

## Guidelines for UBC Health Ministry

### Introduction

Our church is blessed to have a Health Ministry. The aim of this ministry is to promote wellness in body, mind and spirit through health education, care-giving and the healing message of the Christian gospel.

#### A. UBC Health Ministry Team

- 1) Team members are volunteers
- 2) Team size
  - a. The size of the team depends on the number of persons interested and/or the size of the congregation.
- 3) Team members are asked to serve by the church's nominating committee
  - a. Suggested persons to serve on the team include:
    1. Those who have shown an interest in health issues or concerns.
    2. People in the congregation with particular competence in health areas (e.g. doctors, registered nurses, social workers, health educators)
    3. Members interested in special ministries (e.g. youth and children, elderly, etc.)
    4. A member of the church's pastoral staff to serve as an advisor.
- 4) Team members offer the following services to UBC members:
  - a. Making phone calls and home visits to offer support during times of illness, grief, or other suffering.
  - b. Providing information on health promotion, disease prevention, and health/illness management.
  - c. Holding classes and clinics, such as blood pressure screenings and CPR classes, in response to the assessed needs of the congregation.
  - d. Providing transportation for doctor visits and medical treatments, when requested.
  - e. Offering assistance to hospital patients before and after surgery.
  - f. Serving as a patient advocate.
  - g. Providing referrals to pastoral ministries, congregational resources, and community services.
  - h. Counseling for individuals who have personal health concerns.
  - i. Focusing on the relationship between optimal spiritual, mental and physical well-being.
  - j. Maintaining first aid kits at UBC and keeping defibrillator battery up to date.

## **Guidelines for UBC Health Ministry**

- 5) The UBC Health Ministry does not replace or duplicate the services of hospice, home health, community health nursing, or other existing services in the community and congregation.
- 6) If you have a need for any of these services, please contact the church office (293-5106) for a referral to one of our Health Ministry team members.

### **B. Developing the Health Ministry Program**

- 1) The team will guide the development of the health ministry as a program of the church.

### **C. Meetings of the Health Ministry**

- 1) The Health Ministry team shall meet periodically as determined by the team and the focus of any planned health ministry activities.
- 2) Minutes of each meeting shall be distributed to all team members.