



CHAMP Connections

Congregational Health Alliance Ministry Program

Pastoral Care Services

Summer 2009

Working together for a healthy community

FROM THE DIRECTOR



By Rev. Dr. Dale Young
Director

Congregational Health Celebrates 12 Years

Twelve is a significant number in both the secular and religious realms. There are 12 months in a year, 12 inches in a foot, 12 hours of morning and 12 hours of night.

In scriptures, there are 12 tribes of Israel, 12 disciples of Christ, and the holy city Jerusalem has 12 gates.

This year Congregational Health (formerly CHAMP) celebrates the num-

ber 12. Can you believe it?

It has been 12 years since our dream began of a faith-health partnership.

Recognizing the unique contextual situation in Miami-Dade, we designed a congregation-based model of health ministry that could be adapted to large and small congregations, to mainline as well as non-denominational faith communities, to one-culture congregations as well as multicultural congregations.

Twelve years later, over 90 congregations have joined the Congregational Health partnership.

On August 22, we will celebrate our 12 years together at the IV Congregational Health Convocation 2009 to take



place at The Signature Gardens in Kendall.

Mark your calendars!

We will share our stories and honor those congregations that have effectively em-

braced and adapted our health ministry model.

Please contact our office for details on how to enter the Congregational Health Living Water Award 2009 competition.

We look forward to your participation in this exciting event. ■

Health Tips: Kicking the Flu to the Side



By Maria Martinez
Community Health Promoter

Is it H1N1 flu (swine flu) or seasonal influenza the most serious?

It's thought that novel influenza A (H1N1) flu spreads in the same way that regular seasonal influenza viruses spread—mainly through the coughs and sneezes of people who have the virus.

An increasing number of cases are being reported internationally as well. The fact is that both types of flu can result in widespread illness; therefore, we need to be prepared and stay informed. As you plan, it's important to think about the challenges that you and your family might face during flu season. Here are some tips to help you stay healthy:

- Wash hands frequently with soap and water.
- Cover your mouth and nose with a tissue when you cough or sneeze.

- Put used tissues in a waste basket.
- Cough or sneeze into your upper sleeve if you don't have a tissue

- Eat a balanced diet, exercise on a regular basis and get plenty of rest.

- Stay at home if you are sick.

Knowing the facts is the best protection. Identify sources you can count on for reliable information, such as the following:

- Reliable, accurate, and timely information is available at www.pandemicflu.gov.

- Another source is the Centers for Disease Control and Prevention (CDC) hotline at: 1-800-232-4636. This line is available in English and Spanish, 24 hours a day, 7 days a week.

- Talk to your local healthcare providers and public health officials. ■



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Upcoming Health Fairs



- June 20 (10 a.m. - 2 p.m.) - Mt. Moriah Missionary Baptist Church, 16900 SW 100 Ave.
- June 27 (10 a.m. - 2 p.m.) - New Bethel AME Church, 11695 SW 220 St.
- June 27 (10 a.m. - 2 p.m.) - Covenant Missionary Baptist Church, 1055 NW 6 Ave.
- July 18 (9:30 a.m. - 1:30 p.m.) - Second Baptist Church of Richmond, 11111 Pinkston Dr.
- August 29 (10 a.m. - 1 p.m.) - Community of Hope Lutheran Church, 6330 SW 40 St.
- September 19 (10 a.m. - 2 p.m.) - St. Luke's the Physician Episcopal Church, 12355 SW 104 St.
- September 20 (11 a.m. - 2 p.m.) - Grace Lutheran Church, 245 Curtis Pkwy.
- September 20 (12:30 - 3:30 p.m.) - Unity Center of Miami and Congregation Bet Breira, 9400 SW 87 Ave. ■

Interesting to Know...

According to the American Cancer Society, every three minutes, on average, another woman learns she has breast cancer. The good news is that there are several strategies that can help reduce risk. Try to incorporate the following lifestyle changes into your daily routine:

1) Get active. Regular physical activity (at least 30 minutes on most days) has been shown to be protective against breast cancer. **2) Maintain your health.** Early detection is the key in addition to monthly self examinations. Women between ages 20 and 39 should have a clinical breast exam performed by a healthcare professional at least every three years; women 40 years of age or older should have annual breast exams and talk with their doctor about mammograms. **3) Talk with your doctor.** If you have close relatives with breast cancer, your personal risk is increased. Let your doctor know your family history, and discuss other ways to protect yourself from breast cancer. ■

Care Teams Program: The Art of Giving

By *Maria Martinez, Community Health Promoter*

Mary Rodriguez, 35, pregnant and single — still had two months to go and was looking forward to the baby shower and reorganizing her small apartment to accommodate her new baby. Unexpectedly, on the morning of the party, she went into labor and had a C-section, seven weeks early. Her place was not ready. She needed extra help and care. There was a lot of coordination on Mary's part prior to her delivery that was

not completed and she needed someone to help. She did not have extended family in the area to assist her, only a frail aunt who lived by her.

Upon discharge from the hospital, Mary needed help with chores, meals and transportation to the hospital for post-surgery check-ups and to visit her premature newborn.

The discharge planner made the referral to a congregation. The congregation's Caring Committee Coordinator contacted Mary and arranged for services to help her immediate care needs. The congregation was able to make a positive impact in both Mary and her baby's life. Mary's recovery from surgery was a success and she was able to give her little girl a healthy start.

Your congregation can also make a difference in someone's life! For more information on how to organize a Care Team program at your place of worship, please call our office at 786-594-6360. ■

Faith and Health Support Groups

By *Dale Young, Director*

Congregational Health is currently on a campaign to encourage participating congregations to develop faith-based health support groups. We are strengthening our partnerships with the American Heart Association, American Diabetes Association, American Cancer Society and others to provide training and resources to faith-based health support groups. We believe that this is the model for the future — health support groups based in faith communities, where there is a natural propensity for the integration of health and spirituality.



FBHSG training with American Cancer Society (Jun. 6)

Faith-based health support groups gather individuals with common health challenges in a safe environment where the participants mutually face and cope with common challenges. It's more than a scripture study or prayer group. It's not just a mutual support group. Although it encompasses all of the above, often these groups get involved in advocacy, education and practical care.

The value of these groups is that they merge the faith component with the mutual support, health education, advocacy and actions of solidarity.

We are hoping to see the launching of 10 faith-based health support groups in 2009. Will your congregation have one? ■



The Art of Giving by William A. Peterson

We give of ourselves when we give gifts of the heart: Love, kindness, joy, understanding, sympathy, tolerance, forgiveness.

We give of ourselves when we give gifts of the spirit: Prayer, vision, beauty, aspiration, peace, faith.