



HEALING HEARTS HERALD

"Promoting Health with a Heart"

Fall 2011

www.HMACofChrist.org

816-833-1000 ext 1262

- Allied Health careers

HMA Connecting with Graceland Pre-Professionals

Health Ministries Association and Graceland University have renewed ways to collaborate engaging young health professionals. HMA is providing lectures for the Anatomy and Physiology classes at Lamoni. Students were very receptive to professionals making the textbook information relevant and more interesting.

Pediatrician Chris Stone provided a lecture on the spine and Nurse Anesthetist Paul Bennetts spoke on lungs issues.



Paul Bennetts, CRNA explaining anesthesia equipment and how it functions in the lungs.

Students Request Information from HMA and Health Professionals

HMA Vice-President Chris Stone met with students to answer questions and learn more about how HMA could work with students as they begin health careers. Topics discussed included:

- Winter-terms and Summer-terms
- Requirements for medical school
- Experiential Internships
- Research Opportunities
- Shadowing and Mentoring

Mentors Needed

If you are interested in having a pre-professional student shadow you in your practice at your facility, please contact the HMA office at 816-833-1000 ext. 1262 or HMA@CofChrist.org. HMA will assist connecting you to a student interested in your career. Different geographical area representation is needed for students at multiple universities across the country.

Nurses, doctors, physical therapists, social workers, pharmacists, ultrasonographers, respiratory therapists, dentists, X-ray technicians, psychologists, dental hygienists, and other health professionals are needed.

Graceland Homecoming: An Opportunity to "associate" for Health Ministry



Workshop Nurtures the Spirit

The Health & Spirituality Workshop held August 19-20, 2011 offered opportunities for expanding ministry and networking for the record number of attendees. More than 200 participated from many professions and ministry backgrounds.

“This workshop has given me tools to use as I work with people in spiritual direction,” stated one participant. Another said, “This was an opportunity to recharge, to let me learn that smiles, hugs, and laughter are valuable ministries.”



HMA Connects and Re-Connects

Whether at the Health & Spirituality Workshop, online, or at Graceland Homecoming, HMA is providing opportunities to “associate” with other health professionals and HMA members. Several board members hosted a booth at Graceland Homecoming and the Peace Colloquy to re-connect with health professionals and passionate supporters and speak with potential members.



HMA Board Member Tom Bennett speaks with Suzette Ryder at the Peace Colloquy booth.



Bowen White (Alias Dr. Jerko), Sandy Isham, Paula Rummel, and Harold Ivan Smith discuss the presentations.

HMA at Peacemaker’s Summit

HMA President Kathy Robinson and Executive Director Paula Rummel attended the 2nd Peacemaker’s Summit sponsored by Community of Christ and PeacePathways. The event gathered affiliates and leaders of the church for sharing information, networking, and collaboration.

“The workshop was very helpful for HMA to share our ministries and dialogue with other groups which share similar beliefs and values about ways we can work together in the future,” stated Robinson.

At the meeting a demonstration of their Peace-Pathways website, Peace-Pathways.org. The website features organizations and affiliates who promote personal peace, interpersonal peace, world peace, and environmental peace. HMA is identified in three of these areas with the impact we strive to make on the individuals and the world. Persons can then navigate to the HMA website for more information.

HMA Collaborations to Increase Ministries and Impact

HMA is engaging in conversations with the Temple Strategy Team, Central Mission Center, Graceland University School of Nursing, and other community organizations to improve health in the local area and bring an increased focus on wholeness of body, mind, and spirit.

Nursing “Seeds” Planted in Guatemala are Flourishing

Reported by Paula Rummel, HMA Executive Director

HMA members and friends have passionately supported the healthcare in Guatemala for many years. To ensure your funds are providing care and activities, I traveled to Guatemala to observe the nurses conducting a health clinic and a community development meeting in September 2011. Although it has been 18 months since Ruth Humbert, RN returned to the USA, the foundation for successful village health remains strong. Trained nurses and empowerment philosophy continue to address health issues and provide medical care in these underserved areas.

