

Choosing Health

Rev. Guy Rendoff, pastor of Kechi United Methodist Church, gives every appearance of health. He is fit and trim and there is a sparkle in his eye.

What his appearance today doesn't reveal is his years of struggle to manage fibromyalgia, a condition characterized by chronic, sometimes debilitating muscle pain, or his recent loss of 27 pounds to achieve a healthier weight.

Healthy choices not easy

He will tell you making healthy choices in the church environment is not easy. Where meetings offer a tempting array of cookies and cakes, traditional potluck dinners feature calorie-laden dishes with few healthy options, and pastoral responsibilities leave little room for regular physical activity and time off work, it is all too easy to over-eat and under-exercise.

Guy's situation may not be so different from thousands of others struggling to make healthy choices with little encouragement. But what he is doing about it is the real story.

Covenant of Health

He created a *Covenant of Health* -- a written form that outlines the healthy choices to which he commits as a part of his responsibility to God, church, family, and self. The covenant is reviewed and renewed periodically with the Staff Parish Relations Committee. He has engaged his family to hold him accountable for his commitments. He points to having a written document and being accountable to others as essential to success.

Guy's covenant became a centerpiece of a pilot project being launched in Kansas United Methodist Churches in 2005. Developed by the Kansas Area Healthy Lifestyles Advisory Committee, on which Guy serves, *Healthy Congregations in Action* aims to help churches create environments that support both clergy and laity commitments to healthy choices and self-care.

Guy describes the *Covenant of Health* as an expression of his faith and hopes others can use it to choose health with the support of their church communities.

Just one reason the Health Fund focuses on access to health care



"Healthcare is not -- it's not something like you just went out and bought a diamond ring and something you don't need. This is something you need. And they treat you as if you did it as cosmetic surgery or whatever."

SUZANNE

Suzanne lives near Emporia and has a large family (seven children from combined marriages). Both she and her husband have health insurance through their jobs and all the children are covered.

Her husband was in a farm accident; her three year-old developed asthma, pneumonia and a heart condition; and she has a newborn.

Collectively, the accident, two emergency room visits and the bills surrounding her newborn left the family heavily in debt.

Her insurance has high premiums and deductibles. As the bills mounted, Suzanne says the hospital would not work with her to develop a payment plan, so some bills could not be paid on time and were sent to collection agencies. Because of owing money, she does not seek medical treatment and the much needed exams, **choosing to live with her health problems in order to have enough money for the family budget.**

Her three year-old requires special tests that Suzanne must weigh on the basis of whether the doctor says it is a life-threatening situation because she and her husband cannot afford the medical expense. The family has to make other difficult decisions such as whether to pay medical bills this month or pay for the children's school lunches.

This is just one face of the access to health care issue in Kansas. There are thousands, *close to 300,000*, without any health insurance. Many of us are just one catastrophic event -- divorce, loss of a job, an accident, or a major illness -- from joining the ranks of those barred from basic health care.

Suzanne's story is just one of several collected by the Kansas Health Consumer Coalition working to make healthcare available equitably to all Kansans. The coalition is sponsored by the Kansas Association for the Medically Underserved, Topeka.

Clergy not alone

Living and working in an environment that promotes a sedentary lifestyle is certainly not unique to clergy.

Only 15% of Kansas adults report getting the recommended 30 minutes of moderate exercise at least five days a week; 23% are obese. *The trend lines continue down for physical activity and up for obesity all across America.*

Since a lack of physical activity and obesity are linked to chronic disease, **it is not surprising that chronic conditions are also on the rise.**

The General Board of Pensions and Health Benefits reports 41% of active clergy in the United Methodist Church have at least one chronic condition and 25% have multiple chronic conditions.



Rev. Guy Rendoff and his ever-present bottle of water.

A Healthy Congregations Sampler

The list at right cannot do justice to the effort extended by the churches to exemplify the concept of integrating mental, physical, and social health into the quest for spiritual health. Here are the stories of three:

Ogden Friendship House UMC maintains a distribution center to help the area's needy. This 24-member church has at least two volunteers at the center every weekday afternoon. In 2004 they made 1,227 distributions of food and 2,181 of clothing to 2,515 families. The church also provided \$4,687 in emergency assistance for expenses such as utilities, rent, gas, and prescriptions.

Copeland UMC, a 92-member church, organized **SHARP** (Spiritual Health and Recreational Planning) with a surprising variety of health ministry activities for the congregation and community. Included are: chemical dependency and drug awareness presentations for local schools; involvement in community health care planning; a dental health class; an eating disorders class; an exercise program for the community; fitness and nutrition education programs; a "Bible and health" class; and frequent blood pressure and blood glucose screenings.

St. Paul's UMC, Wichita, became aware of a need for school uniforms at a neighborhood elementary school which receives a number of children who have recently moved into the Women's Crisis Shelter with their mothers. The mental and emotional health of these children is fragile. Being able to have the required uniform on the first day of class helps the new students fit in and be accepted by the other children. The mothers are often overwhelmed with emotion brought by the gift of clothes and the caring presence so needed at a difficult time. St. Paul's is exploring ways to broaden this ministry and provide additional mental and emotional support.



