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**HEALING HEARTS HERALD**

SPRING 2006

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## **HMA and Outreach International Partner**

Health Ministries Association and Outreach International (OI) have joined in partnership to introduce the Participatory Human Development Process (PHDP) in two Guatemalan villages where Ruth Humbert, RN has been providing village health support. **This partnership benefits both organizations and will assist in accomplishing long-held goals.** HMA's goal has always been to increase health in developing nations by utilizing indigenous persons. OI seeks to facilitate authentic, participatory change that empowers villagers to solve current and future problems with little or no intervention from outsiders.

Ruth and Kristen Batty, 4<sup>th</sup> year Michigan State medical student, received in-depth training in January on PHDP. Together they are completing the village health training of six nurses who received a year of classroom instruction in 2005. **They are working with residents of Cambulcol Alto and Caquixajay, Guatemala utilizing participatory (PHPD) philosophy.** Both areas are poverty-stricken and malnutrition is a large problem.

OI has not recently utilized a health professional in the role of human development facilitator. OI facilitators go into an area and spend many months developing relationships with the people. Ruth has found that developing a trusting relationship with villagers has occurred more rapidly because she is a health professional. She said the people are pretty guarded the first time she arrives. They come anticipating give-aways from the North American. Ruth will give medicines as needed and charges a small fee which is waived if they have no money. When she returns, people acknowledge that she offered "good" medicine and she is able to do some teaching this time. By the third visit, the villagers see she is committed to them and begin opening up about more in-depth problems. Being a health professional opens the door of communication faster once trust is established in many societies.

The partnership between HMA and OI will be evidenced with a **joint fund-raising campaign** to fund the "Shifting Realities" Guatemalan project for 3 years. Contributions for Guatemala can be sent to OI ear-marked for this Ruth's work beginning in these two villages or to HMA.

**Contributions and dues donations are still very important to sustain the other ministries of HMA.** Onil stove contributions should still be sent to HMA, also. Ruth continues to find families who need and are willing to pay their portion to receive a new Onil stove for their home to make it safer, cleaner, and healthier. The stoves not only improve the health of the families, but reduce the deforestation effect of the less efficient open cooking fires and the work load of cutting and transporting wood.

# **Catholic Charities**

## **Grant Awarded HMA**

March 27<sup>th</sup> HMA was notified that it had received a Concept for Effective Services (CES) grant from Catholic Charities for \$12,000. This capacity building initiative provides 30 grassroots community and faith-based organizations with training, technical support and financial assistance to enhance the organization's efficiency and capacity to provide program services. HMA was one of 30 organizations in the Kansas City, St. Joseph and Warrensburg area to receive the award.

The grant includes costs for staff salary to create a policy and procedure manual for the organization, a strategic planning retreat, multi-user Quickbooks software, CPR manikins for congregational trainings, materials for mailings, and a temporary position to make contact with potential members and volunteers. It also includes costs for two persons to attend a conference for community health initiatives, receive Red Cross CPR instructor training, and staff salary for grant writing and financial diversification.

**“This grant is exciting for HMA! Developing the organization will allow it to survive long-term and provide more ministries to the congregation, local community and internationally,”** states Howard Braby, HMA President.

Catholic Charities received a federal grant to provide the CES program to the community and faith-based organizations. Twelve training sessions will be conducted on various aspects of capacity building and organizational development. Two persons from the organization are required to attend each session. The sessions include:

- Board Development
- Strategic Planning
- Financial Management
- Fund Development
- Outcome Measurement
- Program Development
- Volunteer Development/ Management
- Cultural Diversity and Inclusiveness
- Collaboration
- Grant Writing
- Program Evaluation
- Advanced Board Development

Capacity building, capacity, and organizational effectiveness will all be explored with suggestions for each area. Capacity refers to the organization's ability to achieve its mission effectively and sustain itself over the long term. Capacity building refers to the activities that improve an organization's ability to achieve its mission such as improved governance, mission and strategy, program development and implementation, fundraising and income generation, and marketing. Organizational effectiveness relates to the capacity of an organization to sustain the people, strategies, infrastructure and resources it needs to continue to achieve its mission.

### **Congregational Partnerships for Faith and Health Ministries**

HMA and The Groves are launching a new program to assist congregations in caring ministries. Stacie Williams, Groves Director of Community Services is working full-time to assist congregations develop care teams and provide specific training.

