

**Well Workplace Award  
Executive Summary**

**Greater Macedonia  
Baptist Church  
Bronze Recertification Award**

Information in this publication is carefully reviewed for accuracy. Questions, comments, or ideas are welcome. Please direct to Dr. David Hunnicutt, Executive Editor, at the address below.

Information may not be reproduced, copied, cited, or circulated in any printed or electronic form without written permission from the publisher. ©2002 Wellness Councils of America, 9802 Nicholas Street, Suite 315, Omaha, NE 68114; phone (402) 827-3590; fax (402)827-3594; visit our website at [www.welcoa.org](http://www.welcoa.org).

All rights reserved. Information contained in this document was accurate at the time the award was designated. Due to changing business environments information is subject to change without notification.



WELLNESS COUNCILS OF AMERICA

© 2003



## **Organizational Overview of Greater Macedonia Baptist Church's Health care Ministry/Wellness Ministry**

also notified and invited to all health programs via fliers and the media.

The church has a Publicity Ministry that works with the Health care Ministry to announce news of health programs via radio, television and newspaper. The church's Video Ministry makes pictorial references of events and posts them at the church for public viewing.

To attract members of the community, the church conducts an **Annual Health Fair** on its grounds as a spring event. Since its inception, the ministry has conducted an annual health fair with invitations to the community for many screening and health testing services. At the health fair, many community health agencies are utilized to present health literature, programs, health screens, assessments, tests and counseling. The public is invited to participate. In addition to the health portion, free gifts are given to encourage participation and play activities are presented for children.

In addition to these programs, the Leader is a member of HRS' Aids Speakers Bureau and has presented lectures on HIV/AIDs to other health professionals, the church and other community organizations such as churches.

At certain times of the year, the wellness group presents seasonal programs, (e.g. during Women's Breast Health Month in October). Programs are also presented in cooperation with other agencies such as the American Cancer Society. During 1998, the ministry participated on a

## **Organizational Overview of Greater Macedonia Baptist Church's Health care Ministry/Wellness Ministry**

In 1994, the church did not have a health and wellness ministry. The ministry was inspired of God in May 1994, to provide a means of establishing a wellness program to assist the members and the local community in living the "abundant life" of good health. The program has been implemented for the past five and a half years.

The means by which the goals of the ministry have been accomplished are through communication of health news, educational classes, seminars and health fairs to educate regarding diet, exercise, risk factors for disease, cessation of smoking and drinking, and preventive health screens.

The ministry is supported by the Pastor, a Council of Ministries for the entire church, church employees and members of the congregation and community. The Health care Ministry has a leader who is a Registered Nurse, Certified Professional in Health care Quality and Licensed Health care Risk Manager. Committee members are from a cross section in the community, nurses, paramedic, health educator, educators, clerical, food service employees, nursing students, finance manager, laboratory technologist and employees in health related fields.

The ministry reached targeted audiences with a weekly newsletter in a column titled, *Health Tip of the Week*, bulletins of health news, fliers with information on resource centers for health and programs. Health programs are presented at the church on Saturdays and week nights. News of programs are announced from the pulpit for emphasis. The community outside of the church is

## **Organizational Overview of Greater Macedonia Baptist Church's Health care Ministry/Wellness Ministry**

task force that planned and implemented a city-wide prostate cancer seminar that screened about 125 males for prostate cancer.

During the year, for teen programs, refreshments and lunch are provided. Healthful meals are presented for some programs and church breakfasts. During walking activities, power drinks such as gatorade, powerade are given to participants. At Christmas time the ministry has presented gifts of toys and fruit to children within the church and to homeless children. In addition, the Ministry participates in food drives for the needy.

## Three Unique Strengths of the wellness initiative

Three unique strengths the wellness initiative offers for the church include educational opportunities, opportunities for self-improvement, support and feedback and community involvement.

1. **Education** - the ministry offers health education programs on at least a quarterly basis on the following:

- Cancers – information on screening, local American Cancer Society programs
- Diabetes – information on screening; health fair screening; diet, eye and foot care
- HIV/AIDS- information on screening, health fair screening;
- Infant mortality – supported by 10 volunteers for the *Hold Out the Life Line* initiative
- Nutrition and Obesity – educational programs presented
- Physical fitness – educational programs presented
- Prevention - information about childhood immunizations, lead screening, Flu shots for at risk and elderly members
- Screening - Breast cancer, Prostate, Colorectal, Cervical cancer, TB
- Sexually transmitted diseases other than HIV/AIDS
- Tobacco use – educational program presented
- Women and Men’s unique health issues – ongoing programs
- Infants and Children programs and services – presented at least annually, e.g., information on WIC services

2. **Self-Improvement** - the ministry offers programs that provide a roadmap to physical fitness and strategies for success. These programs provide information and resources for:

- **Nutrition** - the ministry offers information by nutritionists , e.g., Duval County Health Department, Cardiovascular Health Program & Obesity Prevention Program
- **Physical Fitness** - the ministry offers on-site education and instruction to improve fitness levels., i.e. by a certified fitness trainer.
- **Initiative program** - During 2002, the ministry began *Make Your Move*, from the

### **Three Unique Strengths of the wellness initiative**

National Health and Fitness Association, to provide members with the education, incentive, and motivation to adopt healthier lifestyles.

- 3. Community Involvement in healthcare-** the ministry offers volunteers the opportunity to participate with other community and faith-based agencies in providing health initiatives for the community, e.g. Hold Out the Life Line, that seeks to reduce infant mortality in zip codes 32202, 32204, 32206, 32208, and 32209. Major initiatives for the community included the formation of Macedonia Agape Development Corporation to develop a community health clinic to provide affordable access to health care on the northside and a 120-unit complex senior citizen's housing complex. The vision to offer the community a clinic for the underinsured and the uninsured resulted in a community health clinic and 122 unit senior citizens' apartment complex. Because of vision in this area of healthcare, the Agape Community Health Center was developed and the Rosalind Villas senior citizens complex became a reality.