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The Healthy Congregations  
**Annual Retreat**

## 2017 Healthy Congregations Retreat: Health at the Intersections

Reaching beyond the congregation into  
service with new neighbors



### Thursday, April 27 - Pre-Retreat Healthy Congregations

#### Certification Training Courses

1:00-4:00 p.m. – Health Ministry 101  
4:00-6:00 – Outcomes-Based Planning  
6:00-7:00 – Dinner  
7:00-9:00 – Program Evaluation & Using  
Data

### Friday, April 28 - Retreat Day One

9:00 a.m. – Check-in opens  
10:00 – Opening Worship  
10:30 – Keynote – Faith Mitchell  
Noon – Lunch  
1:15 – 2:30 Friday Workshops 1  
2:45 – 4:00 Friday Workshops 2  
4:15 – 5:30 Friday Workshops 3  
5:45 Dinner  
7:00 Evening Gathering

### Saturday, April 29 - Retreat Day Two

7:30 a.m. – Breakfast  
8:00 Morning Worship  
8:30 Keynote – Kim Moore  
10:00-11:00 Sat. Workshops 1  
11:15-12:15 Sat. Workshops 2  
12:15 – Closing Lunch

### Keynote: *What Makes a Healthy Community?*

**Faith Mitchell** is President and CEO of Grantmakers In Health (GIH), where she was previously Vice President for Program and Strategy. Before joining GIH, Dr. Mitchell was Senior Program Officer at the Institute of Medicine (IOM) where she was responsible for the health disparities portfolio. Dr. Mitchell spent 12 years at the National Academies, both at the IOM and as a Center Director in the Division of Social and Behavioral Sciences and Education. She has also held leadership positions at the U.S. Department of State, The San Francisco Foundation, and The William and Flora Hewlett Foundation. Throughout her career, Dr. Mitchell has worked on the application of social science to domestic and international public policy, health policy, and programs. She is a frequent writer on health-related topics and most recently published the articles "[New Directions For Foundations In Health Equity](#)," with Patricia Doykos and Kristina Gray-Akpa, [Innovations in Health Equity and Health Philanthropy](#), and [Enabling Effective Health Philanthropy](#). Dr. Mitchell holds a doctorate in medical anthropology from the University of California, Berkeley.



### Keynote: *Learnings – 25 Years of Supporting Congregational Health Ministries*



**Kim Moore** is the first and only President of the United Methodist Health Ministry Fund. Prior to taking this position in 1987, Kim was an attorney in Kansas' largest law firm, Foulston Siefkin in Wichita. He emphasized employee benefits and tax-exempt organizations in his practice. He was also a former Law Clerk for Delmas C. Hill, U.S. Tenth Circuit Court of Appeals. Kim grew up in Longton, Kansas where he still owns a small tenant-operated farm. He received his B.S. in history and political science from Southwestern College, and his J.D. from Washburn University School of Law. At Washburn, he was Editor-In-Chief of the law review. He also holds a Certificate of Nonprofit Management from Wichita State University.

Kim is a member of Trinity United Methodist Church where he coordinates the Serendipity SS Class and facilitates, with his wife Cindy, a young couples small group. Kim currently serves on the board of Hutchinson Regional Medical Center and began his second year as Board Chair in July, 2015. He rejoined the Southwestern College Board in July 2013 and is

chair of the Investment Committee and a member of Executive Committee. He also serves on the Board of Pensions and Health Benefits, Great Plains Conference and the Conference Investment Committee. In the last seven years, he finished nonprofit board service with Mt. Sequoyah Conference and Retreat Center, Kansas Underground Salt Museum and Grantmakers in Health. He is a former member of the Hutchinson School Board, Hutchinson Community Foundation's Grants Committee, Oral Health Kansas Board, and Kansas Commission on National and Community Service. As a result of his position with the Fund, he is involved in many statewide organizations. He has special interests in nonprofit governance, public education, leadership development and investments. Kim's hobbies include reading (especially history, religion, and fiction), gardening, politics, and walking. He is a member of Rotary and a men's book club, and volunteers with Circles of Hope.

