

**A new Health and Wellness team has been established
at Our Lady of Sorrows Church in Monroe, OH**



Front row, left to right: Holly Burich, Mary Frey. Back row, l to r: Ann Kuhlmann, Donna Gault, Kelly Huntley, Becky Bevak, Ann House. Not pictured: Sarah Waits

Newly retired and having moved to a new home, Mary Frey joined Our Lady of Sorrows in 2011. As a new member, Mary prayed for guidance to become involved in her new congregation. As she prayed, she remembered the health ministry at her former church, St. Ann, in Groesbeck. She was not a part of the team but felt they provided a much-needed service to the congregation. While not a health care professional, Mary has a great interest in health and wellness and felt this was the direction God was calling her.

Her pastor, Father Ed Pratt, agreed to the start of a Health and Wellness team, so Mary contacted Amy Dressman, the health ministry leader at her previous church, for direction. Amy advised her to contact ERH Parish Health Ministry for support.

With that phone call to ERH, everything began to fall in place. Rose Lindeman provided guidance and materials on how to start a health ministry and information about partnering with ERH's Parish Health Ministry. Nora Belwood, Pastoral Associate at Our Lady of Sorrows, secured names of parishioners,

mostly nurses, who might be interested in the Health and Wellness team, with a particular focus on a blood pressure screening program. The response was overwhelming!

The Health and Wellness team's first program will be blood pressure screening. Seven nurses from the parish attended the recent blood pressure training in Middletown, Ohio. They plan to hold their first screening at their church in October.

"In these times, people really need to be responsible for their wellness, and we realize that our team at Our Lady of Sorrows can help with that," states Mary. "We have dedicated, enthusiastic nurses in our bp screening program, great support from Father Ed and our Pastoral Associate, Nora Belwood, and the guidance of ERH PHM. With all of this wonderful help, our hope is for this team to truly be a blessing to our parish."