

PASTORAL CARE PARISH NURSING & MEDICAL MISSIONS



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Meet Kathy Ford RN, Parish Nurse and Coordinator of Pastoral Care. She has been a registered nurse for 30 years, specializing in cardiology, and has been a parish nurse for 16 years, 11 of those years ministering to the faith community of Holy Spirit: body-mind-and spirit. She received a certificate in parish nursing in 2001.

It is her belief that Parish Nursing and Pastoral Care are symbiotic. Health is linked with spiritual formation and care. Only if we recover the prayer of the heart are we able to meet God as total person.

You can reach Kathy Ford through the church office at 630-922-0081 ex.28. Her e-mail address is pastoralcare@hsc.us.

PASTORAL CARE MINISTRIES

Pastoral Care — *What is it and what does that mean?*

“May the God of peace himself make you perfectly holy and may you entirely, spirit, soul, and body, be preserved blameless for the coming of our Lord Jesus Christ.” 1 Thes 5:23

Holy Spirit Catholic Community defines Pastoral Care as how we, individually and collectively, compassionately reach out to one another in the name of Christ physically, emotionally, and spiritually. When we sit and listen and offer support to someone who has lost a spouse, when we take time to be with someone in the hospital, provide a meal for a family in need, or pray with someone who is feeling low or desperate; that is the moment “*Hope*” comes alive that is Jesus. We find that we are never truly alone.

Jesus’ love for us is demonstrated through the Eucharist, the Anointing of the Sick, and the ministries that fall under Pastoral Care listed below:

Medical Mission to Ecuador
Ministers of Care
Parish Nursing
Prayer Network
Prayer Blanket Ministry
Stephen Ministry

Questions or needs? Contact Kathy Ford RN Parish Nurse/Coordinator of Pastoral Care at 630-922-0081 ex.28 or pastoralcare@hsc.us.

PASTORAL CARE MINISTRIES



Minister of Care

Focus: Ministers of Care are pastoral, sacramental ministers who visit sick, elderly, and physically or emotionally challenged persons in hospitals, nursing homes, and individual homes for shared prayer and Eucharist.

Being a Minister of Care means being an active participant within the community of believers who live and pray in the belief that suffering and death have meaning in Jesus.

Contact: Steve Boffa @ 630-922-8899 or via email @ sboffa@wowway.com



Parish Nursing

Focus: Parish Nursing promotes health and wellness within the faith community. This ministry acts as a catalyst for healthy communities by collaborating with the parish and area agencies in an ongoing development and awareness of healthy lifestyles. This is accomplished through personal health counseling, health education, appropriate referrals, support group facilitation, patient advocacy, and integration of faith and health through prayer and health related workshops and screenings. Kathy makes home, nursing home and hospital visits per

your request.

Contact: Kathy Ford RN/Parish Nurse @ 630-922-0081 ex. 28 or pastoralcare@hsc.us.



Prayer Blanket Ministry

Focus: Volunteers sew or make no-sew blankets for the sick and hospitalized of the parish and the larger community. The prayer blankets bring about support, prayer, healing, and a feeling of connectedness and caring from the parish family during times of crisis and illness. Recipient's names are given to Women's Bible

Study who prays for them weekly, names are added to the bulletin under prayer blanket recipient list, and prayed for by the church community at large.

Contact: Kathy Ford RN/Parish Nurse @ 630-922-0081 ex. 28 or pastoralcare@hsc.us.



Prayer Network

Focus: Parishioners on an email prayer chain provide the gift of prayer to those requesting confidential prayer intentions. First name only is used and a brief description of prayer needs is all that is requested for the prayer network to begin.

Contact: prayers@hsc.us.



Stephen Ministry

Focus: A one-to-one, gender-to-gender, confidential ministry that offers care, encouragement, and emotional and spiritual support to people who are going through a crisis or transition, such as divorce, grief, illness, unemployment, relocation, or loneliness. Stephen Ministers meet with their *care receivers* weekly and are a listening presence during this difficult time.