Our Auxillary Nurses

The four nurses Ruth trained to provide medical care are conducting medical clinics with confidence and their communities’ trust. Whichever nurse lives in the



Nurse Maria Lares instructs a patient on how to take a medication.

village runs the pharmacy for the clinic while the other nurses see patients. In Maria’s village of Los Magueyes with 1225 residents, 519 have been seen in a medical clinic since 2006. This data shows 42% of all villagers have been seen by the nurses. There were ten new patients the day I visited and 64 new patients visited the clinic for the first time in 2011.

A small consultation fee is charged to all who can afford to pay which includes all but one or two patients each clinic. This fee helps cover some of the expenses of the clinic. The medicines are purchased



Nurse José Trinis speaks with a patient privately for a more thorough history.

at a local pharmacy supplier so the labels are in Spanish, allowing the nurses to read the labels and instructions, thus giving better care.

Portable curtains, constructed with PVC pipe and bed sheets, are used to provide better privacy.

Reading glasses are available at clinics and dispensed by Marlon who checks in patients, collects the fee, finds/makes a chart and obtains height and weight. Children needing glasses are being identified.

Professional Nurse Supervision

Alma Violeta Yoc Perez is a Guatemalan professional nurse who is helping our nurses with clinics and further medical education and training. With her knowledge of government regulations she has begun reporting the village health clinic data to the government for official recognition of the nurses’ care. The nurses have been tested and each have a certificate from the Chimantanango Health Department licensing them to provide care.

Nurse Alma continues to train the nurses on topics frequently seen at the clinics. Lactation, family planning, nutrition, and disease management are taught to the nurses who in turn teach villagers.

Community Development Continues

The nurses continue to work with their villages (with coaching from Outreach International) to improve the health of each family and to address public health issues. In Tierra Colorada, Pedro’s community group has recently placed smokeless, more efficient Chapina stoves in houses. They evaluated the stove, health, and economic benefits and recognized every family needed a chimney stove.



Nurse Pedro Pineda conducts a community focus group.

The community group stated they appreciated the opportunity to participate in the process of decision-making and partially funding the stoves because that made it “their” project. They are now investigating composting (dry) latrines used by other communities to replace pit latrines which pose health risks especially during the rainy season.

HMA Member Offers Medical Clinics

Saira Giron provides medical clinics out of her home in La Boquito,

Honduras. Her house is on the main road up the mountain to other villages which have no medical services. HMA approved funding and is currently soliciting donations to expand the 5 X 10 ft space where 100 patients are seen each month for care.



The expansion will convert the current clinic area into a reception area. A separate treatment area (10 X 10 feet) with locked cabinets will be in an adjacent room.

Saira completed nursing school with the assistance of the Futures education program. HMA processes donations for Futures which provides scholarships for Honduran girls and women continuing their education. Saira is now enrolled in University nursing classes on the weekends while working at a government clinic in the “county seat” for the area.

Neighbors and villagers show up in the evenings and on Sundays to receive care and medicines. She charges a small fee for those who can pay for services and medicines so she can replenish her pharmacy.



When Saira completes her nursing degree, the clinic will be able to be recognized as a site for nurses to perform their one year of practicum service in a rural Honduran community.

HMA Responds to Need in India

During the recent Peacemaker’s Summit meeting, Apostle Andrew Bolton mentioned the need for a stethoscope in Orissa, India to HMA Executive Director Paula Rummel. A health clinic for the students and villagers recently started at the Gumiguda school that has been supported by Outreach International for many years. The nurses sent a message asking Bolton for a stethoscope when he traveled there in October 2011. An email was sent out by the HMA office and within 24 hours a HMA member responded with a donated scope. Four days later it was in a remote area of India helping provide healthcare to children and villagers.

Diabetic Club Serves Rural Guatemalans

An exciting development in Guatemala is the creation of a Diabetic Club which meets at the Hombres y Mujeres en Accion office in San Martin. Nineteen patients from each of the five village clinics established by HMA come to this office for education classes about diabetes, healthier diets, and disease management held by Nurse Alma Violeta Yoc Perez and the village nurses.

