

BUILDING HEALTHY CHRISTIAN COMMUNITIES

Relay for Health and Wellness



TRAINING MANUAL
August 2009

“...you are all sons of God through faith in Christ Jesus. For as many of you as were baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; **for you are all one in Christ Jesus.** And if you are Christ’s, then you are Abraham’s seed, and heirs according to the promise.”

~ Galatians 3:26-29

BUILDING HEALTHY CHRISTIAN COMMUNITIES

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BUILDING HEALTHY CHRISTIAN COMMUNITIES

▶ Introduction

Bridging Healthy Committees Training Manual is designed to reach and teach community leaders who have the desire to address the rising incidence of Obesity in the state of Alabama. Bridging Healthy Communities Coalition partners received a \$3,000 mini grant from the Alabama Department of Public Health to improve the quality of life and reduce the risk of overweight and obesity in communities. The Balancing In Take and Expenditure Project (BITE) is a research project funded to KB, by the National Institute of Diabetes, Digestive and Kidney Disease approved by the Western Institutional Review Board, and done in partnership with the state health departments. The nine partners decided to expand the Relay for health and Wellness concept which began five years ago in a local church in Montgomery, AL.

This manual contains step by step planning, implementation and evaluation information utilized to coordinate the successful Relay for Health and Wellness program for five years. We believe this healthy lifestyle project can be utilized and modified to address the health lifestyle issues in any community. We encourage the readers to take the information listed in this manual and share it with as many people as possible.

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▶ Success Stories

Women's exercise class which began after the Relay for Health and Wellness 2008
Personal Testimony:

- ▶ *Cindy Thomas "I have changed my eating habits since I started exercising twice a week in this program, my medications have been decreased, the doctor stated my kidney functions have improved, I lost weight and I feel so much better"*
- ▶ *Doris Brown "I learn to call on Jesus to help me take the extra steps needed to complete each exercise routine. I have lost weight and I enjoy the Christian fellowship with the ladies. This class gave us an opportunity to draw closer to Jesus and each other"*
- ▶ *Theresa Pinnock "The Health and Wellness program has been and is a great inspiration for me. Before I started exercising with the group at my church, I was thinking about a healthier lifestyle but I kept putting it off. I finally joined Weigh Watchers after witnessing my husbands successful weight loss of 102 lbs. When this group started, I was inspired too and it keeps me motivated to choose healthier lifestyle habits. I feel more energized after workouts and it also keeps my stress level down"*
- ▶ *Felecia Dumas "I have begun to incorporate exercise as a positive way of combating stress as opposed to eating junk food"*
- ▶ *Twila Hendrix "I begun exercise class after experiencing the tremendous loss of my husband in 2008. I was looking for peace and a healthier lifestyle. Thanks to our team coordinator and the members of the exercise class, I found the peace and the healthier lifestyle I was looking for. The health and wellness class has been and is helping me to become a stronger person physically, mentally and spiritually."*
- ▶ *Juliette Timmons "I have lost weight, I have more energy, I sleep better; I am encouraged to make healthier lifestyle changes"*
- ▶ *Lola Scott "I just feel so much better, exercising helps me relax and I am trimming because my clothes are looser"*
- ▶ *Bertha Jordan "Exercising keeps me limber, it makes me feel better and I sleep better. I am toning as well"*

BUILDING HEALTHY CHRISTIAN COMMUNITIES

▶ Relay Committee

❖ **Committee Membership**

The Relay for Health and Wellness membership consists of representatives from each church and/or organization. The members are not required to have a medical background. Yet, members should be dedicated and self motivated individuals with a desire to reach and teach others healthy lifestyle habits. It is very important to select individuals of diverse backgrounds to help plan an exciting program with yearly growth potential. The leader or his/her designee should lead the meeting; keep everyone on target. The leader should draft goals and objectives for the event, soliciting help from other committee members. The leader of the event should avoid self overload of assignments. The leader is strongly encouraged to solicit help from individuals other than committee members as needed to avoid burn out.

