

Parish Nurse Activities

Home and hospital visitation

Education – promoting wellness

Assisting – advocacy, finding resources

Listening – health counseling, advocating personal responsibility

Training – coordinating volunteers, organizing support groups

Health screenings – blood pressure, health fairs

Rita Rasmussen, RN

Parish Nurse at Country Estates Baptist Church

Home 803-6783; Cell 520-227-3184.

Hours available during the week: 7:00 p.m. – 9:00 p.m. or on weekends.

Emergency advice or visits may call cell phone after hours.

Please only text cell phone during the weekday due to work at hospital.

If unable to text, call Pastor Mike and he will text me.

I will return the call as soon as possible.

If you are sick or hospitalized, please do not hesitate to call me. I plan to start having workshops a few times a year for blood pressure checks, smoking cessation, nutrition, etc. I plan on using the bulletin to correspond with you about various support groups and free screenings available as I am made aware of them, so keep an eye out for the Parish Nurse Corner in your bulletin.

I look forward to helping each of you and am blessed to be in such a wonderful faith community and to be a member of such a giving church filled with love and God's Spirit.

