

HEALTH MINISTRIES DEPARTMENT

A. LEAH SCOTT: DIRECTOR

To the delegates assembled for the Third Quadrennial Session of the Allegheny East Conference, I extend my welcome and my thanks for the privilege of serving as the Health Ministries Director of this great conference. It has been my joy and my passion to promote lifestyle change in your churches and in your communities. My goal and objective has been to mesh Health Ministries as an integral part of the philosophy of mission as stated in the Allegheny East Conference Mission Statement. Thus, the department mission philosophy would be stated:

The Allegheny East Conference Health Ministries Department Mission Statement; **“The Allegheny East Conference Health Ministries Department exists to cooperate in the ministry of making man whole in his physical, mental, spiritual and social dimensions, offering resources, skills development and coordination of services through Christ Centered leadership, continuing health education and personal wellness opportunities.”**,

is tied closely to the mission statement of the Allegheny East Conference President, **“to provide Christ Centered leadership to the workers, churches, institutions, and members of the conference by insuring its mission...”**and to the overall mission of the Allegheny East Conference; **“to promote the sharing of the everlasting gospel of Jesus Christ with varied ethnic groups within its assigned territory through Christ centered leadership and responsible resource management.”**

Introductory Statement

The past four years as Health Ministries Director for the Allegheny East Conference have been some of the most exciting, yet challenging of my life. Exciting, because health and the care of the body as the temple that God has intended it to be has been a passion of mine from the time I was converted to Adventism. As a matter of fact, it was through the study of the health message that I came into this message; now, God is allowing me to partner with Him to get His message of health to His church. It has been challenging because of statements that I read, like the one from M. Alfred Haynes, taken from the book, *An American Health Dilemma*, in which he says, “With a massive planned effort, it is possible to accomplish more than we have accomplished by chance in the past.

Perhaps the wide gap in health status between Blacks and Whites can become part of our history, rather than something which we passively accept as a present reality.”

Area Coordinators Added

When I read that statement and I realized that included in the Blacks and Whites were the members of the Seventh-day Adventist Church and with all our knowledge about scripture and the gift of prophecy instructions on health, there should be another category that specifically exempts Black Seventh-day Adventist from the norm because of the lifestyle choices that they make as dedicated students of scripture and of the Spirit of Prophecy. They should not have reason to be counted with those who are suffering from disease and medical disorders that can be avoided by simply following God’s plan. I saw as the challenge facing the Health Ministries Department the motivation of the members of the churches to healthier, happier lifestyles, for how can the churches be effective in their communities as a faithful witness to God when their members are in poorer health and are dying at greater rates than those they should be modeling lifestyle for. As a means of reaching that objective, Allegheny East Conference administrators accepted a proposal to place a health ministries coordinator in each ministerial area of the conference to serve as teammates to the health ministries director so that there would always be someone locally acting as a cheerleader for health ministries and as a resource person in the field. I am happy to report that the coordinators have been very effective.

The corps of coordinators, dubbed, “***The Dream Team***”, consists of the following persons:

Shell Paton-Lionel, a registered nurse, serving the Northern New Jersey Area

Faye Gregory, a registered fitness consultant, serving the Bay Area

Cathleen Fuller-Wilson, a registered nurse, serving the Delaware Valley Area

Louvenia Anderson, a registered fitness consultant, serving the Baltimore Extended Area

Besty Johnson, a registered nurse, serving the Washington Metro Area

Lynnette A. Moore, MD, serving the Virginia Area

Health Ministries Focus Group

The 2004 Quadrennial Session mandated that each department and each ministry within the department have a focus group to determine direction for the particular ministry for the future. The Health Ministries Focus Group met, and after reviewing the health crisis facing the nation and the church, recommended a strategic plan for the department. The Health Ministries Department Strategic Plan to include the next several quadrennial sessions is as follows.

Allegheny East Conference Health Ministries Proposed Strategic Plan 2008-2016

Health Ministries Department Mission Statement

The Allegheny East Conference Health Ministries Department exists to cooperate in the ministry of making man whole in his physical, mental, spiritual and social dimensions; offering resources, skills development and coordination of services by continuing health

education and personal wellness opportunities to its employees, educators and local churches.

