



Compassion Coalition

Ways to Connect with Physical Health

“The Kingdom of God is the renewal of the whole world through the entrance of supernatural forces. As things are brought back under Christ’s rule and authority they are restored to health, beauty, and freedom.”

~ Timothy J. Keller, Ministries of Mercy (Presbyterian and Reformed Publishing, 1997)

Make a Difference Through Prayer

- Pray for those in need of physical healing, and for ways that health issues may hinder employment, family stability, emotional health or other critical areas of well-being.
- Pray that resources will become available for uninsured patients to receive the care and medications they need.
- Pray that organizations that provide free or reduced-cost medical services would maintain a strong base of finances, volunteers, and administrative leadership.
- Pray for public policies and social practices that may contribute to better health in the Knoxville area – for example, for cleaner air so fewer children will develop asthma, for better nutritional choices, and for greater availability of prenatal care.
- Thank God for the many excellent medical facilities in the Knoxville area, and for the dedicated staff who provide quality care.
- Pray for growing collaborations among agencies and churches serving health needs in the Knoxville area.

Make a Difference through Your Life

- Resolve to honor God by treating your body as God's temple (1 Corinthians 6:19-20), and to care for God's temple by developing healthy habits of diet, exercise and rest.
- Auto accidents are a major cause of injury and death in Knox County. Work to maintain safe driving practices (such as limiting cell phone use while driving).
- Consider acts of kindness to cheer those who are ill, such as doing yardwork, delivering meals, or caring for pets for the family of a neighbor in the hospital.
- Share the gift of health – invite an at-risk youth to join your family in outdoor activities, subsidize a YMCA membership for a low-income family, purchase fresh fruits and vegetables to donate to the local food bank.
- Become an educated advocate for public policies to enhance health and health care, especially the issue of expanding medical coverage.
- If you speak another language, offer your services as a translator at hospitals, clinics or school nurse's offices.



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Make a Difference Through Your Church

- Resolve as the Body of Christ to set an example of Godly, healthy living.
- Set up a fund to help low-income individuals with medications.
- Collect “over the counter” medications to donate to clinics, homeless shelters and domestic violence shelters.
- Collaborate with medical facilities to establish a church-based health ministry—examples include health fairs, screenings, immunizations, health seminars, exercise classes, weight loss or smoking cessation support groups, support groups for people living with chronic conditions like diabetes or asthma, hospital and hospice visitation, nutrition classes, prenatal care programs, and pregnancy centers.
- Launch or partner with a health clinic that offers reduced-fee services. Help develop a mobile clinic or community-based nursing visitation program to bring health services to where people live.
- Sponsor a “Pink Sunday” breast cancer community awareness event (potentially during October, which is Breast Cancer Awareness Month).
- Compile brochures and information on health resources in the community to be able to make informed referrals for those with health needs.

Make a Difference as a Volunteer

Connect with the following organizations that serve people with health-related needs:

American Cancer Society: 865-584-1669, www.cancer.org

Provides referrals to local resources and offers a variety of programs and services to address the issues faced by cancer patients, families, and caregivers.

- Work on special events such as the Relay for Life.
- Transport patients to appointments.
- Serve as a greeter or facilitator at patient support programs.
- Organize resource rooms in hospitals and help cancer patients locate information.
- Advocate for the Society’s legislative agenda.

Caris Healthcare: 865-694-4988, <http://www.carishealthcare.com>

Delivers individualized care to terminally ill patients and their families through a professional team of healthcare workers.

- Help with office work such as stuffing envelopes, copying, filing, and typing.
- Spend time with patients in homes or nursing homes, sharing love and support.
- Use your talents such as singing, gardening, knitting or crafts to connect with patients; share holiday cards and birthday gifts.

Ways to Connect: An excerpt from Compassion Coalition’s 3rd edition of the Salt & Light Guidebook



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- Do yardwork, cook meals, make home repairs, or provide respite for caregivers.
- Serve as a volunteer recruiter and trainer.

Dispensary of Hope (Knox County Health Department): 865-215-5141,

www.knoxcounty.org/health

Helps qualifying Knox County residents without prescription insurance coverage to obtain their medications at no cost.

- Sort and catalog various samples of medicine.
- Assist staff with data entry and other administrative tasks.
- Healthcare providers are encouraged to donate excess in-date samples of medications.

Free Medical Clinic: 865-577-3733, www.freemedicalclinic.net

Provides free medical care for the working uninsured.

- Help in the office by answering the phone, making appointments, and completing intakes on patients.
- Nurses or retired nurses can escort patients to clinic rooms and take their vital statistics.

Hope Resource Center: 865-544-7776, www.hoperc.org

Offers health, hope and healing to those facing unplanned pregnancy or the possibility of an STD, through testing, ultrasounds and Christian counseling.

- Serve as a greeter and assist the staff with clerical work.
- Sort donations of baby items and clothes.
- Work as a Spanish interpreter.
- Train to be a counselor.

Mercy Health Partners: 865-545-8153, www.mercy.com

Provides a wide variety of healthcare services through ten hospitals and other facilities in East Tennessee, with an emphasis on the poor and underserved.

- Assist staff with general clerical work or help with phone surveys.
- Help patients navigate around the hospital.
- Deliver cards and flowers to patients or spend time with them on spiritual care visits.
- Participate in special community projects such as senior yard work days, Empty Stocking Fund basket distribution, and holiday parties.



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Mid South Chapter of the National Multiple Sclerosis Society: 1-800-269-9055,

www.msouth.org

Funds cutting-edge research, drives change through advocacy, facilitates professional education, and provides programs and services that help people with MS and their families.

