



DIMENSIONS

CONNECTING ELEMENTS OF WELL-BEING

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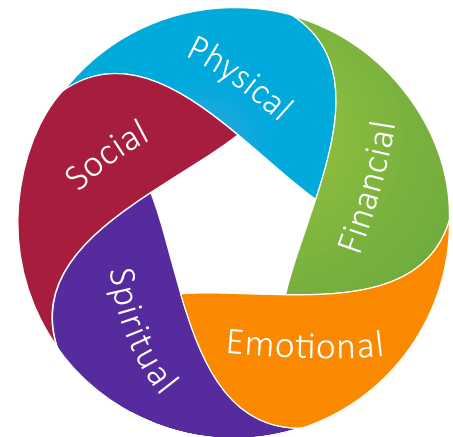
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Introducing ... Dimensions!

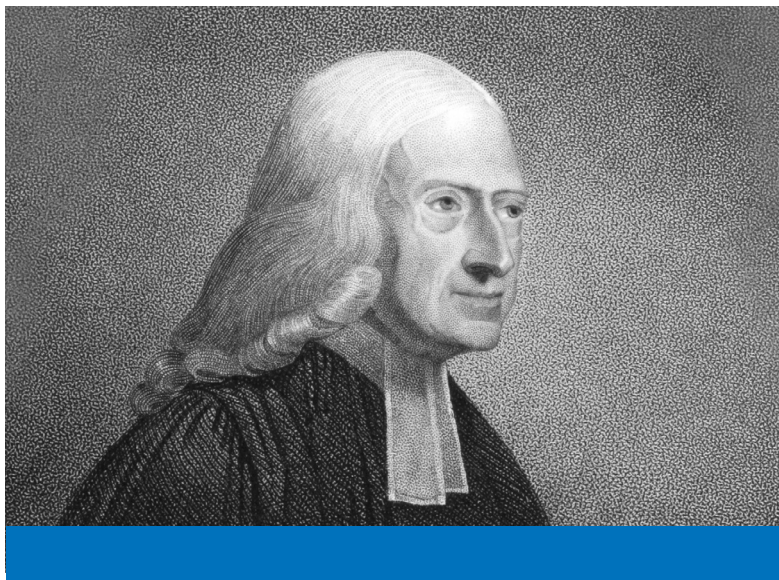
We are excited to announce that we are changing the name of this publication from *Center for Health Newsletter* to *Dimensions*. The name *Dimensions* comes from the core of Wespath’s belief that our overall health and well-being is made up of five dimensions: physical, emotional, spiritual, social and financial. By attending to these dimensions, we are able to fully live a well-rounded, healthy lifestyle. The information on the Wespath plans, programs and services you know and love will remain the same.

This newsletter will continue to serve as your path to well-being, providing information and tips on enhancing your vitality in these dimensions. Watch for our new *Dimensions* logo on future well-being materials.



SPOTLIGHT

UMC Resources for Well-Being



John Wesley (1703-1791). Engraved by J.Pofselwhite and published in The Gallery Of Portraits With Memoirs encyclopedia, United Kingdom, 1833.

“Water is the wholesomest of all drinks” and “A due degree of exercise is indispensably necessary.”

This advice from John Wesley has stood the test of time and continues to guide behaviors in the Methodist Church. Amid many initiatives aimed at improving the well-being of the UMC, Wespath continues to collaborate with other agencies to provide well-being opportunities throughout the connection.

This issue is dedicated to showcasing some of the United Methodist resources that facilitate healthier behaviors and inspire our work.

Wespath focuses on improving five dimensions of well-being—physical, emotional, spiritual, social and financial—for clergy and laity of The United Methodist Church (UMC) and their families. Among Wespath’s offerings are: well-being programs, trends and research, educational opportunities and an interactive website.



Wespath
BENEFITS | INVESTMENTS

a general agency of The United Methodist Church

Discover Abundant Health

Abundant Health is a UMC initiative led by Global Ministries, to promote health and well-being to the UMC. The goal is that each church be more health conscious; through congregations and therefore into the community. Their directive: even one night of healthy eating or one day of exercising is better—and closer to habit forming—than none.

Thus far, 816 churches within 23 conferences have adopted some form of the Abundant Health initiative. The churches often begin with Abundant Health's creative new way to get people moving across the UMC—Hulapalooza. Hulapalooza is an event anyone can host where hula hoops are provided and music is played, leading to fun and fitness. Churches, conferences and other UMC groups have been showing off hula hoop skills and burning calories in the process. The South Carolina annual conference broke a Guinness World Record by passing one hula hoop through 584 attendees without breaking the chain. Wespeth will be hosting our own Hulapalooza on the beach at this year's **revitup!** *For a Lifetime in Ministry* in Pensacola Beach, FL.

