



**The Conference Health As Wholeness Team** is working with the **Erie United Methodist Alliance (EUMA)** to promote wholistic health opportunities and education for the staff and clients through several programs.

In an effort to address childhood obesity, reduce the stress of being homeless and encourage physical activity as well as providing opportunities for family togetherness (especially during the winter months) the team purchased a Wii system and physical activity games for all ages for the clients and staff at the Refuge



*“The Wii system will provide the children at the Erie UM Alliance Refuge Homeless Shelter the opportunity to exercise, interact with each other, and concentrate on being kids. As you can imagine, life at a temporary shelter and an uncertain future can bring stress and worry into a child’s life. This gift provides them with a great way to relieve some of that stress. Thank you for this very special gift”. Cheryl Davis, EUMA Executive Director*

A session on the effects of stress and how to manage stress was presented to the EUMA staff at their February staff meeting by Barbara Lewis, Faith Community

Nurse and HAW Coordinator. The staff will be able to use the information for themselves as well as their clients.

The HAW team is collaborating with advanced nutrition students and their professor from Gannon University to present sessions to the clients at the Refuge and Hope House on label reading, obesity, healthful eating, physical activity and preparing low cost nutritious meals.

EUMA will be a participating agency in the LECOM (Lake Erie College of Osteopathic College ) Bridging the Gaps summer internship program. Barbara Lewis, HAW coordinator, will serve as the site preceptor. This program is a 7 week community service and interdisciplinary collaboration program which combines health-related service in economically disadvantaged communities with the interdisciplinary training of future health and social service professionals.

Each year, Erie United Methodist Alliance serves more than 1,700 people through their five ministry programs providing shelter to homeless families and veterans, and reaching out to homeless individuals and those-in-need through their on-the-street outreach program and free voucher assistance through their thrift store.

## **Want to help the EUMA and do something healthy for yourself at the same time?**

Erie United Methodist Alliance is participating in the **Highmark Walk for a Healthy Community** on Saturday, June 9, 2012 at Presque Isle State Park. We hope you will, too, because:

- it's a fun 5K (or One-Mile) Walk benefitting 24 local health and human agencies, including EUMA.
- 100% of the money raised by our walkers goes directly to EUMA ministries because Highmark Blue Cross Blue Shield underwrites the event costs.
- it is an easy and fun way to help our organization raise vital funds for our ministries serving homeless families with children, veterans and individuals.
- **Can't walk? Join us by registering as a "virtual walker." Your support and pledges will count toward our event goal.**

So, mark Saturday, June 9, 2012 on your calendar and start gathering friends, family members, neighbors and co-workers to join you in walking to ensure a healthier community. For more information or to register, visit [www.walkforahealthycommunity.org](http://www.walkforahealthycommunity.org). Or contact our office by calling 814-456-8073 or e-mailing [info@euma-erie.org](mailto:info@euma-erie.org).

For more information on any of the above programs, health ministry, Faith Community Nursing or the WPA UM Conference Health As Wholeness Team Contact Barbara Lewis at [healthteam@wpaumc.org](mailto:healthteam@wpaumc.org)  
Or visit the website at [www.wpaumc.org/health](http://www.wpaumc.org/health)