

# Lyme Health Ministry



*Caring for Our Community*

The Health Ministry of the Lyme Congregational Church (LCC) is committed to the spiritual, emotional, mental, and physical wellbeing of our congregation and our community. It is vital to our faith and is a foundation and strength of the Church.

## Health Ministry

- ◆ Serves hundreds of Lyme neighbors through parish nursing and community volunteer efforts
- ◆ Promotes compassion and service to improve the health of the community
- ◆ Involves the congregation and the community in identifying and meeting needs
- ◆ Supports individuals and families through challenging times of health crisis, life transition, sadness, and loneliness
- ◆ Strengthens a sense of belonging and community
- ◆ Encourages self-responsibility for health and wellness
- ◆ Provides opportunities to learn about healthy choices and participate in healthy activities
- ◆ Coordinates available resources to address needs and interests of the church and community

*We coordinate with community  
Aging in Place efforts!*

## Our Programs

- ◆ **Parish nursing**
  - Compassionate visits and conversations, blood pressure checks, discussion of health needs
  - Information and referral to help coordinate care and services
  - Support and focused education for volunteer visitors
- ◆ **Sharing and caring**
  - SouperCare and VegiCare, delivering homemade soup and Lyme-grown vegetables with face-to-face compassion
  - Meals for Neighbors, serving individuals and families who can benefit from short-term home delivery of healthy meals
  - Monthly Senior Lunches, bringing seniors together around a great meal prepared by volunteers and served by Lyme 8<sup>th</sup> graders
- ◆ **Lyme access to regional health services**
  - American Red Cross blood drives
  - Flu shot clinics
- ◆ **Health and wellness education**
  - Programs/presentations/discussions involving health experts and community members
  - Articles in town newsletter, messages on Lyme listserv, postings on LCC bulletin board
  - Courses in CPR, safe babysitting

*Watch the Lyme newsletter and listserv  
or call for event dates and times!*

## Warm someone's heart and brighten your day!

There are lots of ways to help and be helped. Please join our team of volunteers or let us know about someone who might benefit from our care. Contact us with questions or suggestions! We are always looking for ways to build our community of caring.

Lyme Health Ministry  
Ellen Thompson, Parish Nurse  
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lymeparishnurse@gmail.com

Lyme Congregational Church  
On the Common, Lyme, NH 03768  
603-795-2850  
LCC@nhvt.net

Sunday Worship  
All are welcome!  
10:30am Sep-Jun  
9:30am Jul-Aug

