

## New HMA President Conducts Health Clinic for La Boquita School

Chris Stone, MD spent his first day in Honduras seeing 75 school children and 7 adults in the new La Boquita clinic at Saira Giron's house.



Dr. Stone, a Pediatrician for Children's Mercy Hospital, has practiced for 21 years so he had an instant rapport with the children. Although most exams were normal, He diagnosed two cases of pneumonia, a case of shingles and starvation and treated many children for intestinal parasites.



This was the first time a doctor from HMA has worked with Saira who is pursuing her professional nursing degree at a Honduran University. "Saira functions almost as independently as nurse practitioners. She is eager to learn, keeps good records, knows her patients, and gives quality care," stated Stone.



Nebulizer treatments, meds and vaccinations are frequently administered by Saira at her clinic.

# Domestic Healthcare Programs



## Pathways to Peace

HMA sponsored a healthy learning activity at the Children's Peace Pavilion "Path for Peace" event on Saturday, September 15, 2012 in the Auditorium parking lot. Children completed the game board by answering questions about our body, our mind, and our spirit. With each correct answer, they could advance. Thelma and Marvin Sword created the activity which stressed the idea that health is



more than just what we eat, how much we exercise, or the absence of illness. Health is how we treat others, thinking positive thoughts, and having some fun in our life!

## 10<sup>th</sup> Annual Health & Spirituality Workshop

Dr. David Katz, a guest of the Dr. Oz show and ABC affiliates, gave the keynote address at this year's H&S workshop. While he gave some grave statistics about the growing obesity epidemic in the United States, he also shared the NuVal system. Available in HyVee and other grocery stores, it grades nutritional value and helps consumers purchase the healthiest products.



Dr. David Katz



Josef Walker and Dr. Rauf Mir

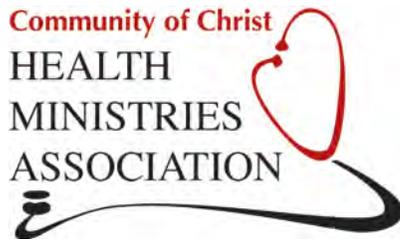
Josef Walker and Dr. Mir shared part of their life journey and their spiritual motivation for serving others.



Many attendees return each year to gain new skills for their personal ministry and professional knowledge.

"This year's topics about poverty were very helpful to me," stated Linda Siy, MD from Dallas. "I work in Community Health with the low income population. I attend the Workshop every year and each time I take away resources and information I can use in my practice."





*"Promoting Health  
with a Heart"*

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# Members Network at HMA Activities

Whether at the Health & Spirituality Workshop, the Golf Tournament, or on the HMA Facebook page, HMA members renew friendships, share information, and promote health.



## HMA Honors Alice Sims



For the past 10 years Alice chaired the Health & Spirituality Workshop committee. Alice was honored during the recent workshop for her leadership. President Becky Savage presented her with a token of appreciation on behalf of HMA and the committee. The workshop has continued to grow and is a highlight for many health professionals, chaplains, care givers, and congregational leaders. Presenters from other faith traditions and many denominations have expanded the concepts and knowledge of how health and spirituality are interrelated.

### 2013 Conferences

Plan to attend the HMA Open Membership Meeting, Brunch, and Silent Auction 9 am April 13, 2013. Vote on the new Board Members and Officers, learn the latest details of domestic and international programs, and enjoy networking with members from other places. During the Conferences, stop by the HMA booth to tell us about your ministry and how you promote health.

# International Health Projects

## MONTHLY VILLAGE HEALTH CLINICS

The Guatemalan nurses are working with Guatemalan physician Dr. Montenegro and US volunteer physician Dr. Dian (standing in back) in their monthly village clinics. In the second quarter of 2012 over 571 patients were treated for medical issues. As of June 30<sup>th</sup> over 200 pairs of reading glasses have been dispensed this year. Medications are still the largest expense in providing clinics. ***HMA lacks \$700 in meeting our commitment for medicines in 2012.***



## GUATEMALA DIABETES EDUCATION

In March Dr. Dian began working with the nurses to improve patient care and staff knowledge of villagers dealing with diabetes. Glucose testing now includes A1C measurements as well as Accu-Chec results. They also focused on diet, medications and better documentation. Several days of staff training took place in June and established protocols were put into place. The “diabetic clubs” are being conducted once a month in each village so transportation to a central location is not required. The clubs discuss nutrition, diet, and health problems associated with diabetes. Each month the village clinic report is forwarded to Dr. Dian to keep him informed about the status of each diabetic patient. ***If this ministry strikes a common cord with your heart, please contribute to this project for 2013.***



