

# Health Camp ~ *A Place for Healing*

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*Loma Linda Medical Ministry Network*

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# The Need

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- *Sanatoriums were developed primarily to treat the chronic illnesses of the day, with treatments that were also long*
  - *TB was a major admitting diagnosis*
- *Sanitariums (coined by Kellogg) were developed to promote good hygiene and treatments stemmed from this perspective*
- **Is chronic disease less common now?**

# Need Yes, but How?

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- On the one hand, we know that sanitariums are needed even more now than they were before.
- On the other hand, we are confronted with the barriers & challenges against their success.
- *Could adapting the sanitarium model to better match the culture help?*

# Health-Seeking Behaviors ~ Then and Now

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- Then: *A hundred years ago, it was not uncommon for people to spend a month taking a vacation or spend the summer at a summer cottage.*
- Now: *Americans usually do not take more than ONE consecutive week of vacation and not uncommonly only take a day or two at a time.*

# Is a New Sanitarium Model Needed?

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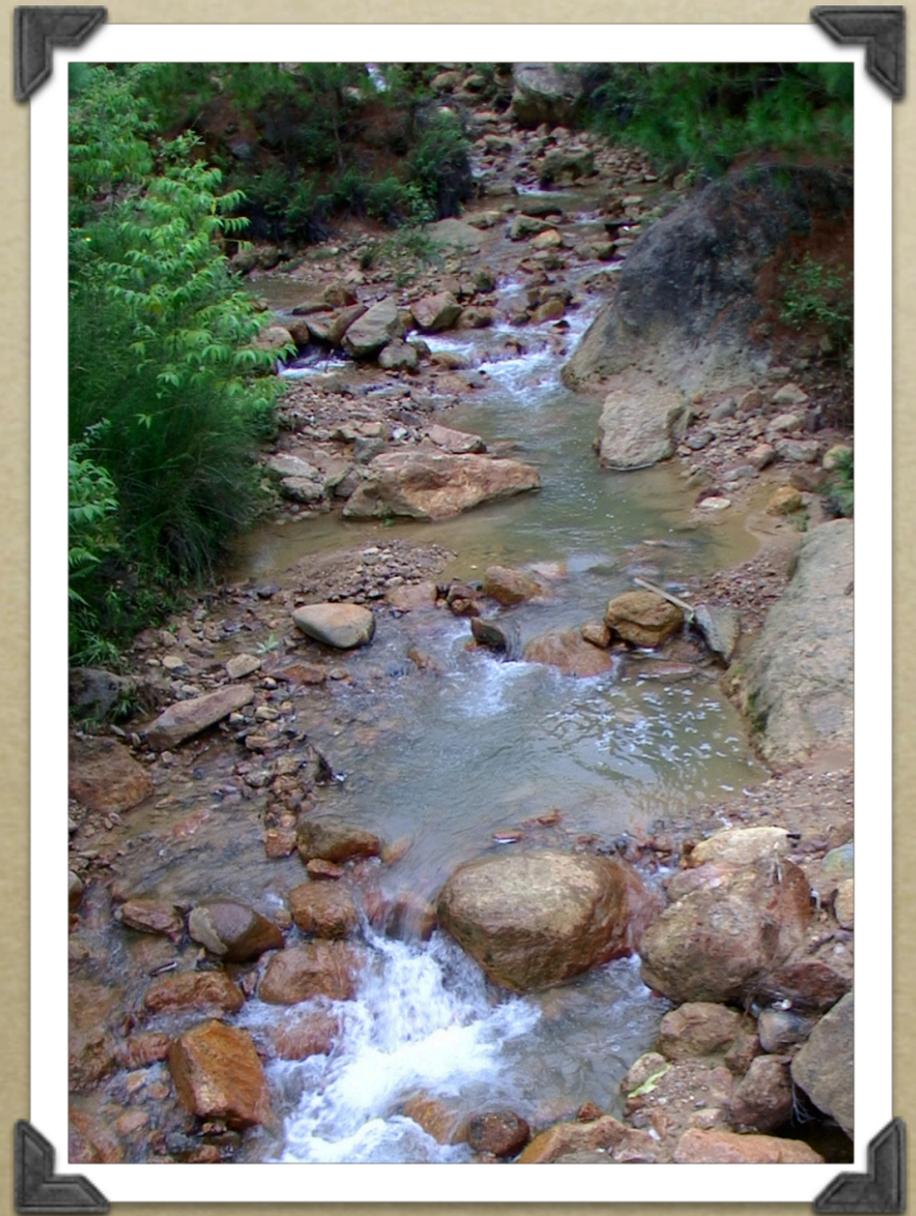
- *Perhaps adapting the sanitarium model to better match the culture would help.*
- *A shorter length of stay could help to eliminate some of the barriers for attendance of a sanitarium program.*
- *Short lengths of stay are less suitable for supporting a year-round staff but this disadvantage may not be relevant.*

