

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 Covenant program guidelines and instructions

What is required?

- The church (as represented by the pastor and health ministry coordinator) must first enter into a Healthy Congregations Covenant with the Health Fund and select to participate at Level 1 or Level 2.
- Both Level 1 and Level 2 churches will be required to complete a Healthy Congregations **Report** (this form) to receive program funding.
- Both Level 1 and Level 2 churches should plan health ministry activities for the upcoming year.
- **Only Level 2 churches will submit their health planning forms**; use the online 2010 Healthy Congregations Plan form available at healthfund.org.
- A Healthy Congregations Covenant is required of all churches for participation in the 2010 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.
- The report form also includes a simple checklist of common activities so we can record the number and variety of health ministry activities, as well as identify areas that may require development of resources.

How do we participate?

- **Select one representative** (generally, the Health Ministry Coordinator) 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 the Healthy Congregations Covenant section
- Complete the common activities checkoff section
- Complete a detailed report on your 3-5 most successful health ministry activities promoting physical health, mental/emotional health or social health.
- Submit your completed report on-line or postmarked by **March 1, 2010**.

Other notes:

- All reported health ministry activities will be included in a searchable database on the Health Fund website to facilitate sharing of information and provide ideas for other congregations to build on. When reporting activities, please write with a public audience in mind.

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

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 place a checkmark next to 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
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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?