CONGREGATIONAL MINISTRY FOR HEALTH & WELLNESS
10th Annual Report

Bringing health, healing and wellness to members of the community where they live...with a focus on the whole person...mind, body and spirit.

PREPARED BY
Jean Holley, RN, MSN
Director
Betsy Wallace, MPH, CHES
Health Education Coordinator
Enhancing the Health of our Community through Parish Nurses and Congregational Health Ministry

A Parish Nurse...

- Enhances the health of members of the congregation and the community by leading them toward physical, social, emotional and spiritual wholeness in their lives.
- Serves as a member of the church ministerial team.
- Combines professional nursing expertise and knowledge with theological concepts to facilitate the mission of the church for healing and wholeness.
- Supports church ministers in situations that require knowledge of healthcare and the healthcare system.
- Leads and mentors volunteers to serve as members of the Health Ministry team.
- Integrates the spiritual dimension and the faith belief system of the client in all interactions.
- Affirms the faith belief that a Higher Power desires that we care for mind, body and spirit to live healthy lives.

“Five institutions hold the most promise for helping people stay healthy: home, school, church, workplace, and the Public Health Department.”

Granger Westburg
Journal of Religion and Health
Roles of the Parish Nurse

- Health counselor
- Advocate and referral agent to community resources
- Health educator for congregation and community
- Coordinator of volunteers for the Health Ministry
- Coordinator of health promotion programs: health fairs, screenings, flu shots, cards, meals, etc.
- Developer of support groups

Did You Know?
Gwinnett Hospital System was one of the first non-religiously affiliated health systems in the U.S. to sponsor a Parish Nurse program.
**Parish Nurse as Health Counselor**

The heart and soul of Congregational Health Ministry occurs when the Parish Nurse meets with a person in need who seeks advice, support, listening and guidance for health concerns. During these moments, the Parish Nurse has her greatest opportunity to minister, to serve and to articulate God’s healing as she provides holistic health counseling.

She may counsel a pregnant teenager and her parents, help people take their medicines correctly, assist an elderly person to make changes that will allow him to stay in his home, visit those discharged from the hospital and meet many other needs.

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**Healing for Mind, Body and Spirit**

She came to talk to the Parish Nurse because she had insomnia, migraine headaches and a broken heart. She was in obvious distress, tearful and upset as she spoke. Her husband had not broken off an affair he promised he would over a month ago. She asked him to move out, and now she felt betrayed and confused about what to do and how to take care of herself.

She and the Parish Nurse talked about how the insomnia and headaches were connected to the intense stress she was under. The Parish Nurse recommended she go to her family doctor to discuss medical treatment and to a pastoral counselor in the church counseling center for her distress. The Parish Nurse suggested that she also talk with a Stephen Minister from the church.

A few days later she came by the Parish Nurse’s office to say that after an appointment with the counselor that day, she felt in better control of her situation. She expressed appreciation for the support she felt from the church and the Parish Nurse. “I couldn’t have done this without your care and guidance. You have given me hope in the midst of my pain.”
As Health Counselor the Parish Nurse addresses holistic health needs through:

- Individual assessment
- Lifestyle behavior change counseling
- Active listening
- Theological insights and prayer
- Empowering others to achieve wellness by offering healthy lifestyle choices
- Describing how faith-health connections lead to healing and wholeness

In FY 2004, the nine churches in our Congregational Health Ministry program made 13,257 health counseling contacts.

Health counseling was provided for individuals of all ages.

<table>
<thead>
<tr>
<th>Age</th>
<th>Individuals</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-20</td>
<td>707</td>
</tr>
<tr>
<td>21-40</td>
<td>2,256</td>
</tr>
<tr>
<td>41-65</td>
<td>4,024</td>
</tr>
<tr>
<td>65+</td>
<td>3,448</td>
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</tbody>
</table>
Parish Nurse as Advocate and Referral Agent

Helping people connect with the appropriate community resources or agencies is an essential component of Congregational Health Ministry. In many cases there are no quick fixes or any one person or agency that can resolve the complex situations people face, but the Parish Nurse is constantly challenged to find an answer or someone who can help.

