One Voice, One Vision: 
Wisdom for Healthier Communities

October 2021

This Conference will be held virtually over 3 weeks in October, with a session offered 2 days each week at 12pm PDT/MST (Arizona), 1pm MDT, 2pm CDT, 3pm EDT:

Tuesday, October 5 and Thursday, October 7
Tuesday, October 12 and Thursday, October 14
Tuesday, October 19 and Thursday, October 21

Statement of Purpose/Objectives:

The purpose of this conference is to enable participants to foster a unified voice and work toward improving whole-person care within our communities.

- Provide a national forum for faith and health practitioners to gain wisdom concerning innovative and creative methods of enhancing the health of congregations and communities.
- Learn how physical and psychosocial challenges across the lifespan impact motivation, health-seeking behavior, and the ability of individuals to gain wisdom concerning the integration of faith and health.
- Explore how the qualities of forgiveness, compassion, resilience, and acceptance contribute to the growth of spiritual wisdom and holistic health in communities.

website - HMAssoc.org
President’s Word

The conference planning team, speakers, and HMA Board are working to connect people with important wellness information and living out our statement of purpose “to be innovative and creative in enhancing health”. We have pivoted with innovation and creativity as we provide our first fully virtual conference. We will meet on a ZOOM platform that can be accessed by many people without the costs associated with travel. Sessions will be only three hours to prevent fatigue. Browse the schedule to see the variety of engaging topics we are offering this year to view from the comfort of your home or office.

Invite your colleagues and friends to join in for what promises to be an exciting learning and networking experience. We look forward to seeing all of you at the conference as we seek “One Voice, One Vision: Wisdom for Healthier Communities.”

Denise Viker, BSN, RN
HMA President

A Message From the Executive Director

“If you don’t like something, change it. If you can’t change it, change your attitude.” A quote from one of my favorite poets, Maya Angelou, that resonates with me in this year of so much change. We don’t like that we cannot be together for our 2021 conference, as we have been in many years past. We can’t alter the circumstances, so we decided to adjust our attitude. We are beyond excited and grateful for the chance to witness resilience and grace in this new mindset.

After this past year, our conference theme of Wisdom in Healthier Communities could not be more relevant or necessary in our calling as Health Ministers. We encourage you to gift yourself with the opportunity to be inspired by some of the most extraordinary speakers, connect with your colleagues, and discover many amazing resources. We cannot wait to see your smiling faces in October!

Julie Ruchniewicz RN, BSN
Executive Director
Health Ministries Association
Mary Chase-Ziolek, Ph.D., MS, BS, BA, AA

The Wisdom of Stewarding Creation for Healthier Communities: Justice, Food and Health

Our collective wisdom for promoting healthier communities calls us to consider how we care for creation to ensure health for all. Eating is a daily activity that mutually engages us with creation and others around the world. Recognizing our responsibility as stewards of creation, we will consider how faith and food relate to matters of justice and health for individuals and communities. As a leader in the faith and health movement since 1991, we are thrilled to have Professor Chase Ziolek share “collective wisdom” in relating faith and food and how various faith communities are living out the connection within their faith context.

Rabbi Michael R. Zedek, D.D., DHL, MAHL, BA

Folklore and Stories: A Window to the Soul – How ancient wisdom conveys lasting truths

Scholars suggest there are only a certain number of plots— all else is elaboration. How then do different cultures and groups tell the “same” story? What does the way such stories are told reveal about the values and dreams of different communities? Why do stories fascinate us so, cause us to remember, and help us grow? As an internationally known, seasoned, and very engaging story-teller, Rabbi Zedek will challenge us to appreciate how ancient stories resonate in today’s world.

Reverend John Kartje, PhD, STB, STD, BA, BS

Finding – and Keeping – the Faith in a Science-Driven Culture

As the rare academic who has doctoral degrees in both science and sacred theology, Father John Kartje, rector/president of University of Saint Mary of the Lake/Mundelein Seminary brings decades of experience exploring faith and science and the ways each can inform the other, and how Christians can study our faith through a scientific lens. In quoting Father John, “for me what really is the connecting tie (between science and faith) is the encounter with mystery.” “Every day a scientist is at the boundary of what we know… Mystery is staring them in the face and they are staring it in the face. You try to plumb those depths.” This presentation will offer an extraordinary perspective from an internationally known astrophysicist, Roman Catholic priest, and a biblical scholar!

Conference Sponsorships

HMA invites you to showcase your company, program, or honor a colleague at our 31st conference through conference sponsorship. A variety of sponsor package opportunities are available on our Conference page at HMAssoc.org.