### Worship Leader: Rev. Ben Hanne

Ben serves as the Campus Minister of Southwestern College in Winfield, KS. After nine years serving in local congregations he took up the post at SC in 2015. Originally from Wichita, he now resides in Winfield with his cat Jesse for one more week, after which he will add two more cats and a lovely bride named Britt.



Ben loves technology of many different stripes, sailing, and has aspirations of working on his carpentry and circuitry skills in the coming years.

### Healthy Congregations Team Training

#### Certification Training Courses – Thursday Pre-Retreat Sessions (see schedule above)

Judy Johnston will present all three of the Healthy Congregations certification training courses at the 2017 Retreat. *Health Ministry 101* includes program orientation and team-building in a church setting. *Outcomes-Based Planning* introduces the socio-ecological model and provides tools for program planning. *Program Evaluation and Using Data* covers evaluation methods, tools, and questions to measure progress toward goals. Collectively, these courses qualify teams for renewal grants and ongoing participation in the Healthy Congregations program.

### Retreat Workshops

The retreat each year features a variety of workshops - connecting to spiritual, mental, physical, and social health - designed to provide inspiration and useful information you can take home and use in your own church and community.

Workshop Schedule at a Glance

Friday	A	B	C	D
1:15-2:30	Health Care and Coverage: Where from Here?	The "You" in a Healthy Community	Circle of Hope	Food Pantry Options – Let's Mix it Up!
2:45-4:00	Health Care and Coverage: Where from Here?	The "You" in a Healthy Community	Circle of Hope	Food Pantry Options – Let's Mix it Up!
4:15-5:30	Leadership Lessons for the Second Half of Life	HC Planning & Technical Assistance	Holy Humor	Strengthening Families Program
Saturday				
10:00-11:00	Leadership Lessons for the Second Half of Life	Early Childhood Experiences & Dev.	Summer Food Panel	Strengthening Families Program
11:15-12:15	Holy Humor	Early Childhood Experiences & Dev.	Summer Food Panel	Open/TBA

#### Circle of Hope – Wanda Pumphrey

1:15 & 2:45 Friday

When our neighbors lack basic resources to thrive, our entire community suffers. United Methodists are on the front line in communities across Kansas, building intentional relationships with families in poverty to help them increase their resources, relationships, and resilience. Harvey County Circle of Hope offers a model of addressing poverty that is relationship-focused, volunteer-driven and community-based. Learn the basics of this "walking WITH" model, how it can help mediate the toxic effects of poverty in the lives of kids, and where similar initiatives are at work and supported by United Methodists in the Great Plains Conference.

#### Early Childhood Experiences and Development – Matt and Morgan Penner

10:00 & 11:15 Saturday

Brain development during the earliest years of life forms the critically important base for all future learning, behavior, and health - and is greatly affected by the child's experiences and environment. Learn how your church can support families and young children in building strong foundations for life.

### **Food Pantry Options – Let’s Mix Things Up! – Deb Andres**

*1:15 & 2:45 Friday*

How can we provide meal starters to those who need help extending their food dollar? In this session, learn how a freezer meal program might be a fun way to engage your congregation in reaching out to those in need. Whether you are reaching out to a bereaved congregant or a family that has limited resources, freezer meals are a great way to give them immediate help. Participants will have the opportunity to review some menu options, and apply those options in planning for a future freezer meal program in their community. A hands-on component will be included in creating ready-to-make mixes to take back to their community, church, or home. Print and online resources will be provided.

### **Health Care and Coverage: Where Do We Go From Here? – Sheldon Weisgrau**

*1:15 & 2:45 Friday*

The new administration in Washington has promised big changes to the health system. Meanwhile, here in Kansas, the legislature is still dealing with crises in the budget and state health programs. What may be coming down the pike, how it will affect our communities and congregations, and what we can do to make it work will be the subject of this workshop. We’ll leave plenty of time to answer questions and discuss your concerns and issues.

### **Healthy Congregations Planning and Technical Assistance**

*4:15 Friday*

During this time, Katie Schoenhoff and Judy Johnston will provide answers to questions about possible programs and strategies to support the local Healthy Congregations team’s chosen initiatives selected with the needs assessment tool. Katie and Judy will also serve to help teams navigate the program changes, including the health needs assessment tool and the streamlined planning and report forms. This time will also be an opportunity for teams to share their successes (and discuss projects that didn’t go as planned, if desired). This workshop will allow for open dialogue and we encourage all team members attending the retreat to participate together in one of these sessions.

