

Roselle United Methodist Church Charge Conference Report 2008

Health and Wellness Committee

The General Board of Global Ministries Book of Disciplines (2002) advocates the promotion and development of holistic congregational health ministries. The work of John Wesley established the interconnectedness of health with spiritual, mental, and physical well-being.

Mind Body and Spirit

The mission of the RUMC Health and Wellness committee is to promote health and safety awareness for members of the congregation.

The endeavor of the RUMC Health and Wellness committee is to bring to members of the congregation practical holistic health advice and measures that will promote a healthy lifestyle leading to a healthy congregation.

Vision: The congregation of the RUMC will be the healthiest congregation in the community

Committee Members

- Lois Maschio, RN, ND, Chair
- Gail Kim, RN, Co-chair
- Beth Gear, Newsletter Editor



Accomplished in 2007

- Began Publishing a Health and Wellness Newsletter
- Three issues of the H&W newsletter have been mailed to the congregation since spring of 2008
- Participated in 2008 Children's Sabbath Sunday highlighting child nutrition in the public schools as it relates to poverty and justice
- Continued blood pressure check the second Sunday of every month
- Displayed health related information on H & W bulletin board
- Supported congregational members regarding health and illness concerns; offered health advice and information as requested or indicated
- Introduced and promoted various modes of CPR and CPR training.

Future endeavors

- Promote healthy nutrition and exercise
- Introduce deep breathing/relaxation response and stress reduction exercises
- Introduce Senior Aerobics; reinstate Qigong/Tai Chi classes
- Screen Children's blood pressure (Childhood obesity & diabetes is a Nat'l concern)
- Organize a Health Promotion Sunday to recognize Health Care & Health Caregivers
- Facilitate a support group for discussion of health issues
- Provide healthy lifestyle seminars e.g., Laughter RX workshop, healthy food preparation
- Consider Men's health
- Locate and check contents of First Aid Kits
- Have children create health related posters to promote holistic health consciousness.

Respectfully Submitted,
Lois Maschio, Chair
11/03/2008