Your support enables HMA’s vision to be realized by assisting a network of faith and health professionals to develop health ministries that bring needed resources to communities throughout the country. Your sponsorship also highlights for conference attendees your organization’s commitment to building healthier communities through collaboration with groups and individuals engaging faith with health. All sponsors will be listed in the conference program and website.
**2021 Health Ministries Association**  
**Guest Speakers**

**Reverend Meredith Onion, MDiv, MSIR, BS**

**Unified Vision: The Congregational Mission as a Catalyst for Collaborative Health Partnerships in the Community; A Pastor’s Perspective**

Too often we forget the key to a successful health ministry depends on the passion of the key stakeholder within the faith community~ the faith community leadership team. The development of a sustainable health ministry relies upon the mission and values of the faith community, leadership, and outreach beyond the walls of the faith community. Join our Guest Speaker in exploring a pastor’s perspective in supporting a unified vision for developing and sustaining healthy community partnerships.

**Alyson Breisch, MSN, BSN, RN-BC**

**Once and Again: Wisdom Revealed Through Shared Narratives**

Narratives and sacred stories are an integral aspect of many faith traditions. Every person has a story – something that ultimately and uniquely defines who they were, who they are, and who they are continuing to become. Sharing our life stories encourages community. We can discover the meaning of our life by sharing our stories, listening to another’s story, and connecting with God’s word revealed through metaphors and story. Reframing life events - including those of hardship and tragedy - into stories of resilience, discovery, and growth can foster personal agency, faithfulness, and healing. Our speaker will share practical tips gained from her 15-years’ experience of incorporating individual and group shared narratives in health ministries and faith community nursing.

*Go to HMAssoc.org to read the biographies of the 2021 speakers on the Upcoming Conference page.*

**Members Meeting and Award Winners Recognition**

Scheduled as part of the conference, all Registered attendees are invited to the HMA annual meeting and recognition of the 2021 Award winners. Please join us on the last day of the conference, October 21, 2021.

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**2021 National Conference Planning Committee**

Nancy Rago Durbin, MS, BSN, RN-BC, 2020 Chair – Arlington Heights, IL  
Jeneice Hall, MS, CHES – Austin, TX  
Deborah Dixson, BSN, RN – Birmingham, MI  
Felicia Stewart, DNP, FNP-C, RN-BC – Terre Haute, IN  
Ruth Syre, MSN, RN-RC – Wilmington, NC  
Margie Mayfield, BSN, RN – Elk Grove Village, IL  
Kathy O’Neill, BSN, RN – Arlington Heights, IL  
Ann Gornik, MSN, BSN, RN – Western Springs, IL  
Sue Cox, BSN, RN – Evanston, IL

**HMA Staff**

Kristina Heaton  
HMA Office Manager – Dayton, OH  
Julie Ruchniewicz, BSN, RN  
2020 Co-Chair, HMA Executive Director – Glenview, IL  
Annemarie Halfpap  
HMA staff – Halfpap Designs, Dayton OH

website - HMAssoc.org
Session One:

I’ll Play for You: The Harp’s Ancient Wisdom
Tami Briggs, MBA, CHP

The George Floyd murder happened in Tami Briggs’ backyard (Minneapolis); the ensuing violence and looting were frightening and sad. What could she personally do? Play her harp! Since late May 2020, she has played every day with the positive intention to contribute peace and calm to the world. These daily harp meditations have evolved into a very rich, deeply spiritual “practice” using the harp’s ancient vibrations in prayer, intention, and distance healing.

As health ministers, you likely say, “I’ll pray for you”; Tami says, “I’ll play for you!” In this session, Tami will also extend an invitation for you to join her Points of Light community where you can connect with a worldwide group of light holders who are offering their unique healing gifts for peace and calm. Together, we are changing the world by amplifying the planetary vibrations!

Anxiety, Stress and Its Impact on Whole Person Health – Camille Helkowski, LCPC

Buddha urged us to recognize that: “The secret of health of both mind and body is...live the present moment wisely and earnestly.” However, life often gets in the way of this dictum, and our health, in all its aspects, suffers for it. This presentation will ask us to consider how we recognize the root causes of dis-ease, employ more effective wellness practices, and consistently respond in ways that bring us to whole-person health.

Session Two:

Leaning Into Wisdom: A Faith-Based Model for Supporting Healthy Decision Making in Late Life
Deborah Stankiewicz, MS, BSN, RN-BC, HTCP

Most assume that wisdom is a natural result of aging. Healthy decision-making results when we use the knowledge gained from our life experiences in a thoughtful and intentional way. Doing so can result in greater resilience to face life and greater integration in body, mind, and spirit. Whether caring for aging parents or navigating late-life personally, the second half of life is riddled with a multitude of necessary decisions. Faith Communities because of their relational nature are uniquely positioned to support people in late life-decision making. The purpose of this presentation will be to describe a faith-based approach to making late-life decisions that focuses on quality of life, dignified life closure, and promoting a comfortable death. Necessary decisions that relate to the physical, mental, spiritual, and psychosocial health domains will be discussed.

