

## Parish Health



Your Parish Nurse, [Ann Challes](#), is in the church office on Mondays, Tuesdays, and Thursdays. She is available to meet with you if you would like guidance related to a health issue, a caregiving issue, your grief journey, or to assist you with the completion of a healthcare directive. If you would like to meet with Ann in person, please call the church office to set up an appointment.

---

**PARKINSON'S SUPPORT GROUP meets the 4th Tuesday of the month** at First Lutheran Church. The next meeting will be on Tuesday, May 28, at 2:30pm. This group is for those living with PD as well as their care partners. For more information contact Ann Challes, Parish Nurse and Group Facilitator at 320.762.2196.

**Grief Support Group...meets the 4th Tuesday of each month.** The next meeting is on Tuesday, May 28, at 10am at First Lutheran Church. This group is for anyone who has lost a loved one. Hosted by Lois Wambheim, and questions can be directed to Lois at 320.491.3588.

**Grieving Parents Support Group...meets the 3rd Tuesday of each month.** The next meeting is on Tuesday, May 20, at 7:00 pm at First Lutheran Church in Room 2A. This group is for anyone (you do not need to be a member of First Lutheran) who has lost a child of any age to come together to support each other in conversation, education, and faith growth in a safe environment. Facilitated by Pam Miller and questions can be directed to Pam at [pam.miller@firstlutheranalexandria.com](mailto:pam.miller@firstlutheranalexandria.com) or by calling 320.762.2196.

**Dementia Caregiver Support Group...meets the 3rd Tuesday of each month.** The Dementia Caregiver support group will meet on Tuesday, May 20, at 3:00pm at the Douglas County Library large meeting room. Call Ann Challes with any questions at 320.762.2196.

**Cancer Support Group...meets the 3rd Tuesday of each month.** The next meeting is on Tuesday, May 20, from 4:00-5:30 pm either virtually OR at the Alomere Hospital Lobby Conference Room. Contact is Jo Peterson, and she can be reached at 320.766.3741 or email [jopete@charter.net](mailto:jopete@charter.net).