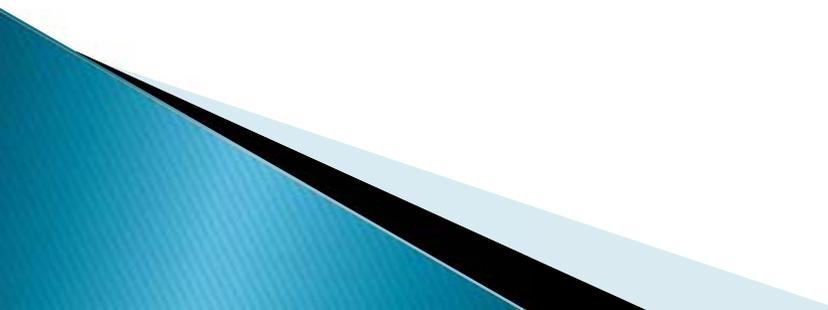
❖ **Committee Meetings**

Relay for Health and Wellness committee meetings should begin at least six months prior to the event. Yet, planning for the coming year should commence once you have conducted your first event or at the conclusion of each event. Committee meetings are scheduled on a monthly basis. Face-to-face meetings are preferred; however, electronic meeting methods are proved to be appropriate back-up meeting options. The monthly meetings should always be organized and timely. The goals for your meetings should be to address the issues listed on the written agenda. Always begin and end your meetings on a positive note with words of prayer, encouragement and/or motivation. The leader or his/her designee will set the tone of the meeting.

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▶ *Sample Relay Meeting Agenda*

- ◆ *Open. Leader*
- 1) *Goals / Objectives*
- 2) *Target Audience.*
- 3) *Topics*
- 4) *Menu*
- 5) *Give-A-Way Items*
- 6) *Assignments*
- 7) *Timelines.*
- 8) *Resources*
- 9) *Advertisement*
- 10) *Funding*
- 11) *Budget.*



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▶ Goals / Objectives

Organization is key to the success of this project. Therefore the leader or his/her designee must document all meeting minutes and review them at each meeting. The leader must have an open mind to give and receive ideas. Yet, the leader or his/her designee must keep the meetings and the planning organized and tangible. The leader must avoid planning overload at all times. You will need to solicit help from other individuals who are not officially on the committee. We strongly recommend utilizing as many people as possible to accomplish several issues:

- ✓ Participation on day of the event;
- ✓ By-in and support of the event

At the same time, everyone must be sure of their role(s) as given to them by the leader or his/her designee.

Target Audience

Determining your target audience is critical to the health lecture topic choices and the activities for the day. Committee members should determine if they desire to cover issues and provide activities for the entire family. We strongly encourage providing something for the entire family. This usually will generate good participation.

Assignments

The leaders and his/her designee should identify each member's abilities and resources. Then distribute assignments based on the ability to accomplish; to complete the assignment on time and resources. Completing assignments per the determined time frame will strongly effect the success of your project.

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▶ Goals / Objectives

Timelines:

All assignments must be given a timeline in order to stay on track. A written timeline should be given to each member and reviewed on a monthly basis during the committee meetings.

Resources:

The first meeting should be a face-to-face meeting. Get to know each other and discuss resource connections during the meeting session.

Advertisement:

Advertisement variety is recommended:

- ✓TV, Public Service Announcements (PSA) spots
- ✓Radio Public Service Announcements (PSA) spots
- ✓Newspaper community announcements; event coverage
- ✓Flyers
- ✓Community Magazines
- ✓Word of Mouth

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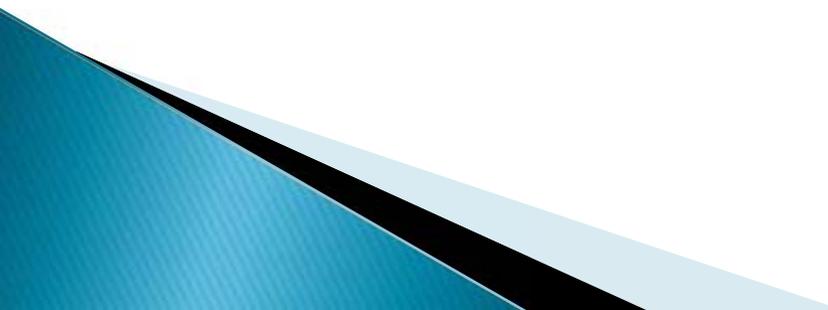
▶ Funding / Budget

Funding:

Efforts should be made to research for grants options designed to support Community Awareness Initiatives, Private Donations, County Commission and City Council

Budget:

Developing, as well as identifying a budget and staying on track until completion is mandatory for the success of your event.



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▶ Day of the Event

Committee members should arrive at least 1 ½ hours before the event's start time. The set-up team should also be required to arrive at the same time. The event should start on time and end on time. A committee member should be assigned to keep track of time and to keep the event on track according to the plan. There should be a hostess assigned to greet the guest and attendees at each site. In addition, there should always be adult supervision at the site for children activities. You will need to have a sign-in list for your records. Additionally, hostesses should be encouraged to ask attendees to complete an evaluation before leaving the event. If food is served, always assign a kitchen hostess to have the presenters food set aside.