Referral Brings Back Joy

A man in his early fifties suffered a devastating stroke. After months of physical and occupational therapy, it was apparent that he would not be able to return to work. He became depressed and saw little value to his life.

The Parish Nurse came to visit him and observed him drawing a sketch that looked quite realistic. He told the nurse that he had begun to draw since his stroke, but it was apparent that he considered drawing a childish activity and kept few of his sketches.

The Parish Nurse contacted the Disabled Artist Association and they agreed to come and see his work. Three of his works were displayed in a national competition in Atlanta for six months. He won the third place trophy, and shared with the nurse that it was the happiest day of his life – including the days before his stroke.
Advocate and Referral Agent

The Parish Nurses referred individuals to needed resources 4,445 times last year. The Parish Nurses work diligently to identify the agencies that can best meet each individual’s needs.

INDIVIDUAL REFERRALS

<table>
<thead>
<tr>
<th>Service</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nursing Home</td>
<td>26</td>
</tr>
<tr>
<td>Hospice</td>
<td>68</td>
</tr>
<tr>
<td>Pharmacy</td>
<td>160</td>
</tr>
<tr>
<td>Hospital</td>
<td>184</td>
</tr>
<tr>
<td>Counselor</td>
<td>208</td>
</tr>
<tr>
<td>Clergy</td>
<td>211</td>
</tr>
<tr>
<td>Home Care</td>
<td>286</td>
</tr>
<tr>
<td>Co-op Programs</td>
<td>381</td>
</tr>
<tr>
<td>Support Groups</td>
<td>475</td>
</tr>
<tr>
<td>Church Ministries</td>
<td>643</td>
</tr>
<tr>
<td>Physician</td>
<td>757</td>
</tr>
<tr>
<td>Community Agencies</td>
<td>1,011</td>
</tr>
<tr>
<td>Other</td>
<td>35</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>4,445</strong></td>
</tr>
</tbody>
</table>

Parish Nurses frequently collaborate with community organizations to improve the health of their church members and the community. In FY 2004, Parish Nurses worked with 193 different agencies, many more than once, for reasons of health promotion, disease prevention or services needed.

ACCESS OF COMMUNITY RESOURCES
The Parish Nurse as Health Educator

- Promotes the relationship between faith, health attitudes and beliefs, and lifestyle choices.
- Provides health promotion/health education through classes, events, brochures, articles and media materials.
- Provides health education seminars to address specific needs of the church or community.
- Facilitates or coordinates skill-based classes, such as CPR, first aid, diabetes self-management, safety and more.

Parish Nurse Provides Education on Domestic Violence

Situations reported by church members and staff that involve domestic violence require churches become educated on the nature, causes and prevention of family violence. In her role as Health Educator, the Parish Nurse at one church recognized this need and provided an in-service training program so that all church staff would know how to respond in ways that do not blame the victim or imply judgments. Information covered included:

- How to respond to a person experiencing physical, emotional or verbal abuse
- Words of support and care that are helpful and constructive
- Shelters available for an abuse victim
- Safety measures to be taken

Churches become a safe place when the ministers ensure that abuse victims are heard, treated with respect and referred to a professional counselor or agency that knows about domestic violence.

The Parish Nurse serving as Health Educator encouraged this church to become educated about domestic violence and thereby promoted healing among staff, church members and the community.
Education within Congregations

In FY 2004, Parish Nurses facilitated a total of 324 educational classes with 6,550 participants. Here is a sampling of the programs provided:

Healthy Living
Weight Loss
Healthy Cooking
ABCs of Good Health
Stroke Prevention
Eye Health
Health Issues for Ladies
Diabetes Awareness, Diabetic Health
Risk Factors for Heart Disease
Health Issues for Men
AIDS Awareness
Living with Arthritis

Parenting Skills
Infant Sleep
Nourishing your Family: Mind, Body and Spirit
Spirituality and Children
Talking with your Children about
Sensitive Issues