- Represent the Society at health fairs and educational programs.
- Collect items for and deliver holiday baskets to people with MS.
- Help behind the scenes to prepare for special events.

National Kidney Foundation of East Tennessee: 865-688-5481, www.kidneyetn.org

Provides medical information to patients through brochures and videos, professional education to health workers, and informative programs to schools and organizations.

- Help with displays at health fairs and with the Kidney Foundation booth at special events.
- Be a guest speaker with the school education program.

Broadway Clinic (Cherokee Health Systems): 865-525-2104

Provides free medical and dental services to those who are poor or homeless in Knoxville, including pharmaceutical assistance, women's clinics, foot clinics, Hispanic clinics, field medical outreach and social services.

- Professional volunteers such as doctors, podiatrists, nurses, dentists, dental assistants, hygienists, and sterilization technicians are needed on an on-going basis.
- Help in the office by answering the phone, filing, cleaning, or shelving and organizing medications.
- Help patients with TennCare find primary care physicians or make other referrals.
- Teach a wellness therapy class such as relaxation, stress relief, massage, or exercise.
- Serve as a translator if you are bilingual.

Pregnancy Help Center (Catholic Charities): 865-212-4942, <http://www.cctn.org>

Assists women facing an unexpected pregnancy in a non-judgmental way; services include a 24-hour Helpline, adoption services, post-abortion healing, male mentoring, pregnancy testing, and free maternity clothes and baby items.

- Assist staff with administrative duties.
- Receive, sort, and organize donations.
- Offer friendship and emotional support as a counselor.

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Susan G. Komen for the Cure Knoxville: 865-588-0902, www.komenknoxville.org

Works to save lives and end breast cancer by empowering people, ensuring quality care for all, and energizing science to find the cure.

- Serve as a hostess at the annual Survivor Luncheon.
- Assist with outreach, education, special projects, and office work.
- Serve as a peer educator to provide basic information on breast health.
- Help with registration, snacks and other duties at special events such as Race for the Cure.

YMCA of East Tennessee: 865-522-9622, www.ymcaknoxville.org

Works to put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

- Volunteer in the child care program or become a youth coach or mentor.
- Serve as a board member for a local branch or on the corporate level.
- Assist with special events, such as Healthy Kids Day or the Back to School Bash.

Other Volunteer Opportunities

Following is a list of additional organizations that are concerned with physical health.

Many of these organizations welcome volunteers. Ask about opportunities to:

- Encourage doctors, pharmaceutical reps, and others in the medical field to donate time, and their excess in-date medical samples, to a clinic that serves those in need.
- Assist with routine office work or special community projects such as health fairs and educational programs.
- Raise awareness about health needs and about the resources offered by the organizations listed below.
- Build ramps, provide transportation to appointments, help with meals, housekeeping and errands, and offer emotional support for people served by these organizations.
- Serve as advocates for those receiving medical care without the aid of their family, to help them understand things like post-op instructions and medication dosages.
- Provide translation services.

American Heart Association: 865-212-6500, www.americanheart.org

Helps individuals achieve a heart-healthy lifestyle to reduce disability and death due to heart disease and stroke.



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Arthritis Foundation: 1-800-454-4662, www.arthritis.org

Provides a variety of services and resources for those with arthritis.

Cherokee Health Systems: 865-544-0406, www.cherokeehealth.com

Offers an array of comprehensive primary care, behavioral health, and prevention programs and services.

CoverKids: 1-866-CoverTN, www.covertn.gov

Provides comprehensive health coverage for children through age 18 and maternity coverage for pregnant women.

Donated Dental Services (National Foundation of Dentistry for the Handicapped): 888-426-7379, <http://nfdh.org>

Serves individuals who are elderly, chronically ill or significantly disabled, who cannot afford needed extensive dental treatment (more than just a cleaning and check-up).

Epilepsy Foundation of East TN: 865-522-4991, www.efeasttn.org

Provides quality education, information and support services to meet the needs of people with epilepsy, their families, and concerned individuals.

InterFaith Health Clinic: 865-546-7330, www.interfaithhealthclinic.org

Provides affordable medical and dental care, mental health counseling, and prescription medications for the working uninsured.

Knox County Health Department: 865-215-5000,

http://www.knoxcounty.org/health/dispensary_of_hope

A state agency that identifies and responds to public health needs affecting Knox County.

Knoxville Area Project Access: 865-531-2766, www.knoxvilleareaprojectaccess.org

A community-wide effort to address healthcare needs of Knox County residents without



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insurance. Offers a full range of healthcare services at no charge to qualifying individuals.

Remote Area Medical: 865-579-1530, www.ramusa.org

Provides health care services to those who are under-employed or under-insured. An annual RAM event is held in Knoxville each January and provides medical, dental and vision services for many hundreds of uninsured people, including those who are homeless and the working poor.

How to Learn More:

- Sign up for First Aid, CPR certification, and a variety of Health and Wellness certification classes at the local YMCA (<http://www.ymcaknoxville.org>).
- The Knoxville Affiliate of Susan G. Komen for the Cure (865-588-0902) offers breast cancer education programs and volunteer training classes.
- The Mid South Chapter of the National Multiple Sclerosis Society (1-800-269-9055) holds informational sessions and other activities throughout the year.
- The JUSTWAIT Community Program (865-525-4673) offers one-hour presentations regarding teens, abstinence-based sex education, and relationships.
- Volunteer Ministry Center (865-524-3926) volunteers have the opportunity to attend the National Association of Free Clinics Annual Summit and the National Health Care for the Homeless Conference at reduced rates.