

Health Ministry Requests

*The Health Ministry welcomes your requests.
You may use this form to request assistance
or information about . . .*

Equipment
(wheelchairs, walkers, commode chairs, etc)

Clergy call or visit

Lay visitation

Parish nurse contact

Health information (library data)

Healthcare referral

Name:

Phone or e-mail:

*You may mail or deliver this form to the
church office "attention Parish Nurse," First
United Methodist Church of San Diego,
2111 Camino del Rio South, San Diego,
California, 92108.*

The Health Ministry



FIRST UNITED METHODIST CHURCH OF SAN DIEGO
2111 CAMINO DEL RIO SOUTH, SAN DIEGO, CA 92108
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Open Hearts · Open Minds · Open Doors

The Health Ministry

Under the Pastoral Care Ministry, the Health Ministry is designed to promote health, wellness, healing, and education throughout the congregation as well as an outreach to the San Diego community and beyond.

We are called to be a caring family of Christians. Our Church is our extended family where we can truly care about each other and support one another in a way of life that enhances and encourages health and wholeness.

Benefits:

- Helping members recognize the interconnectedness of body, mind and spirit and emphasizing the role of spirituality in one's health
- Improving access to health education and services
- Empowering individuals to take responsibility for the health of self and others
- Providing compassionate outreach to those in need
- Promoting healthy lifestyle choices resulting in improved health outcomes
- Offering more opportunities for service
- Facilitating coordination with the other caring ministries.

Components:

- The Health Ministry Task Force
- The Parish Nurse
- The Minister of Pastoral Care
- The Health Ministry Team

Health Ministry Task Force

The Health Ministry Task Force is a volunteer team comprised of members of the congregation whose purpose is to assess and address the health needs of the

congregation and promote an outreach to the community and beyond. This is accomplished by:

- Collaborating with the Parish Nurse to provide leadership, guidance and structure for the health ministry
- Bringing together the variety of skills and experience of members, thereby expanding the scope of the ministry
- Providing authority and recognition for the program.

Health Ministry Task Force responsibilities include:

- Establishing the mission and goals of the health ministry program focusing on wholeness, health and personal responsibility for one's own health
- Assessing current program availability and the remaining health needs of the congregation
- Supporting existing programs and planning programs, education and screenings to meet identified needs
- Establishing networks to enhance and supplement the services of other ministries
- Implementing programs
- Evaluating effectiveness of new programs

The Parish Nurse

The Parish Nurse is a registered nurse who is committed to the health mission of the church in a unique blending of professional nursing and spiritual caregiving. The Parish Nurse is an integral part of the broader concept of health ministry. He or she works with the Health Ministry Task Force and clergy to assist and enable the congregation and beyond to attain, maintain or regain optimal health and wholeness.

Parish Nurse responsibilities include:

- **Health Counselor**
Providing a professional listening ear and recommending medical intervention, if indicated
Making home, hospital, nursing home and telephone visits as a part of the Health Ministry Team

- **Health Educator**

Coordinating a variety of formats, seminars, workshops, classes, health fairs and health screenings

Orienting other health professionals

Assisting with a health library and pamphlet file

Expanding the understanding of the roles of the Parish Nurse and the overall Health Ministry Program, along with other members of the Health Ministry Team

- **Health Facilitator**

Implementing the emergency response plans for the church

Working with the Health Ministry Team and support groups

Acting as a liaison to community resources and services

The Minister of Pastoral Care

The Minister of Pastoral Care is an ordained minister on the staff of First United Methodist Church of San Diego. One of his or her responsibilities is the Health Ministry. This clergyperson is the spiritual leader of the Health Ministry and an active participant on the Task Force.

- Serving as a liaison between the Task Force and the clergy and administrative staff
- Bringing needs and challenges of members of the congregation to the Task Force

The Health Ministry Team

The Health Ministry Team is composed of volunteers who work with direction from the Task Force and the Parish Nurse to address identified healthcare issues and needs, such as visiting the homebound, assisting with health fairs, serving on the emergency team.