

Parish Nursing / Health Ministry Programs			
Programs By HMC Committee	Goals/Objectives	Strategies	
		Immediate	Future
<b>Athletics</b>			
Athletic Health Education	Provide programs for Mary Mother athletic activities.	Develop and offer alternate program annually to coaches to 1) prevent injuries, 2) provide basic first aid.	Provide health education seminars.
First Aid Bags	Update the five (5) parish first-aid bags.	Restock once a year or as supplies are depleted.	
Emergency Medical Information Card	To review, update and promote the use of the Emergency Medical Information Card.	Complete the policy/procedure for the Emergency Medical Information Card . Ensure form is filled out for each sport registration.	Turn over management of this program to the Athletics Commission.
Coaches First-Aid Kits	Provide each sports team coach with a first-aid kit that remains fully stocked throughout the team's season.	Develop a policy/procedure for this program	Turn over management of this program to the Athletics Commission.
Equipment Disinfection	Provide sanitization for certain athletic equipment to prevent cross-contamination between users.	Develop a policy/procedure for this program	Turn over management of this program to the Athletics Commission.
<b>Administrative &amp; Finance</b>			
Annual Review	Assemble an annual report of key statistics on the Parish Nurse(s) work and activities..	Input the Parish Nurse(s) monthly recorded data, and write the annual summary.	Allow volunteer to determine input frequency, such as every other month, or quarterly.
Care Notes	To make notes/pamphlets on special health topics available to the MMOC community on an ongoing basis.	Order and restock pamphlets as needed	Continue the program.
Emergency Preparedness	To establish protocol for tornado/fire/earthquake preparation at Mary Mother.	Explore options available with Fire Department, Police Department, and the Archdiocese.	Implement standards and policies
Medical Resource Support for Parish Nurse(s)	To maintain the library/files of medical literature and the resource contact data for medical information and services used by the Parish Nurse(s).	Establish a routine to annually update the library/files and rolodex cards of contact names, addresses, and telephone numbers.	Continue the program.
Update Articles	To educate the parish community through articles published in the Mary Mother Update newsletter.	Continue with the Parish Nurse(s) to annually produce 10 well written, pertinent health articles by the designated deadline. (Strategies - 175 words or less, different authors and topics.)	Utilize guest writers from the parish or community, and have a full Health Ministry newsletter for the bulletin.
<b>Christian Formation</b>			
Chastity / Relationship Presentation	To promote chastity in our young people.	Continue working with the Director of Religious Education to annually educate 100 % of the 8th grade Confirmation Class regarding the value of chastity and healthy male-female relationships.	Reassess program annually.
CPR Training	To promote CPR training to anyone involved in parish activities.	Train three (3) people per year.	Make CPR training available to all ministers.
Health Education of Adults	To create awareness among the adults of the health education resources that are available to them at Mary Mother.	- Provide two (2) classes annually. - Stock resource materials such as the Senior Citizens Handbook, Life Choices and New Lifestyles booklets in the church's vestibule.	Get volunteer speakers on health related topics.

