

Hand-deliveries Help Healing within Muslim Community

The Muslim Gift Box program continues to grow throughout OhioHealth

Picture yourself ill, in a hospital bed. Then, all of a sudden, a cheerful man comes into your hospital room and graciously hands you a box containing three items that you cherish. That would make you feel much better, right? It's this type of happiness that Youssef Zouak strives for. In addition to working in Nutrition Services at OhioHealth Doctors Hospital, Zouak is a "deliveryman" for OhioHealth's Muslim Gift Box program, which provides gifts of healing to Muslim patients.

Adopted from The Ohio State University, the OhioHealth Muslim Gift Box program has become a successful program for healing Muslim patients. The gift boxes include items that are donated from the Muslim community and are hand delivered by Muslim associates at all of the OhioHealth's care sites. The water in the boxes comes from the Well of ZamZam in Mecca, Saudi Arabia, a city considered to be the holiest place in Islam. In the box, there are also Ajwa dates, grown from an orchard of seedlings from a tree planted by the Islamic prophet, Muhammad. The bags also include a card with inspirational and healing verses in both Arabic and English from the Muslim holy book, the Qur'an.

The program has been especially successful at OhioHealth Grant Medical Center and OhioHealth Doctors Hospital because of the large Muslim and Somali populations near the two hospitals. Zouak is one of two "deliverymen" at Doctors Hospital and delivers the boxes to males, while Radiology associate Fardowsa Barkad delivers the boxes to female Muslim patients.

"The Muslim Gift Box program is a great way to show that OhioHealth welcomes patients of all backgrounds," said Zouak, who enjoys speaking Arabic with the patients he visits. "The program has been very successful in making patients feel happy and at home."

Rev. Kristin Langstraat, OhioHealth System Director for Faith Community Relations, says the Muslim Gift Box program is one way OhioHealth supports healing. "I look at the boxes as a way for Muslim patients to access their Muslim faith as they heal, and while we don't offer a 'gift' to each religion, we are trying to find religiously meaningful ways to meet each religion's healing needs." OhioHealth also provides communion to Catholic patients and special dietary accommodations for Jewish patients. Trained interfaith chaplains are also available to attend to the various other religious and spiritual needs of patients, families and staff at OhioHealth hospitals.

Zouak says that the Arabic meaning of happiness is the word "donation." Zouak does not only feel happy when being the "deliveryman" of the Muslim gift boxes, but truly enjoys donating his time to deliver the sacred gifts from the paradise of Allah to Doctors Hospital.



Stewardship

Updates from OhioHealth for the interfaith community



What Impacts Your Health?



In a recent presentation to the Stakeholder Health Forum, Dr. Kevin Barnett of the Public Health Institute noted that 60 to 70 percent of the factors that make up our health are outside the control of healthcare systems. Housing, environmental hazards, food and job insecurity, and the health impact of stress

are all elements of our lives that impact health. Health has never just been about a doctor visit or an episode in the hospital.

Likewise, the World Health Organization defines social determinants of health as "the conditions in which people are born, grow, live, work and age. These circumstances are shaped by the distribution of money, power and resources at global, national and local levels." As people of faith we have something to say about all of this. The leaders of our religious traditions have always spoken out about how we share our money, resources and power. And our faith communities seek to live out the religious principles of generosity, love of neighbor and care for the creation around us.

These social determinants of health are community and faith issues. All religious traditions focus on how we are related to our neighbor and how we can show mercy and love to others in order to relieve suffering. So how can our congregations advocate to make sure that everyone has access to the elements that create health in our lives? As a part of our faith-based foundation and in an effort to address some of these concerns, OhioHealth continues to look at diverse ways to impact health. Community Health and Wellness works to increase health literacy and educate the community about how individuals and families can have a better understanding of health-related issues, and as a result can better manage and advocate for their own health. With the spotlight on infant mortality in Columbus, Community Health and Wellness is focusing on developing intergenerational messages on this topic. It is important that everyone who touches the lives of babies has access to this important information. Our care managers and social workers continue to expand their ideas for what community agencies can assist with safe discharge for our patients. OhioHealth is working more and more with the community, so that people can

stay well both in and out of the hospital, and be discharged safely and maintain their health after a hospital visit.

How is your congregation helping to improve the health of your neighbors? To answer this question, you may need to look beyond your neighborhood's borders to see places where your congregation can advocate to reduce health inequities and to improve the social determinants of health in your community.

We look at health from many different angles. Take food, for instance. If your congregation has land, can you create a community garden? The bounty of what you grow can be used not only for healthy congregational meals, but also to share with faith communities in areas of your city/town where less land is available. Do you live in an area with no grocery store or market for fresh produce? If you have healthy food nearby, do your congregants or those in your surrounding community know how to cook it? How about having a community cooking class where you learn how to fix an awesome turnip dish, or figure out what to do with different kinds of "unique" looking veggies? All of these fruits of the earth are a blessing and a part of God's creation. Faith communities can also extend their ministry by doing the serious work of advocating for broader access to the food we all need. We can get inventive and have fun with how to put the right nutrients into our bodies, reducing stress, and building positive relationships in the name of our faith and our health.