The Prophetic Journey of Health Ministries: The Call to Healing and Wholeness
Jan Erlenbaugh Gaddis, BSN, RN-BC & Cheryl Howard, BSN, RN-BC

There is great power when one claims to be on a mission from God! The movie, Blues Brothers, has many references to this power. This presentation will energize (or re-energize) participants to the call to health ministry by sharing wisdom from visionaries, mystics, and prophetic voices. The session will encourage all to find their prophetic voice and become passionate about their mission. Join us for stimulating conversations that will focus on the impact of building relationships and creating vibrancy in today’s ever-changing healthcare world. Be bold enough to claim, “We’re on a mission from God!”
Constituent Panel of Experts

Sharing Our Collective Wisdom: A Panel of Faith Community & Constituency Leaders

Carol Fout-Zignani, MSN, BSN, RN; Thomas Pruski, DMin., MAPS, RN; Reverend William Coleman, DMin, MPA, MA, BA; Neppie Alexander, MSN, BS; Cari Moodie, BSN, RN

Health ministry relies on the collective wisdom and partnership within various disciplines—clergy leadership, lay health ministers, faith community leaders, and faith community nurses.

Each brings their skills, talents, and perspectives and compliments one another in developing and sustaining a health ministry. The collective voice of these faith communities and HMA constituency leaders allows for a unique opportunity to better appreciate the ongoing need to work and learn from one another.

This session will outline common issues and challenges faced by health ministers, faith community nurses, coordinators in various practice settings and will describe methods and strategies to advance and improve health ministries’ practice.

HMA Awards and Recognition

A conference highlight is the conferring of awards for colleagues who have demonstrated the highest levels of excellence in the health ministry. It is always awe-inspiring to hear of the impact that health ministry is making in so many ways and places and to honor those who continue to answer the call and take this work forward. This year, HMA will be awarding the winners in a different format.

Beginning in the spring of 2021, the award winners will be highlighted in HMA Eblasts. During the 2021 Conference, winners will be introduced as part of the Annual HMA meeting.

Nominations for the following awards are ongoing. Please take the time to nominate someone you know for one of these annual awards!

- HMA Distinguished Faith Community Health Leader Award
- Norma Small Outstanding Coordinator Leadership Award
- Westberg Leadership in Faith Community Nursing Award
- Wilkerson-Droege Award

To Nominate and for more information, go to HMAssoc.org/membership/member-awards

Spiritual Offerings

Spiritual Reflections will be integrated throughout the conference.

An Ecumenical Taizé Session and Experience will be held as part of the conclusion of the conference.

Submit your nomination today!
As the 2021 conference is virtual we are able to provide you with special Hall of Excellence presentations on each of the three Tuesdays. Check the schedule for each presentation's date and time.

Show and Tell” to Promote Healthy Behaviors
Marilyn Harris, MSN, RN, NEA-BC, FAAN
Innovative, creative education attracts the attention of children and adults to influence health-related behaviors.” Show and Tell” is effective for everyone. Examples include: a Blood pressure screening spark new interest when nurses wear white uniforms and caps; a bulletin board displaying calories with actual foods and snacks confirms “a picture is worth a thousand words”; and an invitation for children to share their health habits through a poster contest reveals interesting suggestions and art. This poster highlights the success of innovative health education in the faith community setting.

Advance Care Planning Conversations in the African American Church
Shawndra Ferrell, MSN, APRN, FNP-BC
Advance care planning is not an event; it is a process. Research has shown that for African Americans, the road through the advance care planning process is often hindered by barriers such as (a) a history of mistrust in the healthcare system, (b) lack of knowledge, and (c) belief in a higher power/God coupled with belief that end-of-life issues should be managed via religious practices. This poster presents the possibility that when provided with evidence-based tools such as "The Conversation Project", faith-based organizations are empowered, and there becomes a space where the issues of faith and spirituality transition from barrier to bridge, because where medicine and miracle connect, there need not be a battle.

Ramadan Tool Kit
Hiba Hamadeh, M. Med. Sci, RDN LD
The holy month of Ramadan can potentially pose dietary challenges for some Muslim patients and their families.

The Academy of Nutrition and Dietetics has developed a guide for all health teams working with Muslim clients and their families to ensure healthy and appropriate foods to use. At the conclusion of this presentation, attendees will:

- Recognize the holy month of Ramadan and its potential challenges for some patients
- Discuss ways to help Muslim patients enjoy a healthy Ramadan
- Understand the difference between Halal/Haram foods
- Identify Foodservice considerations for purchasing Halal Certified Foods
- Identify when the Ramadan Toolkit can be a helpful resource
- Determine how to get full access to the Ramadan Toolkit by the Academy of Nutrition and Dietetics’ RMIG

Continuing Education
This activity has been submitted to the American Holistic Nurses Association for approval to award contact hours. The American Holistic Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation.
Conference Fees:
Members without CEU's - $335
Members with CEU's - $385
Non-Members with CEU's - $485

Registration Deadline:
Registration w/payment must be submitted by September 20, 2021. Conference registrations are not confirmed until full payment is received (HMA Office: P.O. Box 60042, Dayton, OH. 45406).

