

Healthy Congregations Report 2009

Recognizing and sharing ministries of holistic health in Kansas United Methodist Churches

Introduction

Health is more than mere absence of disease and illness. Health is “abundant life” as promised by Jesus in John 10:10 *“I came that they may have life, and have it abundantly.”*

Spiritual health, defined as seeking and acting on God’s will for the people of God, is the heart and center of the Christian view of wholeness, providing a foundation for the interrelationship of the other three key dimensions of health — **Physical Health, Mental/Emotional Health, and Social Health**. Placed at the center of these three dimensions spiritual health influences actions taken, choices made, and deeply affects our perceptions of the world and our outlook on life. As United Methodists, we are well equipped to address the spiritual health of our communities. However, we are also directed to address the other dimensions of health:

“Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until that day when our Lord Jesus Christ comes again.” 1 Thessalonians 5:23

The Healthy Congregations Program was developed by the United Methodist Health Ministry Fund to promote health and sharing ministries in Kansas Area United Methodist Churches. The program reflects the connection between the health ministries of local United Methodist churches and the dimensions of holistic health:

- **Physical health**, taking care of our bodies, is an essential part of the Christian lifestyle. A healthy physical body is energized, functions smoothly, and supports mental and spiritual well-being. A lifestyle of physical self-care, including adequate activity and healthy food choices, is an important dimension of holistic health and wellness.
- **Mental/emotional health** is demonstrated through self-acceptance, self-esteem, accurate self-perception, and inner serenity. Mental/emotional health brings an integrated sense of core values; an accurate perception of the world and others; emotional intelligence of empathy, social skills, control of impulses, and optimistic persistence; the ability to relate to other people and God in constructive ways; and the ability to cope with life’s setbacks. Opportunities to continue lifelong learning, to express creativity, and to challenge the mind contribute to mental/emotional health.
- **Social health** is well-being in relationships with others and is a dominant theme throughout the Bible. Contributing to holistic health is the quality of the network of caring people found where we live, work, play and worship. People with strong social ties to family, friends, co-workers, and community tend to be happier and healthier. Opportunities for social interaction in a caring faith community contribute significantly to health and well-being.

Purpose of the Healthy Congregations Report Program: To facilitate and recognize intentional health ministries that promote spiritual, physical, mental/emotional, and social well-being in and through all Kansas Area United Methodist Churches.

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Healthy Congregations Report guidelines and instructions

What is required?

- Churches should report activities that promote physical health, mental/emotional health or social health.
- The report forms include lists of activities so we can record the number and variety of health ministry activities, as well as identify areas that may require development of resources. For any health ministry activities listed below that your church has completed in 2009, please click on the box to the left of the activity name.
- For the 2009 Healthy Congregations Report, all participating churches are required to have entered into a Healthy Congregations Covenant to participate in the Healthy Congregations Report program.

Why should we participate in Healthy Congregations?

- Help us recognize the good work your congregation has done in health ministry!
- By sharing your ideas, you help to improve the health ministry of other congregations.
- Your congregation will receive financial resources to support your health ministry efforts.

How do we participate?

- **Select one representative** who will be responsible for reporting your church's health activities
- Just fill out our report form, **either on-line through our website (strongly encouraged)** or on paper.
- Complete a detailed report on your 3-5 most successful health ministry programs.
- Submit your completed report on-line or postmarked by **March 1, 2010**.

When will the awards for outstanding health ministry be announced?

- Healthy Congregations will be recognized at the Kansas East and Kansas West Annual Conferences.
- Selected health ministry activities will be featured on the Health Fund website.

Questions? Need help? Contact us by e-mail or phone (listed below). We'll be happy to help!

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1. Church Information

Church Name:		District:	
Address:		Phone:	
City:		Fax:	
Zip:		E-mail:	
County:		Pastor's name:	
Conference:	KS West / KS East	*Membership:	
		Health Coord:	

*Church membership as of 12/31/09. Yoked/Federated parishes should report total membership (UMC/non-UMC) involved in the reported ministries.

Does your church have a health & wellness committee? Yes/No

Does your church have volunteer health & wellness staff? Yes/No

Does your church have paid health & wellness staff? Yes/No

2. Report preparer

Your name (print):		Your title:	
Signature:		Date:	

Complete online (preferred) or mail this report no later than **March 1, 2010** to:

3. Healthy Congregations Covenant (Complete only if you have entered into a covenant agreement.)

List ways that the Pastor has acted as a role model in the four dimensions of health.	
List ways that the Health Ministry Coordinator has acted as a role model in the four dimensions of health.	
List the training sessions which the Health Ministry Team have attended or participated.	
Describe the members of the health ministry team and how often they meet.	
Describe how the health ministry funds are approved and monitored.	

United Methodist Health Ministry Fund

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The following is a list of health ministry activities which churches have previously reported. This list is included so we can record the number and variety of health ministry activities as well as areas that may require development of resources. For any health ministry activities listed below that your church has completed in 2009, please click on the box to the left of the activity name.

