

Mission Statement

Parish Health Ministry encourages health awareness and provides opportunities to share the healing ministry of Christ with others.

Contact

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Parish Health Ministry
Prince of Peace Lutheran Church

**PRINCE OF PEACE
LUTHERAN CHURCH**

5475 Brand Road
Dublin, OH 43017

www.PrinceOfPeaceDublin.org

Parish Health Ministry



"I came that they may have life,
and have it abundantly." John 10:10^b

Prince of Peace Lutheran Church
Dublin, OH

Parish Health Ministry (PHM)

at Prince of Peace integrates traditions of the Christian community with the knowledge and tools of modern health care.

This goal is achieved through:

- Interdependence among God's people
- Increased self-knowledge
- Personal responsibility
- Integration and balance of mind, body, and spirit

PHM reaches out to youth, families, seniors, and community. It provides a variety of opportunities for health and wellness through education, guidance, visitation, and support. Among them are:

- **Caring Connections** - a visitation ministry that provides an opportunity for individuals and their families to remain connected to the church at a time when it may otherwise be difficult to do so.
- **Welcome Home Meals** - provides a meal to the home of those who have recently had a baby, new adoption, or been discharged from the hospital
- **Medical Equipment to Borrow**
We have a variety of equipment available to loan. The church office has a catalog of available items. Please borrow and return items through the church office.

Our Model



Wholeness

- A sense of being loved, accepted, and being at peace
- Consists of three integrating parts: Mind - Body - Spirit, working to achieve balance
- Can occur in the presence of illness

Mind

- Mental Health – Emotional resiliency, stress management, receptive to help
- Vocation – Work-School-Service. Using your talents, skills, & interests. Sense of purpose.
- Knowledge – Access to and use of information
- Life priorities – Family, finance, life stages

Body

- Movement – Exercise, rest, and play
- Nutrition – Food, substance use / addiction
- Medical Management – Relationship with medical professionals
- Sexual – Well-being

Spirit

- Faith – Relationship with God
- Spirituality – Life purpose, motivation, generosity of spirit and gifts
- Relationships – Family, friends, work, community

Your parish nurse is Barb Baker

Barb is an RN who is a member of POP and has been practicing nursing for more than 40 years. She brings skill and knowledge from her experiences in the hospital setting and previous practice as a parish nurse prior to moving to the Columbus area. Barb can help you navigate the healthcare system, provide general support, and be a listening ear. The services of the health ministry are confidential, non-invasive, and not intended to duplicate services that currently exist.

PHM team members are members of the congregation who have experience or interest in health matters and this ministry. The health ministry is guided by your parish nurse in collaboration with the pastoral staff and by the PHM Council.

Further information about Parish Health Ministry, upcoming events, and other materials can be found in the *Peace Signs* newsletter, the Prince of Peace website, and at the Information Center.