

Durham County Health Ministry Network
Planning Calendar



July-December 2018



Public Health

Produced by the Health Promotion & Wellness Program,
Health Education Division
Durham County Department of Public Health

Ideas and Quarterly Action Plans

Third quarter (July –September 2018)



Things to do List:

Fourth quarter (October-December 2018)

First Quarter (January-March 2019)



Using this calendar...

Faith Leader Talking Points

Use these points as a focus area of discussions and perhaps the foundation with supporting scriptures for a sermon or “sermonette”.



If you have ideas you would like to share or events that have taken place at your church—your ideas may appear in the next planning calendar!

Health Observances

Each month, there are nationally recognized health observances. Although several are identified in the calendar, by no means does it ‘s cover all of them.

This calendar was built on several of the most common observances that present the opportunity for health programs with faith-based organizations.



Use the QR code with your reader to go directly to the referenced resource links.

Planning

Recommendations & Upcoming Events

Use the information in the calendar for the upcoming events and recommendations on when to start planning. Many of the recommendations are located on the monthly calendar sheet, but reference information is often in the section with Health Observances & Idea Corner.

Idea Corner

Recognizing that ministry work for most is voluntary, there may not always be a steady flow of ideas at the table. We have created numerous ideas for you. Pick and choose those you feel will be successful at your church. Sometimes the ideas we have provided may spark another that may work better for your church, adapt as you choose. If you like, share them with us whether you think they were successful or not. We would love to hear from you.

The Durham County Health Ministry Network Calendar was designed by Willa Robinson Allen with supporting content from members of the Network Team . **The planning calendar is intended for faith ministry leaders and should not be disseminated to the general congregation.** Use this guide as a planning tool and write in your events on the calendar. Please provide suggestions for future resources and/or improvements by contact Willa Robinson Allen at 560-7771 or via email at wrobinson@dconc.gov.

July 2018

Faith Leader Talking Points

- Food is the substance of life. The Word of our faith feeds us spiritually, and the food we eat feeds us physically.
- Just as we encourage you to feed your spirit well, we also encourage you to feed your body well.
- Our spirit is either strong or weak based on what we feed it; likewise, our bodies are either strong or weak based on what we eat. The choice is ours to make.

Donation of Time

Your ministry or organization can volunteer time with Habitat for Humanity. What an excellent way to contribute to both a family and the community as a whole. For more information on properties for Durham call (919) 682-0516.

Planning Month

July is a perfect month for planning events. Often Vacation Bible School and Revival months, take a breather and plan.....

Vacation Bible School

Don't forget to plan for healthy snacks during VBS. Consider a veggie tray, fresh fruit and other bag snacks that are not high in calories.

Health Observances and Ideas

Family Reunion: Early summer is a common time for family reunions, vacation bible school, anniversaries, vacations and a whole host of other celebrations. During this time, choose activities that focus on family and health history. Incorporate a health theme within vacation bible school which may include cultural tasting experiences and knowing what conditions run in the family. Theme: Know your family history...**Resource:** American Heart Association

Swap/Shop

Just about every organization has a high school graduate that is planning to go to college. Getting the items needed may be a financial strain on a family. At the same time, there may be a recent college graduate that no longer needs previous items collected. Many times, these items sit around in garages, homes, attics or storage. Have an event at your organization to swap and/or shop for college items between families and friends. Put those items to good use and clear out space as well.

4th of
JULY

INDEPENDENCE DAY

often a time for travel, reunions, barbeques and cookouts. Provide grilling safety information for your members to help their holiday be free from food borne illnesses and injuries. Need resources? Contact the local Cooperative Extension Agency. 919-560-0500

July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31	Cholesterol Awareness Month plan in July for September 2018				
			Prostate Awareness Month, plan in July for September 2018				

August 2018

Promoting immunization awareness month?
Request a toolkit from the National Center for Immunization and Respiratory Diseases
1-888-232-6348

- Promote in your newsletter
- Tweet to members
- Host a community event where families can get together and learn about immunizations

MEDICAL

National Immunization Awareness Month is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots. Use this month to raise awareness about vaccines and share strategies to increase immunization rates with our community.

