

**St. Francis of Assisi  
Health and Wellness Committee  
Minutes  
January 19, 2015**

Present: Sandra Wenzell, Rob Wermers

Minutes from November 17, 2014 were available for review.

**Infectious Disease Policy and Checklist**

The best way to identify the policy has evolved over the years. Notation regarding scope will be added in the title - Infectious Disease (Highly Contagious).

Communication by considering use of email blasts will be added.

Exploration of the need for additional sheltering sites in Rochester through the American Red Cross continues.

**Resources for Medication Cost**

"Medicare will not cover brand name medications under any circumstance if generic medications are available"- will be removed in case exceptions are possible.

Clarified - Search on the Internet for medication coupons if they are not medicare coverage.

Know the preferred medications for your plan.

Pharmacists as resources will be added.

**Other topic ideas**

Symptoms of heart attack- the Mayo Patient Education Center will be explored for a succinct list of symptoms to add to the bulletin in February.

Information from the Cleveland Clinic about when to be concerned over fevers in children was reviewed. This information, along with information on Tami-Flu and PCV-13 vaccinations was suggested for the September timeframe.

Information about End of Life discussions for future bulletins may be available from the upcoming presentation.

**Diabetes**

A parishioner has donated a used glucose meter. Jeanette Lorang, Diabetes Nurse, Mayo Clinic, wondered if the Medical Missions would have a need. The strips and lancets are expired. The group felt that for safety the meter should be discarded. Jeanette Lorang is willing to provide Diabetic education if needed. Leticia Flores, Office Staff, will let us know if she hears of any need from parishioners.

Sarah Kinsman has provided the list of ideas from past parish visioning. These will be reviewed for ideas.

Next Meeting - March 16, 2015.