## CRITICAL CARE FOCUSES ON ONE PATIENT AT A TIME

During health clinics medical issues are identified which require diagnostic tests, referrals, or specialized care in the larger cities. Funds have been donated for the purpose of transportation and the special needs of these folks. One person being helped is Zacarias, a four-year old blind boy with cerebral palsy. Physical therapy sessions are in Guatemala City and his seizure medications are very expensive. While only 25 pounds, Zacarias will need a surgery on his hip. Another organization provided this new wheelchair in July when Program Director Amilcar Vielman was visiting the village. ***Will your contribution make a difference for a child in 2013?***

## RECYCLED TIRES FOR NUTRITION

Over 307 tire gardens have been established in more than six communities to help grow vegetables for families and school children. Four kindergartens sponsored by the Let's Be Ready organization were instructed on making the gardens. They then taught the children how to plant, tend, and harvest vegetables to be used in the school lunches. Frequently, this meal may be the only hot meal of the day for these children. Cabbage, celery, parsley, radishes, beets, onions, swiss chard, chaya, and cilantro are among the plants grown. This project received World Hunger funds to assist in the extreme malnutrition in rural Mayan villages in Guatemala. Before the 2010 earthquake in Haiti, Guatemala had become the most malnourished country in the western hemisphere. ***Only \$100 is needed to complete HMA's obligation for 2012. Can you help?***



# Educating the Next Generation of Health Professionals

Through the years of the Medical Dental Association (MDA), the Professional Nurses Association (PNA), and now Health Ministries Association understand that sustainable healthcare delivery in developing nations is only achieved through educating indigenous nurses, doctors, and allied health professionals. Visiting medical teams serve a purpose but local people providing the day-to-day medical care is the long-term solution.



Veronica Hernandez

Dr. John Blumenschein, originally from Independence, MO, established La Buena Fe clinic in Honduras and for many years nurses from the USA provided care with medical teams coming periodically. During the 1980's PNA raised funds to educate Veronica Hernandez, a Honduran woman living near the clinic. She attended a nursing school in San Pedro Sula, Honduras and after graduation went to work at the clinic directing its full-time operations. Now another young woman, Wendy Guzman Andrade, wishes to follow in the foot-steps of Veronica, her mother-in-law, and attend nursing school. HMA has accepted Veronica's proposal to partially fund Wendy's expenses to attend a local auxiliary nurse program. **Funds needed for 2013 are only \$400. Can you help?**



Wendy Andrade

## HMA AND FUTURES

For the past five years HMA has partnered with the Honduran education program "Futures" started by Leonard and Lottie Brown, HMA members, who reside 6 months a year at La Buena Fe. During the 10 years of their program, over 100 young girls and women have received donated funds to continue their education and have graduated high school. This program may be the only way out of the impoverished circumstances in which they were born. With hope and education, many of the young women now set their sights on careers they once thought were completely out of their grasp. Several of the graduates of the Futures program show interest in nursing and allied health careers. **HMA would like to increase the available funds for auxiliary nurse education and nursing school to help educate the next generation of indigenous nurses in Honduras. If you would like to donate to this fund, please designate "Nurse Education" on your contribution.**

## Maria Ambrosia Lares



Although the youngest of Guatemalan nurses, Maria is known among the other nurses as "little tiger" for fighting for what she knows is right. In November she will graduate high school *first* in her class of 56 students. Her sights are now set on attending University in January 2013 to become a professional nurse. While traveling to Guatemala City will be an adjustment for her, it will also mean some changes for her family. Maria's salary has helped her younger siblings attend school and has helped the family finances from time-to-time. Her father's attitude has been changing through the years as Maria has worked for Association Hombres & Mujeres en Accion (AHMA), the organization started by Ruth Humbert, RN in 2009. His "little girl" has grown to be educated, capable, financially independent, and a woman full of potential which makes him proud. Likewise, Maria's professional nursing education provides sustainability for AHMA. Several nurses of Spanish decent who lived

in the larger, urban cities were hired to work with AHMA. They have not worked out because they did not completely understand the rural Mayan culture. Maria knows the needs of the rural communities, of the local villagers, and can provide the long-term leadership needed for a sustainable rural health program.

## Congregational Health Ministry

**Possible Scenerio-** A 55 year old woman falls, fractures her arm, and receives the diagnosis of osteoporosis. Her mother was just released from the hospital after a stroke. She has some difficulty with speech and mobility. A married son lives across town and has a young family. The daughter is across the state attending a university. The spouse is deceased. She attends, fairly regularly, a congregation in her town.

