

Embracing the Body: Renewing the Mind: Engaging the Spirit Presentations

Keynote (All) : Collaboration is Crucial : Being the only United Methodist Church in our county offers some unique challenges. The primary one is the realization that we can't do effective ministry of service by ourselves. It takes collaboration and communication with others that have similar goals of serving our community. For us it includes not only other churches, but individuals and organizations not affiliated with any church or denomination. It also means that all our service ministries must complement each other. Rev Wayne Dickert

Session 1 Workshops:

Option 1: Caring for Others, Caring for Self: The Heart of Resilience. Concerns about clergy self-care and well-being is having a resurgence as more information and studies demonstrate the personal and professional costs of compassion fatigue and burnout. Burnout in clergy has been linked to health problems including higher rates of arthritis, diabetes, obesity, hypertension and asthma compared to comparable groups in the general population. Depression, anxiety, and sleep deprivation are also more prevalent in the clergy population. Caring for their own mental, spiritual and physical health may have highly beneficial short-and long-term health effects. Dr Danna Park

Option 2: Community Gardening 101: Faith Community Edition: FUMC Hickory Parable Garden: Gardening in Small Places: This workshop will include an overview and tour of FUMC Hickory's Parable Garden including the role the garden has played, as well as practical matters such as soil preparation, gardening in small places and pollinators. Community Gardening 101: Faith Community Edition: FUMC Hickory Parable Garden: Gardening in Small Places.

Option 3: Mental Health First Aid Training: How a Rural Church Partnered with Agencies and the local Health Department. In the rural community, mental health well being can be one of those taboo subjects. Hear how a rural church partnered with the public managed care organization and the local Health Department to offer Adult and Youth First Aid Mental Health Training. Rural Mental Health: Rev Eric Reece

Option 4: The Story of Haywood Street and Harm Reduction. Opioid Crisis/Harm Reduction: Mark Siler

Option 5: Healthy Aging: Tina Miller, Director Area Agency on Aging

The lives of older adults are frequently impacted with the effects of living with chronic diseases such as arthritis, diabetes and heart disease. Injuries sustained from a fall are also common issues that plague older adults and can greatly affect their quality of life. Many seniors find themselves limited physically and become socially isolated because of these issues. The Area Agency on Aging has been offering Evidence-based health promotion classes to older adults in our community for many years. These programs allow participants to learn how to maintain a healthier lifestyle through self-management skills. Participants are empowered to take charge of their health condition and not let it take charge of them. Programs offered in our region include A Matter of Balance, Tai Chi for Arthritis and Falls Prevention, Walk with Ease, Living Healthy with Chronic Conditions, Living Healthy with Diabetes, Living Healthy with Chronic Pain and Powerful Tools for Caregivers. Learn more about these programs and other resources for older adults in our community.

Session 2 Workshops:

Option 1: Idea of One or Idea of Many? How might your health ministry make the important shift from being an idea of one to the idea of many? In this session we will explore authentic community engagement strategies for your health ministries so that you might make a more meaningful impact with your community. Justine Post and Jaimie McGirt: Resourceful Communities

Option 2: Creation care as an integral practice for strong spiritual and physical health. This workshop will focus on creation care as an integral practice for strong spiritual and physical health. Drawing from ancient and modern wisdom, we will explore God's desire for human flourishing in every dimension of life—including the health of the entire creation. In this workshop we will discover the deep connections between people and the rest of creation, and explore how this relationship is important for the spiritual and physical health and wholeness of all. Creation Care and Health. Rev. Kevin Bates.

Option 3: Community Gardening 101: Faith Community Edition: FUMC Hickory Parable Garden: Gardening in Small Places: This workshop will include an overview and tour of FUMC Hickory's Parable Garden including the role the garden has played, as well as practical matters such as soil preparation, gardening in small places and pollinators. FUMC Hickory Parable Garden Committee.

Option 4: **Healthy Aging:** Debra Kuykendall, NC Baptist Aging Ministries

Option 5: **Rural Mental Health.** Ashley Cole, Vaya Health.

Option 6: **Opioid Crisis/Harm Reduction: Harm Reduction** - Engaging in Radical Love and Acceptance" - Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with high risk behaviors. It is also a social justice movement. Harm reduction meets people where they are, loves them as they are and celebrates positive change. Faith-based harm reduction recognizes that much like Jesus meets us where we are, as the Church, we are called to do the same for His beloved. This session gives an introduction into harm reduction, covers basic information about the current opioid crisis and offers ideas on how congregations can implement harm reduction ministries at various levels, based on their community and congregational needs. Michelle Mathis, Olive Branch Ministry.