Abundant Health promoted the activity at this year's UMW conference, and shared that it was SO fun to see all age groups participate. According to Ashley Jester, Health Education Specialist at Global Ministries, *"Some of the oldest hoopers could keep the hoop going longer than some of the youngest. It doesn't require you to warm up or be in shape. Just like Abundant Health, it meets you where you're at."*

Abundant Health has toolkits ready for health initiatives churches may want to use, from healthy eating to physical activity, to making a connection with others. They are available for consultations, brainstorming or to help you run an awareness campaign or event. Contact **Ashley Jester** of Abundant Health at ajester@umcmision.org.

"I came that they may have life, and have it abundantly."

—John 10:10



View Abundant Health's Mind. Body. Spirit. video.



ASK A PROFESSIONAL

Sara Wilcox, PhD

Department of Exercise Science, Arnold School of Public Health, University of South Carolina

Are you a FAN?

The Faith, Activity, and Nutrition (FAN) program started from a desire to reach under-resourced communities with health resources that meld faith with activity and nutrition. FAN is an applicable way to facilitate Abundant Health.

My colleagues and I designed and tested the FAN program in partnership with the African Methodist Episcopal church. We trained 74 churches to build opportunities, messages, guidelines and pastor support for physical activity and healthier food choices. Members from FAN-trained churches were found more likely to engage in physical activity and eat more fruits and vegetables than those who did not undergo the training. Similar results were found when FAN was delivered in a rural county of South Carolina.*

We have recently trained over 100 churches in the South Carolina Conference of the UMC and are evaluating the program's effectiveness, in hopes the efforts can multiply.



FAN in action at a South Carolina Methodist church

South Carolina has among the highest national rates of health conditions like hypertension and diabetes.

The FAN program includes training, an assessment and planning guide, resources, and telephone-based support. We love to see the creative ideas churches then come up with on their own. For example, one church implemented prayer walking stations.

The Abundant Health goal is that 10,000 churches commit to this work of promoting healthy bodies, minds and spirits. To learn more about the FAN program and future trainings, visit prevention.sph.sc.edu/projects/fanumc.htm.

*Results published in the [American Journal of Preventive Medicine](#).

FAN is indexed in the [National Cancer Institutes's Research Tested Intervention Programs](#).

FAN is listed in the [Rural Health Information Hub](#) as a Promising Program.



ASK A NURSE

Jo Sanders, BSN, RN

Illinois Great Rivers Conference Member

Congregational Health Ministry in the United Methodist Church

Many United Methodist congregations today are developing organized ministries that promote health from the perspective of the whole body, mind and spirit. Congregational Health Ministry can be defined as “the promotion of health and healing as part of the mission and ministry of a faith community to its members and the community it serves.”* It is people caring for people in each of the five dimensions of well-being—physical, emotional, spiritual, social and financial. The roots of health ministry are not in science, but in being faithful to the gospel’s call to preach, teach and heal.

As a congregation journeys to find wholeness and well-being as individuals, they discover that together they are better prepared to reach out and serve the community around them. What this might look like in a particular congregation is a unique product of their people’s imagination!

Wespath and the UMC Health Ministry Network offer toolkits and other resources to promote ministries of health, healing and wholeness in your congregation. Visit “Congregational Resources” on the Wespath website and the UMC Health Ministry Network website to learn more.

*Health Ministries Association

Easy Healthy Recipe

BARBECUE “PULLED” SQUASH

Squash is low in calories, full of vitamins and helps reduce cholesterol. Try seasonal squash as a delicious substitute for BBQ pulled-pork.

INGREDIENTS

- 1 medium sized spaghetti squash (or Butternut squash)
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 2 cups ketchup
- 3 tablespoons brown sugar
- 2 tablespoons low sodium soy sauce
- 2 tablespoons Worcestershire sauce
- 2 tablespoons cider vinegar
- Salt and pepper (to taste)

DIRECTIONS

1. Preheat oven to 375 degrees.
2. Halve and hull squash.
3. Baste with olive oil and sprinkle with salt.
4. Bake squash in oven for 40 minutes or until fork-tender. Cool slightly and scrape out of skin.
5. Meanwhile, in a small saucepan, warm the remaining olive oil on medium heat. Add the minced garlic and sauté.



6. Add the ketchup, brown sugar, soy sauce, Worcestershire sauce, cider vinegar, salt and pepper. Bring to a boil, stirring often.
7. Reduce heat to low and simmer until slightly thickened.
8. Combine squash with desired amount of sauce.
9. Serve on rolls, or as a side dish.