Applying for a grant

Call a member of the program staff of the Health Fund to learn more about grants available. Grants are generally focused on *oral health, access to primary health care, and healthy lifestyles*. For requests determined to be eligible for consideration, you will be given access to an on-line application form. The Board of Trustees meets four times each year to review grant applications and determine awards.



A very brief history of the Health Fund

The Kansas West Conference of the United Methodist Church endowed the United Methodist Health Ministry Fund in 1986 with a portion of the proceeds from the sale of Wesley Medical Center in Wichita. Since its founding, the Health Fund has awarded approximately \$40 million in grants to a variety of efforts aimed at advancing health, healing, and wholeness throughout Kansas.



Recognition

Congratulations to these Healthy Congregations!

KANSAS WEST

MEMBERSHIP - 100 & UNDER

Copeland UMC
\$1,000 Award

Agenda UMC

Corbin UMC

Grinnell UMC

Kendall UMC

Linn UMC

Prairie Home UMC –
Wakeeney

MEMBERSHIP - 101-500

St. Paul's UMC – Wichita
\$1,000 Award

Bogue Community UMC

Burden UMC

Chapel Hill UM Fellowship –
Wichita

Ellis UMC

First UMC – Beloit

First UMC – Caldwell

First UMC – Hoisington

First UMC – Johnson

First UMC – Newton

First UMC – Norton

Grace UMC – Wichita

Grace UMC – Winfield

Kechi UMC

Kinsley UMC

Lewis UMC

Madison Avenue UMC – Derby

Marion Eastmoor UMC

Medicine Lodge UMC

Mentor UMC

Milton UMC

Mt. Hope UMC

New Covenant UMC – Wichita

Quinter UMC

Rose Hill UMC

South Hutchinson UMC

St. Paul UMC -- Arkansas City

United Church of Bennington

University UMC – Salina

MEMBERSHIP - 501 & OVER

First UMC – Hutchinson
\$1,000 Award

**Pleasant Valley UMC –
Wichita**
\$1,500 Award

Aldersgate UMC – Wichita

Church of the Cross UMC
– Salina

Colby UMC

College Hill UMC – Wichita

First UMC – Abilene

First UMC – Arkansas City

First UMC – Dodge City

First UMC – Hays

First UMC – Pratt

First UMC – Valley Center

First UMC – Wichita

First UMC – Winfield

Mulvane UMC

Trinity UMC – Hutchinson

Trinity UMC – Salina

West Heights UMC – Wichita

KANSAS EAST

MEMBERSHIP - 100 & UNDER

**Ogden Friendship House
UMC**
\$1,000 Award

Hepler UMC

Olsburg UMC

Richter UMC

Stark UMC

Swede Creek UMC – Randolph

Turkey Creek UMC – Gridley

Walnut UMC

MEMBERSHIP - 101-500

Grace UMC – Topeka
\$1,000 Award

Bonner Springs – UMC

College Avenue UMC –
Manhattan

College Heights UMC –
Pittsburg

Faith UMC – Parsons

First UMC – Garnett

Grace UMC – Emporia

Gridley UMC

LeCompton UMC

Paola UMC

Shawnee Heights UMC –
Tecumseh

St. Paul's UMC – Lenexa

Westmoreland UMC

MEMBERSHIP - 501 & OVER

First UMC – Pittsburg
\$1,000 Award

**Asbury UMC –
Prairie Village**
\$1,500 Award

First UMC – Independence

First UMC – Lawrence

First UMC – Leavenworth

Highland Park UMC – Topeka

Old Mission UMC – Fairway

Shawnee UMC

UM Church of the
Resurrection – Leawood

Valley View UMC –
Overland Park

Wesley UMC – Parsons

THE MISSION OF UNITED METHODIST HEALTH MINISTRY FUND:
Healthy Kansans through cooperative and
strategic philanthropy guided by Christian principles

Andy Goodman, a frequent speaker at nonprofit gatherings, believes that stories are the most powerful form of communication. He urges nonprofits to develop and tell their stories -- those experiences that capture the essence of the organization with human drama and emotion. For Goodman, stories create sufficient interest so that audiences later can hear the statistics and accumulated outcomes.

Let me tell you a story...

What stories do funders have to tell? On one hand, most of our stories belong to someone else; they are the tales of organizations that use our grant dollars to benefit others. Our work is often behind the scenes and involves only resources for the work of others. Some of our stories are shared stories with other funders and partners because frequently we provide just one piece of the money puzzle for a project.

As we developed "our stories," we discovered that many of our most successful activities cannot be told very well without compromising confidentiality and exposing negative events inside other organizations. These are the salvation tales when our work has helped secure the future of an organization through difficult times. *Are we left "story-less"?*

Foundation annual reports, at least in theory, should tell the stories of foundations. The story is frequently told with the grant list, detailing where funding has been committed and for what purpose. This list is an important communication as it gives potential partners a sense of what is of interest to this foundation. Project by project the money is spent, but often there is no overall direction or effect beyond those directly served by the project during its limited life.

Our list this year shows that funding has been tightly centered in our three strategic areas: oral health, access to health care and healthy exercise/nutrition. Is this just a clustering of disparate projects or is there more happening through these grants?

Well, let me tell you a story.

We begin in Wichita where 350 young children are having all their primary teeth pulled out every year under general anesthetic (and this is in just one pediatric dental practice).