OhioHealth looks forward to partnering with you to improve the health of those we all serve!

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A FAITH-BASED, NOT-FOR-PROFIT HEALTHCARE SYSTEM

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MARION GENERAL HOSPITAL + REHABILITATION HOSPITAL + O'BLENESS HOSPITAL + MEDCENTRAL MANSFIELD HOSPITAL
MEDCENTRAL SHELBY HOSPITAL + WESTERVILLE MEDICAL CAMPUS + HEALTH AND SURGERY CENTERS + PRIMARY AND SPECIALTY CARE
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SPECIAL EVENT

OhioHealth Welcomes Rev. Dr. Michael Minor

“The Southern Pastor Who Banned Fried Chicken in His Church”



Reverend Dr. Michael O. Minor, local, regional and national champion of faith-based health and wellness mobilization, will speak to church pastors, congregational health ministers and nurses, and the general public during an October visit to central Ohio. (See schedule below and next page for follow up training dates.)

About Rev. Minor

The undershepherd of the Oak Hill Baptist Church in Hernando, Mississippi, Minor has encouraged many changes in his congregation focusing on health and wellness. Through altering church potlucks, having safe places to walk, holding health fairs and encouraging ushers to be good examples, Minor's church has seen an increase in the health of church membership. Minor notes, “We have people who are literally half the size they used to be. And it's not just those dramatic cases of people who've lost hundreds of pounds. The people who've lost 10 or 20 pounds feel better and are healthier. It adds to their quality of life.”

He is best known as the “Southern pastor who banned fried chicken in his church.” As a community organizer for over 20 years, Minor has worked on community empowerment, non-profit business development, and faith community issues. He currently serves as chair of the National Faith-Based Mobilization Network (Faith MoNet) and the National Director for the H.O.P.E. Health and Human Services Partnership of the National Baptist Convention, USA, Incorporated (NBCUSA) — the nation's largest African American religious denomination. A national voice for the promotion of faith and health, Minor has generated extensive international multi-media coverage. *Cooking Light* magazine selected Minor as one of 20 national food heroes in its November 2012 issue. Championing the initiation and networking of health and wellness ministries in houses of worship at the local, state, regional and national levels, Minor promotes the use of trained health ambassadors to lead these ministries. He continues to work with various federal agencies and national health and wellness advocacy organizations in support of faith-based outreach and sustainable lifestyle changes.

Rev. Minor Event Schedule

October 6, 2 to 4 p.m.

Rev. Minor will speak with African American congregational nursing and health ministries.

J. Ashburn Jr. Youth Center
85 South Clarendon Avenue
Columbus, Ohio 43223

October 7, 2 to 4 p.m.

Rev. Minor will speak with United Methodist pastors and health ministers.

Heritage Center for Osteopathic Medicine
OhioHealth Doctors Hospital
5100 West Broad Street
Columbus, Ohio 43228

October 7, 6:30 to 8 p.m.

Rev. Minor will offer a keynote address about faith, health and abundant life.

First Church of God
3480 Refugee Road
Columbus, Ohio 43232

Educational Opportunities

For more information about these opportunities, contact OhioHealth Mission and Ministry at (614) 544.4071.

FAITH HEALTH PROMOTER TRAINING

Central Ohio
Through October 28, 2014
Tuesdays, 6 to 8 p.m.

Marion and Mansfield, Ohio
February 17 through April 7, 2015
Tuesdays, 6 to 8 p.m.

We invite congregational volunteers to join our training to coordinate health ministries in their congregations. These faith health promoters work in the midst of their congregations to be resource people, organizers and coordinators of a health focus in the congregation. Topics covered in this training include the importance of faith in health, setting up a congregational health ministry, diet and exercise, advanced care planning for medical care, and working with the hospital for discharge and follow up by your congregation. Registration is \$20.

FAITH AND HEALTH MINISTRY SERIES (FOLLOW UP TO REV. MINOR'S VISIT)

Saturdays, November 8, 15, 22, 2014
1 to 3 p.m.

J. Ashburn Jr. Youth Center
85 South Clarendon Avenue
Columbus, Ohio 43223

Community Health and Ministry educators will discuss setting up a congregational health ministry, caring for church members when they return from the hospital, and end-of-life planning and care.

CONGREGATIONAL CARE SERIES (FOLLOW UP TO REV. MINOR'S VISIT)

Saturdays, April 11, 18, 25, 2015
1 to 3 p.m.

J. Ashburn Jr. Youth Center
85 South Clarendon Avenue
Columbus, Ohio 43223

Community Health and Ministry educators will discuss active listening skills, understanding the chemistry of addiction and supporting congregants with disabilities or mental health issues.