Emotional Health
Grief
Depression
Stress Reduction
Self-Empowerment
Laughter: The Key to Good Health

Health – Faith Connection
Healing Through Art
Healing through Forgiveness
Healing our Image of God
Praise Worship and Healing
Prayer and Healing
Spiritual Direction/Spiritual Self-Assessment
Generational Healing
Spirituality and Addiction

Ministering to People in Need
Crisis Ministry
Grief Ministry
Listening Skills
Sharing Hope
Home Visit Training
Caring for People with Dementia
Hospital Visitation Training
Long-Term Health Insurance
Medicare Pharmacy Law
End-of-Life Decisions
Preparation for Reentering the Job Market

Safety Classes
Safe Driving
Fall Prevention
CPR and First Aid
Safety in the Home
Ambulation with Crutches
Safety Update for Ushers
Correct Hand Washing Techniques
The Parish Nurse as Facilitator of Volunteers

- Recruits and equips volunteers for Health Ministry.
- Recruits volunteers to serve as Congregational Health Promoters.
- Assists volunteers in identifying their spiritual gifts.
- Explores opportunities for volunteers to use their special gifts and skills for Health Ministry.
- Shares the ways altruistic service improves the health of the volunteer and those served.

Volunteers with Congregational Ministry for Health and Wellness delivered services 5,205 times during FY 2004.

Spiritual Gifts Never Stop Giving!

After his retirement, Bill Hamner wanted to continue making a difference in people’s lives. As a member of the Health Committee at Norcross First United Methodist Church and a clinical psychologist for many years, Bill could easily recognize the needs of other retired seniors. He believed good health in seniors often depends on their ability to continue to be useful, to build new friendships and to have fun in their lives.

Bill knew that Mary Lawder, his Parish Nurse, would understand his vision and listen to his ideas for seniors at church. As Mary listened to Bill, she recognized his spiritual gifts and talents and knew they were needed to promote optimum health at the church. Mary encouraged Bill to follow through with his love of music and song to form the group, “The Gerry-at-Tricks.” The main requirements were that a person had to be retired or a senior and love music. The Gerry-at-Tricks have performed many times at NFUMC, nursing homes, retirement communities and other locations.

Mary and Bill also worked together to develop the Sunshine Club, a day respite program for persons with Alzheimer’s. Since 2001, the Sunshine Club has been a benefit to caregivers and has provided music, games and fun for about 20 people every week. Bill Hamner proves that volunteers can really make a difference.
Parish Nurses Work with
Volunteer Congregational Health Promoters

Congregational Health Promoters are:
- Volunteers who work with their Parish Nurses to develop, plan, coordinate and deliver Congregational Health Ministry events and activities at their churches.
- Natural leaders and helpers who complete 20 hours of education and training for Congregational Health Ministry.
- Concerned about their own health as well as the health of others.
- Aware that health is more than medical care.
- Committed to serve and work with their church’s Health Committee.

Educational Training for Congregational Health Promoters (CHPs) includes:
- Overview of Preventive Health: How Lifestyle Behaviors Impact Chronic Disease.
- Why Churches and People Need Health Ministry.
- Role and job description of CHP.
- Health Education/Health Promotion and Behavior Change Theory.
- How to Do Health Ministry: Plan, Coordinate, Implement, Evaluate.
- SMART Goals for Successful Health Ministry Programs.
- CHP monthly reports to the Parish Nurse.
- “Role of the Congregation in Health,” training video with David Hilton, MD.
- Commissioning Service with friends and family.

CHPs assist in the church’s health ministry through:
- Blood drives, screenings, health fairs.
- Seniors’ services such as the Sunshine Club and the Gerry-at-Tricks.
- Prayer ministry, card ministry, food ministry, transportation and phone calls.
- Facilitating support groups.
- Writing articles for newsletters and church bulletins.
- Congregational Health Ministry bulletin boards.
- Visits to hospices, hospitals and homes.
- Support for health education workshops and classes, such as CPR and diabetes education.
Health Programs Implemented by Volunteers

Health Programs are one-time events that assess health status, promote healthy living, improve health, improve coping ability, meet health needs or make the faith–health connection for participants.