The nurses have requested funds from HMA for continuing the Diabetic Club. The proposal asked for funding of test strips, educational materials, transportation and staff support for their monthly educational meetings.

Diabetes is one of the top three diagnoses at four of the five village medical clinics. Over the past five years, the volume of patients diagnosed with a chronic disease has increased and affects 25-37% of the patients being seen by the nurses.

The goal of the Diabetic Club is to counsel and motivate diabetic patients to understand their disease and to initiate healthy eating habits to better control their disease resulting in better health and improvement of their total well-being.

If you want to support these diabetics and help fund this project, please contact the HMA office.



HMA Nutrition Exhibit in Children's Peace Pavilion

HMA members, volunteers, and local youth designed a new exhibit as part of the "Peace for Me" area of the Children's Peace Pavilion currently housed in the Auditorium. Chris and Lila Stone recruited Nutritionist Jill Rasa of Children's Mercy Hospital along with adults and youth groups of New Walnut Park and South Chrysler congregations to assist in creating the exhibit.

In the activity children will be able to select plastic pieces of fruits, vegetables, dairy, grains, and protein to create healthy meals on their magnetic plates. They will also draw pictures of healthy meals and receive nutritional information to take home and share with

family members. Smaller children will have special pretend fruits and vegetables that "peel" and still younger children may play with soft fruit toys.



Space is available for a second exhibit which HMA hopes to create that will teach to the concept of wholeness of body, mind, and spirit. If you are interested in helping with this exhibit please contact the HMA office at 816-833-1000 ext 1262.

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HMA Supports International Members and Students Seeking Health Careers

HMA actively promotes the goal of investing in indigenous health professional's education that began with the Medical Dental Association and Professional Nurses Association. World Church loan funds, administrated by HMA, assist this work.

For several years HMA has assisted José Amilcar Hernandez Bonilla with medical school expenses at a University in San Pedro Sula, Honduras. José has ties with La Buena Fe clinic and traveled to the USA to shadow Dr. Pamela Stewart in clinic. He has three more years before graduation.



Maria Lares of Guatemala has one more year of diversificato (high school) and then she would like



to attend university in Guatemala City for her professional nursing education. HMA has been helping with the cost of her secondary education for several years. She is the first daughter in her family so for her, leaving home will be a challenge but a great opportunity. If you would like to assist with her education costs, please

contact the HMA office at: HMA@CofChrist.org.

HMA Member Carlos Aguilar is attending University in Tegucigalpa, Honduras studying pharmacy. He is the son of Saira Giron who is the village nurse in La Boquito. Carlos' father is a teacher in a rural school.

Congregational and Domestic Health Ministries Opportunities

Health Briefs

Education and health promotion is the major focus of domestic HMA programs. Wholeness of body, mind and spirit is the primary goal of HMA. *Health Briefs* address a variety of wholeness topics and are designed to be discussion starters, newsletter articles, bulletin board information or bulletin inserts. For optimum health and self-directed care, people need knowledge to make the best choices. Go to www.CHM.HMACofChrist.org to download the *Health Briefs*.

Gene Groner coordinates congregational representatives and sends out emails highlighting a different health topic each month. To be on his list, email GGroner@HMACofChrist.org.

Volunteers Needed in Independence Area

HMA, Central Mission Center and Graceland University School of Nursing are collaborating to find ways to meet the health needs of the under-served population in Independence, MO. If you are willing to provide services or expertise, please contact the HMA office at 816-833-1000 ext. 1262.

Health Classes Available for 2012 Reunions & Congregations

Numerous classes promoting health lifestyles and education of health topics are available for reunions. Topics include:

- Food Choices
- Vitamins and Supplements
- Yoga and Sign Chi Do
- Congregational Health Ministry
- Diet Plans
- The Lord's Prayer and Health
- Medical Issues
- Mental Health Issues
- Childhood Obesity
- Diabetes
- Nutritional Analysis
- Genetic Risk Factors
- Men and Women's Health Issues

Classes can be tailored to needs in your area. Contact the HMA office at HMA@CofChrist.org or 816-833-1000 ext. 1262 to discuss dates and topics.

