

MISSISSIPPI FAITH-BASED HEALTH AND WELLNESS NETWORK



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**Conference 2011
October 7-8, 2011
Brown Baptist Church
980 Stateline Road
Southaven, MS
Pastor Bartholomew Orr, Host**

Workshop Sessions

Adult Tracks

Track 1: Health Ministry Training Continuum Preview

- 1. (10:15 am – 11:05 am) CHMA, HMA, CHA, FCN, CHL Designations Discussion**
Jessica Hunt, North Central AHEC; Michael Jones, University of Mississippi Medical Center; Dr. Michael O. Minor, National Baptist Congress H.O.P.E. Health Initiative; Moderator: Loretta Miller
This workshop will provide a preview of the new integrated H.O.P.E. Health Ministry Training including the new national designations: certified health ministry ambassador, health ministry advocate, community health advocate, faith community nurse, and congregational health leader.
- 2. (11:15 am – 12:05 p.m.) The Health Ministry Training Continuum: A Growing Partnership to Attack Obesity**
Michael Jones, University of Mississippi Medical Center; Moderator: Loretta Miller, One Mississippi National Baptist Unity Conference
This workshop provides an overview of the ongoing efforts of the University of Mississippi Medical Center's Healthy Linkages initiative combatting obesity.
- 3. (1:45 – 2:35 p.m.) What Training Is Best for Me, My Congregation?**
Jessica Hunt, North Central AHEC; Moderator: Maci Flautt, Community Foundation of Northwest Mississippi
There are so many health ministry training options. This workshop will provide guidance on determining the optimal training for congregational health ministry members.

Track 2: Health Ministry Ambassador Certification Training

- 1. (10:15 am – 11:05 am) What Is Health Ministry? (1 of 3)**
Jeannine Gaudet, Holy Spirit Catholic Church – Hernando; Katina White, Pleasant Hope - Vance, Moderator: Dr. Bessie Tables, New Hope – Laws Hill
Part 1 of this three part certification workshop will provide an overview of the basic components of congregational health ministry.
- 2. (11:15 am – 12:05 p.m.) The Work of a Congregational Health Ministry (2 of 3)**
Jeannine Gaudet, Holy Spirit Catholic Church – Hernando; Katina White, Pleasant Hope - Vance, Moderator: Dr. Bessie Tables, New Hope – Laws Hill
Part 2 of this three part certification workshop will detail the work of congregational health ministry.

Helping Build Healthier Communities One Congregation at a Time

- 3. (1:45 – 2:35 p.m.) What Is Needed to Start a Health Ministry Program? (3 of 3)**
Jeannine Gaudet, Holy Spirit Catholic Church – Hernando; Katina White, Pleasant Hope - Vance, Moderator: TBA
The final part of this certification workshop will outline the steps toward starting an effective congregational health ministry.

Track 3: Measuring Progress - Tracking Change

- 1. (10:15 am – 11:05 am) Chronic Disease Advocacy Roundtable**
Linda Wallace and Eleanor Green, Mississippi Tobacco Free; TBA, American Heart Association/American Stroke Association; TBA, American Diabetes Association; TBA, Pancreatic Cancer Awareness network; TBA, Sickle Cell Disease Association of America; Moderator: Phyllis Sanford, AME Zion Memphis District
Heart disease, diabetes, cancer, stroke, and high blood pressure are some of the top cause of death in America. In this interactive workshop session, representatives from major chronic disease advocacy organizations will discuss the latest health trends and opportunities to promote greater public awareness about chronic diseases.
- 2. (11:15 am – 12:05 p.m.) Faith Community Nurse/Health Ministry Advocate Alumni Roundtable**
Joyce Little, Bell Grove Baptist – Greenville; Minnie Wilkinson, Rising Sun Usher Federation of Northwest Mississippi; Moderator: Jessica Hunt, North Central AHEC
A number of individuals have completed faith community nurse (FCN) and health ministry advocate (HMA) training over the last five years. In this roundtable session, alumni of this training will share experiences and formulate the framework for an alumni group.
- 3. (1:45 – 2:35 p.m.) Measuring Progress: Outcomes Assessment**
Dr. Teresa Cutts, Methodist Le Bonheur Healthcare Center of Excellence in Faith and Health; Dr. Brandi Franklin, University of Tennessee Health Science Center; Moderator: Pastor Hylon Oliver, Pleasant Ridge Baptist - Tunica
It's not enough to say that health ministries are making a difference. There need to be objective measurements to assess the outcomes of these efforts. This interactive workshop will share current areas of emerging faith-based health ministry research as well as how to perform simple outcomes assessment.

Track 4: Getting to a Healthier “Us”

- 1. (10:15 am – 11:05 am) The ABCs of Diabetes: Report from the Mississippi Delta**
Jackie Hawkins, Mississippi Delta Health Collaborative; Pastor Terry Cousin, Bellmount Baptist – Marks; Moderator: Alice Griggs, Mississippi Delta Health Collaborative
In this interactive workshop, members of the Delta Alliance for Congregational Health will provide a summary of their ongoing “ABCs” initiative combating diabetes, high blood pressure, and high cholesterol.
- 2. (11:15 am – 12:05 p.m.) Health Literacy: Taking the Right Medicine Right**
Dr. Debbie Minor, University of Mississippi Medical Center; Moderator: Dr. Lindsey Tillman, University of Mississippi Medical Center
This workshop will answer the following questions: What is health literacy? Why is it important? What we can do to improve it?
- 3. (1:45 – 2:35 p.m.) Fixing It Healthy but Tasting Gooood!!!**
Jacqueline Bain, National Baptist Congress H.O.P.E. Health Initiative; Moderator: Laleta Stone, One Mississippi National Baptist Unity Conference
One of the recurring frustrations for those wanting to eat healthy is “taste.” This interactive workshop will share ideas about preparing healthy meals that taste good.

