

Network News

Keeping you informed about the Health Ministries Program

June/July 2019

Community Resource Spotlight | Educational Opportunities | Community Resources



Welcome Summer

Summer is a great time to enjoy the outdoors and longer days. I pray that your Health Ministries plans for 2019 are well on their way and filled with opportunities to connect with those within (and outside) your faith community. Connection is the heart of all we do, for we cannot understand another person's struggles or barriers to

make change if we don't take the time to connect. May we all be intentional about connecting this summer.

Please check out the information and resources that are provided this month to help you best serve your faith community: Alzheimer's Association-Miami Valley education/information/resources, Youth

Mental Health First Aid Trainings, Guided Imagery for Self-Care Presentation, HMA Conference learning opportunities, DisAbility Ministries from the United Methodist Church, Free Screenings in the community, national resources and information, and more.

Peace, Michelle

In This Issue

Community Resource Highlight

Alzheimer's Association Miami Valley: resources for your faith community to serve those diagnosed and their caregivers.

Educational Opportunities

Don't miss the Spiritual and Psychological First Aid, Youth Mental Health First Aid Training – June & Oct., Guided Imagery for Self-Care, and the HMA Conference.

Community Resources

Check out the DisAbility Ministries Committee of the United Methodist Church, Premier Health Barbershop Screenings, 40 Bags in 40 Days Facebook group.

Monthly Resources and Information

Look for information on July 28th - World Hepatitis Day, Additional Website Resources and Great Recipes: Penne with Chicken and Asparagus & Tuna Stuffed Avocados with Corn Salsa.

Greater Dayton Area FCN/Health Ministers Network

Next Meeting Aug. 15, "Guided Imagery for Self-Care"

Alzheimer's Association Miami Valley: resources for your faith community to serve those diagnosed and their caregivers...

By Michelle Randall, Health Ministries Program Coordinator with assistance from Rebecca Hall, Director of Care and Support, Alzheimer's Association Miami Valley.

Service Area:

The Miami Valley Chapter serves Champaign, Clark, Darke, Greene, Logan, Miami, Montgomery, Preble and Shelby counties.

24/7 Helpline (800) 272-3900

This is a telephone assistance service that provides information, support, and referrals to community resources and Alzheimer's Association programs all day, every day. Available in more than 200 languages.

Care Consultations

A licensed social worker will provide individualized education and care planning to caregivers and family members of individuals with Alzheimer's disease or related dementia.

Early Stage Programs

These programs are designed for individuals in the early stages of Alzheimer's and their care partners.

- **Early-Stage Education and Support Group** – Offers dementia-related education, emotional support and connections with resources that enhance the lives of those in the midst of the disease.
- **Early-Stage Social Engagement** – offers a fun and comfortable way for individuals to get out, get active and get connected with one another through a variety of social events and community-based activities. An initial interview is required for Early Stage Programs. Call **(800) 272-3900** for more information.

Education & Support

They provide several different types of education and support. Think about ways your faith community can use these resources to educate your faith community and/or the families who are already supporting someone who has been diagnosed. To view the most updated program calendar, visit the Dayton website at https://www.alz.org/dayton/helping-you/educational_programs

- **Family Education** – programs related to caring for individuals with dementia



including managing challenging behaviors, understanding symptoms, and legal and financial planning. View their Educational Programs page, at https://www.alz.org/dayton/helping-you/educational_programs, then scroll down to Local Community and Family Education to click on the “Rack Card”.

- **Community Education** – programs designed to promote awareness about brain health and the basics of dementia. Chapter staff and volunteers are available for free presentations to community groups, schools, churches and civic and religious organizations. Call **(800) 272-3900** for more information!
- **Professional Education** – they are committed to helping professionals improve their knowledge and skills, build stronger teams and deliver better care to people with dementia and their families. Call **(800) 272-3900** for more information.
- **Caregiver Support Groups** – small discussion groups meeting regularly in the community designed for families and friends caring for loved ones with dementia. Visit their Support Groups page for information at https://www.alz.org/dayton/helping-you/support_groups. Scroll down to find the link to the current support group schedule.
- **Online learning** – visit their Training and Education Center at <https://www.alz.org/help-support/resources/care-training-resources>, to learn more about Alzheimer's disease, caregiving, healthy living and planning for the future.

- **Virtual Library** – is an extension of the Alzheimer's Association Green-Field Library. Search the online catalog, view resources chosen by experts, email the librarian questions and learn how to borrow materials.