The Wichita water system lacks optimal fluoridation so families must use fluoride supplements prescribed by physicians to prevent early childhood decay. Those supplements cost money and require consistency which is often difficult in busy young families. *Wichita is like too many Kansas communities in terms of the incidence of bad teeth in very young children.*

Health Ministry Fund staff became aware of a project in North Carolina using physicians and other trained medical providers to apply fluoride varnish on young children's teeth.

Fluoride varnish is a sticky substance containing concentrations of fluoride released over time, protecting teeth from decay. It is especially useful with young children who might swallow fluoride rinse or gels.

In 2000, the Health Ministry Fund organized a trip of forty Kansans to see the project in North Carolina. Dentists, hygienists, dental educators, physicians, Medicaid administrators, and social service leaders saw how medical professionals were engaged in extending oral health prevention and education through the application of fluoride varnish in North Carolina.

Regrettably, we cannot develop the full story spanning four years ala Andy Goodman in the space of this Report. We must miss out on much of the emotion by saying that there were lots of reasons (barriers) this could not happen in Kansas, and they were well articulated. Yet, many persevered with the vision.

One physician and medical educator started using and teaching fluoride varnish application (*with a Health Ministry Fund grant*).

Issues related to Medicaid/HealthWave reimbursement were discussed at the **statewide oral health coalition** (Oral Health Kansas funded in part by the Health Ministry Fund).

Workshops at meetings of the **Kansas Chapter of the American Academy of Pediatrics** and the **Kansas Academy of Family Physicians** provided awareness and training about oral health integration into medical practice (again Health Ministry Fund support).

Kansas HeadStart programs, with Mary Baskett's leadership as the state association Executive Director, became an early adopter (*I spoke to Kansas Head Start about oral health issues very early in our initiative, and the Health Ministry Fund has provided support for an Early Head Start Oral Health Initiative*).

Dawn McGlasson, Interim Oral Health Officer, Kansas Department of Health and Environment, and others have done trainings for nurses on fluoride varnish application in schools and health departments.

Kansas Dental Association adopted in early 2005 a resolution acknowledging the effectiveness of fluoride varnish and indicating no opposition to trained and supervised healthcare personnel applying fluoride varnish.



Kim Moore, Health Fund President

Kansas Social and Rehabilitation Services has announced that fluoride varnish applied three times a year by dentists (previously two times) and three times a year by medical personnel will be reimbursable by Kansas Medicaid and HealthWave beginning this fall.

This story would be hard to discern from our grants lists year by year. We certainly should not claim special credit for the progress made to reach many more very young Kansas children with the benefits of fluoride varnish, both through their dentists' offices and many other places where they are more likely to be -- health departments, schools, child care settings and physician offices.

This has been true collaboration -- people with a shared vision, each doing her or his part. It is the type of story we want to tell not as "our" (*Health Ministry Fund*) story but "our" (*Kansas philanthropy*) story where many Kansans work together to improve the health of all Kansans.

As we have moved into a more strategic framework, we hope and believe that the concentration of our efforts will permit sustainable results beyond time-limited projects. We welcome new partners in our ventures to help create new stories of healthier Kansans.

We now agree with Andy Goodman that stories really are the engaging truth which we all need to create understanding and hope.

Kim Moore
President
April 2005

2004 GRANTS

In 2003, the Health Fund announced three areas of health in which grants would be focused to achieve greater impact.

This report outlines the objectives of the 2004 plan and the results.

GOAL:

Improve the oral health of Kansans

Oral Health Grants

Objective: Establish an effective statewide coalition producing advocacy and initiating oral health improvement efforts.

Oral Health Kansas was established in late 2003 and has brought more than 135 individuals and organizations together around the issues of oral health. The coalition's most recent activities focus on addressing workforce issues and developing a leadership program for oral health advocates statewide. It is also assisting the implementation of the Extended Practice Act for dental hygienists to increase access to preventative care in public health settings.

Children's Dental Health Project, Inc.

New York, New York \$ 7,500.00

Analysis of dental student attitudes from American Dental Education Association data

Kansas Health Institute

Topeka, Kansas \$ 83,580.00

Study of dental health workforce in Kansas

Oral Health Kansas, Inc.

Topeka, Kansas \$ 200,000.00

(Includes \$100,000 from Kansas Health Foundation)
Kansas Dental Champions Leadership Program

Oral Health Kansas, Inc.

Topeka, Kansas \$ 55,090.00

Training for hygienists and programs on using the Extended Practice Act

Oral Health Kansas, Inc.

Topeka, Kansas \$ 24,860.00

Oral Health Workforce Summit - January 20-21, 2005

Objective: Preserve and increase the number of Kansas communities providing optimum water fluoridation to prevent tooth decay.

Nine communities have implemented water fluoridation through Health Fund grants. In 2004, Wamego and Maize started providing this benefit for their citizens. The Hutchinson City Council unanimously approved water fluoridation, but a public vote narrowly defeated the Council's ordinance with a confusing ballot that required a "no" vote to approve fluoridation.

City of Augusta

Augusta, Kansas \$ 3,500.00

Feasibility study for addition of a fluoridation system to the City of Augusta

Healthy Teeth for Hutchinson

Hutchinson, Kansas \$ 6,344.76

Public information for Hutchinson water fluoridation

The Research Partnership, Inc.