The Parish Nurses and Health Committees use imagination and knowledge to improve the health of congregations and reach out to the community.

Support for our Troops

In discussing the issues of emotional and spiritual health, the Health Ministry Team at Duluth First United Methodist Church became aware of church members with feelings of helplessness and anxiety brought on by the War in Iraq. The church members often had different beliefs about our involvement in Iraq, but they were united in a desire to support our soldiers. The Health Ministry Team began a project to send cards to the soldiers who had family in their church. An overwhelming response enabled the church to adopt a military unit from Fort Benning and begin sending packages to these soldiers.

- Church members donated, assembled and shipped over 550 care packages.
- Children in Vacation Bible School gathered almost 2,000 canned goods and 300 baby items, including cribs, playpens, changing tables and toys, to assist the families of soldiers at Fort Benning.
- The children wrote 483 cards and posters displaying an obvious outpouring of love that touched the families of Fort Benning and the church.
- Members hosted two welcome home parties to unite the soldiers and their adoptive church families.

The soldiers sent letters and cards filled with relief that those at home cared and supported them. Because of this project, families were able to talk with their children about war, patriotism and sacrifice. As this project continues, the volunteers report feelings of purpose, decreased anxiety, and an expanded perception of the church’s responsibility to nurture the mind, body and spirit.
Tenth Annual Report

Over 1,078 Health Programs with 23,583 Participants!

FY 2004 Health Program Participants

<table>
<thead>
<tr>
<th>Service</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer's Respite Care</td>
<td>195</td>
</tr>
<tr>
<td>Blood Pressure Screenings</td>
<td>2,382</td>
</tr>
<tr>
<td>Baskets of Hope for Sick</td>
<td>34</td>
</tr>
<tr>
<td>Blood Donation Drives</td>
<td>676</td>
</tr>
<tr>
<td>Bone Marrow Donation Drives</td>
<td>13</td>
</tr>
<tr>
<td>Breast Cancer Awareness Programs</td>
<td>225</td>
</tr>
<tr>
<td>Child Immunization Check-up</td>
<td>50</td>
</tr>
<tr>
<td>Children's Stories about Health</td>
<td>225</td>
</tr>
<tr>
<td>Exercise Programs</td>
<td>6,684</td>
</tr>
<tr>
<td>Faith Booking</td>
<td>25</td>
</tr>
<tr>
<td>First Aid for Bible School</td>
<td>42</td>
</tr>
<tr>
<td>First Aid Kits Provided</td>
<td>28</td>
</tr>
<tr>
<td>Flu Shots</td>
<td>619</td>
</tr>
<tr>
<td>Healing Services</td>
<td>89</td>
</tr>
<tr>
<td>Health Fairs</td>
<td>396</td>
</tr>
<tr>
<td>Health Screenings: Mammograms, Bone Density, Heart Screen for Teens, LifeLine</td>
<td>631</td>
</tr>
<tr>
<td>Holiday Gifts to Families</td>
<td>81</td>
</tr>
<tr>
<td>Home Health Equipment Loans</td>
<td>77</td>
</tr>
<tr>
<td>Inner Healing Prayer Services</td>
<td>75</td>
</tr>
<tr>
<td>Meals Ministry</td>
<td>1,357</td>
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<tr>
<td>Nursing Home Ministry</td>
<td>560</td>
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<tr>
<td>Organ Donation Awareness Program</td>
<td>856</td>
</tr>
<tr>
<td>Personal Note Cards</td>
<td>3,984</td>
</tr>
<tr>
<td>Pet Ministry in Nursing Homes</td>
<td>425</td>
</tr>
<tr>
<td>Quilt Prayer Ministry</td>
<td>330</td>
</tr>
<tr>
<td>Red Dress Sunday (Women's Heart Disease)</td>
<td>1,032</td>
</tr>
<tr>
<td>Services of Remembrance</td>
<td>831</td>
</tr>
<tr>
<td>Smoke-free Households</td>
<td>40</td>
</tr>
<tr>
<td>Support our Troops Packages</td>
<td>217</td>
</tr>
<tr>
<td>Tape Ministry</td>
<td>544</td>
</tr>
<tr>
<td>Tend My Sheep Training</td>
<td>83</td>
</tr>
<tr>
<td>Transportation</td>
<td>401</td>
</tr>
<tr>
<td>Walking Club</td>
<td>376</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>23,583</strong></td>
</tr>
</tbody>
</table>

Congregational Health Promoters and other volunteers work with their Parish Nurses to plan, coordinate and deliver a range of programs and services to the church and the community.

