

Wellspring



A publication of the EPA Health & Healing Council

E. PA Conference of UMC

SPECIAL EDITION

Peninsula-Delaware & Eastern PA Conferences to Collaborate in **10,000 Church Challenge**

If we can imagine no malaria, we can imagine abundant health

The Center of Disease Control (CDC) defines health literacy as the degree to which an individual has the capacity to obtain, communicate, process, and understand basic health information and services to make appropriate health decisions. Capacity is the potential a person has to do or accomplish something. Health literacy skills are those people use to realize their potential in health situations. They apply these skills either to make sense of health information and services or provide health information and services to others. (<https://www.cdc.gov/healthliteracy/learn/index.html>)

Birthered from the success of "Imagine No Malaria", the General Board of Global Ministries launched "Abundant Health: Our Promise to Children" in 2016. Dr. Olusimbo Ige, executive director of the GBGM Global Health program, explains that this initiative seeks to "combine the work we have done overseas...and bring it back to the United States...thinking about people in our own communities who lack the healthy qualities of life they need to sustain themselves."

Recognizing systemic change as essential for the health of us all, the "Abundant Health program seeks to engage at least 10,000 churches in the United States to develop support systems for treatment, education, and prevention in their surrounding communities...by promoting physical activities, encouraging healthy diet and nutrition, providing education for tobacco- and drug-free living, and promoting mental health education."



"A lack of abundant health is not only when you are sick; it can also mean that your potential for good health is not fully realized."

Olusimbo Ige, MD,MS,MPH

Executive Director, GBGM
Global Health Program

Greetings From Our Bishop:



One of the four denominational goals for the United Methodist Church is to improve global health. We as a denomination made great strides in recent years by raising over \$68 million dollars for the "Imagine No Malaria" campaign. We cut the incidences of malaria in half in some areas of Africa. We cannot stop with that. Global health is for the whole world and that is why our mission board is launching an "Abundant Health" program and I hope that every church will consider being a part of this. The goal is to get 10,000 churches signed up across the connection. The program asks churches to choose an area of health to focus on in their congregation and local community. The choices are: physical activity, healthy diet and nutrition, tobacco/drug free, living and mental health education and promotion. When a church signs up for an area of focus we will supply them with ideas about education, treatment and prevention. This is an area-wide program under the office of the bishop. The co-chairs are: Deaconess Sharon Hachtman (EPA) at shhooma@live.com and Rev. Karen Handy (PDC) at handy.karen@gmail.com. Please be in touch with them and learn about this new initiative coming from the General Board of Global Ministries.

Sincerely, Bishop Peggy A. Johnson



MAKE A PROMISE!

Take action to address children's health
locally and globally

10K Church
Challenge

CONNECTING THE CHURCH IN MISSION

 **Global Ministries**
The United Methodist Church

Let us affect our communities for good, focusing on the health of us all
in creating environments that nurture the health of our children

Your church is invited to help increase opportunities for healthy lifestyle
choices through promoting:

- Physical Activity
- Healthy Diet & Nutrition
- Tobacco– and Drug-free Living
- Mental Health Education and Promotion

SIGN-UP TODAY

<http://www.umcabundanthealth.org/abundant-health-sign-up/>

Epworth UMC, Bethlehem PA (EPA Northeast District): Taking Up the Challenge

The outline and program from the Abundant Health website was user friendly. The Challenge gave us specific ideas that were very attainable as we looked to increase awareness and build the knowledge base of our youth in changing habits regarding physical activity and nutrition. We believe our success came through engaging leaders with a passion for Health and Wholeness. Pastoral support was invaluable as well. Donna Bonney, RN, FCN



Church as a polling place. Great time to promote smoking cessation to waiting voters

For my Eagle Scout Project I made a **Gaga Ball Pit**. The target audience was the younger members of my church, and the community around it. The youth wanted a gaga ball pit at our church since they saw it at Pocono Plateau church camp. The game is played in an octagonal pit. The goal is to roll a ball, trying to get everyone else out but you. This is achieved by hitting the ball into other people below the knee. However if you get hit with the ball or hit the ball out of the pit, you are out. It has been too soon to see any changes in health of the community, but I can say that the youth as well as some of the younger children love playing it. Cole Handelong, Youth Group Member

Schuylkill Haven First UMC (EPA Northwest District): Journey To Freedom



Focused upon addiction awareness and family support, both adults and youth participated in this informational program. A drug and alcohol counselor and ALANON Representative presented how they could help those with different kinds of addictions. Many questions were raised about this huge social issue, that has affected many families in the church and community.