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Health Education of Children	To provide our MM children with a wide variety of health information as needed.	Provide two (2) classes annually.	Get volunteer speakers on health related topics.
Health Education of Teens	To create awareness among the youth of the health education resources that are available to them at Mary Mother.	Provide two (2) classes annually.	Get volunteer speakers on health related topics.
Health Fairs	Use Health Fairs to present a variety of health related information to a "target" group of MMOC parishioners.	Present a Health Fair every 3-5 years, alternating between target groups of seniors, men, women and youth.	Reassess future need.
PEACE - <u>P</u> rayer - <u>E</u> xercise - <u>A</u> void processed foods - <u>C</u> ontrol portions - <u>E</u> at three healthy meals/day	To address compulsive over-eating and/or achieve a healthier lifestyle through prayer, exercise, and avoidance of unhealthy foods.	Hold group meetings two times each month during the school-year season.	Increase number of attendees.
<b>Christian Service</b>			
Cancer Support Group	To provide support to cancer patients, survivors, and family members/friends.	Continue the current program of meeting each month.	Find a volunteer coordinator for the program.
Caregiver Program	To provide hands-on care by trained volunteers to all church members who request assistance in a time-limited medical crisis.	Find volunteers to be scheduling coordinators. Buildup a core group of volunteers and hold annual training to enable a quick response within 4-6 weeks of initial request.	Develop "guideline criteria" for use of program, especially in event of multiple requests.
Medical Transportation	To provide transportation by trained volunteers for all parishioners needing medical treatments within 3 weeks of initial request.	Maintain a core group of volunteer drivers to enable response within 3 weeks of initial request.	Develop "guideline criteria" for use of program, especially in event of multiple requests.
Seniors and Special Needs	To provide support for members of our community with special needs and for seniors, especially those living alone.	Identify needs, and develop programs to address these needs. Recruit volunteers (doesn't need to be healthcare professionals).	Find a volunteer who can coordinate the developed programs.
Ministry of Consolation	To provide ongoing support for parishioners following the death of a loved one.	Identify those who need the program and find volunteers for visits.	Continue supporting the program.
<b>Evangelization</b>			
Separated / Divorced	To provide ongoing support for members of our community going through separation and/or divorce.	Train volunteer within parish to be support mentors. Publicize the program in the weekly bulletin and with fliers.	Find a volunteer coordinator.
<b>Parish Nurse</b>			
BP Screenings	To provide blood pressure screening, education and referral as indicated.	Find new coordinators and continue recruiting volunteer healthcare professionals. Provide an annual tally of program's results.	Provide annual "in-service" for volunteers.
Flu Shots	To make flu shots available to the Mary Mother community.	Provide on an annual basis. Publicize date in the bulletin and line up volunteers to administer the shots.	Continue the annual program.

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Volunteer RN Visits	To recruit and maintain a pool of volunteer RN's in the parish for a monthly home visit to elder parishioners at risk.	Continue recruiting RNs for the program.	Find a volunteer to coordinate and run the program. Maintain a pool of RN volunteers.
Home Visits	To provide home visits to parishioners having special medical needs.	Provide home visits in a timely fashion based on the parishioner's needs as identified by the Parish Nurse(s).	Develop a pool of Volunteer Parishioner Parish Nurse(s) to visit frail elderly once every 4 to 6 weeks.
Hospital Visits	To provide hospital visits to parishioners.	Make contact with parishioner within two weeks of notification of hospitalization	Within two years, investigate possibility of re-introducing Stephen Ministry Program.
New Mom/Newborn Visits	To provide visits to the new-mom / newborn parishioners.	Provide a home visit to families with a newborn within one month of notification of birth.	Provide initial contact to known expectant mothers before the baby is born.
Nursing Home Visits	To provide visits to parishioners in nursing homes.	Make nursing home visits to parishioners on an ongoing basis	Within two years, develop a volunteer visitor program for parishioners in nursing homes.
Individual Office Sessions	To provide individual office sessions for parishioners.	Schedule individual session with parishioner after request is made.	Continue sessions.
Individual Session in Group Settings	To provide individual sessions in group settings of parishioners.	Schedule time monthly with individuals in group setting as required.	Continue sessions.
Merry Mothers	To connect young families to Mary Mother.	To have a group of 10 mothers with children ranging in age from birth to kindergarden, attend a monthly meeting.	Extend invitation to all young families by encouraging Moms to invite their friends and include Merry Mothers information in MMOC's Welcome Packet. Develop leadership within the group to turn the program over to the Moms.
<b>Liturgy</b>			
Bereavement Memorial Mass	To provide an opportunity for our community members to express their grief over the loss of a loved one outside of the funeral experience.	Mail announcement of the annual Mass to anyone with a loss during the last two years	Continue as an annual event. Consider having the social commission fund and setup breakfast after the Mass.
Hospitality Ministers Emergency Protocol and Training	To present a workshop to educate Hospitality Ministers on Sunday Mass emergency protocol.	Review the protocols and continue education bi-annually.	Purchase an AED (automatic external defibrillator) unit, train parishioners on its use, and maintain equipment.
<b>Social Commission</b>			
Recognition for Medical Professionals and Blood-Pressure Screening Volunteers	To show appreciation to those volunteers active in the programs.	Provide annual dinner or other form of recognition. Recruit and maintain a level of 30 volunteers, provide in-service, and obtain license copies at MMOC.	Try new approaches, etc to increase attendance of the volunteers.
Fitness/Nutrition Programs	To provide nutrition and fitness programs as a service to the MMOC community.	Continue current programs of: - Yoga - Tai Chi - Walking - Fitness/Nutrition - Arthritis Exercises	Assess current programs and implement new ones as needed. Develop and improve MM Fitness Programs with volunteer coordinator.