- ✓ Select someone in the audience to critique the event in writing
- ✓ Purchase door prizes and think of fun ways to distribute. This helps to keep your event up beat
- ✓ If funds are available, purchase gifts for presenters

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▶ Committee Members

Alabama Department of Public Health Balancing Intake and Expenditure (BITE) Partnership Members

- * Reverend Artis Clayton – Alabama Gem City Preparation / Covenant Academy
- * Undrea Johnson – Capitol Heights Jr. High School
- * Choona Lang – Mount Gillard Missionary Baptist Church
- * Barbara Manora – New Providence Baptist Church
- * Minister Sandra Maye – Good News Church
- * Rebecca Morris – Second Chance School
- * Elder Kenny Rudolph – House of Refuge New Testament Holiness Church
- * Pastor Tonja Thomas – Good News Church

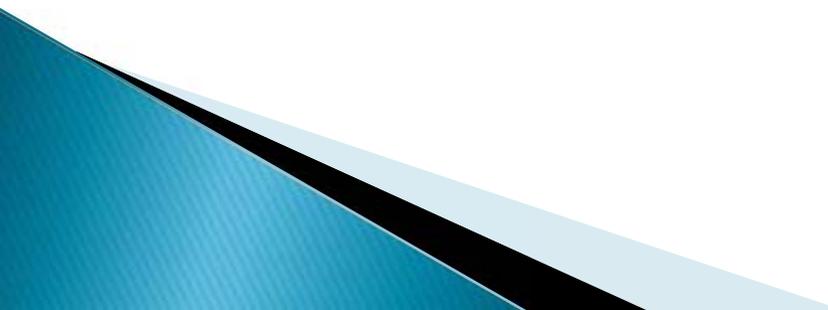


HEALTHY CONNECTIONS



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▶ Addendum

1. Invitation
 2. Program
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- 

Mt. Gillard Missionary Baptist Church
3323 Day Street
Montgomery, AL 36108
Reverend Henry M. Carnegie, Jr.

Theme: Holistic Healthy Living

July 24, 2010
8:00 am—12 noon

Relay for Health and Wellness 2010

Theme: Holistic Healthy Living



Proverbs 4:1

Wisdom is Supreme

“Listen, my sons, to a father’s instruction; pay attention and gain understanding”

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Health Education Booth	8:00 am—12 noon (Fellowship Hall)
Health Screening	10:00 am—12 noon (Fellowship Hall / body mass index measurable)
Opening	8:00 am—8:15 am (Sanctuary—Pastor Henry M. Carnegie Jr., Pastor Tonja Thomas, Elder Kenny Rudolph, Minister Artis Clayton)
Morning Glory Stretch Exercises	8:15 am—8:30 am (Paved Parking Lot—Mr. Antonio King/Mr. George Scott; Monitor: Pastor Thomas)
Community Walk & Give Away Bag Distribution	8:30 am—9:10 am (Monitor: Elder Rudolph and Minister Clayton)
Water Healthy Breakfast Break	9:10 am—9:30 am (Fellowship Hall; Monitor: Hostess Staff)
Adult Session / Financial Management	9:30 am—9:50 am (Sanctuary—Mrs. Carla Hull, Regions Bank Branch Manager, Millbrook, AL; Monitor: Vivian Hinson and Barbara Manora)

BREAK!! BREAK!! BREAK!! 9:50 am—10:00 am

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Holistic Healthy Living	10:00 am—11:00 am (Sanctuary; Monitor: Deloris Selmar)
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- *Nutrition* Miss. Theresa Fair, Dietetic
- *Physical* Mr. Antonio King, Fit for Christ
- *Spiritual/Mental* Minister Agnes Oberker

PEP Training (Peer Ethics & Protection Training)	10:00 am—10:45 am (Upstairs or Sanctuary—Minister Sandra Maye; Monitor: Arketa Rice)
Teen Talk	11:00 am—11:45 am (Dr. Mattie Brown, Dr. Barbara Ferguson and Ms. Dollie Hambrick)
• <i>Nutrition</i>	
• <i>Physical</i>	
• <i>Spiritual / Mental</i>	

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Acknowledgements:

- * Mr. Elton Dean, Sr. Montgomery County Commission Chairmen
- * Mr. Tom Gardner Executive Director, Community Action
- * Mr. Roosevelt Robinson Alabama Corporate Extension
- * Mr. George Scott
- * WVAS
- * Community Care Network
- * Montgomery Journey Magazine
- * Small Smiles
- * Alabama Department of Public Health:
 - * Nutrition Division
 - * WIC
 - * Lead Program
 - * Minority Health
 - * Cardiac Health
 - * Tobacco Program
- * Advance Diabetic Care
- * Fit—for—Christ
- * Alabama Kidney Foundation
- * City of Montgomery—Traffic Division
- * Spacewalker
- * Costco
- * Freddie Williams Trenholm State Technical College Recruiting Officer
- * Montgomery County City Library

THANK YOU!