Nancy Kraft, RN, FCN





Ridgely-Thawley's Chapel-Bridgetown Charge: (Pen-Del Conference)

Sharing Our Abundance

I serve three small churches in Caroline County, Maryland. We strive to help those in need in our community by giving them a helping hand. One of the ways we accomplish this is through a food pantry at our largest church located in Ridgely. Every Wednesday we distribute food to sixty families. The recipients of the food are elderly people as well as young families with children struggling to make ends meet. Each bag is packed with healthy food to feed a family for a day, along with recipes for the food provided.

But when we looked at the families with children we thought, **“There must be something else they need that they are not getting.” Our solution was to ask them. Imagine our surprise upon learning the NUMBER ONE REQUEST was for toilet paper!** The second was for toothpaste and tooth brushes for their children.

So we used our display sign in front of the church to announce that the following Sunday would be **“Toilet Paper Sunday”**. Members from all three churches were encouraged to bring in rolls of toilet paper. The sign caused a lot of concern from the community that we must be in such bad financial shape that people who attended church must provide their own toilet paper. The chief of the town police came by to find out what was going on. We had a good laugh together. On Sunday morning as I was ready to start the service the usher came to me and said, **“A policeman would like to see you outside.” To my amazement his police car was packed full of toilet paper!**

As I reflect on that day I have come to realize that, as churches are working to bring better nutrition and health to children through programs such as our food pantry, we are also inspiring members of the community to join us to share our abundance and combat hunger and malnutrition. To God be the Glory!

Pastor Joe Smith



No one alone has the resources necessary to fulfill the promise of Abundant Health. The 10,000 church challenge will highlight what is possible in the world of public health through the power and influence of a global, faith-driven, multimillion member, connectionally minded constituency such as The United Methodist Church.

Resources for the 10,000 Church Challenge:

Suggestions for activities to promote each of the healthy lifestyle choices of focus are available on the website. Churches are encouraged to share what they are doing to inspire and motivate others.

Links:

SIGN-UP YOUR CHURCH: <http://www.umcabundanthealth.org/abundant-health-sign-up/>

Frequently Asked Questions: <http://www.umcabundanthealth.org/10k-church-challenge-faq/>
[Scroll down to #4 and Click on “Learn More”]

Questions???? **Contact your Conference Health Ambassador:**

PEN-DEL: Rev. Karen Handy
handy.karen@gmail.com

EPA: Deaconess Sharon Hachtman
shhooma@live.com

Wellspring: A publication of the EPA Health & Healing Council

OUR VISION: To be a vessel for promoting God’s intention of wellness for all people.

OUR MISSION: To serve as a resource and communication link to promote physical, mental, emotional, social, and spiritual well-being in the churches of the Eastern Pennsylvania Conference and the communities which they serve.



Health and Healing Council Steering Team:

Barbara Drake, RN, Co-Chair	bedrake15@aol.com
Sharon Hachtman, RN, Co-Chair	shhooma@live.com
Donna Bonney, RN	dbjenjer@aol.com
Nancy Kraft, RN	nkraft@comcast.net
Barbara A. Mitchell, PhD	baruth51@aol.com
Ruth D. Thornton, PhD	baruth51@aol.com
Mary Wilson, RN	mary.g.wilsonrn@gmail.com

The Health & Healing Council presents the information in this newsletter in good faith. We do not endorse websites, but insert links for convenience. Nothing in this newsletter is intended to constitute, nor should it be considered, medical advice. One should always consult with one’s physician or other qualified health care provider.

The Health & Healing Council welcomes ideas and article submissions on health topics. We reserve the right to select and edit articles for publication. For additional information please contact:

Sharon Hachtman, RN 570-460-7301 (shhooma@live.com)
Barbara Mitchell, PhD baruth51@aol.com