Volunteers are essential to blood drives, health fairs, screening events and much more.

Did You Know?

One health fair implemented at Hopewell Missionary Baptist Church provided services valued at $39,690, at no cost to participants or the church!
Parish Nurses Offer Support Groups

Many challenging, difficult or painful life experiences are healed when we share our thoughts and feelings with others going through similar times. We learn that we are not alone in our problems. Within the safety of support groups, we hear creative suggestions for ways to solve problems, or perhaps a listening ear is all that is needed. Parish Nurses facilitate or have trained professionals lead a variety of support groups to meet the needs within their churches.

Support Groups Change Lives

Support groups in the churches have changed the lives of many of the participants. Here are a few of their comments:

“I might be dead myself if it hadn’t been for the care and love I felt at these meetings. They helped me not feel so alone.”

“These meetings with all the people have helped me immensely.”

“It meant a lot to me to share this time with people who have the same faith that I do. Since my faith is what has sustained me in the loss of my child, I find strength sharing God.”

“This was my second time to participate in GriefShare – it was just as helpful to me the second time.”
Support Groups in Participating Churches

Alpharetta First United Methodist Church
GriefShare
Stephen Ministry

Christ Church Episcopal
Alcoholics Anonymous
Cancer Support
Rainbow Village – Domestic Violence
Wednesdays for Adults

Corpus Christi Catholic Church
Alcoholics Anonymous

Duluth First United Methodist Church
Alcoholics Anonymous
Narcotics Anonymous
Bereavement Support
Rainbows (Grief/Loss for Children)
Spectrum (Grief/Loss for Youth)

Hopewell Missionary Baptist Church
Grief Support
Weight Management

Lawrenceville First Baptist Church
First Place – Weight Loss Support
Grief/Loss Support
Consoling Mothers

Norcross First United Methodist Church
GriefShare Sunshine Club (Alzheimer’s Respite Care)
Aging Gracefully
TLC for Widows
Care Giver Support
Stephen Ministry

Snellville United Methodist Church
Career Explorer (Job Loss)
New Creation (12-Step Program)
Alzheimer’s Support Group
Caring for the Care Giver
Caring and Sharing (Anxiety)
Mom and Me (Moms and Infants)
Co-dependent Women’s Support Group
Grief Recovery and Support
Rainbows (Grief/Loss for Children)
Spectrum (Grief/Loss for Youth)
Divorce Recovery: Rebuilding

Presbyterian Church of the Redeemer
GriefShare
Depression Support Group
Upside Down Parenting Support: Issues with Aging Parents

Westminster Presbyterian Church
Care Giver Support Group
Calvin Cove – Respite Care for Dementia
Divorce Recovery

Total number attending Support Groups in FY 2004: 3,654
**Parish Nurses Make a Difference**

The Parish Nurses evaluate the outcome benefit for many of their activities. It is hard to quantify the value of individual health counseling, but important to know that the Health Ministries are effective. Here are some impressive results from FY 2004.

**Blood Pressure Screening**

1,698 persons in nine churches participated in the survey to evaluate the effectiveness of having their blood pressure measured and receiving advice and referral related to lowering their blood pressure. Results indicate that even those with normal blood pressure improved their health habits and their awareness of the relationship of body, mind and spirit.