**Here are four different ways a congregation could be involved with Health Ministry and help this family.**

Each ministry model can stand alone or build on another model based on a congregation's people resources, skills, and their availability to serve.

### Congregational Representative

Provide bulletin inserts on Sunday about:

Strokes  
Osteoporosis

Contact HMA to consult on other available resources.

### Care Teams

*Meal Team* brings in food.

Visiting Team stops by.

*Transportation Team* volunteers to drive her to an appointment.

*Correspondence Team* sends a card to the daughter and adds them to the prayer list.

*Helping Hands Team* offer to do some light housework.

*Wholeness Team* asks if she would like Laying on of Hands and asks about her mental and emotional health.

### Health Ministers

A *pharmacist* asks if she has questions about the new medications prescribed.

A *physical therapist* volunteers to evaluate the mother and make recommendations she can take to the next doctor's appt.

The *nutritionist* makes some suggestions on food choices that are easy to fix, easy to chew, and provides healing nutrition.

The *occupational therapist* evaluates and makes recommendations to help with activities of daily living.

The *member with finance experience* helps with insurance claims and medical bills.

The *massage therapist* offers their services to enhance circulation and comfort.

The *speech language pathologist* offers to evaluate and recommend treatment options to take to the doctor.

### Congregational Nurse

Visits the hospital to understand the physical, mental, emotional, spiritual, social and physical needs of this woman

Engages Care Teams or ministries available in the congregation including Laying on of Hands and Prayer Chains

Assists with personal education about fractures, osteoporosis, and strokes

Does a home visit to assess injury risks and local resources which may need to be engaged for the woman and the mother

Makes referrals/ liaison to community services for meals, light housekeeping, transportation, and social agencies

Facilitates making phone calls to coordinate services including medical professional expertise in the congregation

Goes to appointments to interpret/ advocate for best options and services

Teaches the congregation about diseases, disabilities, and ways to interact and minister to meet the needs of the whole person

### **For more about Congregational Health Ministry**

Contact the HMA office:

816-833-1000 ext 1262 or 1418

[HMA@CofChrist.org](mailto:HMA@CofChrist.org)

Online at [www.HMACofChrist.org](http://www.HMACofChrist.org)



# Congregations Focus on Ministry to Seniors

*Submitted by Denise Leichter, RN, Pastor, MC staff*

SHAMROCK MINISTRIES (Senior Health and Advocacy Ministry built on the rock of Jesus Christ) has been ministering and growing for two years in the Southern California Mission Center. The Shamrock leaf is utilized to emphasize the Body-Mind-Spirit connection for the best of health and happiness. Many lessons have been learned in home and hospital visits and in the congregational programs. We always have a meal, worship, and an educational program with

diverse topics such as fiduciary abuse, vulnerability to scams, pet care, nutritional needs, access to food, cooking capabilities and nutritional value matched with economics, and the lack of socialization during meal time. Safe driving and the isolation and dependence on others when you stop driving are very emotional discussions. Access and cost of healthcare continues to challenge many seniors as well as the options/opinions of family on safely living alone or the need to transition into assisted living.

One of the highlights of active listening and collaborative planning is to encourage congregations to look at services offered based on the demographics of the congregation. The **Hemet Congregation** (90% retired) meets on Wednesday afternoons at 3pm. Familiar Hymns are selected that can be sung by memory due to visual impairment. They create large font prayer lists for ongoing needs and celebrations. A different person or family prepare and preside each week with scriptures and a lead testimony or story. Then people can elect to share in an early dinner with each other and get home before dark. The **Gardena Congregation** also meets every mid-week at 2pm for a bible study and sharing service. The **Orange Congregation** has just launched an "Orange Shamrock Sharing and Caring" service on the first Wednesday at 1pm. They requested to meet in a more intimate circle (not the pews) and have microphones for all participants so everyone could hear. A theme topic is announced and people prepare in advance and are encouraged to request hymns that speak to their current needs. When possible, the use of the organ is a great blessing. Robert Cohen's musical, *The Stories of our Lives-Alzheimer's*, reminds us that music lasts longer than memories and we should sing everything! It is a visible testimony when a participant is deeply touched by the music and their sharing is lovingly accepted when the words are hard to find. They have created a safe sanctuary. The leaders take an additional hour to be available for specific needs, conversations, laying on of hands, suggesting community resources for current issues, and additional time for touching ministry. When we LISTEN...we LEARN and when we LEARN we LEAD differently under the influence of the Holy Spirit so everyone receives a Body, Mind and Spirit blessing.