### **Holy Humor – Rev. Morita Truman**

*4:15 Friday & 10:00 Saturday*

Have you heard this one? "A priest, a pastor, and an imam walk into a bar. They tell stories and laugh, and they all go home." Not sure that's how the story is supposed to end? The point is, we live at a time when humor often seems to be in short supply. We need to remember the joy that holy humor can bring to us. We need to join Sarai who laughed at God's suggestion of a child for her. We need to consider the places in scripture that tell us about the gift of joy which can lead to laughter. We need to laugh. Come prepared to study the Bible and find passages that speak to joy and laughter and humor, and share your best "holy humor" as well.

### **Leadership Lessons for the Second Half of Life – Rev. Dr. Clayton Smith**

*4:15 Friday & 10:00 Saturday*

For many, looking toward retirement brings a mix of both excitement and anxiety. Retirement can be the most purpose-filled, satisfying, and fun phase of your life, but getting there takes thoughtful planning and can seem daunting. Rev. Clayton Smith, Church of the Resurrection, Leawood, will present workshops based on his recent book “At the Crossroads: Leadership Lessons for the Second Half of Life” (co-written with COR member Dave Wilson) – a six-week, Bible-based study offering comprehensive, practical help for Christians approaching, entering, or already in retirement. Come away with lessons you can use to help those in your congregation (including yourself!) discover their purpose, passion, and mission for the second phase of life known as retirement – and map out a path to get there.

### **Strengthening Families Program – Art Mellor**

*4:15 Friday & 10:00 Saturday*

Learn more about how your congregation can start a church-based parent support program that works! The Strengthening Families Program has been around for over 30 years and has been helping families with children 7-17 in 38 countries and counting. Interested church families, along with families from the community, come together once a week to watch a segment of a fun, inspirational DVD and practice easy, research-proven skills which result in happier, better behaved kids, happier marriages and family relationships, and decreased stress, depression and substance abuse. Children benefit from increased social skills and cooperation, improved school performance, reduced misconduct and aggression, and reduced depression and anxiety. Through a partnership between the General Board of Global Ministry

and United Methodist Health Ministry Fund, Healthy Congregations churches can receive training in the program at no cost. Find out more about how your church can be a part of this great way to build strong community connections while helping local families and children.

### **Summer Food Program Panel – Shirley Black, Candance Miller, Annette Wilson**

*10:00 & 11:15 Saturday*

The Summer Food Service Program is a USDA initiative to ensure that low-income children continue to receive nutritious meals when school is not in session. The program reimburses sponsors, including faith-based and other nonprofit community organizations, and encourages them to provide fun activities for kids and teens to keep them coming back and to keep them physically and mentally active over the summer months. In 2015, the Health Fund began offering Healthy Congregations churches special grant opportunities to start or expand Summer Food programs. Learn about the experiences and achievements of fellow HC churches which combined volunteerism, creativity, and innovation to reduce hunger and make a difference in the lives of local children and their families. Panelists include: Shirley Black, Howard UMC (KS); Candance Miller, Holdrege First UMC (NE), and Annette Wilson, Hiawatha UMC (KS).

### **The “You” in a Healthy Community – Faith Mitchell**

*1:45 & 2:45 Friday*

Following up on her keynote presentation, Faith Mitchell will offer an interactive opportunity for participants to talk about what they are doing/can do to promote health at home, within their congregations, and among neighbors.

## **Workshop Presenter Bios**

**Deb Andres** is an educator with a wide variety of experiences both in and out of the traditional classroom. Deb holds a bachelor’s degree in Vocational Home Economics and master’s degree Family Studies and Human Services both from Kansas State University. These degrees have served her well in the varied career paths she has traveled.

She has been a manager/supervisor overseeing 70+ employees who packaged a variety of potato and corn chips, a program assistant at the state FCS Extension office, a 14 year veteran of the high school classroom, an 11-year veteran of the college classroom, and currently a Family and Consumer Sciences Agent in Geary County for K-State Research and Extension. She is humbled by the awards she has received in each of the career avenues and attributes her success to her commitment to improving the human condition.

