

## ***Health & Wholeness Ministry of Ardmore Baptist Church***

The purpose of Ardmore Baptist Church's Health and Wholeness Ministry is to inspire, motivate, and serve our church family and community in matters relating to their physical, mental, and spiritual health and wellness.

We believe that "well-being within religious traditions is not gauged by the absence of illness, anxiety or distress, but by the presence of God-in-relationship." Wellness/Wholeness embraces the full concept of "shalom", which refers to wholeness and harmony. It is not only the absence of strife, but the presence of positive blessings. It speaks to the prosperity of the whole person.

The Health and Wholeness Team is a network made up of representatives of the different fields of the health professions, as well as non-medical people. It is led and coordinated by Faith Community Nurses, Debra Norris and Judy Iannuzzi.

### ***Current/Ongoing Activities***

- ◇ Flexibility & Balance Class: led by Judy Iannuzzi - meets at Shepherd's Center, weekly
- ◇ Senior Adult Chair Exercise: led by Joanne Mount - meets at ABC, weekly
- ◇ Blood Pressure/Blood Sugar Checks: in church office during the week; occasionally nurses are available in lobby on Sundays or Wednesdays
- ◇ Assistance with Advance Directives/MOST forms
- ◇ Flu Shot Clinics: coordinated with Maxim Health Care - in Fellowship Hall, yearly
- ◇ Blood Drives: coordinated by Rob Lemons/Red Cross - in Fellowship Hall, 3 - 4 times/year
- ◇ Free Dental Clinic: coordinated with Knollwood Baptist and NC Baptist Men Dental Bus, yearly
- ◇ Caregivers Support Group: led by Sandra Bovender, monthly
- ◇ Grief Support Group: twice a month as needed
- ◇ Alcoholics Anonymous: outside group - meets weekly
- ◇ Medical Mission Trips: led by Robert Kelly, Steve Bissette, and Mac Jones, yearly
- ◇ Provide research and explain medical conditions/procedures, refer to MD/ER as needed - church office
- ◇ Maintain first aid kits and defibrillator
- ◇ Working with Food Services Director on healthier choices for Wednesday Night Supper.
  - Ideas/recipes gathered from chef at larger church
  - Meeting with supplier to learn what is available: Pastor, Food Services Director and FCN to attend
  - Working on portion-size servings

### ***Other Activities***

- ◇ Attained Silver Certification and was given grant which was used to:
  - Purchase 1 child and 1 large adult BP cuffs
  - Purchase AED Training video and Quick Reference Guide to be used with ministers, ushers, etc.
  - Purchase 2 CPR\_AED Rescue Kits to keep with Philips HeartStart AED and First Aid Kit for main Welcome Desk.
  - Purchased DVD, Planning Guides, and Wallet Cards for Advance Directives classes.
- ◇ Two classes held on Advance Directives/MOST forms
- ◇ Purchased 3 sets of portion-size serving utensils for kitchen as we try to foster healthier eating.

### ***The Model for Healthy Living***

There are many components to healthy living. The Church Health Center states "we believe that God created us body and spirit, and that we have a responsibility to be good stewards of our health and help others do the same. Healthy living means that all aspects of your life are in balance. Your faith, work, nutrition, movement, family and friends, emotions, and medical health all contribute to a life filled with more joy, more love, and more connection with God." Our goal is to help others live as healthy as possible.