## Health Ministries Association MEMBERSHIP and/or CONTRIBUTION Form

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Email \_\_\_\_\_ Occupation \_\_\_\_\_

**Categories of Annual Membership:**     \$ \_\_\_\_\_ Student Membership (\$10-\$50)  
(April 1 – March 31)                     \$ \_\_\_\_\_ Basic Membership (\$50-\$99)  
   \$ \_\_\_\_\_ Sponsor Membership (\$100-\$249)  
   \$ \_\_\_\_\_ Patron Membership (\$250 & up)

**Additional Contributions:**             \$ \_\_\_\_\_ **Where most needed**  
   \$ \_\_\_\_\_ Health Promotion and Education  
   \$ \_\_\_\_\_ Honduras Health Projects  
   \$ \_\_\_\_\_ Guatemala Health Projects

\$ \_\_\_\_\_ **Total Donation (Tax-Deductible)**

**Payment Method:**     Online (with PayPal account or credit card - [www.hmaCofChrist.org](http://www.hmaCofChrist.org))     OR  
   Mail ( Check payable to HMA or place Credit Card Number below)

VISA or MasterCard # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_     Exp. Date \_\_\_\_\_

Mail to: *Health Ministries Assoc. 1001 W. Walnut Independence, Mo 64050*

Information may be given over the phone by calling 816-833-1000 ext 1262 or ext. 1418 Mon., Tues., or Friday

## CONGREGATIONAL HMA REPRESENTATIVES

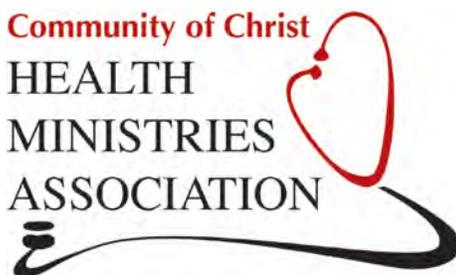
HMA is identifying representatives in congregations in the United States, Canada, and Australia. If you would like to become the HMA spokesperson in your congregation, this is what HMA asks of you:

1. *Communicate and distribute HMA resources to promote health stewardship and concepts of wholeness.*
2. *Send to HMA stories and experiences from members sharing the congregation's health promotion efforts.*
3. *Encourage participation in HMA educational and fellowship activities whenever possible.*
4. *Identify health professionals and persons with skill sets and giftedness to help HMA promote health.*
5. *Provide to HMA office names and contact information of persons wanting to promote health.*
6. *Promote HMA as an organization to Community of Christ members and encourage membership in HMA.*

Below is a list of the congregations in which someone volunteered to represent HMA and *promote our Mission*.

E. 39th St., Indep. MO	Ellsworth, ME	Midland, MI	South Crysler, Indep., MO
Apple Valley, MN	GPNW Mission Center	Milpitas, CA	Tampa, FL
Beacon Heights, Indep., MO	Grandview, MO	Mission Rd/Prairie Village, KS	The Groves, Indep., MO
Beaumont, TX	GTA West, ON	Mission Woods, B. S., MO	Topeka, KS
Bel-Nor, IL	Gudgell Park, Indep., MO	New Plymouth, ID	Troy-Oaks, MI
Bristlewood, Flint, MI	Hilo, HA	New Walnut Pk, Indep., MO	Tuality, Tigard, OR
Chandler, AZ	Jefferson City, MO	Oak Grove, MO	Village Heights, Indep., MO
Cheyenne, WY	Kaneohe, HA	Osawatomie, KS	Wabash, ON
Clairemonte, CA	Kitchener, ON	Paducha, KY	Walnut Gardens, Indep., MO
Colonial Hills, Bl. Springs, MO	Lamoni, IA	Peace Chapel, Sprgfld, MO	Warrensburg, MO
Columbia, MO	Lee's Summit, MO	Good Shepherd, KCMO	Waterford, MI
Crestview, FL	Liberty St., Indep., MO	Rose Lake, MI	Webb Road, Wichita, KS
Delta, CO	London, ON	San Jose, CA	Central Wichita, KS
East Alton, Indep., MO	Lowbanks, ON	Sarasota, FL	Woodburn, OR
El Cajon, CA	Massoc Creek, IL	Scottsbluff, Gering, NE	Woods Chapel, L. S., MO
Eldorado, IL	Mexico City, MO	Sioux City, IA	

***If you want to represent your congregation, email [HMA@CofChrist.org](mailto:HMA@CofChrist.org) or call the HMA office 816-833-1000 ext 1418.***



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