next week. Parish Nurse contacted the doctor and visiting nurse. Needed medication change before surgery. This brought it to the attention of surgeon.</p> <p>Kindness Quotes and Humor table tents were introduced and a resident who is a member of the Health Cabinet is in charge of setting them out and changing them. I was told people are reading them and laughing</p>

	at the humor.
Daily Bread Food Pantry, Martins Ferry OH	Two participants had blood pressure checked and it was high. Both unaware of having high blood pressure. Both sought medical help and are now on medication for hypertension.
Holy Trinity Christmas Party, Martin's Ferry	All the gifts donated from ERH brought joy to many. The Christmas party was so well attended and the children were so delighted to get gifts prior to the big day. This was made possible by the generosity of employees of ERH. There were enough toys for parents to have for Christmas Day and for the party.
Holy Trinity, Martin's Ferry OH	A gentleman had his blood pressured checked by the Parish Nurse. It was high. The Parish Nurse advised medical follow-up. He saw the doctor and was started on medication.
Cambridge Heights Apartments and Holy Trinity	Parish Nurse presented the health topic on shingles. It was well received. Many knew very little about shingles and were unaware of the importance of the vaccine in preventing it.