YEAR IN REVIEW
OCTOBER 2014-SEPTEMBER 2015

“I have come that you may have life and have it more abundantly.” John 10:10b
This year Abundant Living celebrated its 19th anniversary serving the congregations of faith in Pickens County and surrounding communities. Established in 1996 with the idea of promoting wellness and healing in a wholistic approach, Abundant Living has grown from a pilot of ten congregations to 123 over the years. Similarly modeled to the Parish Nurse Program developed by Granger Westberg, Abundant Living’s non-paid model has inspired, trained, and supported nurses and lay individuals in ministering to congregational members as congregational health promoters (CHP). In addition, Abundant Living’s copyrighted curriculum has been replicated numerous times across the southeast and serves as a faith community nurse/congregational health promoter model for other programs.

During this fiscal year, a primary focus for Abundant Living involved addressing two of the top five health concerns/needs identified through the Community Health Needs Assessment. Using education and awareness as the major approach in the faith community, nutritional and mental health concerns were addressed. Educational materials and presentations developed by the Abundant Living staff, and additionally outside resources, were distributed to the Congregational Health Promoters (CHPs) at various networkings for use in educating their congregational members. CHPs obtained information by engaging in train-the-trainer presentations learning prime information in facilitating educational trainings and tips in disseminating the information in their congregations. The nutritional educational materials, distributed in the spring, incorporated information concerning the importance of consuming the daily recommended five servings of fruits and vegetables from various colorful categories. A five week nutritional challenge was also promoted to encourage congregational members to consume the recommended daily allowance of fruits and vegetables. The fall network training provided mental and behavioral health educational materials and resources for CHPs to further minister to their congregational members.

Additionally, Abundant Living highlights monthly health observances through Wellness Words, a front- and back-paged “bulletin” approach distributing pertinent health information into the hands of congregational members. A format was also made available for congregations wishing to place the information on their church’s website to further reach into the community.

Abundant Living has been blessed significantly over the years and is thankful for God’s divine guidance on this journey. Past and present staff is grateful for the vision and support of Baptist Easley, AL program task force, faith community nurses, congregational health promoters, pastors, and community members in sustaining and growing the ministry.

Christy Porter, MSN, RN
*Abundant Living Program Supervisor*
Abundant Living assists congregations with development of a health ministry providing 12 hours of initial educational training. The Abundant Living curriculum applies the concept of treating the whole person—mind, body, and spirit. After completing the initial training, CHPs (RNs, LPNs, and lay individuals) are commissioned to serve through a graduation ceremony and blessing of the hands. Support is provided to partnering congregations through consultations, networkings, educational resources, and clinical support.

In 2015, Abundant Living:

- Trained ten new CHPs
- Welcomed three new churches into the program

To date, Abundant Living has:

- Trained 329 CHPs
- Partnered with 123 congregations
- Welcomed denominations to include Baptist, Methodist, Presbyterian, Church of God, Pentecostal, Lutheran, Wesleyan, Catholic, Episcopal, and Non-denominational

Location of Abundant Living congregations:

<table>
<thead>
<tr>
<th>Churches outside Pickens County Service Area:</th>
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</thead>
<tbody>
<tr>
<td>Greenville: 16</td>
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<tr>
<td>Seneca: 1</td>
</tr>
<tr>
<td>Pelzer: 5</td>
</tr>
<tr>
<td>Piedmont: 1</td>
</tr>
<tr>
<td>Salem: 2</td>
</tr>
<tr>
<td>Lancaster: 1</td>
</tr>
<tr>
<td>Belton: 1</td>
</tr>
<tr>
<td>Anderson: 1</td>
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<tr>
<td>Travelers Rest: 1</td>
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<tr>
<td>Highlands, NC: 1</td>
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Today, Abundant Living continues as a prevention and early intervention model emphasizing lifestyle changes affecting chronic disease processes, especially cardiovascular disease, hypertension, stroke, diabetes, obesity, and arthritis. CHPs tailor their ministries uniquely to their congregations to best meet the needs of the congregational members and the church’s health ministry.

Activity within the AL congregations is reported quarterly by the volunteer Congregational Health Promoters (CHPs). CHPs include registered nurses, health professionals, and lay individuals. The following reflects activity within active congregations during the past three years:

### Hours volunteered

![Graph showing hours volunteered from October 2012-Sept 2013, Oct 2013-Sept 2014, and Oct 2014-Sept 2015]

Note: For fiscal year 2015, 4,683.75+ hours were contributed, which is approximately $117,094 in nursing compensation.

