

LUTHERAN HEALTH MINISTRIES of the FOOTHILLS

Marcia Potter, RN, Parish Nurse

YOUR LUTHERAN HEALTH MINISTRY DOLLARS AT WORK

_In the month of January, Visitation Pastor John Rieck and Parish Nurse/Program Director Marcia Potter completed 35 face-to-face visits including home, hospital and office visits.

_February 1st marked the official start of the InterGenerational Ministry.

_February 22nd marked the official completion of the AAL/Thrivent Grant sponsoring the Spiritual Care-Community Chaplain Program. A comprehensive required report of the program has been delivered to Thrivent that provides an overview of work over the two-year period.

_March 10th brought the 6th grade students from Salem Lutheran to meet and worship with the 6th grade students and parish families at Zion Lutheran. Did you see the Glendale News Press article on March 12th?!

CALLED TO CARE....CALLED TO SHARE

You Are Not Alone

About six weeks ago I [Parish Nurse] was approached by a staff member at one of the LHMF parishes. He wanted to talk know about support groups and services for dealing with depression. A member of his parish [we will call the member "Carl" to protect his privacy] expressed the need for help in dealing with chronic depression. The Parish Nurse arranged for a private visit with Carl in her office to listen to his needs and concerns. Before the visit ended, the Parish Nurse contacted Glendale Adventist Hospital to obtain information on their well-established support groups for depression and grief counseling. Carl left the visit knowing that he could join a support group that very week. Carl expressed his empathy for others who live and cope with forms of depression. We talked about how to send a message of encouragement to other people in the LHMF community and to reach out with support. Carl wanted to send a message of hope. Together, we wrote an announcement to post in all of the LHMF Sunday church bulletins.

A few days later, the Parish Nurse received an email from Carl stating that he had followed up, called the Adventist Hospital, and was planning to attend a support group the next week. Two weeks after Carl's office visit, the Parish Nurse received another phone call from a member of a different church within LHMF [we will call her "Jean"]. She wanted to convey some of her challenges in dealing with depression. Just after seeing the bulletin announcement she contacted the Parish Nurse to tell her that she felt encouraged—so much so that she was able to reach out and tell the Parish Nurse about her experiences. From Carl's first visit, to his concern for others, to the sharing of information about depression services through our church bulletins came the reassurance for Jean that **she is not alone**. The *culture of care giving* knows no boundaries.

To contact Marcia Potter: Contact the church office for information.