Resources

There are many resources also available through this local chapter:

- **TrialMatch** – free, confidential tool that provides comprehensive information about clinical trials for people with dementia and their caregivers. Call **(800) 272-3900** or visit their trial match page at https://www.alz.org/alzheimers-dementia/research_progress/clinical-trials.
- **MedicAlert + Safe Return** – a 24-hour nationwide emergency response service designed to identify individuals with dementia who become lost or have a medical emergency. Call **(800) 272-3900** for more information. Financial assistance may be available.
- **Alzheimer's Navigator** – a free, online tool that guides individuals with dementia and their caregivers to create customized action plans. Learn more on the navigator page at <https://www.alzheimersnavigator.org/>.
- **Community Resource Finder** – an online tool that helps individuals, families and professionals easily locate dementia resources, programs and services in their area. Visit their tool page at <https://www.communityresourcefinder.org/>, to access.

Educational Opportunities



Spiritual and Psychological First Aid

Sponsored by the Beaver Creek Township Fire Department Auxiliary and Hawker United Church of Christ, this event will help you provide a practical, compassionate and supportive presence to people in times of crisis. You'll learn how to mitigate their acute distress, assess their needs, and provide them with essential supportive care. You'll also discover the best ways to link them with other support systems for ongoing spiritual, emotional, and mental health care.

Research validates that the help and support people receive in times of crisis matters. Providing effective emotional and spiritual care to individuals, families, and communities in difficult times is critical and can help promote resiliency and recovery.

At the conclusion of this course, successful students will be able to:

- Identify the evidence-informed foundations for Spiritual and Psychological First Aid.
- Demonstrate skills for assessing spiritual, emotional and psychological needs of individuals in crisis.
- Define the essential elements of connecting and communicating with people in crisis.
- Prepare survivors to understand commonly experienced psychological, behavioral and spiritual reactions and the process of recovery.
- Identify indicators of resiliency, recovery, faith enrichment, and post traumatic growth to encourage help, hope and healing.
- Demonstrate essential interventions to help stabilize people in spiritual and/or emotional crisis.
- Create a safe environment that facilitates effective listening to identify spiritual and psychological issues, which can then be addressed.

- Link those served with existing religious and community services and develop an ongoing care plan.
- Utilize a spiritual assessment framework to identify ways to help an individual draw on spiritual and religious resources to cope and foster resiliency.

Completion of "Spiritual and Psychological First Aid" and receipt of a certificate indicating full attendance (14 Contact Hours) qualifies as a class in ICISF's Certificate of Specialized Training Program. They may be able to provide CEUs – contact Chaplain David Williamson, at **(937) 426-0973** or **DWilliamson@firechap.net**.

The class costs \$160. This includes two days of instruction and discussion, workbook, a certificate of completion from the International Critical Incident Stress Foundation, and donuts & coffee plus lunch and snacks on both days. If your registration form and check are received by Friday, June 14th, the cost is \$135.

For information on how to register contact Chaplain David Williamson, at **(937) 426-0973** or **DWilliamson@firechap.net**.

Youth Mental Health First Aid Training – June & Oct.

You are more likely to encounter someone — friend, family member, student, neighbor, or member of the community — in an emotional or mental crisis than someone having a heart attack. Youth Mental Health First Aid teaches a 5-step action plan to offer initial help to young people showing signs of a mental illness or in a crisis, and connect them with the appropriate professional, peer, social, or self-help care. Anyone can take the 8-hour Youth Mental Health First Aid course, but it is ideally designed for adults who work with young people, ages 12-18 — teachers, coaches, leaders of faith communities, social workers, and other caring citizens.

Participants that attend the full 8-hour course will secure a three-year certification in Youth Mental Health First Aid. Any missed time must be made up at a future training date in order to complete the training and receive certification. Please plan to arrive on time and stay for the entire training. Mental Health First Aid training is interactive in its teaching format. Please dress comfortably for the day and prepare for possible room temperature fluctuations. See below for two dates and locations for this training.

- Saturday, June 29, 2019, 9 a.m. to 5 p.m., Faith Deliverance Church of God in Christ, 450 Turner Rd., Dayton, OH. This offering is sponsored by the Faith Deliverance Wellness Ministry, in collaboration with Mt. Olive Baptist Church – MELT/YMHFA Project, Dayton, Ohio. Contact Debbie Letlow for more information **(937) 470-5940**.
- Wednesday, Oct. 30, 2019, 8 a.m. to 5 p.m., Church of the Ascension, 2025 Woodman Drive, Kettering, OH 45420. This offering is sponsored by the Health Ministries Program of Premier Health and Montgomery County Alcohol, Drug Addiction & Mental Health Services. Contact Michelle Randall at **mlrandall@premierhealth.com**, or **(937) 227-9454** for more information and registration.

Guided Imagery for Self-Care

On Aug. 15, 2019, the Greater Dayton Faith Community Nurse/Health Minister Network will be hosting this educational event at the Center For Families Building of Catholic Social Services, 1046 Brown St., Dayton, OH, 45409.

