



Summer 2004

Health Focus at Upcoming Activities

Three activities this summer/fall will highlight health, spirituality, and life balance. Congregational Leaders Workshop in August at Graceland Univ. will offer a 30 hr. congregational health ministry course for anyone interested in promoting health in their church and community. The 2nd Annual Health & Spirituality Workshop will be Sept. 17-18 at the Temple with Ken Robinson and Steve Jeffers as keynote speakers. FUSION! Work, Life, and Soul is a conference for business and professional people scheduled at the Temple Oct. 15-17, 2004.

Congregational health ministry, also called parish nursing, is a ministry to promote health and wellness, educate, and be a resource for health-related issues. Health professionals often respond to questions and share health information but this program makes the ministry intentional and focused. New HMA President Howard Braby, MD wants to see a Healthy Lifestyles program in each congregation to respond to the national program- Healthy People 2010. Sharon Davids and Fran Atkins are coordinating the classes and CEU's are offered for RN's. Contact Poul Wilson at 800-825-2806 ext 1358 to register. Cost is \$100 before July 15.

Last year's Health & Spirituality Workshop was such a success that it was requested to be held every year. Breakout sessions include: Chronic vs Acute Illness; Health, Spirituality & the Sacraments; Integrating Health and Spirituality; the Labyrinth: A Personal Spiritual Journey; Life Journey & Spirituality for Older Adults; Planning the Gift of Love; Prayer and Fasting; Self-Care for the Caregiver; Spiritual Companion: A Path to Deeper Listening; Stewardship of the Body; and Using Your Healing Energy. Several speakers from last year will return with additional speakers and topics offered. Contact Paula Rummel at 800-825-2806 ext 2262 for more information or to register. Early registration before Sept. 3 is \$50, then \$60, and senior citizens 65 yrs and older is \$45.

FUSION! Work, Life, and Soul is an opportunity to network, worship, share, dialogue with church leaders, and have a time of oasis for the soul. Keynote speakers will be Gary Moore and David Miller. The conference begins at 4:30 Friday and concludes Sunday afternoon. The cost of the conference includes meals and has a student rate. Early registration is \$120 before Sept. 1, then \$140. Contact Beverly Byrd at 800-825-2806 ext 2216 to register.

Local Mission Promotes Healthy Lifestyles

Health Ministries Association has been working in the northeast Kansas City, MO area with Scarritt Elementary and the surrounding community. A Health and Safety Fair kicked off the school year and the community education program funded by Tangible Love. The school year concluded with specially designed water bottles, planter gardens, and a Fun Walking Track funded by 4-H 2004 Healthy Lifestyles Grant and Cargill Corporation.

In April, Paula Rummel, HMA Executive Assistant, received notification that the grant she submitted for Scarritt Elementary and their After School Program had been one of 10 grants in the nation funded by Cargill. Ten additional grants were funded by Kraft Foods, Inc. The grants funded projects that motivate and educate young people and their families to live healthy lifestyles in an effort to counteract the growing trends of childhood obesity. Grants were awarded based on fostering community-based, collaborative education and activities for youth ages 5-12 and their families, focusing on nutrition, fitness, and positive lifestyles.

The grant project provided a 19 inch planter, soil, and seedlings of tomatoes and peppers for each child in the Before and After School program. The children had planted the seeds at one of the classes prior to distribution. Master Gardener Don Bjuland from the community taught the children how to plant the seedlings and take care of their small garden.

The second grant activity was the creation of a Fun Walking Track on the asphalt playground. Vandalism prohibits having playground equipment so the perimeter of the playground was spray-painted designating a place to walk. The track was then divided into squares like a board game with different exercises for the children to do, healthy reminders, nutritional information, and healthy lifestyle messages that the children thought were important. Different types of messages were painted in brightly colored paints along with the multi-colored footprints at the perimeter.

The children created designs for a tee-shirt and a water bottle for which cash prizes were awarded. The tee-shirt will be one of the prizes awarded in the fall for track usage during the summer. The water bottles were handed out the last day of school so they could be brought when the children use the track. Prizes for adult usage will be provided by the Kansas City Chronic Disease Coalition (KC-CDC) which include water bottles, tee-shirts, and pedometers for the children.

Cargill's Kansas City Soybean Processing Plant has been supportive of the grant and staff assisted with awarding the cash prizes, distributing the soil, and painting the Fun Track. They also plan to gather school supplies for the next school year, provide talks about their plant and jobs, and also come to the school to read to the children and encourage them.

During the school year Paula has been conducting education classes for the After School program on various health topics affecting children as well as health topics for adults. Numerous HMA volunteers have assisted. Dawn Hatfield McCoun, dental hygienist, and Sylvia Heskett taught the children and adults how to floss and brush teeth. Howard Braby, MD, spoke with adults about breast cancer and women's health and worked with the children on hand-washing. Scott Hankins, physical therapist, played relays and games with the children and showed the adults exercises to strengthen the back and muscle groups. Ellen Speak, RN, assisted with glucose testing and diabetes education.