Here is an idea:

- Encourage people in your community to get the flu shot every year. Invite a doctor or nurse to speak to parents about why it's important for all kids to get vaccinated.



Breastfeeding Awareness

Do you have mothers that breastfeed? Set aside space for them to do so that is NOT a restroom. For more information on how, support and resources, contact us! 560-7771

2018 Planning....it is NOT too early

Durham County Department of Public Health is able to offer Health Risk Appraisals on site for your organization. Participants can fill out a brief questionnaire and receive an individual report on their risks. Schedule your organization today! Call Willa at 560-7771

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breast Cancer Awareness Month plan in August for October 2018			1	2	3	4
Domestic Violence Awareness Month, plan in August for October 2018						
Maintain Don't Gain 11/18-12/31 free resources and materials available. Start planning in September and launch marketing late October.						
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
Order and download free materials for Diabetes Awareness Month (November)-Plan in September order and download free materials. Marketing in October 2018 Source" American Diabetes Association						

September 2018



Faith Leader Talking Points

- Food is the substance of life. The Word of our faith feeds us spiritually, and the food we eat feeds us physically.
- Our spirit is either strong or weak based on what we feed it; likewise, our bodies are either strong or weak based on what we eat. The choice is ours to make.
- Just as we encourage you to feed your spirit well, we also encourage you to feed your body well.

Men's Health

While the many events offered to congregation members are not gender specific, unless men get a specified invitation, they typically do not participate. Why not target the Men's Fellowship group at your church with some special attention. Have a men's health event (make sure several are on the planning team). You can also encourage them to support the Prostate Cancer screening events held in September by Duke University. The Saturday event is held at Lincoln Community Health Center while the Sunday event is usually held at Duke South.

Resources

America the Beautiful Fund provides grants of free seeds. Order soon as possible to ensure they arrive in time for planting. www.freeseeds.org

Like any of these ideas? We challenge you to let us know. You never know what reward may be available for doing so....



Taste and see that vegetables are good!

Choose 3-4 vegetables that are not as common to the culture of your members.

Idea 1:

- Provide samples of the foods prepared in different ways. Make sure that you provide the recipe!

Idea 2:

- Tell your members the choice (and maybe purchase for pick-up) and have them bring in a sample of a prepared recipe.

At the September DCHMN meeting, we will demonstrate one of these ideas. Come ready for a taste test and get the details of how to implement this activity for October, November or December 2015. We are so excited!!!

In the late fall /early winter, the Durham County Department of Public Health will be offering additional programs for community members.

Living Healthy with Chronic Pain for people dealing with any type of ongoing pain. Workshops are facilitated by two trained leaders over a period of six weeks. If you want, we can provide this for your members onsite. Call 919-560-7109 for more information.

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10 DCHMN Mtg 6pm	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	Cholesterol Awareness Month					

October 2018

Faith Leader Talking Points

- Excessive tv watching harms our children and harms us
- TV compromises family time, spiritual and devotional time and time for service to others
- Limit tv time and choose family friendly programs that you can watch together
-



Prepare for the flu (and pneumonia) -Every year, flu season seems to start earlier! Encourage your members to get their flu and pneumonia vaccine if needed. Ask about a clinic at your faith based organization.

Breast Cancer Awareness

Honor those from your congregation that are breast cancer survivors. It is a time to reflect and celebrate life beyond a period of difficulty. The American Cancer Society and the American Cancer Institute are great resources! Need a speaker? Contact the Sister's Network for a breast cancer survivor to come to your event.

Walking for Wellness

To cold to travel? Do a virtual travel challenge. Participants can walk and convert their time into minutes. All that is needed is a map, convert the miles and issue the challenge with a few rules. Compliments of Southside Church of Christ and Durham County Department of Public Health can provide start up toolkits. Contact Willa 919-560-7771.

Idea Corner

Domestic Violence

Someone knows someone who is or was a victim of domestic violence. Sometimes, their story will help make a difference in someone's life. If you do not anyone willing to share their story, contact The Durham Crisis Response Center for a speaker for your event. Pass out purple ribbons in remembrance of those who suffer no more....

