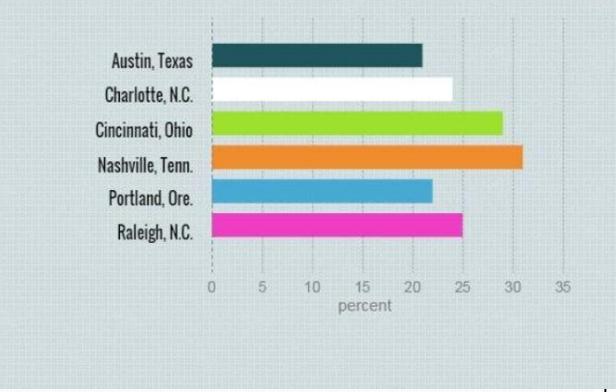


# Compassion & Hope Ministry, UMC Annual Report Oct 31, 2014 – October 31, 2015

Tennessee State’s statistics shows how healthy are we. The United States has 50 states.

<b>TENNESSEE - We're Number..... 45! Unhealthy</b>			<b>Nashville alone has a high percentage in obesity. How are other cities doing?????</b>
<b>Death</b>	<b>Desease</b>	<b>Risk Factors</b>	<div style="text-align: center;"><h2>Adult obesity</h2></div> 
<ul style="list-style-type: none"> <li>• Drug Deaths 40th</li> <li>• Infant Mortality 41st</li> <li>• Cardiovascular Deaths 44th</li> <li>• Cancer Deaths 44<sup>th</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Stroke 45th</li> <li>• Diabetes 46th</li> <li>• Heart Disease 49th</li> <li>• Heart Attack 49th</li> </ul>	<ul style="list-style-type: none"> <li>• High Cholesterol 30th</li> <li>• High Blood Pressure 45th</li> <li>• Smoking 47th</li> <li>• Obesity 47<sup>th</sup></li> </ul>	
<p><b>Behaviors/Conditions that do not promote Wellness</b></p> <ul style="list-style-type: none"> <li style="width: 50%;">• Preterm birth 40<sup>th</sup></li> <li style="width: 50%;">• Insufficient sleep 42nd</li> <li style="width: 50%;">• Unemployment 42<sup>nd</sup></li> <li style="width: 50%;">• Not eating enough vegetables 42nd</li> <li style="width: 50%;">• Children in poverty 45<sup>th</sup></li> <li style="width: 50%;">• Not eating enough fruits 49th</li> <li style="width: 50%;">• Not being physically active 49<sup>th</sup></li> <li style="width: 50%;">• Violent crime 50th</li> </ul>			<p><b>Bill Frist's new mission: Making Nashville healthier</b>  <a href="http://www.tennessean.com/story/money/industries/health-care/2015/10/24/frist-nashvillehealth-mission/73524180/Bill">http://www.tennessean.com/story/money/industries/health-care/2015/10/24/frist-nashvillehealth-mission/73524180/Bill</a></p>
<p>Health Ambassador Training , January 22,2015  <a href="http://www.mywellnesstest.com/CertResFile/Class_1_PowerPoint_Amb.pdf">http://www.mywellnesstest.com/CertResFile/Class_1_PowerPoint_Amb.pdf</a></p>			

This is one of the reasons why The Compassion & Hope Ministry has continued to work during the year 2015, in the prevention and education of health.

There has never been any doubt that Jesus was concerned about our spiritual, emotional and physical health! The Gospels have one healing story after another in which Jesus healed persons and restored them to wholeness and health; and at some point in our lives All of us need healing!

In the Gospel of John 5: 1-9, 14-15 is the story of the man in the Pool of Bethesda. When Jesus saw the man, and realized that he had been sick for "thirty-eight years", he asked him: "Do you want to be healed?"

John Wesley not only preached the gospel but also put his faith into action with works of mercy. In his missionary labor, he worried about the spiritual, emotional and physical health of other, especially the poor.