NUTRITION INFORMATION

Calories	210
Total Fat	5 g
Saturated Fat	.5 g
Cholesterol	0 mg
Sodium	368 mg
Total Carbohydrate	42 g
Fiber	2 g
Sugars	33 g
Vitamin A	96%
Vitamin C	30%

WELL-BEING TIPS FOR LEADERS

Promoting Workplace Wellness

Most people spend more waking hours at work than at home. As leaders, it’s important for you to mirror wellness behaviors in the workplace. Some things you can do to promote workplace wellness:

1. **Walk and Talk**—Turn sit down meetings into walking meetings. Research has shown that walking makes people more creative.
2. **Play Day**—Organize a team activity day or recreational sports league such as volleyball or softball.
3. **Friendly Competition**—Sign your office up for a local charity team event or fundraiser such as a walk, 5K run or bicycle ride. Encourage your employees to create teams and challenge each other to make healthy choices.
4. **Get Social**—Promote employee socialization by hosting potlucks (encourage better-for-you choices) and celebrating birthdays at work (look for non-food related ways to celebrate).
5. **Stay home**—If you’re sick, stay home. Encourage employees to put their health, and the health of their co-workers as a high priority.





PERSONAL SUCCESS STORY

HULAPALOOZAS are bringing “ABUNDANT HEALTH” To Church after Church after Church!

Rev. Wendy Vencuss, New York Annual Conference

About two years ago, after an inspiring visit from Abundant Health, our conference prayerfully decided to develop a Conference Abundant Health Ministry.

We formed an Abundant Health Leadership Team that includes children and youth ministry leaders, fitness instructors, mental health professionals, spiritual formation leaders and more. Thus far, we have had a District “Expo”, a Conference “Day of Health”, and a “Hulapalooza” Event! I have always loved experiencing the Bible through body, mind, and spirit and these initiatives fit the bill. We find the Abundant Health resources to be helpful, and have also used the FAN Assessment and Planning Guide.

At our Abundant Health Events, we have enjoyed healthy snacks, prayer and meditation. Finding physical activities that worked for everyone was a bit difficult, but that changed on April 7, 2018, when we hosted our first “Hulapalooza” event. Over 200 people from throughout the conference, including Bishop Thomas Bickerton, came and “moved”. We had SO MUCH FUN! We started the event off with worship and, filled with the Holy Spirit, people of all ages and backgrounds danced and sang through the aisles. We concluded the “Hulapalooza” with 30 minutes of hula hooping. One pastor’s 5 year old daughter was an amazing “hooper” and the Bishop showed us that he had clearly practiced his moves! Offering closing remarks, he exclaimed, “This is what our churches and communities need—JOY!”

We are encouraging all New York Annual Conference Churches to participate in Abundant Health Activities, adopt the FAN Initiative, and schedule or participate in a Hulapalooza Event! These are energetic and meaningful ways to attract people of all ages to our churches.

*American Council on Exercise

*Hula hooping for 30 minutes burns about 210 calories.**



How-to Hulapalooza Rap by Abundant Health.

Resources

A host of resources are available at wespath.org/benefits



Wespath [articles](#) related to each of the five dimensions of well-being



[Congregational resources](#) including UMC Health Ministry Network



revitup! for a Lifetime in Ministry, November 12-14, 2018, [register now!](#)



Newsletter and Bulletins found at wespath.org/benefits/newsletter



If you are a member of HealthFlex and want help choosing the best medical plan for you and your family, Wespath has a resource for you. Click here and check out what **ALEX** has to say.



[Well-Being Toolkits](#)

The journey to well-being lasts a lifetime. Sometimes the path is smooth and other times, there are bumps in the road and work to be done to restore balance. With patience, persistence and support from Wespath—you can do it!

Let Us Know

If you have questions or comments, please contact us anytime at: wellnessteam@wespath.org

Disclaimer

Wespath’s sharing of this general information should not be construed as, does not constitute, and should not be relied upon as medical advice nor legal, counseling, accounting, tax, or other professional advice or services on any specific matter.

Links to web sites other than those of Wespath and the UMC Health Ministry Network are offered as a service to our readers; we were not involved in their production and are not responsible for their content.

Print and Share Bulletins

See this issue’s bulletins for great resources to share with your congregation. Print and stuff in weekly worship booklets or other church newsletters, use as a small group handout or forward to church groups you think could benefit from the well-being topic. We support you in your effort to create a more vital church.

BULLETIN #1:

COMPASSION



BULLETIN #2:

RESILIENCY