Deb and her husband Duane live in Duane’s childhood home in rural Morris county where they reap the benefits of having laying hens and chase 4-H kids (yes, baby goats) around along with their 3 boys.

**Judy A. Johnston, M.S., R.D./L.D.**, is a graduate of the Coordinated Undergraduate Program in Dietetics, Kansas State University. She also holds a master’s degree in Adult and Occupational Education from Kansas State University. Following graduation, Ms. Johnston pursued an eighteen-year career in hospital dietetics, practicing clinical, management and teaching dietetics in Wichita hospitals. During this time she held many offices and served on many committees within the Kansas Dietetic Association and the American Dietetic Association and was a Certified Diabetes Educator. In 1990, Ms. Johnston left the hospital to pursue a career in public health, including development of the nationally recognized Kansas LEAN initiative. She has served as PI or Investigator on numerous research and program development grants from NIH, Robert Wood Johnson, Kansas Health Foundation, United Methodist Health Ministry Fund, Sunflower Foundation and others. Ms. Johnston has received a number of awards for her work in public health, including the prestigious Anita Owen Award from the American Dietetic Association Foundation, recognizing innovation in nutrition education, the Virginia Lockhart Award for Outstanding Public Health Education from the Kansas Public Health Association, numerous citations and awards for her work to develop and support the National Cancer Institute’s 5 A Day for Better Health community-based initiatives, and for her work with Extension, 4-H, and the American Cancer Society.

As a Research Instructor in the Department of Preventive Medicine and Public Health at KUSM-W, Ms. Johnston continues to develop and pursue grants to support her research and she teaches in the Masters of Public Health Program. Her research interests are nutrition and physical activity with a focus on built environment, community leadership development, collaborative community approaches to health risk behaviors, faith-based health promotion,

and clergy self-care, and oral health disparities. Ms. Johnston is an author/co-author of 22 journal articles and book chapters and has presented at numerous national and international meetings. She is a Kansas Health Foundation Leadership Fellow, a Kansas Community Leadership Fellow, a Kansas Public Health Leadership Fellow, a Lance Armstrong Cancer Advocate, and currently serves as faculty for the Kansas Leadership Center.

Ms. Johnston and her husband Bill reside in Wichita. They have one daughter, Lorien, who also lives in Wichita with her husband, Greg, and their two perfect granddaughters.

**Art Mellor** recently retired as the director for SPSARV, the United Methodist Church's former Special Program on Substance Abuse and Related Violence. He brings nearly two decades of service designing, implementing and supervising substance abuse treatment programs as well as family treatment programs for clients who were affected by the substance abuse of loved ones. Art has also designed substance abuse training programs for social services, probation departments and health care providers. Art's credentials include a Master's in Education, Master's in Social Work, and 19 years as a credentialed alcoholism counselor.

**Matthew L. Penner**, M.S.W. is a Licensed Specialist Clinical Social Worker (LSCSW) and Licensed Clinical Addiction Counselor (LCAC) providing mental health services focusing on child, adolescent, and family therapy interventions. Matthew is endorsed by the Kansas Association of Infant and Early Childhood Mental Health (KAIMH) as an Infant Family Associate, IMH-E (I). He specializes in childhood onset disorders including ADHD, Autism, Anxiety, Mood, and Behavioral Disorders.

**Morgan Penner** is a Head Start Teacher and a Licensed Master Social Worker (LMSW). Morgan is endorsed by the Kansas Association of Infant and Early Childhood Mental Health (KAIMH) as an Infant Mental Health Specialist, IMH-E (III). Morgan has worked with children, families and professionals providing a variety of supports including therapy, consultation, and prevention/intervention programs in schools, homes and mental health centers.

**Wanda Pumphrey** is a Licensed Clinical Social Worker with a focus on trauma; an active member of First UMC in Newton; married to Roy; mother of two amazing human beings; and grandmother. She has worked with Harvey County Circle of Hope since 2009 and served for 5 years as the regional trainer/coach in Kansas for Circles USA, helping other communities begin their relationship-based poverty initiatives. She enjoys travel, hiking and reading hundreds of books via Skype with her 5 grandchildren in Germany and Seattle.

