

A GIFT FROM THE HEART
(An invitation from your Health Ministry Committee)

There are times in all our lives when we are dependant upon others to help us through the activities of daily living. None of us is immune to illness, loss of a loved one or tragedy or suffering. It is at these times when we need our church family the most.

The Health Ministry is in need of caring volunteers to fulfill some of the needs of our parishioners. Below is a list of compassionate acts of kindness that you could provide during someone's time of need. Please indicate with a check mark any that you may be willing to do. When the need arises you may be called upon to help, so please fill this out with your heart, knowing that someday you may be the one in need. A short orientation class will be mandatory for your safety and the safety of the members you'll be helping - you'll learn about confidentiality, wheelchair transfers, liability, proper method of checking out/delivery of shawls and casseroles, and you'll receive ID badges to identify you as a Health Ministry member.

- Taking a church member to a doctor's appointment, or to/from church
- Running errands (i.e. grocery shopping, post office, bank, drug store)
- Housework (i.e. light cleaning such as dusting, vacuuming, laundry)
- Yard Work (i.e. mowing, snow removal, leaf raking)
- Carpentry, electrical, painting, etc. (handyman types of work)
- Delivery of casseroles and shawls.
- Telephone contact (this would involve being part of a telephone chain that can be activated during inclement weather conditions to make sure folks are safe)
- Friendly visiting (some of our folks are very isolated)
- Health Ministry Committee Member - Professionals and lay persons...all are needed. We only meet quarterly!

Name: _____

Phone Number: _____

Your compassion is appreciated,
Teresa Keller, Parish Nurse
106 Barley Lane, Palmyra, PA 17078
717-329-8507

Please return this form by dropping it off at the office at church, placing it in my church mailbox, or mailing it to me at 11 W. Cherry St., Palmyra, PA 17078.