**Participant Rating of Behavioral Changes Through Blood Pressure Screenings**

**Normal Blood Pressure Readings – 1,273**

**High Normal or Abnormal Blood Pressure Readings – 425**

Survey Results Show:

- Saw physician 49%
- Increased awareness of relationship among mind, body and spirit 47%
- Took medicine as prescribed 40%
- Increased physical activity 34%
- Changed diet or eating habits 32%
- Had prescription changed 17.5%
- Did not follow recommendations 05.5%

**Grief Support Outcomes**

Thirty people participated in a survey to evaluate the effectiveness of the grief support groups. The following behavioral changes were reported.

87% of participants were better able to express feelings about loss to a great or very great extent. 80% increased awareness between mind, body and spirit to a great or very great extent. 73% resumed outside activities to a great or very great extent. 70% were better able to express their spiritual beliefs about death to a great or very great extent. 57% were sleeping better to a great or very great extent. 53% began caring more about their personal appearance to a great or very great extent. 53% reported crying less often to a great or very great extent. 40% reported eating better to a great or very great extent. 50% had increases in their energy level to a great or very great extent.
Outcomes Matter

Exercise and Weight Management Classes

Studies show that regular exercise and controlling weight can prevent illnesses and improve health. Five churches reported the lifestyle changes that were made as a result of exercise or weight management classes. 117 participants completed a survey yielding the following results.

Comments from class participants included:
“Very motivating.”
“Increased my strength and muscle tone.”
“Wonderful class – combines exercise and Christian fellowship.”
“I have so much more energy and with six children, I need it!”
“Improved my balance and flexibility.”
“Christian music and devotional in a church setting contributed to mind, body, spirit wholeness.”
“The class keeps me grounded and accountable and more aware of who I am in Christ.”
Gwinnett Health System Supports
Congregational Ministry for Health and Wellness

Gwinnett Hospital System Foundation

- Provided initial financial sponsorship for the first churches:
  Snellville United Methodist Church
  Hopewell Missionary Baptist Church
  Duluth First United Methodist Church
  Norcross First United Methodist Church

- Coordinates the “Tree of Lights,” an annual fundraising event.

- Provides financial administration and guidance for funding opportunities to support the growth and expansion of Congregational Ministry for Health and Wellness to other churches in our community.

Gwinnett Hospital System Auxiliary

- Provided initial financial sponsorship for:
  Alpharetta First United Methodist Church
  Westminster Presbyterian Church
  Lawrenceville First Baptist Church
  Presbyterian Church of the Redeemer
  Corpus Christi Catholic Church

- Annually provides financial support to the Congregational Ministry for Health and Wellness.

- Sponsors the “Tree of Lights,” which in FY 2004 included special music provided by the churches and local school children’s choirs, baked goods and gifts for sale, and refreshments for the community. Over $3,000 in proceeds were used for needed supplies, equipment and educational materials for the Parish Nurses and their churches.

Gwinnett Health System Chaplaincy

- Monthly Pastoral Counseling Training is offered by Bob Duvall, Chuck Christie and Lynne Mouchet. The chaplains provide mentoring, leadership, spiritual direction and support to strengthen relational skills.
Leadership Support

**Director, Jean Holley, RN, MSN**

As the director, Jean provides program development, organization and management of the Congregational Health Ministry.

- Promotes the concept of Parish Nursing and the faith-health connection to health professionals, churches and the community.
- Equips the Parish Nurse for ministry and ensures compliance with professional nursing standards.
- Provides resources and guidance to faith communities to develop and sustain Health Ministry.
- Informs and updates the Health System on the role of the Parish Nurse.
- Serves as a liaison to community agencies for GHS and Parish Nursing.
- Assists the GHS Foundation to raise funds to support and expand the Parish Nurse Program.

**Health Education Coordinator, Betsy Wallace, MPH, CHES**

As Health Education Coordinator, Betsy provides management and development of the Congregational Health Promoter Program and supports the Congregational Ministry for Health and Wellness within GHS, the community, congregations and professional organizations.

