

## WCR 1308 Wholeness and Well-being –“Approved”

World Conference delegates approved the Wholeness and Well-being resolution on April 18, 2013, submitted by the Australian Mission Centre. Dr. Catherine Madden Zahniser spoke on behalf of HMA supporting the resolution. HMA was named in the resolution as one of the organizations assisting with its implementation. HMA representatives have met with Temple Strategies team representatives to begin looking at “next steps”. Currently HMA has four programs already in place that provide education and health promotion.

### Health Briefs

On the HMA website [www.CHM.HMACofChrist.org](http://www.CHM.HMACofChrist.org) over 60 health briefs are available on topics in the areas of physical, spiritual, mental, emotional, relational and environmental health. These contain explanations, prevention, and actions to take. They may be used as a class discussion starter, bulletin insert, or possibly a newsletter article or bulletin board display for the congregation.

### Health & Spirituality Workshop

Workshops explore topics that combine the spiritual aspects of humanity with physical and mental aspects to encourage understanding of the interrelatedness of body, mind, and spirit for wholeness and well-being. “The Great Rx for Health: Caring for Self, Caring for Others” is the theme for the 11<sup>th</sup> Annual Workshop at the Temple in Independence, MO August 23-24, 2013.



Louita Clothier and Junia Braby reconnected at last year's Workshop.

Speakers represent a variety of educational background, faith traditions, and expertise.

### Congregational Health Ministry

Upholding wholeness, health and well-being in the congregational family can have profound affects. Worshipping together and sharing each other's lives allows for opportunities of support, prayer, and encouragement. A new handbook is available for HMA members wanting to create a CHM program. During the recent World Conference the handbook was reviewed. Members shared CHM



activities already present in their congregation and needs that might be addressed with this program.

### Worship Ministries

Worship services, retreats and reunion ministry and educational classes are provided by HMA staff and volunteers on wholeness and wellness topics. Each sermon or health class is designed around the needs of the congregation and attendees. Travel and other expenses are determined on a case-by-case basis. Contact HMA at 816-833-1000 X 1262 for more information on topics and dates available.

# Congregational Health Ministries Handbook Now Available

HMA members at World Conference were able to attend sessions and ask questions about the new handbook encouraging and providing guidance on congregational health ministry.

The handbook outlines three possible models depending on the skills and health professionals within a congregation. Each model identifies ministries that are non-medically invasive. Care Teams minister to basic needs of individuals in the group such as providing in-home meals and visits, transportation or communication. Licensed Health Professional Teams utilize the knowledge of health providers within the congregation to assist with physical and health issues. In the 3<sup>rd</sup> model, the RN/Faith Community Nurse acts as a coordinator using the skills and giftedness of those in the congregation and community to meet the needs of the whole person.

Within the CHM Handbook are legal considerations and partnering opportunities with congregational leadership. Specific health briefs and vignettes are also included for an introduction of a program into the congregation.

Current HMA members may obtain the handbook after completing a registration form. Quarterly reports of activities and how the ministry program is being utilized need to be returned to the HMA office.

Many aspects of this program may already be present in a congregation. A Congregational Health Ministry program focuses on individual health needs, promoting well-being of each individual's body, mind, emotions, and relationships.

This handbook and congregational health ministry program are very timely in the life of the church. Contact HMA about Community of Christ liability coverage at [HMA@CofChrist.org](mailto:HMA@CofChrist.org) or 816-833-1000 X 1262 or 1418.

Look for the HMA booth at the  
Peace Colloquy  
October 18-20, 2013  
*"Peace, Justice, and Song"*

## Graceland University /HMA Winter Term to Honduras

HMA President Chris Stone, MD is working with



Graceland University for winter term visits to Honduras to learn about healthcare and delivery systems in that nation.

Plans are to observe and assist rural health clinics, noting the difference between government and private clinics. Observation and immersion into a different culture is always a learning experience and opportunity to understand similarities among all of humanity.

In 2000, this group of students shared a week at La Buena Fe clinic in Honduras. Now HMA member Dr. Ginelle Roberts, a pediatric dentist in the Kansas City area (second from left), hopes Graceland students will take advantage of the



Winter Term opportunity. *"My trip to La Buena Fe was life changing and helped me gain a global perspective on healthcare---If you have the chance to go, go!" - Ginelle Sakima Roberts, DDS*

## HMA Benefit Golf Tournament

Weather couldn't have been better for the 2<sup>nd</sup> Annual HMA Golf Tournament.

Twenty teams competed for cash prizes and contests.

Max Ridings and committee began planning the event in January and gathering 23 Hole Sponsors in addition to golfers, raffle and silent auction items.



**SAVE THE DATE**  
**Next year's golf tournament**  
**June 21, 2014**



## HMA Brunch & Open Membership Meeting Featured Speakers

Members gathered to reconnect with former classmates and friends and to meet members from around the world at the World Conference HMA



Brunch and Open Membership Meeting April 13<sup>th</sup>. Former HMA President, Howard Braby officiated over the election of President Chris Stone, HMA officers and new Board Members.