Wichita, Kansas \$ 11,635.00

Telephone survey research regarding the fluoridation of Hutchinson's water

Objective: Increase integration of oral health prevention and education practices into medical and other non-dental settings

Approximately one-third of children with public insurance coverage (Medicaid) see a dentist each year, yet children of low-income families have the greatest oral health needs. New efforts take prevention to where the children are — such as pediatricians' and family practice physicians' offices, child care centers, Early Head Start programs, and schools. Prevention is not just for children; several projects focus on helping the frail elderly living in long-term care centers maintain oral health.

Aging Research Foundation

Topeka, Kansas \$ 14,175.00

Improving oral health for elders in long-term care: it's all about prevention

American Academy of Family Practice Physicians

Kansas City \$ 11,750.00

Oral health information for students, residents, and faculty in Kansas family practice and pediatric training programs

Kansas Association of Child Care Resource & Referral Agencies

Salina, Kansas \$ 51,000.00

Training childcare providers on children's oral health

Kansas Chapter of the American Academy of Pediatrics

Lenexa, Kansas \$ 7,000.00

Fluoride varnish education to medical providers

Kansas Child Care Training Opportunities

Manhattan, Kansas \$ 1,800.00

Oral health training curriculum for childcare providers

Kansas Department of Health & Environment

Topeka, Kansas \$100,000.00

Oral health screening by public health nurses

Kansas School Nurse Organization, Inc.

Wichita, Kansas \$100,000.00

Expansion of oral health screening project by school nurses

Wheat State Manor, Inc.

Whitewater, Kansas \$ 43,275.00

Mobile preventative oral health clinic serving residential long-term care communities

Objective: Increase access to dental treatment for low-income Kansans

Developing dental clinics that provide free and/or reduced cost services has been an important part of the Health Fund's work. Some of these clinics serve special populations that have particular access issues such as the disabled and persons with HIV/AIDS; others are expansions of safety-net medical clinics or stand-alone dental clinics. This effort has helped expand the on-going treatment capacity in Kansas by more than 6,000 visits each year. The 2004 Kansas Mission of Mercy free dental clinic event in Pittsburg served 2,159 patients, dramatically illustrating the continuing need for improved access to dental care.

Cottonwood, Inc.

Lawrence, Kansas \$ 43,872.00

On-site dental clinic for underserved persons with developmental disabilities

Douglas County Dental Clinic, Inc.

Lawrence, Kansas \$ 126,934.00

Continue and expand dental services

Hutchinson District, United Methodist Church

Hutchinson, Kansas \$ 1,763.48

Kansas Mission of Mercy food service - Pittsburg

Kansas Dental Charitable Foundation

Topeka, Kansas \$ 10,000.00

Kansas Mission of Mercy -Salina - February 18-20, 2005

Marian Clinic, Inc.

Topeka, Kansas \$ 5,000.00

Planning oral health services delivery improvements

Southwest Boulevard Family Health Care Services of Greater Kansas City, Inc.

Kansas City, Kansas \$ 66,000.00

Establish new dental clinic

The Virginia Brown Community Orthodontic Partnership

Kansas City, Missouri \$ 75,000.00

Establish volunteer network in central and western Kansas to provide low cost orthodontic services

University of Kansas School of Medicine

Wichita, Kansas \$ 54,600.00

Preventative dental hygiene program for HIV positive individuals in Kansas

Wichita Community Foundation

Wichita, Kansas \$ 9,493.00

Dental services through Project Access

Objective: Make oral health issues more visible

In 1998 when the Health Fund started making grants to improve oral health, it seemed to be an invisible issue. That is not the case today. With frequent media reports of the consequences of untreated oral disease and the growing numbers of people lacking access to dental care, awareness of oral health as an important component of overall health is growing. This awareness can be seen at many levels from the opening of a new position of Kansas Dental Director (Kansas was one of only six states without a dental director position) to responses to Kansas Action for Children's ads -- *Your Mouth Matters*. Part of the challenge of raising awareness is having the information to support oral health needs and solutions. Exit surveys conducted at each Kansas Mission of Mercy clinic and oral health questions on the Kansas Behavioral Risk Factor Surveillance System Survey support the need to address access to dental care issues.

Good Samaritan Clinic

Wichita, Kansas \$ 700.00

Provide oral health information from the low-income clinics of Wichita to the south central legislative delegation

Kansas Action for Children, Inc.

Topeka, Kansas \$ 200,000.00

Public awareness and information about children's oral health

Kansas Department of Health & Environment

Topeka, Kansas \$ 150,000.00

Oral Health Office, State of Kansas

Kansas Department of Health & Environment

Topeka, Kansas \$ 3,700.00

Kansas Behavioral Risk Factor Surveillance System Survey - oral health questions

Kansas Health Institute

Topeka, Kansas \$ 17,905.00

Contract for compilation and analysis of Kansas Mission of Mercy Data- Kansas City, Pittsburg and Salina events

National Oral Health Conference

Los Angeles, California \$ 6,782.82

Kansas delegation to 2004 National Oral Health Conference

Reno County Health Coalition

Hutchinson, Kansas \$ 15,000.00

Health education and advocacy

Sedgwick County Health Department

Wichita, Kansas \$ 18,764.00

Oral health education campaign

Wichita State University Dental Hygiene Department

Wichita, Kansas \$ 1,000.00

Kansas representation at "The Necessity for Major Reform in Dental Education" Conference