Presenter Renee Buerger, BSN, BA, RN, HNB-BC, Clinical Nurse at Upper Valley Medical Center, and Secretary and Nurse Planner for the Dayton area Chapter of American Holistic Nurses Association will be presenting "Guided Imagery for Self-Care".

Purpose: Understand and demonstrate the ability to integrate the practice of guided imagery into self-care and patient care.

One contact hour is available, and registration is required. See the attached flyer/registration in the newsletter email to register now. The flyer will be posted on our new website soon! Contact Michelle Randall at **mlrandall@premierhealth.com**, or **(937) 227-9454** for more information.

Educational Opportunities *(continued)*

2019 Health Ministries Association Educational Opportunities

Don't miss this opportunity to attend a one-day Pre-Conference, National Conference, or one-day focus on Faith Community Safety. The Health Ministries Association will again be at the St. Elizabeth Training and Educational Center, Erlanger, KY.

We encourage you to consider attending one or all of these national level events, very close to the Dayton area.

Pre-Conference Offerings

These offerings will take place on Friday, Oct. 11, 2019. You can choose a full or half-day option. All are excellent and will move your health ministry program forward. Full-day options include presentation(s), materials, breaks and lunch.

- Creating a Good PITCH – Leaving Your Audience Wanting More, Shane Meeker, 8:45 a.m. to 4 p.m.
- Creating Sanctuary: Challenges Facing LGBT Youth, Andy Buechel, 8:40 a.m. to 12:15 p.m.
- Mindful Stress Management for Those who Serve, Kim Lauch, 12:45 to 4:15 p.m.

To see more information on each presentation, visit their Upcoming Conference Page at <https://hmassoc.org/news-events/upcoming-conference/>, and click on the Pre-Conference Offering tab. Grab a friend and make a day of it!

Conference – Oct. 11 to 14, 2019

This is the 30th Anniversary year for Health Ministries Association and there will be many new aspects, including the expanded pre-conference offerings, entertainment on Sunday evening after the gala dinner, plus creative and delicious menus throughout the weekend.

Hall of Excellence Poster Sessions this year include the following topics:

- “Mosque Community Health Assessment” – Nancy Romancheck, BSN, RN, CHPN, MPH
- “Emergency Preparedness Toolkit for Faith-Based Organizations” – Deborah Dixson, BSN, RN-BC
- “Presence Under Pressure: Incorporating Intentionality into Blood Pressure Ministry” – Angela Combs, MSN, MPH, RN
- “Come Plan with Us: Desert Community Partners Inspire Full Lives & Meaningful Deaths” - Suzanne Morrison, PhD MDiv

- “Communities of Compassion: Collaboration for Mental Health” - Margaret Jacques, MS RN-BC

Keynote Speakers:

Enjoy five keynote presentations:

- LaMorris Crawford, BS, MS – “So What Now?”
- Shane Meeker – “A Movie Guide to Better Program Stories”
- Kay Francis, MBA, BS, CSP – “Laugh! Just for the HEALTH of it!”
- J. Dana Trent, MDiv. – “Living Wholly, Serving Faithfully: Contemporary Issues and Practices in Health Ministries”
- Glen Evans – “Safety in Today's World: Is Your Faith Community Ready?”

Registration

In addition to the Pre-Conferences, you can also select to attend just one-day of the conference. Review the brochure and see what best fits your needs, then register.

Updates and registration are available on their website at <https://hmassoc.org/news-events/upcoming-conference/>

Community Resources

DisAbility Ministries Committee of the United Methodist Church

DisAbility Ministries of The United Methodist Church just released an updated accessibility audit. This resource is FREE and available online. Trustees of every local church are required to complete an annual accessibility audit (¶2533.6, Book of Discipline). Check out the updated audit to see if your congregation will take home bronze, silver, or gold! For help completing an accessibility audit or to ask questions about engaging ministry with persons with disabilities, please contact Rebecca Hug, Special Ministries Engagement Coordinator at rhug@wocumc.org.

Premier Health Barbershop Screenings

Premier Health continues to partner with Serenity Salon, Deeze Cuttz Barbershop and Man Up Barber Shop to offer health screenings and health fairs through

October 26, 2019. See the remaining schedule below:

Serenity Salon

4628 Salem Ave, Trotwood, OH 45416
July 13 – health screenings
September 14 – health fair
October 5 – health screenings

DCB (Deeze Cuttz Barbershop)

2576 Shiloh Springs, Trotwood, OH 45426
July 6 – health fair
September 28 – health screenings
October 19 – health screenings

Man Up Barber Shop

4444 Powell Rd, Huber Heights, OH 45424
July 20 – health screenings
September 21 – health screenings
October 26 – health screenings

40 Bags in 40 Days Facebook Group

During our last Network meeting, which addressed hoarding, we had a lot of

discussion around “clutter.” A resource was mentioned for those that struggle with “clutter.” We are passing this information on in case you encounter someone (even yourself) that is struggling with clutter.

