

Health and Caring Ministries Coordinator

Sage River, coordinator of Health & Caring Ministries, is available to assist members and friends of FUMC with health and wellness issues in a variety of ways. Some of her activities include: making home, hospital, and nursing home visits; providing support and counseling on health-related issues for individuals and their families or loved ones; making referrals to community resources; providing support for those experiencing grief and bereavement; and finding resources on different health-related topics and illnesses.

Please do not hesitate to contact Sage at 354-5484 or sage-river@icfirstchurch.org if she or the Health & Caring Ministry can be of support to you or your family.

Living With Loss While Others Are Celebrating

Beginning the first Sunday of Advent, November 29th, and continuing through Sunday, December 20th, we will be offering a gathering time at 9:15 for people who have experienced a loss: Living With Loss While Others Are Celebrating. Whether it's been a month, a year, a decade or longer, the pain of grief can be especially poignant during the Christmas season. Through readings, meditation, sharing and support, we will help one another to walk through this time, and find a measure of peace and perhaps even rediscover a glimpse of joy.

Ministry Action Teams: Please contact Sage River at 354-5484 or sage-river@icfirstchurch.org if you feel called to be a part of any of the following ministries, or would like more information. Training and support are provided for all ministries.

Visitation Ministry: Regular visitation with person(s) who are in Nursing Homes or are homebound. Training & support provided.

Celebration & Support Dinners: Provide a meal for families with a newborn, or to those who need extra support during or after hospitalization.

Comfort Shawls: Knit or crochet shawls for people who are experiencing illness, loss, or other difficulties.

Mental Health / Compeer: Help to provide outreach, support, and education about mental illness, and the Compeer Program.

Homecoming Service: Help to organize a service for homebound & retirement center residents.

Bereavement Cards: Send notes of sympathy following a death.

Birthday cards: Send cards to those in nursing homes or homebound.

Christmas Cards: Assist FUMC children with decorating and sending cards to nursing home & homebound persons.

Care Notes Display: Order materials & stock the "Care Notes" display racks.

Blood Pressure Clinic: Help to conduct periodic blood pressure screenings at the church.

Emergency / First Aid: Update and distribute information on first aid supplies & emergency guidelines.

Automated External Defibrillation: Receive training and be proficient in using this device to assist with cardiac emergencies.

First Aid Supplies: Stock First Aid cases with supplies/equipment.

Heart Healthy Dinner: Help to plan, organize, and serve a meal which incorporates dishes which are good for heart health.

Hospice CD Drive: Annually, promote and collect CD's for donation to Iowa City Hospice Music Library.

Women's Hospitality Basket: Provide and stock a basket of sanitary supplies for women's restrooms.

On call phone system: 621-1325

Because emergencies and other crises of life don't always occur Monday through Friday between the hours of 8 and 5, the Pastoral Care Team (Lead Pastor Paul Akin, Associate Pastor John Raab, and Health & Caring Ministries Coordinator Sage River) have put together a "24/7" on-call system, allowing members of our congregation to reach one of us around the clock, so we are able to respond more immediately to crisis situations. Examples of instances when you might want to call include, but are not limited to: injury, hospitalization, death or family break-up.



Contact Info

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& Caring Ministries**
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Health & Caring Ministries

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*"Many Gifts....
One Spirit"*