I believe in promoting health with HMA Programs and Ministries and will offer financial support for these endeavors...

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| Mentoring connections for university students seeking health professions (\$50 per student) | \$ _____ |
| Guatemala Auxillary Nurse Village Medical Clinics (\$75 for 1 medical clinic) | \$ _____ |
| Expansion of Saira Giron's clinic in La Boquito, Honduras (\$50 for cement blocks) | \$ _____ |
| Guatemala Diabetic Club financial support (\$100 for 1 month) | \$ _____ |
| Children's Peace Pavilion exhibits on nutrition and wholeness \$50 contribution | \$ _____ |
| Medical School/ University education for Indigenous Hondurans and Guatemalans (\$100) | \$ _____ |
| Wallace B. Smith Young Adult \$30 Scholarships for Health & Spirituality Workshops | \$ _____ |



*"Promoting Health
with a Heart"*

MEMBER MEMOS



ACTIVE PARTICIPATION IN HMA

Health Ministries Association is looking for people who are passionate about health and spirituality willing to serve on the Board of Directors. HMA is accepting nominations to fill four seats on the Board. If you are interested or you know someone who is, please contact the office this fall at hma@cofchrist.org or **816-833-1000 ext. 1262**. An application can be sent, to be filled out and returned for consideration at the January 14, 2012 Board meeting. With available new technology, remote participation at quarterly Board meetings and committee meetings is possible. Board members each serve on one of these Association committees.

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|-------------|--------------------------------|
| Fundraising | Health Education |
| Membership | International Health |
| Governance | Congregational Health Ministry |
| Marketing | Hospitality |

Access to the internet makes it possible for any member to be involved. All HMA members are invited to volunteer and participate actively on committees.

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Board of Directors

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Com. of Christ Legal Counsel, Retired

Paul Bennetts, CRNA
*Clinical Assistant Professor
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John Smith, DDS
Independence Dental Excellence

Chris Stone, MD
Pediatrician, Children's Mercy Hospital

Staff

Paula Rummel, RN, B.A.
Executive Director

Diane Rogers, B.A.
Executive Assistant

MISSION AND VISION

HMA foundational documents were recently reviewed adding core values and beliefs. These revised statements are now clearer and more concise.

HMA's mission is to serve a world in need through ministries of health, spirituality, education and by networking.

Inspired by Jesus Christ we envision sustainable health and wholeness for all.

We are an association of health professionals and others passionate about health and spirituality. We promote wholeness of body, mind, and spirit. We are affiliated with the Community of Christ.

Anyone passionate about health and helping people is invited to be a member supporting HMA and other "associates" as we minister together.

NETWORKING - THE NAME OF THE GAME

HMA is putting a name to the face of health ministry on **FACEBOOK!** Go to Health Ministries Association of Community of Christ and "like" our page. Then, feel free to post health news and the latest story about your health ministry experiences. Let's get some chatter going.



We've been promising a **MEMBER LOG-IN** section of our website all year. The log-in function is set up and a roster of current members is posted. Dues must be current in order to gain access and to be listed. A half year membership through April 1, 2012 can be paid for \$25 online www.hmacofchrist.org or by check or credit card. Contact the office for the member's access code. Other resources and information will be added as soon as committees make it available. Volunteer to serve on the membership committee and help identify and network with other members. Be uplifted by the synergy of connection with people who share your interest and passion for helping people become whole.

Travel with Friends and HMA Members

“England, Scotland, & Wales”

October 3, 2012

Come with HMA and Grand Circle Travel on a 15 day tour (with Pre and Post trip options) of scenic Great Britain. Escorted Tours at:

- London
- Stonehenge
- Bath
- Stratford-upon-Avon
- Oxford
- Chester
- York
- Edinburgh

Comfortable rooms with private bath. 22 meals included. International airfare from Newark or New York included in price. Visit in homes and health care providers. *Price \$3,195.*

Contact *Jean Brookens* at 816-350-3386 or the HMA office at: HMA@CofChrist.org