Contact: Kathy Ford RN/Parish Nurse @ 630-922-0081 ex. 28 or pastoralcare@hsc.us.

Pastoral Care Outreach Ministry



"In all my prayer for all of you, I always pray with joy because of your partnership in the gospel from the first day until now, being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus." Philippians 1:4-6

The community of Holy Spirit Catholic Community has made a commitment to serve the people of the North Hills of Quito Ecuador. We have served St. Charles Borromeo Clinic for three consecutive years beginning in the summer of 2009.



In those three years we have served 878 people who reside in Colinas del Norte and Rancho Alto. We saw 672 adults and 206 children. We have tended to their needs concerning hypertension, heart abnormalities, diabetes, gastritis, arthritis, and malnutrition, to name a few.

Over 2100lbs. of donated medications were transported through Customs in Quito Ecuador and were disbursed through the clinics' make-shift pharmacy.

Over the last three years, Dr. Colin Sumida MD and Kathy Ford RN have lead a team of 42 volunteers consisting of talented nurses and interpreters that worked tightly together to provide the best care possible in the shortest amount of time they spent in mission. It is their philosophy that medical care is due anyone regardless of race, gender, age, or socio-economic standing. They also believe that yearly "visits" to



an underdeveloped country to provide medical care, while providing a "cup of cold water" for a brief period of time, is only temporary relief. The St. Charles Borromeo Clinic is working diligently toward self sufficiency with the organizational help of Dr. Colin Sumida and Kathy Ford.



Once we come home from each trip, our work does not end. Planning begins almost immediately for the next year's trip. We are currently seeking volunteer Dr.'s, nurses, nurse practitioners, PA's, and interpreters. You may contact Kathy Ford RN at pastoralcare@hsc.us if interested or call 630-922-0081 ex.28. We travel to Ecuador the 3rd week of July each

year. The upcoming dates are July 21-28, 2012.

Donations are always accepted and in need. Any checks should be written to HSCC with the words, "medical mission" on the memo line.



Volunteer Information

Pastoral Care – contact Kathy Ford, RN/Parish Nurse, at 630-922-0081 ex.28 or pastoralcare@hscs.us for questions or interest in the following ministries:

- **Health education and wellness:**

Blood Pressure Screening – Monthly blood pressure screening by registered nurse volunteers, typically held the first Sunday of the month after the 8:00 am and 10:00 am Masses **from Sept. through May.**

- **Ministry Assistance:**

Stephen Ministry – Receive emotional and spiritual support while going through a difficult time, such as divorce, grief, unemployment, chronic illness and so much more. One-on-one support is provided by a Stephen Minister who has received 50 hours of training and meets with their care receiver once a week for 45 minutes to an hour. Stephen Ministers meet with peers twice a month for support. Women journey with women and men assist men.

- **Support to the Sick:**

Prayer Blanket Ministry – Prayer blanket material is donated or purchased with donated gift cards. Two pieces of fabric can be sewn together or ends tied together if making a no-sew blanket. Blankets can be made every month or every other month depending on the demand.

- **Spiritual Support :**

Prayer Network – Confidential requests and simple descriptions of prayer needs are forwarded to members of the Prayer Network through prayers@hscs.us. This ministry requires an e-mail address and prayer intentions are sent out automatically.

Ministers of Care – Sick, elderly and special needs parishioners in the hospital, nursing home and individual homes receive communion by trained Ministers of Care. Training takes place at Holy Spirit in a two and a half hour workshop. New Ministers of Care are then paired up with an experienced Minister of Care for three visits and then are sent out independently. Ministers of Care gather together twice a year for prayer and support.

“For he will give his angels charge of you, to guard you in all your ways. On their hands they will bear you up, lest you dash your foot against a stone.”

Psalm 91:11-12