Now as Christians, we are called to follow the example of Jesus and of other Christians who tried to imitate Jesus’ life by working with the needy, poor and marginalized. After all, Jesus said, "I have come that you may have life and have it abundantly".

This year we have been working in the following areas:

## 1. Working with women

### Cookeville District and TN Conference

With a partnership between the Tennessee Conference and the Tennessee Department of Health, forty one women have received the trainings “Faith-Based Hispanic Initiative.” The training was based on a dynamic, whole person wellness model the “Wellness Inventory”. These are 12 fundamental life processes we perform on a daily basis, which have a strong impact on our overall state of health and wellbeing. Participants learned to use this whole person model to raise their wellness awareness, enhance their own self-care, and improve their level of personal well being. The Wellness inventory supports people in creating a sustainable lifestyle change, resulting in an improved level of overall life-balance, wellbeing and a greater capacity for optimal living (MG). Each participant now knows how to take care of their health and of their families. At the same time sharing it with their friends, congregation and community. We have been able to reach 800 people in total with these trainings.

A pilot plan of Faith-Based Hispanic Initiative with groups of Hispanic Women in the Counties of Warren, Putnam and Cumberland, was administered by Dr. Michele Gourley, Director of Faith-Based Initiatives for Tennessee Department of Health (12 dimension of Wellness Inventory), and Rev. Janet Martinez, Pastor Iveth Gale, and Nancy Zunun (Biblical reflexion).

The training was for a year, of a monthly, two-hour in person meeting. The class consisted of three components: introduction and reflection on the previous month's class, presentation of new dimension of wellness and discussion and the creation of SMART goals and homework.



Faith-Based Hispanic Initiative with Women leaders.  
15 women representing the ten Hispanic Ministries of the Tennessee Conference UMC who participated twice a month during the months of June/July/August, 2015



13 Women of Warren County, of McMinnville graduated on April 27, 2015



13 Women of Putnam and Cumberland County graduated on April 30, 2015





### Testimonies

- I've learned that it isn't as important to make drastic changes to my diet, habits, etc. Starting with a little, I can begin to add more fruits and vegetables or park farther away in order to walk more steps are the little steps that will give me success.
- I've learned that to enjoy good health isn't expensive, but you need a lot of motivation and to love yourself and your family. Taking care of my family in eating healthy, exercising and thinking positively.
- It's helped me a lot to learn how to take care each part of my body.
- That whole health consists in being well, as much what is inside as what's outside and that I should attend to my well-being both on the inside and outside.
- That a large part of my health and well-being depends on my mind, my self-love and my self-responsibility.

### Cumberland County

Contributing at the spiritual growth of women.



Once a month a group of 6 to 10 women meet to study the Bible.



Once a week 3 to 4 women meet at home to study the Bible.

## Learning Art & Crafts

The women improve their self-esteem, out of depression, and get to know and learning one another.



## 2. Health clinics with the congregation and community of Cumberland County

This year with the collaboration of doctors, nurses and health volunteers, six health clinics with different themes and flu shot were conducted:

- Cholesterol (Dr. Jon and Catty Simpsons – November 2014)
- Vision screening (Dr. Shannon Shelley/Dr. Amanda Kirk–MooreEyes Family Vision Center – January 2015)
- Depression (Carol Donalson – Christian Counseling Center of Crossville – March 2015)
- Dental (Dr. Donald Hooi, DDS – May 2015)
- Domestic Violence (Sarah Cannon - Avalon Center – June 2015)
- Diabetes (Catty Simpson and Karen Saunders, Rural Clinic – August 2015)
- Flu Shot (Catty Simpson and Karen Saunders, Rural Clinic – October 2015)

## Results

We are working in the prevention and education in health. It is not easy to change cultural belief and habits that have been practiced for many years, but we are obtaining results little by little. In a few cases, we have been able to detect diseases on the individuals and have been referred to a medical treatment. An approximate number of 40 people assist each health clinic, reaching out to more than 400 people during the year.