Track 5: Getting to Service after the Benediction – Mobilizing Houses of Worship (Clergy and Lay Leaders)

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1. **(10:15 am – 11:05 am) Volunteerism: Mobilizing Volunteers Inside and Outside the Church**
Lillian Morris, North Delta Planning and Development; Tom Pittman, Community Foundation of Northwest Mississippi; Moderator: Wilma Wade, First Baptist - Clarksdale
 This timely workshop will provide helpful tips for houses of worship in mobilizing volunteers not only within congregations but also from the community.
2. **(11:15 am – 12:05 p.m.) Lessons Learned from Mississippi’s Big Problem**
Dr. Richard deShazo, University of Mississippi Medical Center; Moderator: Jenny Wilburn, Mississippi Public Broadcasting
 Mississippi Public Broadcasting’s *Southern Remedy* program has covered a number of Mississippi congregations’ and communities’ efforts toward fighting Mississippi’s “big problem” – obesity. This workshop will share lessons learned and best practices.
3. **(1:45 – 2:35 p.m.) Pastor’s Roundtable – Reports from the Field**
Pastor Bobby Baker, Methodist Le Bonheur Healthcare Congregational Health Network; Pastor Terry Cousin, Delta Alliance for Congregational Health; Dr. Michael O. Minor, Oak Hill Baptist – Hernando; Moderator: Pastor Kevin Wiley, Seek Well Baptist - Lula
 This closing workshop will provide an opportunity for pastors from across the state to share reports about congregational health ministry in their respective communities.

Track 6: Getting It Done: Health Ministry in Action

1. **(10:15 am – 11:05 am) Joint-Use Agreements: Why Are They Important? How Are They Implemented? How Does the Whole Community Benefit?**
Debra Smith, West Bolivar School District and Rosedale, MS Municipal Health Council Coordinator; Earleane Davis, Shaw, MS Municipal Health Council Coordinator; Moderator: Michellida Bradshaw, EdS, Greenville Public School District
 Many school and local government playground and facilities are unused for many hours during the day or days of the week. This interactive workshop will share how joint use agreements can be developed to promote greater community use of these facilities.
2. **(11:15 am – 12:05 p.m.) Funding and Sustaining Community and Church Gardens**
Judy Belue and Others , Delta Fresh Foods Initiative; Moderator: Reginald Griffin, Pleasant Hope Baptist - Vance
 So, you get the community of church garden started year 1. How do you sustain it year 2 and beyond? This workshop will share ideas to answer this pressing question.
3. **(1:45 – 2:35 p.m.) Starting a Fitness Center/Active Gym Ministry**
Jenise Emehel and Tige Willis; Brown Baptist – Southaven; Moderator: Doris Roach, Delta Alliance for Congregational Health
 Just constructing a gym or workout area and purchasing equipment does not a vibrant fitness center or active gym make. This workshop will explore what’s necessary to develop, implement, and sustain a vibrant fitness center or active gym.

Track 7: Seasoning the Senior Years – Senior Health and Wellness

1. **(10:15 am – 11:05 am) Medicare Benefits 101**
Dr. Robin Womeodu, Methodist Le Bonheur Healthcare, Moderator: Pastor Henry Knox, St. Peter Baptist - Bolivar
 Since its inception, the Medicare program has gone through many changes. Today, there are number of “hidden” benefits that many seniors never access. This interactive workshop will share what these benefits are and how to access them.

2. **(11:15 am – 12:05 p.m.) Access to Community Health Care and Wellness Activities**
Aurelia Jones-Taylor, Aaron E. Henry Community Health Services Center; Dr. Robin Womeodu, Methodist Le Bonheur Healthcare; Moderator: Pastor Johnny Hill, Family Life Assembly - Ruleville

Many rural seniors have trouble accessing community health care and wellness activities. This interactive workshop will share community health care and wellness resources.

3. **(1:45 – 2:35 p.m.) Senior Wellness Activities Roundtable: Reports from the Field**
Gemenie Bowdre and Kelly Jacobs, Desoto County AARP; Moderator: Peggy Linton, Community Foundation of Northwest Mississippi

Today's "seasoned seniors" are more active than previous generations. This workshop will highlight some of the ongoing senior health and wellness activities in local communities.

Youth Tracks

- I. **(9:30 am – 11:15 am), (12:15 – 2:20 p.m.) empowerMe Summit 2012: Making the Right Choices Right**

Pastor Glen Newson, Lake Cormorant Baptist; Minister Randy Dandridge, West Antioch #2 - Coldwater; Evang. Marsha Campbell, Shiloh Baptist – Southaven; Moderator: Valeria Hawkins, Alliance for a Healthier Generation

In this interactive workshop, youth will learn how to make better choices in life. Youth will learn how to make a difference in their communities, improve schools, enable children to eat better, and move more.

- II. **(9:30 am – 11:15 am), (12:15 – 2:20 p.m.) Liturgical Dance Workshop: Fit and Faith**
Cherryl D. Deveaux, Rhythm of Praise Ministry; Fertashia Clayton-Hill, Hammond Hill District Congress of Christian

This workshop will show participants how to incorporate health and wellness components while devoting the basics of Praise or Liturgical Dance to worship the Lord through dance.