**Katie Schoenhoff** is Program Officer at the United Methodist Health Ministry Fund and is the staff in charge of the Healthy Congregations program, which supports intentional, effective congregational and community health ministry in Great Plains United Methodist Churches with professional training, grant funding, and other resources for success. Katie graduated from Sterling College as a double major in Health/Physical Education and Athletic Training. After graduation, she worked for McBride Physical Therapy Clinic and Deer Creek High School as an athletic trainer, and in 2008 joined the Reno County Health Department, first in the role of Health Educator and later as the Health Education and Promotion Coordinator. In that role, she worked with several community health coalitions including Healthy Eating Active Living Reno County (HEAL-RC), the Vitality Team, the Reno County Head Start/Early Head Start Policy Council, the Reno County Wellness Committee, and the Keep Kids Fit Collaborative.

**Reverend Doctor Clayton Smith** has served as an Executive Pastor of Generosity at The United Methodist Church of the Resurrection since September 2005. For 25 years prior to this, Clayton served as Senior Pastor in the Missouri Area at Schweitzer UMC in Springfield, Manchester UMC in St. Louis, and Centenary UMC in Cape Girardeau. Dr. Smith received our denomination's top Circuit Rider Award for Church Growth while Senior Pastor as Schweitzer UMC.

Clayton gives executive-level leadership to ministry areas of stewardship, development, and generosity. He gives oversight and support to Resurrection's giving campaigns for the annual operating budget, capital building funds, special strategic and mission gifts, memorial giving, and planned gifts for the Resurrection Foundation. The Foundation now has over 600 members who have remembered the church in their wills or with other planned gifts.

Clayton consults with a number of local churches and individuals on stewardship programs and financial campaigns. He speaks at conferences across the country to give leadership in stewardship and generosity ministry. He leads and teaches faith-based programs that assist people in personal financial stewardship and generosity. Over 2,500 people have attended the Financial Peace University and Legacy Journey Classes offered at Resurrection.

Clayton also gives direction to Resurrection's Crossroads Initiative: Navigating the Second Half of Your Life, Pre-Retirement Seminars, Estate Planning Workshops, and Women's Planned Giving Events. Dr. Smith has also taught Parish Leadership Development for Saint Paul School of Theology. His book, ***Propel: Good Stewardship—Great Generosity*** was published by Abingdon in March 2015. A second small group workbook publication, ***At the Crossroads: Spiritual Lessons for the Second Half of Life*** was published in August 2016, also by Abingdon.

Dr. Smith holds a degree in Psychology from Central Methodist University; Master of Theology from Southern Methodist University; and a Doctor of Ministry in Stewardship and Preaching from the McCormick School of Theology.

Clayton and his wife Lori have four children and two wonderful grandchildren. They have horses and love to garden, golf, and travel. Clayton has a passion for mission and has led many teams on national and international projects. Be warned that Clayton loves to tell jokes. He finds great fulfillment in teaching and preaching the joy of generosity.

**Rev. Morita Truman** is an ordained elder in the Great Plains Conference of the United Methodist Church. Originally from Oklahoma, she migrated north 21 years ago as a diaconal minister with a Master's degree in religious education to serve at College Hill UMC in Wichita and later at Abilene First UMC. As an ordained deacon she went on leave of absence and served as a local pastor to the churches in Mullinville and St. Francis. While serving St. Francis, she attended Iliff School of Theology in Denver, graduating with an M. Div. in 2009, followed by ordination as an elder in 2010. She is now serving as pastor of the Hillsboro UMC.

Rev. Truman is the chair of the Hutchinson District Committee on Ministry. She is Vice Chair of the United Methodist Health Ministry Fund Board of Directors and is a member of the Fund's Investment and Governance Committees.

**Sheldon Weisgrau** is the Director of the Health Reform Resource Project, an initiative to provide technical assistance and education on health reform in Kansas. Sheldon has more than 30 years of experience in health policy. He has worked effectively in the public, private, and non-profit sectors to ensure the delivery of health care services in rural and underserved communities and to enhance the knowledge and engagement of health care consumers, providers, and policymakers. Sheldon earned his undergraduate degree from Cornell University and a master's degree in health policy and management from the Johns Hopkins University School of Public Health.



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