GOAL:

Increase healthy lifestyles of Kansans through physical activity and healthy food choices

Healthy Lifestyles Grants

Objective: Engage Kansas United Methodist Churches in promoting physical activity and nutrition for fitness among congregations

Healthy Congregations in Action is being piloted in fifteen to twenty-two churches in late 2005 as a result of the planning work of the Kansas Area United Methodist Healthy Lifestyles Advisory Committee, funded by the Health Fund. *Healthy Congregations in Action* takes a holistic and comprehensive approach to creating church cultures that model and support healthy lifestyle choices for clergy and laity. Small grants, technical assistance, and other resources will be available to churches implementing the program. Grants outside of this Committee's work are listed below and include a Kansas Ecumenical Ministries program to encourage statewide clergy self-care beyond the United Methodist Church, a parish nurse program, and an awareness-raising special event.

Kansas Ecumenical Ministries

Topeka, Kansas \$ 72,900.00

Health promotion activities and information for Kansas clergy

Kansas West Conference

Wichita, Kansas \$ 500.00

Fun Run/Walk at the 2004 KS West Annual Conference

Rush County United Methodist Parish

LaCrosse, Kansas \$ 60,300.00

Start-up parish nurse health ministry

Objective: Identify and support strategies for encouraging physical activity and healthy food choices for all Kansans

Outside of the United Methodist Church, the Health Fund is supporting efforts to encourage physical activity and healthy eating in low-income medical clinics. Six clinics are part of a pilot program to improve the physical activity levels and food choices of staff and/or clients. The role of child care providers in preventing obesity is also being explored with more work planned in this area in late 2005.

2004 GRANTS

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Center for Health and Wellness, Inc.

Wichita, Kansas \$ 45,000.00
Health promotion for clinic's patients and staff

Community Health Center

Hutchinson, Kansas \$ 32,627.00
Health promotion for clinic's patients

GraceMed Health Clinic, Inc.

Wichita, Kansas \$ 32,605.00
Pilot program of health promotion at a Wichita elementary school - Lincoln Elementary

Kansas State University

Manhattan, Kansas \$ 99,600.00
Study the impact of a move and learn curriculum on physical activity in preschool children

Kansas State University

Manhattan, Kansas \$ 19,998.00
Public awareness campaign on consumption of fruits and vegetables

The Hunter Health Clinic, Inc.

Wichita, Kansas \$ 40,117.00
Diabetes prevention program

The We Care Project, Inc.

Great Bend, Kansas \$ 32,650.00
Health promotion for clinic's patients

United Methodist Western Kansas Mexican-American Ministries

Garden City, Kansas \$ 41,001.00
Health promotion for clinic's patients and staff

University of Kansas

Lawrence, Kansas \$ 7,500.00
Speaker sponsorship - Conference on Childhood Obesity - Sept 9-11, 2004

Objective: Maintain an office environment supportive of healthy choices

Although not involving grants, the Health Fund's commitment to Healthy Lifestyles meant examining our own practices and making needed changes. Healthy food choices and exercise breaks are important components of meetings. Committee members, trustees, and staff received pedometers and are encouraged to increase walking in everyday life. Staff participates in *Walk Kansas*, a program of the Extension Service. This process continues as we try to "walk the talk."

GOAL:

Improve access to health care in Kansas

Access to Care Grants

Objective: Develop consumer advocacy for improved health care access in Kansas

Under the sponsorship of the Kansas Association for the Medically Underserved, the Kansas Health Consumer Coalition has been established. Prayer Breakfasts during Cover the Uninsured Week activities May 10-16, 2004, encouraged participation in consumer advocacy.

Kansas Association for the Medically Underserved

Topeka, Kansas \$ 93,850.61
Organization of consumer advocacy for access to health care - Kansas Health Consumer Coalition

Reno County Health Coalition

Hutchinson, Kansas \$ 500.00
Cover the Uninsured prayer breakfast coordination

Objective: Engage key policy makers and analysts in health planning related to access to health care of healthy choices

Information/data gathering and convening groups for discussion and planning are two roles the Health Fund frequently supports to advance health planning in Kansas.

Kansas Association for the Medically Underserved

Topeka, Kansas \$ 16,000.00
Safety net growth in Kansas

Kansas Department of Health & Environment

Topeka, Kansas \$ 7,000.00
Inaugural Minority Health Conference - April 13, 2005

Kansas Department on Aging

Topeka, Kansas \$ 11,000.00
Kansas delegation to Medicare Modernization in a Polarized Environment conference

Kansas East Conference

Topeka, Kansas \$ 2,500.00
United Methodist legislative day/workshop - fall 2005

University of Kansas Medical Center

Kansas City, Kansas \$ 10,000.00
Study small business health insurance innovation

Objective: Advocate for equitable access to health care nationally

Sponsoring awareness-raising activities in Kansas around *Cover the Uninsured Week*, a national effort sponsored by the Robert Wood Johnson Foundation, focused attention on the far-ranging effects of having approximately 43 million Americans without health insurance. Advertising, special events, health fairs, and news reports brought the message home and continues to challenge us to talk about solutions.

