"Our Parish Nurse helped me obtain appropriate services for my husband during his illness that I would otherwise never have known existed."

The Parish Nurse Program...

- Is a ministry to bring wellness and improved health to congregations and communities.
- Is based on the belief that health is growth towards the well-being of the body, mind and spirit.
- Is available to all ages in the congregation.
- Helps individuals stay well and create a feeling of deeper caring throughout the congregation and community.
- Is congregational based and tailors its health-related activities to meet the desires and needs of the individuals within the congregation/community.

Health Cabinet Mission Statement

The Health Ministries program encourages each person's physical, emotional, and spiritual well being in relationship with God and one another. The program strives to strengthen and improve the health of the congregation and community by offering opportunities to nurture health, wellness and healing.

If you have questions, please contact Parish Nurse, Mary Ircink during office hours (Tuesday, Wednesday and Thursday) at 233-6297 x22 or mircink@covenantmadison.org.

Mary Ircink, RN, BSN
Parish Nurse

Covenant Presbyterian Church
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(608) 233-6297
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Parish Nurse *Ministry*

A Bridge Between

Functions of Parish Nursing...

Integrator of Faith and Health
In all activities seeks to promote an understanding of the correlation between lifestyle, attitudes, relationships, well-being and faith.

Personal Health Counselor
Provides individual health counseling related to health maintenance, disease prevention and illness patterns. Visits may be at church, in homes or in institutions.

Health Educator
Provides education through health screenings, educational presentations, health-related articles and events focused on health.

Coordinator & Educator of Volunteers
Identifies and recruits professional and lay volunteers who can be available to respond to the health-related needs of congregation/community members.

Facilitator of Support Groups
Identifies and provides information about available support groups in the community and may facilitate development of support groups in the congregation based on identified needs.

Referral Source & Liaison to Community Resources
Provides referrals to health care services and resources. Collaborates with community agencies to identify new resources appropriate to the needs of the congregation/community.

Health Advocate
Encourages individuals and families to utilize services that will enhance their overall well-being and take responsibility for their own health.

"I don't know what we would have done without her. She was there to help us understand what was going on and even praying with us."

The Parish Nurse...

- Coordinates health-related classes such as CPR, stress management seminars and blood pressure screenings.
- Promotes stewardship of physical, mental and spiritual gifts.
- Meets with members on an individual basis who are working on programs of weight loss, smoking cessation and regular exercise.
- Assists individuals by providing resources relating to their needs.
- Refers members for meal delivery, as well as to groups such as grief support, Alcoholics Anonymous, etc.
- Organizes members to assist with providing meals, rides or even helping with blood pressure screenings.
- Provides a listening and prayerful presence during times of crisis and celebration.