This annual event

took place at the newly renovated IRHC hospital building in Independence. It included a scrumptious breakfast

followed by a chocolate fountain, fruit and dessert bar. Bidding on silent auction items to support HMA added to the morning fun.



Dr. Roger Cabida and Marilyn Schaefer share stories.



Judy Daniels and Vickie Ward renewing their friendship while supporting HMA at the Brunch.

Brunch speakers highlighted several program areas of HMA and the event theme of "Rx for Joy: Pay it Forward" Dr. Roger Cabida spoke of the medical school loan he received from the Medical Dental Association in the 1970's and how he is providing medical services to Filipinos in remote areas. Damaris Sarmiento of Honduras spoke of her thirst for knowledge and her desire to help other young girls continue their education beyond elementary school with the Friends of Education, Honduras program. Denise Leichter, RN shared her caring program of ministry of body, mind, and spirit to the senior adults in Southern California.

# 11th Annual Health & Spirituality Workshop

# The Great Rx for Health: Caring for Self, Caring for Others

**August 23-24, 2013**

**Community of Christ Temple**  
201 S. River Blvd.  
Independence, MO 64050

### Excellent Experience for:

- **Wholeness Seekers**
- **Nurses**
- **Hospice Workers**
- **Health Professionals**
- **Social Workers**
- **Families**
- **Marriage and Family Therapists**
- **Pastoral Ministers**
- **Caregivers**
- **Students**
- **Mental Health Counselors**
- **Volunteers**
- **Seminarians**

### Discounts for:

*TMC Employees*  
*Seniors*  
*Students*  
*Congregations / Organizations*  
*(Groups of 5)*

Nursing Continuing Ed. available

### For more information contact:

Health Ministries Association  
www.hmaCofChrist.org  
816-833-1000 X 1262  
Email: HMA@CofChrist.org

A Workshop designed to help individuals and care-givers develop skills for health and well-being and to help everyone learn to care for the whole person: body, mind, and spirit.

Back by popular demand,

## Dr. Bowen White, MD

Co-Author of  
*A Clinician's Guide to Spirituality*

Keynote speaker for Friday evening  
and Saturday morning

*Friday evening open to public at no charge.*

*Registration and Fee Required for  
Saturday Workshop*



## Saturday Workshop Practical Skill-building Sessions

### AM Sessions – Caring for Self

- ♥ *Spiritual Practices for Self-Renewal*
- ♥ *Finding Renewed Purpose and Meaning*
- ♥ *Scripture and Well-being*
- ♥ *Discovering A Healthy You*
- ♥ *Caring for Self When "Sandwiched"*

### PM Sessions – Caring for Others

- ♥ *From Ashes to Beauty: The Path to Transformation*
- ♥ *Motivational Interviewing...*
- ♥ *The Caring Relationship...*
- ♥ *Healing Vicarious Trauma...*
- ♥ *...Resilience and Coping in Kids...*

## Co-Sponsors



11th Annual Health & Spirituality Workshop ~ August 23 & 24, 2013 ~ Independence, MO  
**Saturday Morning - CARING FOR SELF**      **Afternoon - CARING FOR OTHERS**

**Rx** **“Spiritual Practices for Self-Renewal”**

**Kris Judd, Ed.S.**, psychologist and Community of Christ minister, highlights spiritual types and teaches various spiritual practices that can help one stay connected and renewed. Learn how we can be present for ourselves and for each other when most needed.



**Rx** **“From Ashes to Beauty: The Path to Transformation”**

Mindful awareness, listening, giving, and gratitude blend to create a bridge from the “valley of the shadow of death” to the mountaintop. **Susan Oxley, MAR**, shares her story of the tragic death of her husband and the fight back to joyful life. Research now supports the connection between mindfulness, gratitude and healthy outcomes.



**Rx** **“Finding Renewed Purpose and Meaning”**

**Joseph LaMaster, MD, MPH**, from KU Medical Center, shares ways to find meaning and purpose in life. He discusses the connection between service to others and personal joy.



**Rx** **“Motivational Interviewing to Promote Lifestyle Change”**

People change because *they* want to change. **Amy Beck, PhD**, Clinical Psychologist from Children’s Mercy Hospital, discusses strategies for helping others decide to change. Skills to learn include knowing what questions to ask to discover what motivates the person.



**Rx** **“Discovering A Healthy You”**

Learn techniques and physical disciplines that help create a healthy body and promote a positive outlook. **Tony Fields, Body Composition Coach**, shares exercises, dietary helps, and teaches skills that develop stamina and endurance for stressful times.



**Rx** **“The Caring Relationship in Healthcare and the Church”**

The caring relationship is key to both health outcomes and relational/ church ministry. **Kathy Robinson, RN, MSN**, shares the importance of developing a caring, trusting relationship with each person for whom care and ministry is provided.



**Rx** **“Scripture and Well-being”**

Caring for self is often neglected in the hectic pace of life. Responsible use of scripture is an important resource for well-being. **Danny Belrose, DMin.** explores healthy and unhealthy use of scripture and how scripture can guide development of personal wholeness & well-being.