*'May the LORD now
show you kindness and
faithfulness, and I too
will show you the same
favor because you have
done this.'*

(NIV)

2 Samuel 2:6

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Healthy Connections Committee Members:

1. Mt. Gillard Missionary Baptist Church—Pastor Henry Carnegie, Choona Lang, Minister Artis Clayton, Deloris Selmar and Arketa Rice
2. New Providence Baptist Church—Barbara Manora
3. Good News Church—Pastor Tonya Thomas and Minister Sandra Maye
4. House of Refuge—Elder Kenny Rudolph
5. Last Man Standing—Motorcycle Club Members
6. Klondike Baptist Church—Vivian Hinson
7. New Beginnings of Greenville, Alabama—Al and Tiffany Riley
8. First Baptist Church—First Lady, Rebie Morris
9. Mobile Heights Baptist Church—First Lady, Felicia Martin

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Bio-Sketch: Dr. Mattie Brown

Dr. Mattie Brown is an ordained Minister and Licensed Professional Counselor. She currently works with the Total Life Connection Family as they strive to promote and encourage holistic healthy living.

Bio-Sketch: Miss Teresa B. Fair, RD, LD

BS University of Alabama, Tuscaloosa, AI Dietetics. As a Registered Dietitian, issues regarding overweight and obesity are targeted areas of professional concern and focus. Educating the public on various methods of living and healthy lifestyle is the core of my daily work experience. Working as a health Behavior Nutritionist with the Alabama Department of Public health allows me the opportunity to promote health and wellness at the worksite as the main focus. Education and experience have greatly increased her knowledge of challenges surrounding various health issues.

Bio-Sketch: Dr. Barbara Henry Ferguson, Physical Therapist

A native of Atlanta, Georgia, Graduate of Spelman University and George Washington University, Dr. Ferguson received her doctoral degree in Family Therapy from Region University (formally Southern Christian University.) She is the proud owner of Total Life Connection Physical Therapy and Counseling Center, providing Physical Therapy, Professional Counseling, Message Therapy, Personal Training and Nutritional Counseling. Her office is located at 6709 Taylor Circle, Montgomery, AL 36117; phone:334-244-2955. Dr. Ferguson is dedicated to restoring body, mind and soul to the wholeness of God.

Bio-Sketch: Ms. Dollie Hambrick

Received a Bachelor of Arts in Sociology from Jackson State. Dollie received her MSW from Our Lady of the Lake University in San Antonio, Texas. Her post graduate studies include: "Teaching Bachelors Social Work Certificate" and The School of Social Work Service Administration at the University of Chicago, Illinois.

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Bio-Sketch: Mrs. Carla Hull

Carla Hull is a Branch Manager and Consumer Banking Officer of Regions Bank in Millbrook, AL. Carla began her banking career 12 years ago at a community bank in Meridian, MS. She accepted a job offer with AmSouth bank in December 2000 and relocated to Montgomery, AL. Carla has a strong knowledge of the principles of banking, lending, and is also a licensed annuity representative. Carla attributes her success to the favor God. She is an active member of the Loving Peace Missionary Baptist Church, where she serves as an usher and President of the Women's Auxiliary.

Bio-Sketch: Minister Sandra Maye

Minister Sandra Maye is a member and associate pastor of Good News Ministries. She is a UAB Alumni with a degree in education and holds an M.Ed. in School Counseling. Minister Maye is now studying for her Ed.S in Counseling as well as pursuing LPS in general counseling. Her passion is Relationship Counseling with a focus on women's issues.

Bio-Sketch: Agnes Oberkor

Agnes Oberkor is a Nurse Practitioner by profession and a minister of the gospel. She is the founder of Natural Health Concepts (a health and wellness company), Kingdom Advancing Global Ministries, and Progressive Investments. Her passion is helping people live physically, spiritually, emotionally and financially. She is a known national and international speaker in health-related issues and the gospel.

' Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.'

3 John 2