Kansas Public Telecommunication Service Inc.

Wichita, Kansas \$ 10,000.00
Kansas Uncovered: Living Without Health Insurance

Nancy L. Nielsen

Berkeley, California \$ 1,500.00
Study national universal access environment

United Methodist Health Ministry Fund

Hutchinson, Kansas \$ 80,692.42
Sponsor Covering the Uninsured Week in Kansas, May 2004

Objective: Support safety net capacity building in Kansas

The Health Fund continued its long history of supporting the development of the safety net structure in Kansas with grants to build the capacity of clinics to serve increasing numbers of people lacking access to primary health care. Several innovative approaches to access issues can be seen in grants to Inter-Faith Ministries to develop a Web-based system for determining eligibility and applying for a variety of benefits and to Medical Service Bureau to offer prescriptions for a low flat fee through a non-profit pharmacy.

Community Health Center of Southeast Kansas, Inc

Pittsburg, Kansas \$ 15,895.00
Consultation and technical assistance

Good Samaritan Clinic

Wichita, Kansas \$ 40,141.00
Mobile medical clinic

GraceMed Health Clinic, Inc.

Wichita, Kansas \$ 58,000.00
Pilot project for cost management in a safety net clinic

Inter-Faith Ministries

Wichita, Kansas \$ 30,000.00
The Kansas Benefit Bank development

Medical Service Bureau

Wichita, Kansas \$ 116,284.00
Self sustaining non-profit pharmacy

The Kansas Area United Methodist Foundation, Inc.

Hutchinson, Kansas \$ 155,000.00
Funding loan to UMWKAM to build a clinic in Dodge City, Kansas

United Methodist Urban Ministry of Wichita, Inc.

Wichita, Kansas \$ 25,740.00
Hispanic translator and advocacy service

Healthy Congregations Grants

Healthy Congregations grants of up to \$5,000 are available to Kansas United Methodist Churches to start or expand comprehensive ministries of health and wholeness.

Beloit United Methodist Church

Beloit, Kansas \$ 3,975.00
Parish nurse program

Evangel United Methodist Church

Holton, Kansas \$ 5,000.00
Exercise and other health programming

First United Methodist Church

Winfield, Kansas \$ 4,500.00
Health & Wellness/ "Converse with a Nurse"

Lyndon United Methodist Church

Lyndon, Kansas \$ 5,000.00
Parish nurse program

Marquette United Methodist Church

Marquette, Kansas \$ 5,000.00
Marquette Fitness Center

Trinity United Methodist Church

Salina, Kansas \$ 3,000.00
Healthy lifestyles ministry

West Heights United Methodist Church

Wichita, Kansas \$ 4,981.00
Expansion of health ministry program

OTHER 2004 GRANTS

The Health Fund continues to explore unmet health needs in Kansas and honor commitments made before the strategic plan was adopted in 2003.

Charles Benjamin, PhD, JD

Lawrence, Kansas \$ 20,000.00
Environmental Health Issues in Kansas

clb & associates

Castle Rock, Colorado \$ 11,136.03
Technical assistance to Kansas AIDS/HIV Partnership and FORA Oxford House

Community Health Ministry

Wamego, Kansas \$ 25,000.00
Faith In Action - continuation grant

Hutchinson Community College

Hutchinson, Kansas \$ 25,000.00
Faith In Action - continuation grant

Inter-Faith Ministries

Wichita, Kansas \$ 25,000.00
Faith In Action - continuation grant

Kansas Health Institute

Topeka, Kansas \$ 17,163.00
Study of Environmentally-linked Health Issues in Kansas

Kansas Wesleyan University

Salina, Kansas \$ 2,000.00
Laerdal SimMan Universal Patient Simulator - training supplement to an earlier grant

Kansas West Conference

Wichita, Kansas \$ 1,000.00
Fueling the Flame - Bishop's installation

Self-Help Network of Kansas

Wichita, Kansas \$ 75,000.00
Technical assistance to Kansas nonprofits through Compassion Capital Fund (matching funds)

Shepherd's Center of Kansas City, Kansas

Kansas City, Kansas \$ 25,000.00
Faith In Action - continuation grant

Shepherd's Center of Shawnee Mission

Shawnee Mission, Kansas \$ 25,000.00
Faith In Action - continuation grant

VISIT US ON THE WEB: www.healthfund.org

THE 2004 JANET SEVIER GILBREATH Special Project Recognition Award

named by the United Methodist Health Ministry Fund Board of Trustees

Kansas Mission of Mercy

The free dental clinic program of the Kansas Dental Charitable Foundation was selected as the 2004 project of the year by the United Methodist Health Ministry Fund.

The third Kansas Mission of Mercy (KMOM) -- April 30 through May 2, 2004, in Pittsburg -- provided \$981,847 in free oral health services to 2,159 patients. Events like this are only possible because of dedicated volunteers. In this case 864 of them including 144 dentists, 65 dental hygienists, and 156 dental assistants providing the free services.

KMOM began in 2003 with free clinics in Garden City and Wyandotte County. The 2005 event was conducted in Salina, February 18-20.

To date, Mission of Mercy free clinics have enabled 8,878 patients to benefit from dental care which they may not have otherwise received.