The mission of the care team is to provide emotional, spiritual, and practical support to seniors and others in the congregation or neighborhood experiencing difficulties due mainly to health related issues and increased frailty.

Congregations choose the types of care teams they would like to have as part of their ministry. The program can be utilized by a small congregation with emphasis on providing meals, transportation, and “keep in touch” ministry. Larger congregations with larger volunteer resources may add more areas of ministry. Each program will reflect the needs, interests, and giftedness of congregants.

HMA has agreed to provide specific health education, resources, and support. Health professionals will be utilized to provide training on specific topics and be available as a resource.

The Congregational Nurse in the past directed these programs and they will continue to be an important member of the care teams. Often the ministry that is needed may be meals and other ministries that can be provided by a caring congregation community.

# 2006 Health & Spirituality Workshops

Spirituality and Health have always been companions in faith traditions. Community of Christ has long upheld this concept of wholeness of individuals and communities as central to the church's mission of embodying God's love to this world. Community of Christ Health Ministries Association has been involved in promoting workshops "out of the hope for a hurting world that lies in the healing power of God, expressed in medicine and spirituality working together," states Ron Gillilan, MD and Program Director for the Maryland workshop.

"Medical Science and Healing of the Spirit" workshop in **Baltimore, MD May 19-21** will explore the healing connection between faith and science led by Dr. Gillilan, cardiologist and evangelist. Panel discussions and sessions will focus on heart disease, caring for the sick, the healing church, and spirituality in health and disease, Reiki, art therapy, consequences of chronic stress and anger, music therapy, and faith based healing. For more information contact- <http://healingworkshop.org>.

The **Phoenix, AZ** area will be having their workshop, "Spirituality and Health", **September 15-16** exploring congregational and community ministries that promote holistic understanding of individual and community health. Joy Weydert, MD will provide the keynote address and Rich Kohlman, Community of Christ Coordinator of Staff Pastoral Services, will speak on "Sabbathing: Neglect at Your Own Risk". Other sessions will explore providing, supporting, and nurturing health and wellness with topics of moving prayer, writing psalms, Five Wishes program, pet therapy, pathways to healing, and sacred rhythm of rest. For more information contact- <http://azcofchrist.org>

"Spiritual Communities: Dealing with Life Issues" is the theme for the 4<sup>th</sup> annual workshop at the Temple in **Independence, MO September 22-23** providing hands-on skills to handle the challenges life brings our way. "Living with Dying" is the keynote address by Sister Rosemary Flanigan. The skill-building sessions are designed to assist unordained, ordained, and health professionals to be better informed and given simple tools to use to cope and minister in their families and their congregations with difficult life issues such as mental health, ADHD (attention deficit hyperactivity disorder), dementias and Alzheimer's, prayer, congregational and community health ministries, and multi-cultural end-of-life issues. For more information contact- [HMA@CofChrist.org](mailto:HMA@CofChrist.org) or 816-833-1000 ext 2262.

## CONTRIBUTION AND/OR MEMBERSHIP FORM

*Information may be taken over the phone by calling 1-800-825-2806 ext 2262 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 & SPIRITUALITY WORKSHOP- May 19-21, 2006 @ Baltimore, MD [echodoc@juno.com](mailto:echodoc@juno.com)

**OPEN BOARD MEETING-** July 16, 2006 9 AM @ Temple Independence, MO

HEALTH & SPIRITUALITY WORKSHOP- Sept. 15-16, 2006 @ Phoenix, AZ [sdavids2@cox.net](mailto:sdavids2@cox.net)

HEALTH & SPIRITUALITY WORKSHOP- Sept. 22-23, 2006 @ Temple Independence, MO

**OPEN BOARD MEETING-** \*September 24, 2006 9 AM @ Temple Independence, MO

HEALTH MISSION- October 2006 Leader- Ron Edwards, MD [ronaldjedwards@cox.net](mailto:ronaldjedwards@cox.net)

## HMA MISSION

To promote health care to the underserved and those in need.

To advance health education enabling self directed care.

To promote wellness of body, mind, and spirit.

To network with others to advance health care.

## HMA VISION

To increase sustainable health and wellness by providing services and ministries that express our Christian commitment and promote peace.