**Rx** **“Healing Vicarious Trauma: Past, Present, and Future”**

Exposure to trauma shapes professional practice, relationships and spiritual growth. **Jennifer Green, RN, MSN**, from Truman Medical Center explores the impact of vicarious trauma. Discussion focuses on interventions to reduce compassion fatigue.



**Rx** **“Caring for Self when Sandwiched”**

Caught between the needs of aging parents and the needs of children and grandchildren, when is there time for ME? **Trisha Highland, RN, MSN** from UCM discusses how to juggle life’s demands, including caregiving, while staying physically and emotionally healthy yourself.



**Rx** **“Promoting Resilience and Coping in Children and Teens”**

From sports, school, illness, and family issues, kids are increasingly stressed and it shows! **Dustin Wallace, PhD**, Children’s Mercy Hospital psychologist, recommends practical ways to help children and teens in stressful situations gain control and effectively cope.



## SATURDAY SESSION OPTIONS

(Upon arrival, may choose any 2 from each section)

### Morning Sessions 1 & 2 – Caring for Self

- Spiritual Practices for Self-Renewal
- Finding Renewed Purpose & Meaning
- Discovering A Healthy You
- Scripture and Well-being
- Caring for Self when “Sandwiched”

### Afternoon Sessions 3 & 4 – Caring for Others

- From Ashes to Beauty: The Path to Transformation
- Motivational Interviewing to Promote Lifestyle Change
- The Caring Relationship in Healthcare and the Church
- Healing Vicarious Trauma: Past, Present, & Future
- Promoting Resilience and Coping in Children & Teens

## Workshop Schedule

### Friday, August 23, 2013

- 5:00 pm Registration opens
- 7:00 pm Welcome, “Make a Joyful Noise”  
Keynote “Caring for Self, Caring for Others” – Dr. Bowen White
- 8:30 pm Reception and Networking

### Saturday, August 24, 2013

- 7:30 am Registration opens
- 8:00 am Welcome, Experiential Devotion
- 8:15 – 9:30 am “The Multi-dimensional Human”  
-- Dr. Bowen White
- 9:50 – 11:05 am Skill-building Session 1
- 11:25 – 12:40pm Skill-building Session 2
- 12:45 – 1:30pm Lunch break  
Prayer for Peace at 1:00 pm
- 1:30 – 2:45 pm Skill-building Session 3
- 3:05 – 4:20 pm Skill-building Session 4
- 4:35 – 5:00 pm Reflections / Evaluation

## Continuing Education

Truman Medical Center is an approved provider of continuing nursing education by the Missouri Nurses Association, an accredited approver of the American Nurses Credentialing Center’s Commission.

6.6 contact hours may be awarded for attending this entire program.

Workshop planning committee members and speakers have no conflicts of interest to disclose.

## Mail-in Individual Registration

(Group Rates and Online Registration also available • [www.hmaCofChrist.org](http://www.hmaCofChrist.org) • 816-833-1000 ext. 1262 or 1418)

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Special Dietary / Physical Needs: \_\_\_\_\_

Occupation: \_\_\_\_\_ Congregation/Organization: \_\_\_\_\_

### Workshop Registration Fees:

- Friday Keynote Address..... Free
- Saturday Sessions (includes Lunch) ..... \$60 \_\_\_\_\_
- Seniors over 65 years of age .....\$50 \_\_\_\_\_
- Young Adults 18 - 30 years & TMC Employees..... \$30 \_\_\_\_\_
- Nursing CE Additional Fee (waived for TMC nurses).....\$20 \_\_\_\_\_
- RN Lic. # \_\_\_\_\_ State \_\_\_\_\_
- Late fee after Aug. 12th .....Please add \$10 \_\_\_\_\_

Total amount due \$ \_\_\_\_\_



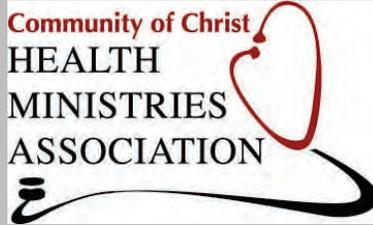
Make check payable to HMA or charge MasterCard or VISA \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Mail Form and Check to: HMA, 1001 W. Walnut, Independence, MO 64050 Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Code \_\_\_\_

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

# The Great RX for Health: Caring for Self, Caring for Others

## August 23 & 24, 2013



Community of Christ Temple  
201 S. River ~ Independence, MO



Register for Workshop

[www.hmacofchrist.org](http://www.hmacofchrist.org) • 816-833-1000 ext. 1262/ 1418



**Dr. Bowen White, MD** *combines the talents and expertise of a medical doctor, teacher, executive coach, speaker, consultant, and author to share his insights. Dr. White founded the Departments of Preventive & Stress Medicine and Wellness and Health Promotion at Baptist Medical Center in Kansas City, Missouri . His book, A Clinician's Guide to Spirituality, presents a simple, universal model of spirituality independent of religion, and shows how the clinician can apply the model to help in the management of chronic illness and stress. He is also the author of Why Normal Isn't Healthy and works with Dr. Patch Adams at the Gesundheit! Institute.*

