

† St. Stanislaus Kostka Health Ministry Associates

† Kay Brzezinski, RN *Neuro-surgical Nursing*
† Jean Buda, RN, CCRN *Critical Care Nursing*
Parish Nursing
† Marlene Cole, RN *Pediatric Nursing*
† Camille Dodick, PTA *Geriatrics*
† Margie Goik, LPN *Neuro-surgical Nursing*
† Maureen Johnson, NA *Geriatrics*
† Rose Kostus, RN *Obstetrical Nursing*
† Carol LaChance, RN *Renal Dialysis/Parish Nursing*
† Mary Lee, RN *Oncology/Med-Surg Nursing*
† Judy Michalski, LPN *Geriatrics*
† Anne O'Brien, RN *Ambulatory Surgery*
† Karolynne Ratajczak, RN *Oncology Nursing*
† Joan Tredway, RN *Med-Surg/ Pediatric Nursing*
† Carol Vos, RN *Parish Nursing/ Cardiac*
† Laura Vos, RN *Neurosurgery Nursing*
† Denise Whiteside, RN *Recovery Room*

† Health Cabinet Members

The *Health Cabinet* is a new sub-committee of the *Christian Service Commission*. It is the Christian Service Commission that oversees the entire Health Ministry program at St. Stans. The responsibilities of the Health Cabinet are first, to provide prayer support for the Health Ministry Associates and all parishioners. In addition, they help to guide the Parish Nurses in developing health promotion programs that meet the needs of all parishioners. They also contact select individuals and focus groups to solicit input for program ideas. Finally, they formally evaluate the Parish Nurses on an annual basis in collaboration with randomly selected parishioners and the pastor. The Health Cabinet Members for 2002-2003 are: **Jean Buda, Carol LaChance, Shirley Suchodolski, Carol Vos** and **Diane Wiechec**.

What Are Some of Health Ministry/Parish Nursing Activities?

- ~ Assisting at the annual Sacrament of the Sick Liturgies.
- ~ Blood pressure screening after masses.
- ~ Coordination of First Aid at parish picnics and during church services when needed.
- ~ Maintaining first-aid kits in the church and funeral luncheon room.
- ~ Training members of the parish in CPR.
- ~ Coordinating annual Flu Clinics.
- ~ Maintaining the health education library and bulletin boards in parish center Room 101.
- ~ Providing health counseling in person during clinic hours in the parish center.
- ~ Providing educational and support group programming for targeted audiences such as “The Lenten Healthy Heart Program” and the “Light Weigh” spiritual growth weight loss program, among others.
- ~ Phone counseling for a variety of health concerns and other needs.
- ~ Referrals to community agencies for health and other personal needs.
- ~ Home & hospital visits on a case-by-case basis.

Health Ministry Associates have been active for several years and coordinate, plan and participate in a wide variety of programs. If you are a health care provider and would like to participate in Health Ministry at St. Stanislaus, please call us at: Ph# 989-893-6421 ext. 150.

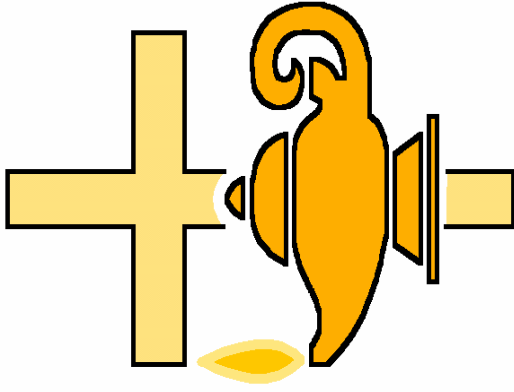
St. Stanislaus Kostka Catholic Church

Parish Nursing

And

The Health and Healing Resource Center

Part of the Christian Service Commission



*Our Mission is to model the healing ministry of
Jesus Christ. †*

1503 Kosciuszko Room 101
Bay City, MI 48708
Ph# 989-893-6421 ext. 150

What Is Parish Nursing?

Parish Nursing is a unique, specialized practice of professional nursing. It was initially defined in 1984 by the Rev. Granger Westberg, a Lutheran minister, educator and hospital chaplain. It's focus is *the promotion of health* within the context of values, beliefs and practices of a faith community. Attention to the *spiritual* dimension of care is considered central to the practice. Parish Nursing is currently practiced in all 50 states and in addition to Australia, Canada and Africa. Its scope encompasses several Christian and non-Christian denominations.

Parish Nursing believes that:

Health is viewed as not only the absence of disease, but also as a sense of physical, psychological, and spiritual well being. It is a sense of harmony with self, others, the environment and God. **Healing**, which finds its source in *God alone*, is the process of integrating the body, mind and spirit to create wholeness, health, and a sense of well being, even when a physical cure may not occur.

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### **Parish Nurses:**

- ✓ Are Registered Nurses licensed in the state in which they work.
- ✓ Have standardized preparation through a **Basic Parish Nurse Preparation Course**.
- ✓ Maintain professional proficiency by adhering to established nursing standards and through ongoing education.
- ✓ Actively seek to deepen their spiritual life and relationship with Jesus Christ.

## What Are The Roles of the Parish Nurse?

**Parish Nurses** practice outside of what most people may view as conventional nursing. They do not do invasive procedures, give shots, change bandages, manage IV's or give medication. Their roles are governed by the *Scope and Standards of Parish Nursing Practice*, published in 1998 by the American Nurses Association (ANA) in collaboration with the Health Ministries Association, and include:

- 1. Health Advocate** Support parishioners in doing what they can do for themselves, and be their voice when they seem to have none.
- 2. Health Educator** Promote an atmosphere where individuals of all ages, through a variety of experiences, can explore the relationship between values, lifestyle, faith and health.
- 3. Personal Health Counselor** Discuss health issues or any issues that impact health status.
- 4. Referral Agent** Refer to other parish or community resources when needed.
- 5. Facilitator of Volunteers** Recruit and coordinate volunteers within the congregation to serve in various health ministry activities and positions.
- 6. Developer of Support Groups** Facilitate the development of support groups for members of the parish.
- 7. Integrator of Faith and Health** In all activities and contacts, promote the understanding of the relationship between faith and health.

## What Is The Health And Healing Center?

*It is a new place, located in Room 101 of the Parish Center, for St. Stan's parishioners to come and access health education material, request research on a specific topic, obtain blood education or screening, watch a health education or faith building video, check out helpful books and periodicals for personal reading at home or request help and assistance for a wide variety of needs including:*

- ~ Help in accessing needed health care services for individuals or families.
- ~ Confidential answers to personal health questions and concerns.
- ~ Spiritual support through intercessory prayer in person or on the phone.
- ~ Connections and referrals to mental health care providers, rehabilitation facilities for alcohol and drug abuse, financial assistance, food, housing, clothing, and respite care for loved ones who are disabled or homebound.
- ~ Confidential assistance in domestic violence situations.
- ~ Assistance in dealing with community agencies and individuals that provide health and human services.

To schedule an appointment or reach a parish nurse, phone:  
893-6421 ext. 150 and an RN will return your call.

✠ At St. Stanislaus Catholic Church, Parish Nurses and those involved in Health Ministry or the Health Cabinet, actively promote the Gospel of life. We are **Pro-life** and will uphold and defend life in all stages and conditions of development.