Community Care for Dependents

(Children, Youth, Elderly, Disabled)

Adult Respite Care
After-school Child Care/Tutoring
Caregiving Classes and Support
Church Participation in Meals on Wheels
Day Care
Friday Night Live for Youth
Mentoring Programs (BBBS, COMPEER, etc.)
Preschool
Preschool Screening
Shopping for Shut-ins
Summer Recreation Program for Children/Youth
Transportation for Shut-ins
Weekend Recreation for Youth
Other -

Community Care for Those in Financial Need

Christmas Giving Tree
Collections for UM Agencies Serving the Needy
CROP Walk
Distribution of Items for Needy (food baskets, etc.)
Eyeglasses Collection
Food Bank
Food, Toiletries, and Baby Care Supplies
Make Baby Quilts for MAM/Other Ministries
Shoe Collection
Thrift Shop
Transient Assistance
VIM Work Teams to Health Care Missions
Volunteers for Health Clinics for the Uninsured
Other -

Congregation/Community Support

Adopt-a-Grandparent Program
Bereavement Ministry (food delivery, visitation, etc.)
Card Ministries
Care Packages for College Students
Christmas Caroling to Shut-ins
Fellowship Activities
Ministry for Home/Hospital/Nursing Home
Mother's Day Out
Neighborhood Care Units
Stephens Ministry or Other Trained Visitation
Telephone Care Ministry
Transportation Ministry
Various Age or Issue Support Groups
Other -

Disease Prevention/Management Education

Chemical Dependency Awareness Class
Dental Health Class
Drug Interactions Workshop
Eating Disorders Class
First Aid Training
Fitness/Nutrition Programs
Healthy Heart Class
Health Support Groups
Red Ribbon Week Activities
Update Your Home First Aid Kit Seminar
Women's/Men's Health Issues Services
Other -

General Health Awareness

Bulletin Board Displays
Children's Sabbath
Health Fairs
Inserts for Worship Bulletins
Missions and Health Ministry Fairs
Health Ministry Articles, Displays, Library
Wellness Weekend Retreats
Other -

Health Screenings

Blood Glucose Screening
Blood Pressure Screening
Cholesterol Screening
Depression Screening
Diabetes Screening
Drug Interaction Check by Pharmacist
Glaucoma Screening
Well Adult Screening
Well Child Screening
Other -

Healthy Facility

Building Accessibility Improvements
CPR/First Aid Training for Church Staff and Volunteers
Large-Print Hymnals
Providing Healthy Choices for Meals and Snacks
Safety Inspection/Upgrade for Church
Playground Equipment
Smoke Alarm Check at Church
Update Church First Aid Kit/Equipment
Other -

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Interagency Cooperative Efforts

Building Available to Outside Health Providers
 Church Involvement in Community Health Care
 Planning Efforts
 Health Care Ministries in Cooperation with
 Other Congregations
 Parish Nurse Network Participation
 Special Offerings for Church-sponsored
 Health Care Ministries and Missionaries
 Other -

Life Planning Education

Advance Directives Classes
 Caring for Your Elderly Parents Class
 Dying/Death/Grief Class
 Law and Medicine Seminar
 Medicine and Ethics Classes
 Mental Health and Aging Class
 Planning Your Own Funeral
 Retirement Planning Seminar
 Other -

Marriage/Relationship Education

Conflict Management Class
 Marriage Enrichment Workshop
 Mediation Training
 Premarital Classes
 Violence in the Home Class
 Other -

Nutrition Education

Cutting Back on Sugar Class
 Low-fat Cooking Class
 Low-salt Cooking Class
 Nutrition Needs of Children/Athletes Class
 Preparing Nutritious Snacks Class
 Other -

Parent-Child Education

Babysitting Clinic
 Child and Divorce Class for Parents
 Child Sexual Abuse Seminar
 Drug Awareness Class
 Family Fair
 Good Touch/Bad Touch Class
 Human Sexuality Class for Youth/Parents
 Nursery Attendant Training
 Parent University
 Parenting Class
 Youth Wellness/Stress Management Class
 Other -

Personal Health Goals Support

Aerobics Class
 Church Gymnasium Available
 Church Sports/Ball Teams
 Exercise Buddies
 Exercise Programs
 Faithfully Fit Forever
 Square Dancing/Folk Dancing Class
 Stop Smoking Clinic
 Walking Program
 Weight Loss Class/Support Group
 Yoga Class
 Other -

Spiritual Care

Prayer Bulletin Board/Hospital Board
 Prayer Group
 Prayer Walking
 Services of Prayer and Healing
 Other -

Stress Management

Holiday Stress Management Seminar
 Job Stress Seminar
 Meditation and Relaxation Class
 Stress Management Workshop
 Time Management Class
 Other -

Theological Foundations of Wellness

Gifts of the Spirit Workshop
 Prayer, Stress, and Healing Class
 Prayer/Meditation Classes
 Sabbath-Keeping Seminar
 The Bible and Health Class
 Wesley's Teachings on Health Class
 Other -

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What feedback did you receive from participants?

What feedback did you receive from volunteers?

What would you do differently next time?