

Q: What's in the STAR Project manual and kit?

A: The manual includes topical content ranging from body systems to nutrition to medication adherence and more. It also includes handouts and activity sheets. The kit includes record keeping forms, teaching aids such as charts, pencils, and instructional DVDs for games and activities.

Q: Do I get paid? What's in it for me?

A: As you know WMLs are volunteers who have been selected by their pastor to minister to the congregation in this very important and vital work. WMLs are rewarded with the knowledge that they make a difference in the lives of others and potentially prevent untimely and senseless deaths. WMLs receive very valuable training at no cost. Moreover, CW remains committed to finding tangible ways to reward and bless volunteers as often and as generously as possible. Churches that complete the project successfully the first time are eligible to receive a \$4,000 grant. Churches that repeat the program may be eligible for an additional \$2,000 grant in the third year post-training.

Q: What is the criteria for my church?

A: The church must be registered with the Louisiana Secretary of State and be listed in good standing. The official business name and domicile of the church must match Secretary of State website.

Q: How many people can I recruit?

A: The sessions are designed for groups of 12 to 15 participants.

Q: Is maintaining medical records or other reporting required?

A: No medical records are kept. The WML will maintain and submit required attendance records and data sheets. The information sent to CW will not have personal information and is confidential.

Q: Can you help me with talking to my pastor and recruiting people?

A: Yes, the staff will gladly help you explain the **STAR Project** to your pastor and will provide tips for recruiting participants.

Q: Is there a nurse to help me with measurements?

A: You will learn how to take measurements during the train-the-trainer course. If you need assistance with any of the sessions, a resource list is provided that includes nurses and other qualified professionals who are willing to assist.

Q: How is success measured?

A: We applaud any improvement. Large or small accomplishments are valued. Therefore, success is measured by any reduction in weight and any reduction in blood pressure.

STAR Project Train-the-Trainer Course

2 OPTIONS:

Thursday, November 1, 2018 5-9pm and

Friday, January 11, 2019 10a-4p or

Saturday, January 12, 2019 10a-4p

LOCATION: 2222 Lakeshore Dr. New Orleans, LA



The STAR Project provides a faith-based plan to becoming healthier.

The STAR Project is designed to be a time for gaining knowledge, skills and new attitudes in a spiritually rich environment.

The overarching goal of this 10-week project is better blood pressure control and reduced weight.

Strategies include sharing information, healthier eating, increased physical activity, prayer, meditation and reflection.

To enroll or for more information contact Sharon Burel– 504-593-2339 (registered nurses) Lisa Collins– 504-593-2330 (congregational health promoters)



The **STAR Project** is an exciting initiative being implemented in churches within the Congregational Wellness network to address hypertension and obesity.

Statistical data from various sources indicate that hypertension and obesity are contributing factors to the high incidence of cardiovascular disease. Cardiovascular disease is the number one cause of death in the United States.

WE'RE DOING SOMETHING ABOUT IT!

FREQUENTLY ASKED QUESTIONS

Q: What is the STAR Project?

A: The **STAR Project** is an initiative to help people lose weight and lower blood pressure.

Q: Why is it called the "STAR Project"?

A: We believe that there is a star in every person. Sometimes our brightness is hidden by unwanted pounds and by the bondages of sickness and medications that dull and subdue the strong and vibrant personalities just beneath the surface. We believe people are happier and more productive when they are healthy. Our motto is: "There's a star in you!" Our aim is to help our stars shine brightly.

Q: Is it a class?

A: The **STAR Project** is not a class. It's a support group made up of individuals with weight and blood pressure issues who want to be healthier. The wellness ministry leader (WML) or someone they have selected will present information to help the participants to understand more about his/her body and how to become healthier.

Q: So, people will just sit around and talk about their weight problems?

A: Absolutely not. Sessions include activities, games, exercise, dancing, prayer and meditation.

Q: Who will lead the sessions?

A: The WML will lead the sessions but can recruit capable others to lead or assist in whatever capacity needed. All leaders will be trained.

Q: When and how often does the group meet?

A: The **STAR Project** is a 10-week program which meets once per week for two hour sessions. The day, time and location is set by the WML and the pastor. However, the first round of sessions will begin in January and end by April.

Q: Where will the sessions be held?

A: The sessions are held at your church, at a church member's house or some other safe location arranged by your church.

Q: Who is eligible to participate in the STAR Project?

A: Persons self-identifying as overweight or experiencing elevated blood pressure.

Q: What will the participants learn?

A: The participant will be able to identify the systems in the body being affected by weight gain and high blood pressure and what to do to correct these negative effects.

Q: Will it cost my church any money?

A: There are no enrollment costs for the church or the participant and the training for the WML is free.

Q: How much help will we get from Congregational Wellness in establishing the program?

A: Congregational Wellness will train the WML and other persons will lead. Congregational Wellness is committed to provide continued technical support throughout the 10 weeks.

Q: How do I get started?

A: The WML and other leaders will need to attend a 2-day train-the-trainer course. The **STAR Project** manual and toolkit will be provided free of charge.

Q: I am not a teacher, can you help me teach this?

A: Yes. Assistance will be provided for any WML desiring help with presenting the information.