Health Ministries Department Vision Statement

As a viable department entrusted with the health component of the mission of the Allegheny East Conference, “to promote the sharing of the everlasting gospel of **Jesus Christ** ethnically [TA ETHANE-“*to all people groups*”] within its assigned territory through Christ-centered leadership and responsible resource management”, we see an Allegheny East Conference Constituency in which people live longer and happier in good health, disease free and where disabilities are limited. We see congregations of people empowered to realize their full health potential because they have been given the tools, resources, and motivation to take charge of their health. We also see a community of healthy Seventh-day Adventist Christians sharing and working together to achieve better health for their families and their communities as they look for and prepare physically, mentally, spiritually, and socially for the soon return of our Lord

Health Ministries Department Core Values

Concern for the health of the constituents of the Allegheny East Conference and the responsibility of being stewards of heaven directed health resources form the keystone for the formation of the Core Values of the Health Ministries Department.

- **AECHMD** strongly supports the principles of health enunciated in the beliefs of the Seventh-day Adventist Church and as found in the writings of Ellen G. White
- **AECHMD** values, promotes and embraces a total vision of health which would encompass the spiritual, physical, mental, and social aspects of health
- **AECHMD** believes that the individual constituent will benefit from the health values taught and promoted by the department in a consistent manner
- **AECHMD** will strive for excellence in health education using creativity and innovation
- **AECHMD** will seek to be diverse in our intellectual, racial, cultural, and social health resources and presentations
- **AECHMD** will foster teamwork and collaboration among every entity of Allegheny East Conference
- **AECHMD** is committed to being an advocate for optimal individual, family and community health and through outreach ministries will seek to promote the same
- **AECHMD** will model and promote compassion by reflecting the love of God through caring, respect, and empathy
- **AECHMD** will develop and maintain a health ministries “**Tool Box**” of skills and resources to be offered to local health ministries leaders to supplement their efforts towards initiating lifestyle changes in the church and community

2008 Health Ministries Department Focus Group Recommendations

1. That the Health Ministries Department establish and implement, for constituent utilization, a complex plan for active lifestyle change that would encompass the physical, mental, spiritual and social aspects of the Health Ministries Department Mission, in the following fashion:

Spiritual

- Leadership development (local health leaders, pastors or pastor's designee)
- Role of Health leaders and pastors in the spiritual development of members
- In-depth training for first year of service (training has to be on rotation basis)
- Leaders must be developed to handle sensitive people and cultural challenges that accompany health dilemmas
- Leaders must have corporate understanding of Adventist Health Message

Mental

- The Health Ministries leaders must see lifestyle change as a vision focus for every member of the church
- Health Ministries Leaders should model the lifestyle change mentality
- Resources must be developed to help leaders and constituents understand the core values of a healthy lifestyle
- Leaders and constituents must see and understand why the health message is so important to spiritual growth and evangelism, the sharing of our faith

Physical

- Provide information on dietary guidelines
- Encourage attendance at FIT 4 YOU Retreat for those who need the respite
- Establish wellness program for employees
- Focus on specific group health strategies, such as pastors, educators, teens
- Utilize focus groups for department direction
- Utilize services of Area Health Coordinators
- Develop enabling goals
- Demonstrate lifestyle management
- Develop incentives to healthy lifestyle development

Social

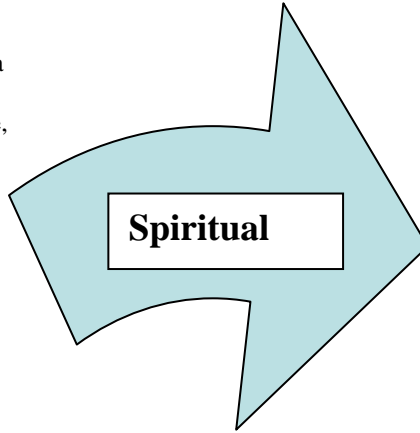
- Develop and implement Area Fitness Modules
- Collaborate with Family Life, ACS, and Youth Departments in community and area endeavors
- Develop churches as Health Resource Centers
- Sponsor Health events
- Target communities for health entrance activities
- Develop cultural diversity outreach in health
- Develop and maintain a “**Tool Box**” of health ministries resources for church and community interaction

