



Holy Healthy UMC Healthy Congregation Award

Sponsored by



The purpose of the Holy Healthy UMC Healthy Congregation Award recognition program is to facilitate and recognize intentional health ministries, healthy activities, and healthy programs that promote the spiritual, physical, emotional, social and community health of the Arkansas Conference, its United Methodist Congregations and the Communities they serve throughout the state of Arkansas.

The Holy Healthy UMC Healthy Congregation Award program was developed by the Arkansas Conference Health Ministries Task Force to promote healthy ministries, activities and programs in and with the Congregations of the Arkansas Conference. The Arkansas Conference Health Ministries Task Force and Methodist Le Bonheur Healthcare of Memphis, Tennessee jointly sponsor it.

What is required for a congregation to participate?

- Conduct a certain number of health activities, programs and/or ministries during 2009
- Congregations with 150 or fewer members - A Minimum of 10 Activities
- Congregations with 151 or more members – A Minimum of 15 Activities
- Complete a **Health Ministries Report Form** located on the Conference Website at: www.arumc.org/holyhealthy or send a completed application to Martha Taylor, Arkansas Conference Headquarters, 800 Daisy Bates Drive, Little Rock, AR 72202. Completed applications must be postmarked by March 15, 2010.

Great reasons to participate!

- Become more aware of healthy activities, programs and/or ministries going on in your congregation
- Be recognized by the Arkansas Conference for the good work your Congregation has done in promoting healthy ministries
- By sharing your ideas, you help improve the lives of others through exciting health ministries in other Congregations in Arkansas
- By participating, your Congregation is actively living the proclamation of Christ: "I came that they may have life, and have it abundantly." [John 10:10]

How your congregation can participate:

- Select a representative from your congregation who will be responsible, in consultation with your pastor, for reporting your congregation's health activities, programs and/or ministries
- Complete the **Health Ministries Report Form**, on-line at www.arumc.org/healthy [strongly encouraged] or the enclosed paper **Health Ministries Report Form**
- Submit your completed **Health Ministries Report Form** on-line or by U.S. Mail by March 15, 2010. Printed copies of the **Health Ministries Report Form** must be postmarked by March 15, 2010.
- By submitting of the **Health Ministries Report Form** your congregation agrees that it is can be identified as being a Holy Healthy UMC Healthy Congregation along with a list of its ministries so that other congregations can contact you for further information on the health ministries of your congregation.
- Be sure to visit www.arumc.org/holyhealthy for additional resources.

When will recognition take place?

- Each Congregation reporting at least the minimum number of activities, programs, ministries based on membership category will receive the **Holy Healthy UMC Healthy Congregation Award** during the 2010 Arkansas Annual Conference, June 6-9, at Hot Springs, Arkansas.
- Selected activities, programs or ministries will be featured on the Holy Healthy UMC website and in the Arkansas United Methodist News throughout the 2010/2011 Conference Year.

Questions? Need Help? Suggestions? For information on the Holy Healthy UMC Healthy Congregation Recognition Program, contact:

Rev. Janice Sudbrink
First United Methodist Church
200 North 15th Street
Fort Smith, AR 72901
Office: (479) 782-5068



Health Ministries Report Form

Church Information

Congregation Name _____

Mailing Address _____

City _____ State _____ Zip _____

Church Phone _____ Church Fax _____

Pastor's Name _____

Pastor's Mailing Address _____

City _____ State _____ Zip _____

Contact Person _____

Contact Person's Mailing Address _____

City _____ State _____ Zip _____

Contact Person's Phone _____

Contact Person's Email Address _____

District _____ Number of Church Members _____

HEALTH MINISTRIES REPORT SUMMARY

After completing your Health Ministries Report Forms, *please return to this section and enter the total number of activities reported.* Churches reporting at least the minimum number of eligible activities, based on membership size, will be designated **Holy Healthy UMC Healthy Congregations**. Minimum number of activities required by congregation size:

- 150 or fewer members –minimum of 10 Activities
- 151 or more – A minimum of 5 Activities

Our total number of activities listed: _____

First Time Applicants: Congregations applying for the first time will receive a certificate recognizing the congregation as a **Holy Healthy UMC Healthy Congregation**.

Returning Applicants: Congregations applying for the second year will receive their choice of one of the following resources. Please indicate your selection by checking the appropriate box.

- A Blood Pressure Kit for the congregation Five Pedometers with a Scripture-based Walking Program
- A copy of *Leading Causes of Life* by Gary Gunderson with Larry Pray

POSSIBLE HEALTH ACTIVITIES, PROGRAMS AND MINISTRIES

The following is lists of health activities are shared as possible healthy activities that your congregation might do. This list is shared as an aid to help you identify healthy activities in your congregational programs and maybe spur you into action in a new direction. The list is not intended to limit your creativity. Be sure to include healthy activities that are not on the list.