Health Fund president Kim Moore said, "We appreciate these free clinics not only for the relief they have brought thousands of our citizens, but also because they dramatically illustrate the obvious limitations to oral health treatment in this state, especially for those with limited income."

The KMOM project was selected from more than 150 projects funded during 2004 by the Health Fund.

The Project of the Year award is named in honor of Janet Sevier Gilbreath, the first Chairperson of the United Methodist Health Ministry Fund.

The criteria for selection include the attainment of goals, volunteer support, development of community support, and good management and financial practices to assure quality of service delivery.

For an insight into how the Mission of Mercy free dental clinics touch lives -- the volunteers' and the patients' -- see a related story on page eight.



Jackie John, Chairperson of the Health Fund's Board of Trustees (far right) presents the Project of the Year Award to the Kansas Dental Charitable Foundation represented by (left to right) Dr. Glenn Hemberger, Kevin Robertson, Dr. Jon Tilton, and Greg Hill.

United Methodist Health Ministry Fund

Year ended December 31, 2004

COMBINED STATEMENTS OF ACTIVITIES¹

| | 2004 | 2003 |
|---|----------------------|----------------------|
| Support and Revenue | | |
| Contributions/Grants | \$ 260,000 | \$ - - - |
| Investment Income (net of investment expenses) | \$ 950,1279 | \$ 868,990 |
| Miscellaneous Income (including sale of building) | \$ 25,398 | \$ 82,038 |
| Net Realized Investment Gains | \$ 5,094,953 | \$ 1,322,930 |
| Net Unrealized Investment Gains (Losses) | \$ 1,613,662 | \$ 11,961,277 |
| Total Support and Revenue | \$ 7,944,292 | \$ 14,235,235 |
| Expenses | | |
| Grants Awarded | \$ 3,109,384 | \$ 2,333,667 |
| Refunds/Adjustments | (\$ 515,296) | (\$ 200,318) |
| Operating and General Expenses | \$ 643,351 | \$ 612,491 |
| Total Expenses | \$ 3,237,439 | \$ 2,745,840 |
| Increase (decrease) in Net Assets | \$ 4,706,853 | \$ 11,489,395 |
| Net Assets, beginning of year | \$ 59,127,228 | \$ 47,637,833 |
| Net Assets, end of year | \$ 63,834,081 | \$ 59,127,228 |

COMBINED STATEMENTS OF FINANCIAL POSITION¹

| | | |
|--|----------------------|----------------------|
| Assets | | |
| Cash and Investments | \$ 65,463,285 | \$ 61,102,034 |
| Receivables | \$ 61,062 | \$ 192,512 |
| Other Assets | \$ 5,282 | \$ 5,614 |
| Fixed Assets | \$ 854,267 | \$ 876,008 |
| Total Assets | \$ 66,383,896 | \$ 62,176,168 |
| Liabilities | | |
| Accounts Payable | \$ 22,166 | \$ 18,631 |
| Grants Payable | \$ 2,527,649 | \$ 3,030,309 |
| Total Liabilities | \$ 2,549,815 | \$ 3,048,940 |
| Fund Balances | \$ 63,834,081 | \$ 59,127,228 |
| Total Liabilities & Fund Balances | \$ 66,383,896 | \$ 62,176,168 |

¹ Combines Unrestricted, Temporarily Restricted and Permanently Restricted Endowment Funds.

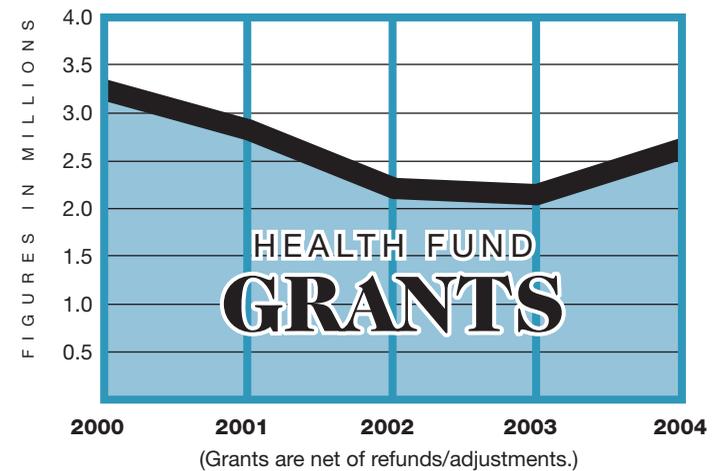
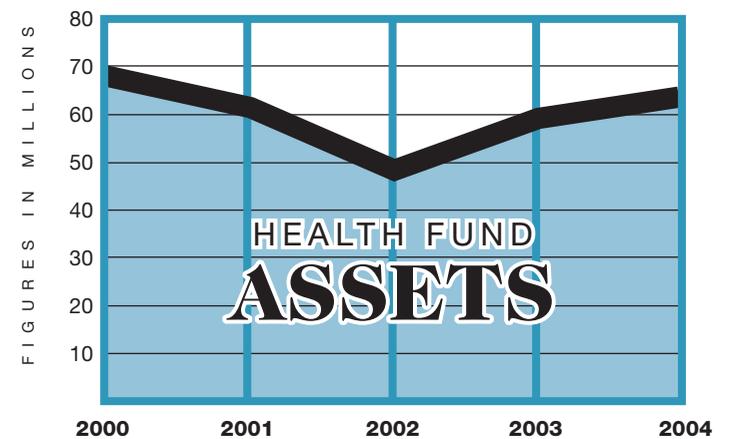


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A 5-year perspective on the Health Fund



In memory of David Meckenstock



The Health Fund lost a Trustee and friend to cancer March 2, 2005.

