

LUTHERAN HEALTH MINISTRIES of the FOOTHILLS

Marcia Potter, RN, Parish Nurse

YOUR LUTHERAN HEALTH MINISTRY DOLLARS AT WORK

_ Visitation Pastor John Rieck and Parish Nurse/Program Director Marcia Potter completed 44 face-to-face visits including home, hospital, and office visits for the month of March, and 45 for April.

_ Two grants were submitted to the SoCal ELCA Synod. A \$1500 request to the *Warner Trust Fund* to support the purchase of needed equipment for the Intergenerational Ministry Program [IGM] and a \$6500 grant request to the *Mission In Ministry Fund* to support breast cancer prevention screening and education in local neighborhoods surrounding our parishes.

_ During the 2003 Fall Health Festival LHMf congregations completed Family Health Needs Surveys. 102 individual families responded representing 203 individuals. Nutrition, stress management, and exercise were three key areas of concern.

_ On April 29th LHMf presented a Health Education Forum on "*Family Care For The Sandwich Generation.*" 27 participants heard from an experienced panel of speakers and community resources.

WHERE TO GO....WHO TO CALL

For information about national health observances, visit www.healthfinder.gov.

MAY IS:

Better Sleep Month

Better Sleep Council
501 Wythe Street
Alexandria, VA 22314 (703) 683-8371
mailto:bsc@sleepproducts.org
http://www.bettersleep.org" \t "_new
Contact: Nancy L. Blatt

Better Hearing and Speech Month

American Speech-Language-Hearing Association
10801 Rockville Pike
Rockville, MD 20852 (800) 638-8255
mailto:actioncenter@asha.org
http://www.asha.org" \t "_new
Contact: Action Center

National Stroke Awareness Month

National Stroke Association
9707 East Easter Lane
Englewood, CO 80112-3747 (800) STROKES
mailto:info@stroke.org
http://www.stroke.org" \t "_new

Mental Health Month

National Mental Health Association
National Council for Community Behavioral Healthcare
2001 North Beauregard Street, 12th Floor
Alexandria, VA 22311 (800) 969-6642
http://www.nmha.org" \t "_new
Contact: Kristin Battista-Frazee

Healthy Vision Month

National Eye Institute
2020 Vision Place
Bethesda, MD 20892-3655 (301) 496-5248
mailto:hvm@nei.nih.gov
http://www.healthyvision2010.org/hvm/" \t "_new
Contact: Linda Huss

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National Women's Health Week

Office on Women's Health
U.S. Department of Health and Human Services
200 Independence Avenue, SW, Room 730 B
Washington, DC 20201 (800) 994-9662
mailto:4woman@soza.com
http://www.4woman.gov" \t "_new

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National Senior Health and Fitness Day

Mature Market Resource Center
1850 West Winchester, Suite 213
Libertyville, IL 60048-5355
(800) 828-8225
mailto:fitnessday@aol.com
http://www.fitnessday.com" \t "_new
Contact: Tina Godin

To contact Marcia Potter:

Salem Nurse@yahoo.com

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