Community Care for Dependents

After-school Child Care/Tutoring
Caregiving Classes and Support
Church Participation in Meals on Wheels
Day Care
Preschool
Preschool Screening
Shopping for Shut-ins
Summer Recreation Program for Children/Youth
Town Team Sports in Church Gymnasium
Transportation for Shut-ins

Community Care for Those in Financial Need

Christmas Giving Tree
Collections for UM Agencies Serving the Needy
Distribution of Items for Needy (food baskets, etc.)
Eyeglasses Collection
Food Bank
Food, Toiletries, and Baby Care Supplies
Make Baby Quilts for MAM/Other Ministries
Shoe Collection
Thrift Shop
Transient Assistance
VIM Work Teams to Health Care Missions
Volunteers for Health Clinics for the Uninsured

Congregation/Community Support

Adopt-a-Grandparent Program
Bereavement Ministry (food delivery, visitation, follow-up)
Card Ministries
Care Packages for College Students
Christmas Caroling to Shut-ins
Fellowship Activities
Ministry for Home/Hospital/Nursing Home
Mother's Day Out
Neighborhood Care Units
Stephens Ministry or Other Trained Visitation
Telephone Care Ministry
Transportation Ministry
Blood Drive

Disease Prevention/Management Education

Chemical Dependency Awareness Class
Dental Health Class
Drug Interactions Workshop
Eating Disorders Class
First Aid Training
Fitness/Nutrition Programs
Healthy Heart Class
Living with Alzheimer's Class
Living with Cancer Class
Living with Mental Illness/Depression
Living with PMS
Red Ribbon Week Activities
Update Your Home First Aid Kit Seminar
Women's/Men's Health Issues Services

General Health Awareness

Bulletin Board Displays
Children's Sabbath
Health Fairs
Inserts for Worship Bulletins
Missions and Health Ministry Fairs
Newsletter Articles, Brochure Displays, Health Library
Wellness Weekend Retreats

Health Screenings

Blood Glucose Screening
Blood Pressure Screening
Cholesterol Screening
Depression Screening
Diabetes Screening
Drug Interaction Check by Pharmacist
Glaucoma Screening
Well Adult Screening
Well Child Screening

Healthy Facility

Building Accessibility Improvements
CPR/First Aid Training for Church Staff and Volunteers
Large-Print Hymnals
Providing Healthy Choices for Meals and Snacks
Safety Inspection for Church Playground Equipment
Smoke Alarm Check at Church
Update Church First Aid Kit/Equipment

Interagency Cooperative Efforts

Building Available to Outside Health Providers
Church Involvement in Community Health Care Planning
Health Care Ministries in Cooperation with Ministerial Alliance/Other Congregations
Parish Nurse Network Participation
Special Offerings for Church-sponsored Health Care Ministries and Missionaries

Life Planning Education

Advance Directives Classes
Caring for Your Elderly Parents Class
Dying/Death/Grief Class
Law and Medicine Seminar
Medicine and Ethics Classes
Mental Health and Aging Class
Planning Your Own Funeral
Retirement Planning Seminar
Seminar on Aging

Marriage/Relationship Education

Conflict Management Class
Marriage Enrichment Workshop
Mediation Training
Premarital Classes
Violence in the Home Class

Nutrition Education

Cutting Back on Sugar Class
Low-fat Cooking Class
Low-salt Cooking Class
Nutrition Needs of Children/Athletes Class
Preparing Nutritious Snacks Class

Parent-Child Education

Babysitting Clinic
Child and Divorce Class for Parents
Child Sexual Abuse Seminar
Drug Awareness Class
Family Fair
Good Touch/Bad Touch Class
Human Sexuality Class for Youth/Parents
Nursery Attendant Training
Parenting Class
Turn Off the TV/Learn to Discern Class
Youth Wellness/Stress Management Class

Personal Health Goals Support

Aerobics Class
Church Gymnasium Available
Church Sports/Ball Teams
Exercise Buddies
Exercise Programs
Faithfully Fit Forever

Square Dancing/Folk Dancing Class
Stop Smoking Clinic
Walking in the Way
Weight Loss Class/Support Group
Yoga Class

Spiritual Care

Prayer Bulletin Board/Hospital Board
Prayer Group
Prayer Walking
Services of Prayer and Healing

Stress Management

Holiday Stress Management Seminar
Job Stress Seminar
Meditation and Relaxation Class
Stress Management Workshop
Time Management Class

Theological Foundations of Wellness

Gifts of the Spirit Workshop
Prayer, Stress, and Healing Class
Prayer/Meditation Classes
Sabbath-Keeping Seminar
The Bible and Health Class
Wesley's Teachings on Health Class

Health Activities, Programs and Ministries Reporting Section

Use the **Health Ministries Report Form** to report your congregation's health ministry activities during 2009. For each activity, please answer the following:

- Is the activity new for 2009? (CHECK ONE).
- How often was the activity done (FREQUENCY)?
- How many people participated in/were served by the activity (NUMBER SERVED)?
- Was the activity for congregational members mainly, or was the activity focused on congregational members and community.

Complete a **Health Ministries Report Form** for each activity, program, or event your congregation was involved with or in. Please include additional details as needed to better explain or clarify activities.

Make as many copies as you have healthy activities, programs and ministries.

SAMPLE HEALTH MINISTRIES REPORT FORM:

Activity Name	CHECK ONE New in 2009?	Frequency	Total Number Served	CHECK ONE: Congregation Only <input checked="" type="checkbox"/> "Internal" Community & Congregation <input type="checkbox"/> "Outreach"
Diabetes Screening	<input type="checkbox"/> Yes <input type="checkbox"/> No	4 times a year	113	
Describe Activity <i>Details: The screenings are held on first Sundays an hour before the regular worship service. Four congregation members consulted their physicians following their test results, were confirmed with high blood sugar, and are monitoring the condition while making diet and exercise lifestyle changes</i>				

HEALTH MINISTRIES REPORT FORM 2009

Complete a Health Ministries Report Form for each of your health ministry activities. Make as many copies of this form as needed.

Church Name: _____

Activity # _____ (1, 2, 3, etc.)

Activity Name	CHECK ONE New in 2009? <input type="checkbox"/> Yes <input type="checkbox"/> No	Frequency	Total Number Served	CHECK ONE: Congregation Only <input type="checkbox"/> "Internal" Community & Congregation <input type="checkbox"/> "Outreach"
Describe Activity				