



Dear Parishioner:

In September 2013, our Health Ministry Task Force conducted a survey of our membership. We called it *Survey Sunday*. We thought there was need for a health ministry in our parish. We wanted to test that intuition by asking for your input. Our Health Ministry is the result of your response, which confirmed the need and led to the programs and services we designed and delivered during the past two years. Your participation blessed our work. Thank you.

It has now been three years. We would like additional input about present health needs and insights you might have about future programming. We are also seeking information about connectivity in the parish and about communication tools. We want our Ministry to be relevant and responsive to you. Your input is vital.

There is also a spiritual reason for this survey. The Holy Spirit is the source of your life and the movement of your heart. He speaks through you and speaks to us in your words. Tell us what He is saying to you. Share your story. Let the Holy Spirit build us into a community that pleases God as we serve one another. We place our trust in Him.

A Reminder: this survey is designed to be **completely anonymous**. Your responses are kept in strictest confidence. We will listen attentively and respectfully to your responses and build our programs accordingly.

God bless you.

Fr. Walsh
Pastor

Member of the Health Ministry Governance Committee

Thank you for completing this very important survey.



Your thoughts...



Connection:

Generally speaking, I believe that spending time with fellow Catholics is a high priority. yes no

Generally speaking, I want to spend more time with my fellow parishioners. yes no

Fellow parishioners know me. yes no

I know many fellow parishioners. yes no

I feel like my parish is a network of people with whom I identify. yes no

I believe that my fellow parishioners would help me if I needed their help. yes no

I would be happy to help my fellow parishioners if they needed me and I could help. yes no

The parish ministries often cross my mind and I think about our parish often. yes no



Demographics

Age _____ Gender _____
 Marital Status _____
 Insured _____ yes _____ no

of years in the parish _____

How would you describe your weight
 _____ underweight _____ normal weight
 _____ overweight _____ very overweight

Do you have (check all that apply to you):

Diabetes _____ yes _____ no
 Heart Disease _____ yes _____ no
 Cancer _____ yes _____ no
 High Blood Pressure _____ yes _____ no
 Mental Health Diagnosis _____ yes _____ no
 Undiagnosed Mental Health challenge(s) _____ yes _____ no

Are you currently the primary care giver for elderly or disabled person: _____ yes _____ no

If you are interested in having in having someone from the Health Ministry contact you, please fill out the contact sheet at the back of the church.

Health Needs

What health related needs (physical, mental, emotional, spiritual) do you, or others you know in our parish, have? Check all that apply.

- _____ Can't afford medical care/medicine
- _____ Persons ill at home
- _____ Problems with Stress
- _____ Substance abuse problems
- _____ Mental health challenges
- _____ Under/uninsured person
- _____ Problems with sexuality
- _____ Poor health habits
- _____ Loneliness/isolation
- _____ Grief and/or loss
- _____ Legal issues
- _____ Physical/emotional abuse or neglect
- _____ Chronic illness or disability
- _____ Primary caregiver support
- _____ Need for spiritual renewal
- _____ Problems in relationship with others
- _____ Housing problems
- _____ Barriers to raising healthy children
- _____ Financial problems
- _____ Job problems
- _____ End of life issues/Aging issues
- _____ Need for personal counseling
- _____ Developmental Disability
- _____ Other- please specify _____
- _____ Dental problems (cavities, oral health)



Communication

How do you find out about Health Ministry programs? Check all that apply to you.

- LINKS newsletter
- Email announcements
- Bulletin
- Parish Website
- Pulpit Talks
- Volunteer meetings
- Church Door posters
- Announcements at the end of Mass
- Word of mouth
- Southern Nebraska Register article
- Hastings Tribune
- CCD
- Focus Group Participation
- Hastings Catholic Schools
- Posters around Hastings
- Hastings Community Calendar
- Other

I have posted something on the Connectivity Boards (at the main entrance breezeway) Yes No

In general, how do you communicate with your friends? Check all that apply to you.

- Face to face conversation
- Text
- Home Phone
- Snapchat
- Cell phone
- Iphone
- Skype
- Facebook
- Email
- Direct Mail
- Facetime
- Other

Future Programs

We are considering the following as possible programs in the next two years. Check the programs you would be interested in attending:

- Teen Mentor Program
- Catholic Parenting Skills Series
- Mental Health First Aid
- Grief Support
- How to Prevent Falls for Elderly
- Expand on-line resources
- Catholic Caregiver Support
- Divorce Support
- Spiritual Growth program
- Alzheimer's disease/dementia
- Suicide Loss Support
- Stress Management
- Suicide Prevention (2.0)
- Theology of the Body
- Community Garden
- Weight Management Support
- Financial Management
- Living with Same Sex Attraction
- Learning to Forgive (self/parents)
- Keeping your Kids Catholic

Do you have suggestions?