

BACKGROUND

Heart touched by clergy health challenges

2015 BOP

Learning

United Methodist, Enneagram Type 9, Family Physician

2016 Dakota Wholeness Team



DAKOTA WHOLENESS HEALTH

Sue Alverson, RD, LN

Dietician SD Department of Health

Shawn Culey, MD, FAAFP

Family Physician, Avera Medical Group McGreevy

Rev. Jo Flesner, MDiv

Pastor and Counsellor, Sioux Falls Psychological Services

Rev. Kyle Reinhiller

Pastor, Harrisburg United Methodist Church

Elaine Roberts, Med

Retired, Educator, Director SD Parent Connection



SIX PERSPECTIVES OF HEALTH

SPIRIT

- ❖ Communal Spiritual Health
- ❖ Personal Spiritual Health

BODY

- ❖ Physical Activity
- ❖ Preventive Health

MIND

- ❖ Emotional Health
- ❖ Dietary Health



MEASURES

BFW and HQ Data

Spiritual Growth Planner

- Spiritual Disciplines Handbook
Calhoun

Comparison of
2018 and 2019
data



COMPASS GROUP STRATEGY

Local Individual Health Coaching

- 1:1 coaching up to 14 sessions
- Accountability to 1-2 self-identified goals

Monthly Compass Group Meeting

- Exploration of one health perspective
- 90 minutes
 - Devotion – Spiritual Disciplines Handbook
 - Nutritious single-serving snack
 - Education and Discussion with scriptural reference



FAITHFUL FAMILIES

Faithful Families – Thriving Communities

Collaboration

South Dakota State University Extension
Faith-based program from NCSU in 2007

Extension Field Specialist helps local church
with evaluation of health promotion

Recommendations to church leadership

Education

Policy change

Environmental change

9-week curriculum – physical activity

- dietary education



ANNUAL CONFERENCE ACTIVITIES

Virgin Pulse walking/healthy habit challenges

Healthier single-serving snacks

Morning chair yoga

Stretch Breaks

Many Thanks to Todd and Leah for support



PROMOTION OF VIRGIN PULSE

Annual Conference
challenges

Quarterly
conference-wide
challenges

Supporting
Non-HealthFlex
pastors



SCRIPTURE

EPHESIANS 4:16

He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.