Passport to Health

As the weather transitions to the cold season, people physically travel less. However, virtual travel is always available. Consider the Passport to Health program. Virtually visit different countries and experience a little culture.



October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<ul style="list-style-type: none"> • New Year's approaching! Prepare your January promotions in November 2018 • 12 days of Fitness Campaign should begin around December 12, promote just before Thanksgiving. 				1	2	3
4	5	6	7	8	9	10
11 Veteran's Day	12 DCHMN Mtg 6pm	13	14	15	16	17
18	19	20	21	22 Great American SmokeOut	23	24
25	26	27	28	29	30	

December 2018

Faith Leader Talking Points

- A time for reflection, but the month of December is not “the end”, reflect on accomplishments but focus on where you are heading. ...May your whole spirit, soul and body be kept blameless...(1 Thess. 5:23; NIV)
- The holidays are “holy” days – a time to take stock of the days past and look forward to the year ahead. They are a time to reflect on faith and reaffirm faith commitments.
- Holidays are days of celebration, of gathering with family and friends and enjoying the partaking of food together. Don’t let food and indulgences take center stage – keep the “holy” in holiday, and remember first the reason for the season.
- World AIDS Day is at the beginning of December. Frame your message around this epidemic focusing on forgiveness and making changes.

World AIDS Day is December 1st each year. Check out Durham’s activities and the Black Church Week of Prayer. Contact the AIDS Alliance of Durham.

12 Days of Fitness

For 12 days, encourage your members to focus on one of the following:

Idea 1: Get Fit!

Have them follow the 12 days of circuit fitness ideas presented by the Huffington Post. http://www.huffingtonpost.com/2013/12/12/12-days-of-fitness_n_4277152.html

Idea 2: 12 Days of Fitness (holistic health version)

With this, you coordinate a team from your organization to focus on activities such as physical health, emotional health, conservation health etc. Don’t know what to do? NO PROBLEM! We can help with a packet of prepared information. Contact Willa Allen at 919-560-7771 or wrobinson@dconc.gov

Perhaps one or more of these ideas will be featured at the November 2018 meeting.



Ask An Expert Panel

Instead of waiting for the New Year, get a jump on the process. Try this in December or another month: Assemble a “Ask A Pro” panel. Choose your subject based upon interests. Here is an example:

January seems to be a month where people make resolutions about exercise and healthy eating. Consider in December inviting a Fitness Professional to be part of your panel and a nutritionist. Perhaps you have such professionals in your congregation willing to serve in this capacity.

Did someone say survey? At least annually, it is important to hear from your organization’s members about their interests. This will help you to plan events for which they will support. Assistance is available! Call us, we can help you develop a tool and lend support in analyzing and conveying the data.



December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 World AIDS Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Durham County Health Ministry Network

has a website that offers many of the resources within this calendar. Check back often for updates. In fact, the months associated with this calendar (idea pages) will be available for download. Share this information with members of your Health Ministry or friends from other churches.

Additional Resources

www.eatsmartmovemorenc.com

www.heart.org

www.cancer.org

www.healthfinder.gov

www.foodguidepyramid.gov

www.cdc.gov

www.ncdiabetes.gov

www.diabetes.org

www.durhamdiabetescoalition.org

www.healthydurham.org

Programs



...offered by the Durham County Department of Public Health

Many of the programs listed below can be offered at your faith-based organization upon request. If your organization is willing to host, please contact us!

- Matter of Balance (8 weeks)
- Living Healthy with Chronic Conditions (6 weeks)
- Living Healthy with Chronic Pain (6 weeks)
- Living Healthy with Diabetes (6 weeks)
- Hypertension Workshop (5 weeks)
- Eat Smart Move More Weigh Less (15 weeks)
- Give Your Heart a Healthy Beat (14 weeks)

Leader Trainings (Train-the-Trainer)

- Resistance to the CORE
- Fitness Leader Training
- Hypertension Workshop