David L. Meckenstock was an owner of The Meckenstock Group, a financial services firm in Hays, and member of First United Methodist Church, Hays.

David joined our Board in 1999 and served on the Investment Committee, most recently as Vice Chair and Chair-elect. David brought keen observation, forthright opinions, creativity, and good humor to the Board. He could always be counted on for a quick smile and a thoughtful opinion.

His contributions as a Trustee live on in the continuing ministry of the Health Fund.

It's often difficult to describe the mission of the United Methodist Health Ministry Fund, or measure the impact of the programs that we support. It's much easier to wrap oneself in the cloak of "doing good work," while maintaining a comfortable distance from the health issues that confront the people of Kansas everyday.

That barrier was breached for me during a Kansas Mission of Mercy free dental clinic in southeastern Kansas.

I'll never forget Sarah...

a single mother blessed with two precious daughters. Her wages were enough to cover the basic necessities for her family, and Health Wave provided her daughters' medical and dental coverage. However, she had no medical or dental insurance of her own. The years of poor dental care and lack of proper medical care had stolen her smile and left her with a mouthful of stained, decaying teeth.

When Sarah heard about the free dental clinic underwritten in part by the Health Fund, she made a promise to visit the clinic so that her daughters would not have to experience the lifetime of shame and suffering that she had endured.

Sarah was so determined that she and the girls got in line Thursday evening at 6:00 pm to ensure that they would get to see the dentist Friday morning. They were number fifty of the nearly *one thousand patients* that would receive treatment that day!

The girls were escorted to pediatric dentists, leaving with polished teeth and flashing smiles.

Sarah was not so lucky.

The dental exam confirmed that most of her teeth contained cavities, decay, chips, or all of the above. It would take hours of work and a return visit the next day even to begin addressing all of her dental problems. Sarah was heartbroken. She couldn't afford to take another day off from work to come back on Saturday.

After considering the options, she made a decision. She asked the dentist to *pull all thirty-two* of her teeth. It was a cheaper, more permanent solution to her, versus two days of treatment and continued issues with teeth. The dentist agreed and extracted all of her teeth, some crumbling in his hand from the decay.

Sarah was referred to be fitted for dentures when the swelling subsided. She left joyful, knowing that she would finally receive the teeth of her dreams.

For every Sarah...

there are thousands of Kansans who do not receive proper dental treatment for a multitude of reasons.

The varied programs supported by the United Methodist Health Ministry Fund address many of those issues either directly through programs such as the

Kansas Mission of Mercy or indirectly through advocacy at the local and state level.

It is reassuring to know that the Health Fund continues the health ministry tradition of the United Methodist Church, planting seeds of hope one life at a time.



Matt encountered Sarah at the third Kansas Mission of Mercy free dental clinic, a program of the Kansas Dental Charitable Foundation, conducted April 30 through May 2, 2004, in Pittsburg.

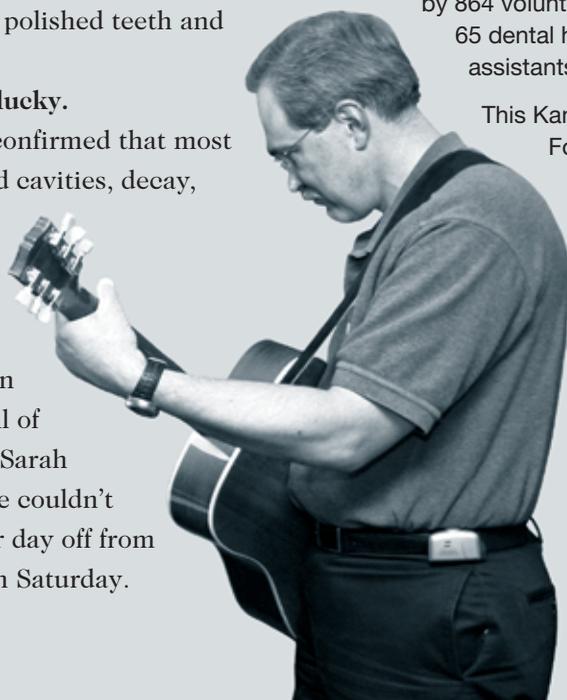
The three-day event provided \$981,847 in free oral health services to 2,159 patients, including Sarah and her daughters. It was made possible by 864 volunteers including 144 dentists, 65 dental hygienists, and 156 dental assistants.

This Kansas Dental Charitable Foundation program was selected as the Health Fund's 2004 Project of the Year. See story **on page six** about the annual Janet Sevier Gilbreath Special Project Recognition Award.

In addition to being the Health Fund's business manager, **Matt Kuzma** is a talented musician and songwriter.

KMOM and Me

Matt Kuzma, Health Fund Business Manager and Kansas Mission of Mercy volunteer, wrote this story about his experience



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