- Plans, instructs and evaluates the Congregational Health Promoter Education Program.
- Provides health education/health promotion resources and guidance to the Parish Nurses.
- Articulates the faith-health connection (mind/body/spirit) to congregations and the community.
- Provides Integrative Medicine classes, research and resources to:
  - Congregations
  - Community education classes
  - Gwinnett Health System committees and clinical areas
- Coordinates events for the Congregational Ministry for Health and Wellness.

**Congregational Ministry for Health and Wellness Steering Committee**

The Steering Committee provides leadership, planning, guidance, wisdom and support. Members include:

- GHS President & CEO
- Director of Human Resources
- Congregational Health Ministry Medical Advisor
- Local ministers
- Business leaders
- Community leaders
- Representatives from GHS Auxiliary
- GHS Foundation
- GHS Nursing Administration
- GHS Chaplaincy Department
Number of Persons Served in FY 2004

There were 56,889 individuals served by our Health Ministry in FY 2004. Program volunteers served 5,205 times.

Health Programs – 1,079
Participants – 21,457

Phone Contacts – 7,065

Education Classes – 324
Participants – 6,550

Support Group Meetings – 571
Participants – 3,654

Blood Pressure Screening
Participants – 3,361

Other Screening Participants – 884

Health Fair Participants – 1,755

Hospital, Home and Nursing Home Visits – 2,318

Personal Counseling
Contacts – 4,144

Personal Cards Sent – 3,984

Referrals – 3,250

Meals Delivered – 1,357

Transportation Provided – 401
**Congregational Ministry for Health and Wellness**

**Church Partners**

**Alpharetta First United Methodist Church**
69 North Main Street, Alpharetta
Senior Pastor: Dr. Harvey West
Membership: 2,800
Health Ministry established: 1999
Initial financial support: GHS Auxiliary
Parish Nurse: Linda Hughes, RN

**Christ Church Episcopal**
400 Holcomb Bridge Road
Senior Pastor: Rev. Andrew Frearson
Membership: 515
Health Ministry established: 2001
Initial financial support: GHS Auxiliary
Parish Nurse: Ruth Montgomery, RN, Interim

**Corpus Christi Catholic Church**
600 Mountain View Dr., Stone Mountain
Senior Pastor: Father Gregory Kenny
Membership: 5,400
Health Ministry established: 2001
Initial financial support: GHS Auxiliary
Parish Nurse: Barb Kennedy, RN

**Duluth First United Methodist Church**
3208 Highway 120, Duluth
Senior Pastor: Dr. Corey Hinton
Membership: 2,800
Health Ministry established: 1994
Initial financial support: GHS Foundation
Parish Nurse: Linda Bailey, RN

**Hopewell Missionary Baptist Church**
182 Hunter Street, Norcross
Senior Pastor: Dr. William Sheals
Membership: 17,000
Health Ministry established: 1994
Initial financial support: GHS Foundation
Parish Nurse: Debra Herring, RN

**Lawrenceville First Baptist Church**
165 Clayton Street, Lawrenceville
Senior Pastor: Dr. Lamar Holley
Membership: 1,525
Health Ministry established: 2000
Initial financial support: GHS Auxiliary
Parish Nurse: Diane Granger, RN

**Norcross First United Methodist Church**
2500 Beaver Ruin Rd., Norcross
Senior Pastor: Dr. James Lowry
Membership: 2,800
Health Ministry established: 1998
Initial financial support: GHS Foundation
Parish Nurse: Mary Lawder, RN

**Presbyterian Church of the Redeemer**
3750 Zoar Rd., Snellville
Senior Pastor: Rev. John Byerly
Membership: 600
Health Ministry established: 2001
Initial financial support: GHS Auxiliary
Parish Nurse: Mary Cooper, RN

**Snellville United Methodist Church**
2428 Main Street, Snellville
Senior Pastor: David Jones
Membership: 4,500
Health Ministry established: 1994
Initial financial support: GHS Foundation
Parish Nurse: Ella Collier, RN

**Westminster Presbyterian Church**
2208 East Main Street, Snellville
Senior Pastor: Rev. Rich Stanford
Membership: 910
Health Ministry established: 1999
Initial financial support: GHS Auxiliary
Parish Nurse: Ann Ripley, RN