

Health and Wellness Ministry

How can we be of service to you?

While we do not replace your medical or other health providers, we are here to help give you information and resources related to your physical and mental health. Because your everyday needs impact your overall health, we like to help link you with resources for those needs too. We can provide community resource linkage for things such as healthcare, insurance, mental health, utilities, food, clothing, aging, caregiving, housing, Veteran services, education, disability benefits, and others. Please contact our team and we are happy to personalize our recommendations to your specific situation.

Please direct your question and/or concern to wellness@christcm.org. Please know that you and your personal information will be confidential and will be used only by the Health and Wellness Ministry team.

What is a Health and Wellness Ministry?

The Lutheran Church has a heritage of wonderful Parish Nurses who volunteer to share their wisdom to support our congregations and communities. That ministry has expanded to include a whole self, approach. Our Health and Wellness Ministry is led by a Parish Nurse, who is now joined by interdisciplinary team who together support body, mind and spirit.

If you think you're having a medical or psychiatric emergency call 911 or go to the nearest hospital. Do not attempt to access emergency care through this website.

The Health and Wellness Ministry Team:

- **Diane M. Basurto**, RD, (expert in coaching education in every aspect of nutrition and living a healthy life)
- **Nancy Fiduk**, RN, Nurse Practitioner, Parish Nurse
- **Barb Hoeneke**, RN (Ret)
- **Dr. Ericka Leman**, Psy.D. Psychologist
- **Cherri Penne-Myers**, PA, Neuro Psych, Psych
- **Kelly Roberts**, RN
- **Becca Walls**, LCSW (adult and adolescent mental health)
- **Pastor Glenn Shelton**