- In vision screening, 41 people were attended. 18 people were referred for a treatment.
- Two people have been referred to the Physiotherapist for treatment of the nerves and emotional problems.
- People are taking greater control over diabetes, cholesterol and high blood pressure.
- Two people were referred with traumas due to domestic violence and their emotional state has gotten better.
- 22 people received flu vaccines on October/15.
- We refer for chemotherapy treatment a person with cancer, because the person was denied treatment.
- Four people were referred to particular clinic for medical treatment.



Cholesterol



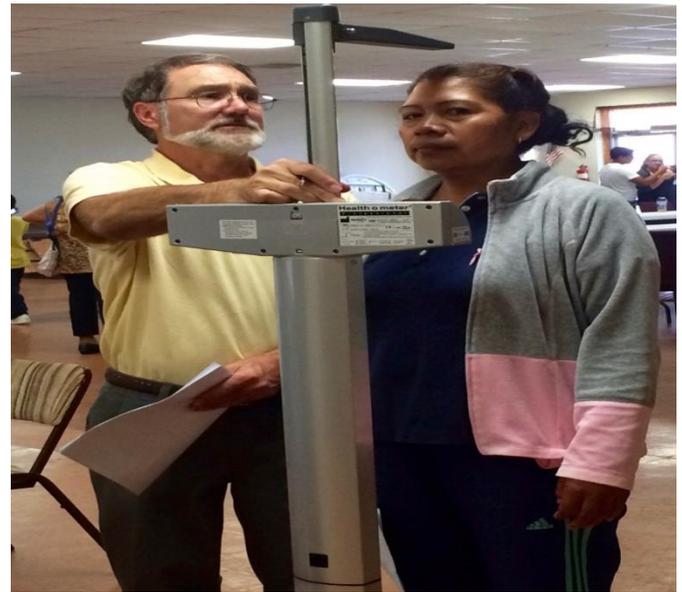
Vision screening



Depression



Domestic Violence



### References to other services

- JFON, we referred four people for DACA program (3 Renovation and one for new application) and four women for immigration cases.
- Medical clinic in other State (One person was refer to Miami, Florida)
- College scholarship, we referred four youth.

### Trainings

Our Ministry director, Rev. Janet Martinez, participated in two training this year:

- “Health Ambassador Training” by Tennessee Health Department. During 14 weeks, classes were received a tele-classes based on the Wellness Inventory, a whole person dynamic, model. The training was from January to April, in which she was assigned as a “Health Ambassador”.
- Health training “Common diseases and first aid” in Puebla Mexico, by Proyección Humana. The training was from 21-28 on Mach/15.

### Evaluation

Accomplishments:

- The Tennessee Department of Health approved the same training for the men of the Hispanic ministries to the Tennessee Conference UMC.
- A volunteer nurse from Rural Clinic of Pleasant Hill has incorporated in the support committee of health in Crossville.
- The Health Department in Crossville has incorporated to give workshop on preventive health.
- Local support from Volunteer Energy Cooperative to buy the flu vaccines for the community.

Recognizing that our lives are fragile and especially those who are marginalized and live in poverty. Just as Jesús worried and restored the health of the sick, not only in the spiritual area but also emotional and physical, we are now called to continue his work. The results obtained during this year motivate us to continue looking for resources to help the community in their well-being, and to continue in education and prevention of health for the whole community. We also recognize that it is necessary to expand it to the other counties of the District of Cookeville. Just as it is necessary to evangelize people, it is also necessary to talk to people about the different areas of health in their lives.

All of this work would not have been possible if we did not have the support from TN Conference UMC, Tennessee Department of Health, Global ministry, Tennessee Conference Committee of Church and Society, Cookeville District, Fairfield Glade UMC, First UMC in Crossville, First UMC in McMinnville, Health Committee in Crossville, Doctors and volunteers of health and the prayers of everyone.