Conference Instructions:
Conference registration is online only. Go to the Upcoming Conference page and click on the “Register Now” button.

Cancellations:
All cancellations will be charged a $50 fee per National Conference Refund policy 10.08 which can be found on HMAssoc.org. Cancellation before the posted deadline date of September 20, 2021 will receive a full refund minus the $50 fee. No refunds will be given past the deadline date. Substitutions are permitted past September 20, 2021, if arranged by the participant AND HMA Office notified.

36 Years of HMA
For our first virtual conference, we are not traveling to a destination to gather. Instead, we are celebrating 36 years of HMA, and 32 years of gathering together.
Over the months up to the 2021 conference, we hope to gather memories, photos, and post guest blogs on our website from members describing their earliest time with HMA.
Send us your memories to info@hmassoc.org and be a part of this wonderful project.
2021 Health Ministries Association
Conference Schedule

The Session times will begin as follows:
12pm PDT/MST (Arizona), 1pm MDT, 2pm CDT, 3pm EDT

WEEK ONE

Tuesday, October 5, 2021

10 minutes – Welcome HMA President & Executive Director
90 minutes – Keynote: Rabbi Michael Zedek, D.D., DHL, MAHL, BA
Folklore & Stories: A Window to the Soul
How ancient wisdom conveys lasting truths & challenges us to grow
10 minutes – Stretch Break
60 minutes – Tami Briggs, MBA, CHP
I’ll Play for You: The Harp’s Ancient Wisdom
15 minutes – Hall of Excellence #1
Marilyn Harris, MSN, RN, NEA-BC, FAAN
Show & Tell to Promote Healthy Behaviors

Thursday, October 7, 2021

10 minutes – Opening Devotion/Intro of the presenter
90 minutes – Mary Chase Ziolek, Ph.D., MS, BS, BA, AA
The Wisdom of Stewarding Creation for Healthier Communities: Justice, Food, and Health
10 minutes – Stretch Break
75 minutes – Carol Fout-Zignani, MSN, RN, Neppie Alexander MSN, RN, Cari Moodie, BSN, RN, Rev. William Coleman, Dr. Tom Pruski
Sharing our Collective Wisdom: Panel of Faith Community & Constituency Leaders

WEEK TWO

Tuesday, October 12, 2021

10 minutes – Opening Devotion/Intro of the presenter
90 minutes – Reverend John Kartje Ph.D., STB, STD, BA, BS
Finding and Keeping the Faith & Science in a Science-Driven Culture
10 minutes – Stretch Break
60 minutes – Camille Helkowski, M.Ed, NCC, LCPC
Anxiety, Stress and Its Impact on Whole Person Health
15 minutes – Hall of Excellence #2
Shawndra Ferrell, DNP, MSN, APRN, FNP-BC
Advance Care Planning Conversations in the African American Church

Thursday, October 14, 2021

10 minutes – Opening Devotion/Intro of presenter
90 minutes – Alyson Breisch, MSN, BSN, RN-BC
Once & Again: Wisdom Revealed Through Sacred Narratives
10 minutes – Stretch Break
60 minutes – Jan Erlenbaugh Gaddis, BSN, RN-BC, Cheryl Howard, BSN, RN-BC
The Prophetic Journey of Health Ministries: The Call to Healing and Wholeness
15 minutes – Hall of Excellence #3
Ramadan Toolkit
Religion Member Interest Group of the Academy of Nutrition & Dietetics

WEEK THREE

Tuesday, October 19, 2021

10 minutes – Opening Devotion/Intro of the presenter
90 minutes – Reverend Meredith Onion MDiv, MSIR, BS
Unified Vision: The Congregational Mission as a Catalyst for Collaborative Health Partnerships in the Community: A Pastor’s Perspective
10 minutes – Stretch Break
75 minutes – Deborah Stankiewicz, MS, BSN, RN-BC, HTCP
Leaning Into Wisdom: A Faith-Based Model for Supporting Healthy Decision Making in Late Life

Thursday, October 21, 2021

10 minutes – Opening Devotion/Intro of the 2021 HMA Award Recipients
60 minutes – President’s Message – HMA Annual Meeting
75 minutes – Nancy L. Rago Durbin, MS, BSN, RN-BC
The Wisdom of Taizé: An Ecumenical Experience of Prayer, Song, Silence, and Reflection