### Total contacts through an event or class (includes food banks)

<table>
<thead>
<tr>
<th>FISCAL YEAR</th>
<th># CONTACTS</th>
</tr>
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<tbody>
<tr>
<td>October 2012-September 2013</td>
<td>17,490</td>
</tr>
<tr>
<td>October 2013-September 2014</td>
<td>13,869</td>
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<tr>
<td>October 2014-September 2015</td>
<td>26,133</td>
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### Screenings

Examples of screening offerings: blood pressure, osteoporosis, hearing, vision, blood sugars &/or diabetes risk assessments, cholesterol, heart health, height, weight, depression, and scoliosis.

<table>
<thead>
<tr>
<th>FISCAL YEAR</th>
<th># SCREENINGS</th>
<th># REFERRALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 2012-September 2013</td>
<td>3128</td>
<td>135</td>
</tr>
<tr>
<td>October 2013-September 2014</td>
<td>3239</td>
<td>51</td>
</tr>
<tr>
<td>October 2014-September 2015</td>
<td>2486</td>
<td>56</td>
</tr>
</tbody>
</table>
Individual Interactions

Congregational Health Promoters provide or coordinate a variety of services for their faith communities including:

- Visiting members within the faith community, nursing homes, hospitals, and home
- Sending cards
- Making phone calls &/or texts to/and on behalf of members
- Supplying meals

During this past year, CHPs encountered 2,345 member interactions. The following chart illustrates the various types of interactions:

“Provided support to a family where church member was in the hospital, then rehab, and home care. Provided information on community resources to family caregiver. Gave rides to medical appointments to church member who had arm surgery and could not drive for 6 weeks.”

*CHP, Bethesda United Methodist*
Abundant Living CHPs provided presentations, resources, and support in educating their congregations and surrounding communities concerning diabetes, nutrition, cardiovascular disease, and physical activity. Below reflects activity per emphasis:

**Diabetes:**
- Self-management, nutrition, monitoring blood glucose, medications
  Five classes, 28+ participants

**Nutrition:**
- Healthy food choices, healthy cooking, water consumption, eating daily recommended fruits & vegetables
  Seven churches, 139+ participants

**Cardiovascular Disease:**
- Signs and symptoms of a heart attack and stroke, modifiable and un-modifiable risk factors, healthy lifestyle behaviors, blood pressure, Red Dress Sunday
  Eight classes, 183+ participants

**Physical Activity:**
- Individual churches implementing physical activity challenges outside of AL program challenge, exercise classes, weight loss initiatives, promoting youth activity
  Six churches, 508+ people (*several churches did not report number of people)

“In June, one of our congregation members came in to have her blood pressure checked. It was quite elevated and she explained that she had been taking multiple doses of Sudafed daily for sinus symptoms. I was concerned about how elevated her blood pressure was, so I asked if she was experiencing any headache, dizziness, etc., and she replied that she was not. I encouraged her to follow-up with her doctor anyway, as she did not have a known diagnosis of hypertension. The next time I saw her, she thanked me for taking care of her and informed me that when she saw her doctor, her blood pressure was even higher than when I had checked it and that the doctor had started her on medication for blood pressure.”

CHP, Cross Roads Baptist
ADDITIONAL COMMUNITY OFFERINGS PROVIDED
BY ABUNDANT LIVING STAFF

BE Well Thursday

Tests, immunizations, and screenings offered to the community every Thursday from 7:30am until 10:30am at free or minimal costs.

# of people served: 239
# of screenings performed: 399
# of immunizations given: 50

Arthritis Foundation Exercise

An eight week (16 sessions) evidence-based program aimed at providing exercise for individuals diagnosed with arthritis at any fitness level. Exercises are joint protective and taught by certified trainers.

Spring classes, # of people served: 16
Fall classes, # of people served: 20

Better Choices, Better Health

This six week class is designed to educate and provide self management skills for individuals with any chronic condition. Caregivers and family members of individuals with chronic disease are also encouraged to attend.

Spring offering, # of people served: 7
Summer offering (a partnership with Senior Center in Liberty), # of people served: 14