Resources and materials have been obtained from numerous community agencies. Smoke detectors donated from the KC Fire Dept were distributed to each family, bilingual cookbooks from the KC-CDC, informational booklets from the Am. Heart Assoc., Am. Diabetes Assoc., Jackson County Health Dept., and multiple internet sites. The adult education classes and materials are translated into Spanish by John Glaser.

Children's classes have included: bicycle safety, nutrition BINGO, camp songs that provide exercise, identify fruits and vegetables by feel, poisons, head lice, colds and flu, nutrition labels, balanced meals with food models and tasting different fruits and vegetables.

Scarritt Elementary is 65% Hispanic, 17% African American, 17% Caucasian, and 1% multi-ethnic. The neighborhood is low socio-economic with 92% of the children qualifying for free school lunches. School population is 350 children with 125 enrolled in the Before and After School program.

BOARD EXPANDED at MARCH MEETING

During the March 2004 General Membership meeting, new HMA President Howard Braby proposed a change in the bylaws to expand the Board of Directors to 12 persons which will be more active in committees.

The following were subsequently elected as the Board of Directors for 2004-2006.

Jean Brookens, Registered Dietician

Dennis Sartwell, Respiratory Therapist

John Evans, MD

John Smith, DDS

Diana Guthrie, ARPN, Family Therapist

Wally B. Smith, Chaplain, MD-retired

Betty Minton, RN

Mark Thoman, MD-retired

Don Potts, MD- retired

Joy Weydert, MD

Diane Pulford, Cardio Pulm. Neuro Technician

Dick Young, DDS

Howard Braby also proposed that HMA pursue dialogue with the First Presidency of the church to come under the umbrella of World Church organization. This would involve a change in how the Board is selected. The proposal is to have Board selection recommendations by HMA and final approval by World Church similar to Board selection for Outreach International.

Several committees are being organized to incorporate the talents, interests, and giftedness of members. If you would like to serve on any of the following committees, please contact Howard Braby at 816-833-1832 or email Hbraby@aol.com.

Chaplain Ministry

Communications

Cong. Health Ministry (parish nrsg)

Fund Raising

HMA Chapters

International Missions

Local Missions

Outreach Internat'l Projects

Student Loans

Membership Update

New Members during conference- 43

Membership renewals during conference- 52

Total Membership= 235

(Please contact Paula Rummel if you are unsure about your membership status)

CONTRIBUTION AND/ OR MEMBERSHIP FORM

Information may be taken over the phone by calling 1-800-825-2806 ext 1262 Mon., Thurs., or Friday

Name _____ Phone _____ Occupation _____

Address _____

Email _____ Signature _____

Level of Membership: \$ _____ Member (\$25-\$99) \$ _____ Sponsor (\$100-\$249) \$ _____ Patron (\$250 & up)

Additional Contributions: \$ _____ Onil Stoves/ Ruth Humbert support in Guatemala @ \$100 each

\$ _____ General Fund, \$ _____ Missions Fund, \$ _____ Chaplain Ministries, \$ _____ Cong. Health Ministries

Payment Method: _____ Check Please mail to: Health Ministries Assoc. 1001 W. Walnut Independence, Mo 64050

____ VISA _____ MasterCard # _____ Exp. Date _____ Amt. _____

Pledge amount: \$ _____ monthly, \$ _____ quarterly. Will make by check _____, Make by credit card _____

Ministry and Committee interests: _____

UP-COMING EVENTS

HEALTH MISSION - June 17-30, 2004 Leader- Mark Dixon mdixon1@tampabay.rr.com

HEALTH MISSION - June 18-25, 2004 Leader Dennis Sartwell Sartwell@earthlink.net

OPEN BOARD MEETING - July 11, 2004 9:00 AM @ Temple Independence, MO

CONG. LEADER'S WORKSHOP - August 1 - 6, 2004 @ Graceland Univ. Lamoni, IA

Health & Spirituality Workshop - September 17 - 18, 2004 @ Temple Independence, MO

HEALTH MISSION - October 2004 Leader - Ron Edwards RonEdwards@hmaCofChrist.org

FUSION! Conference - October 15 - 17, 2004 @ Temple Independence, MO

OPEN BOARD MEETING - October 17, 2004 1:00 -3:00 PM @ Temple Independence, MO

Anyone interested in doing an HMA presentation at their Reunion this summer please contact the office for materials.

We also need folks to distribute the brochures for the Health & Spirituality Workshop in their congregations, hospitals, workplaces, and mission centers.