Statement Regarding Time Lines

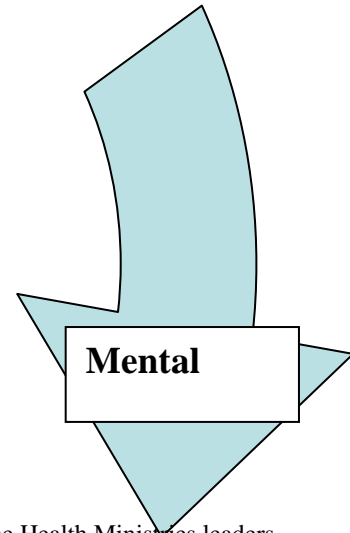
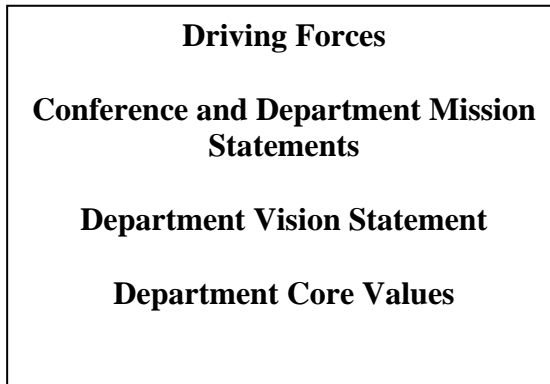
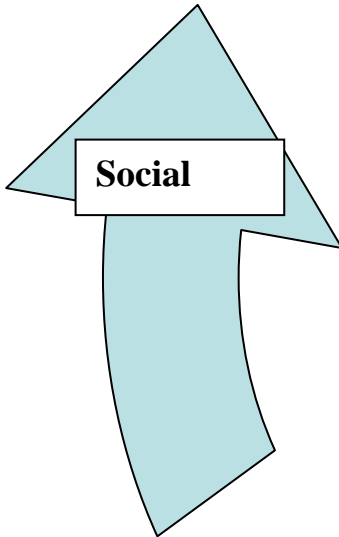
Understanding the complex nature of Allegheny East Conference corporate policy and financial structure, the Health Ministries Department cannot move ahead on a comprehensive strategic plan without the support and encouragement of the constituents and administrative bodies buying into the plan. Therefore, timelines, which are a vital part of any strategic plan are not forgotten but are withheld; not included until administration has had time to review and approve the plan. At that point, and with administrative buy-in, we will move ahead with it.

HEALTH MINISTRIES DEPARTMENT STRATEGIC PLAN WHEEL

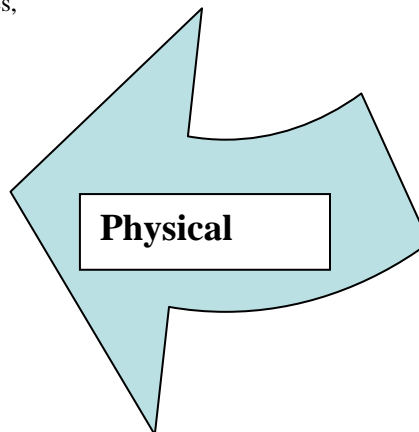
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- Role of Health leaders and pastors in the spiritual development of members
- In-depth training for first year of service (training has to be on rotation basis)
- Leaders must be developed to handle sensitive people and cultural challenges that accompany health dilemmas
- Leaders must have corporate understanding of Adventist Health Message
- Leaders made aware that they are involved in spiritual warfare



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FIT 4 YOU Retreat

FIT 4 YOU Retreat, renamed from Fitness For Life and Fit 4 You Camp, celebrated 30 years of operation. The years 2006 and 2007 saw the retreat operating at capacity with more than 60 residents plus staff. FIT 4 YOU Retreat has proven to be an effective health resource as well as an effective evangelism compliment. The greatest challenge facing the explosion of clientele is the lack of air-conditioning. FIT 4 YOU Retreat operates far below market value as a result of the lack of air-conditioning. We cannot be competitive without the upgrade in facilities.

REGENERATION

Within our society and our church are persons who are fighting to overcome addictions. Many are fighting a losing battle because they do not have the knowledge and guidance to do so. Regeneration is a support service of the Seventh-day Adventist Church. It does not get the attention and support it needs to be effective because of the “denial” attitude that exists. Understanding this and having made myself aware of the mission of Regeneration, I have chosen to follow the lead of the North American Division and involve the services of the Allegheny East Conference Health Ministries Department to collaborate with them in their attempt to help those who are involved with addictions. Since this is a new ministry for the Health Ministries Department, the constituency can expect a full report at the next quadrennial session.

DEPARTMENT WEBCASTS

In an attempt to effect lifestyle change the Health Ministries Department has produced, and, have aired a series of webcasts; ***This Awesome Body 101***. The series is presented by qualified health professionals in a talk-show format. We have had comments and feedback from across the nation, and a few from across the ocean. The webcasts are effective in helping persons understand that this awesome body did not happen by accident and will not be maintained by accident; that the design and maintenance are part of God’s creation. To view the webcast go to www.fit4youretreat.org. The monthly webcast are archived on that site, thanks to James Biggs, proprietor of Biggstuff Computers.