40 Bags in 40 Days is a Facebook group. The goal of 40 BAGS IN 40 DAYS is to declutter your home a spot at a time for 40 days.

You can have a bag, less than a bag, or more than one bag a day. Furniture or big items count, as well as boxes. In the group you can share progress, get motivation, ask questions, and support others. Posts and questions related to decluttering, cleaning your home, dealing with clutter, and what to do with something are all welcome. Participants are encouraged to be supportive and kind to other members! The official start date is 3/6/19 but you can start at any time. It is a closed group, so you will need to request to join. Their page can be found at <https://www.facebook.com/groups/40bagsin40daysofficial/>.

Monthly Resources and Information

July 28th is World Hepatitis Day

“Hepatitis B and C cause 1.3 million deaths per year – more than HIV/AIDS, tuberculosis or malaria. Together, the viruses cause two in every three liver cancer deaths across the world.”

“Chronic hepatitis B and C are life-threatening infectious diseases that cause serious liver damage, cancer, and premature death.” More than 300 million people are infected with hepatitis B virus or the hepatitis C virus and are unaware.

In the United States, hepatitis C kills more Americans, mostly baby boomers, each year than HIV/AIDS and is five times more infectious!

Check out the website for World Hepatitis Alliance at <http://www.worldhepatitisalliance.org/>, in a new window, with off-site icon for great information you can use to educate your faith community, help prevent the spread of hepatitis and to increase the number of those infected that get diagnosed and can then seek treatment.

Click on the links below to find specific resources:

- Great YouTube video called “We want a world without viral hepatitis” https://www.youtube.com/watch?time_continue=274&v=IPsVdNJ2EBc

- Information on “What is hepatitis” <http://www.worldhepatitisalliance.org/what-viral-hepatitis-0> (scroll below video link)
- Information on each type of hepatitis: transmission, prevention and treatment (see link above and scroll down to the bottom of the page)
- Download campaign materials and information on World Hepatitis Day <http://www.worldhepatitisalliance.org/world-hepatitis-day>.
- Viral Hepatitis Self-Assessment Tool <http://www.worldhepatitisalliance.org/missing-millions/#quiz>.

Additional Website Resources

June: Men’s Health Month

<http://www.menshealthmonth.org/>

June: Cataract Awareness Month

<https://www.aao.org/eye-health/diseases/what-are-cataracts>

July: Juvenile Arthritis Awareness Month

<https://www.arthritis.org/about-arthritis/types/juvenile-arthritis/>

Aug: Breast Feeding Month

<http://www.usbreastfeeding.org/>

To see additional focus health topics for June, July, August and more visit **Healthfinder.gov** <https://healthfinder.gov/NHO/nho.aspx?year=2019#525>

Great Recipes: Penne with Chicken and Asparagus & Tuna Stuffed Avocados with Corn Salsa

As summer is approaching try these two recipes. One is a light but super tasty pasta dish and the other turns the perfect avocado half into a bowl for yummy tuna salad with corn salsa.

Penne with Chicken and Asparagus

<https://www.allrecipes.com/recipe/90089/penne-with-chicken-and-asparagus/>

Servings: 8

Nutrition Facts per serving

Calories: 332

Fat: 10.9g

Sodium: 69mg

Fiber: 3.1g

Protein: 16.7g

Tuna Stuffed Avocados with Corn Salsa

<https://recipes.heart.org/en/recipes/tuna-stuffed-avocados-with-corn-salsa>

Serves: 6

Nutrition Facts per serving

Calories: 273

Fat: 15.8g

Sodium: 292mg

Fiber: 8g

Protein: 18.6g

Greater Dayton Area FCN/Health Ministers Network

Join us at the Greater Dayton Area Faith Community Nurse/Health Ministers Network! Meetings are held quarterly and focus on sharing information, learning from guest presenters and reflecting on theological issues. These elements help to reinforce our belief that healing of body, mind and spirit is rooted within the faith community and the healing power of God.

Next meeting:

- Aug 15, 2019, 11:30 a.m. to 2 p.m., Catholic Social Service building, 1046 Brown St., Dayton, Oh, 45409, Renee Buerger, BSN, BA, RN, HNB-BC, Clinical Nurse at Upper Valley Medical Center, and Secretary and Nurse Planner for the Dayton area Chapter of American Holistic Nurses Association will be presenting “Guided Imagery for Self-Care”

Purpose: Understand and demonstrate the ability to integrate the practice of guided imagery into self-care and patient care.

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Save these dates for future meetings:

- Thursday, November 21, 2019
- Thursday, February 20, 2020