# What about the costs?

- *Current program fees for 1-3 week residential programs are typically in the \$5,000 to \$10,000 range.*
- *This matches the high cost of living in this country and assoc. salary levels.*
- *However, the amount is much more than most people are used to spending for medical care and is a major barrier.*

# Health Camp ~ A New Model

- *Features:*
  - *3- to 7-day Programs*
  - *Most staff can volunteer due to short duration*
  - *Small enough for travel, replication, variations*
  - *Minimal Overhead (handled by facility)*
  - *Can be run in existing facilities in each conf.*



# More Features ...

- *Easily located outside the city (this is where retreat centers and boarding academies are typically located).*
- *A way to start small, simple, & soon!*
- *Can be expanded by adding sites or more camps per year to adjust to the demand.*
- *If/when there be enough demand, year-round operation of a fully-equipped sanitarium can be started.*
- *Enables training of local health ministers.*
- *Annual event can be synced with local conf. evangelism calendars for PR & follow-up.*

# A Place for Healing (aka, a Sanitarium)



- *Treatments:*
  - *Nature*
  - *Food*
  - *Exercise*
  - *Fresh Air*
  - *Rest*
  - *Sunlight*
  - *Music*
  - *Relationships*
  - *Trust in God*
  - *Truth/Education*



What does a “Health Camp”  
look like?

# Schedule Overview

For a General Health Camp

- Check-In: *Thursday afternoon*
- Departure: *Sunday (midday)*
- Lodging: *3 nights*
- Healthful Meals: *9 (alternatively only 8)*
- Friday: *8 Laws of Health (rest & trust in God presented in evening after sunset)*
- Sabbath: *Family Health, Nature*
- Sunday: *Cooking & Financial Health*

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Training of staff will necessarily precede the start of the camp.

Since camp is local to attendees less time is needed for travel.

9 meals if Sunday lunch is included (preferable, even if only a sack lunch).

Since this sample is for a “General” health camp, the topics are broad. A specialized camp (for diabetes, for example) would naturally be focused on that.

## ◦ *1st Day*

- 3-6 pm ~ Check-In
- 6-6:45 pm ~ Supper
- 7-8 pm ~ Devotional & Welcome/Intro
- 9:30 pm ~ Bedtime
- 6:30 am ~ Wake Up
- 7:00 am ~ Morning Exercise
- 7:30-8:30 am ~ Breakfast
- 9 am ~ Morning Devotional
- 9:30-10:30 am ~ General Lecture (Kid's program separate)
- 10:40-11:30 am ~ Morning Breakout Session 1
- 11:40-12:30 pm ~ Morning Breakout Session 2
- 12:45-1:45 pm ~ Lunch

A program for the children is planned to make it possible for parents with children to attend and actively participate. However, the inclusion of the children's program is very strategic since children are more impressionable.

The main point of the these morning breakout sessions is to get the group size down to the target size for good group dynamics (i.e. 12 to 30 people).

## ◦ *2nd Day*

- 2-2:30 ~ Quiet/Rest/Free Time
- 2:30-3:30 pm ~ Hike/Walk
- 4:00-4:45 pm ~ General Lecture (Kid's program separate)
- 5:00-5:45 pm ~ Afternoon Breakout Session
- 6-6:45 pm ~ Light Supper / Agape Feast
- 7-8 pm ~ Evening Devotional & Presentation
- 9:30 pm ~ Bedtime
- 7 am ~ Wake Up
- 7:30-8:30 am ~ Breakfast
- 9 am ~ Morning Devotional
- 9:30-10:30 am ~ Family Health lecture (Kid's separate)
- 10:40-12:30 am ~ Family Health & Healing Time
- 12:45-1:45 pm ~ Lunch

Non-family relationship healing is also included in the family health time block. Concepts would be expected to include the topic of forgiveness.

## ◦ *3rd Day*

- 2-2:30 ~ Quiet/Rest/Free Time
- 2:30-5:30 pm ~ Nature Hike
- 6-6:45 pm ~ Supper
- 7-8 pm ~ Evening Devotional & Presentation
- 9:30 pm ~ Bedtime
- 6:30 am ~ Wake Up
- 7:00-7:30 am ~ Morning Exercise
- 7:30-8:30 am ~ Breakfast
- 9 am ~ Morning Devotional
- 9:30-10:30 am ~ General Lecture (Kid's separate)
- 10:40-12:30 am ~ Track 1: Cooking Class (kids included)
- 10:40-12:30 am ~ Track 2: Financial Health Workshop
- 12:45-1:45 pm ~ Lunch (sack lunches by request)
- 2:00 pm ~ Check Out

The men would likely not be as interested in learning how to cook and so the financial health workshop would be offered as an alternative.

# Budget/Finances

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- Facility Reservation (i.e., Meeting Rooms)
- Lodging and meals for Health Camp staff
- Advertising / PR
- Secretarial / Administrative Expenses
- Supplies for presenters, children's program, and cooking class
- Participant lodging & meals (paid by participant)
- CD/DVD production (also an income source)

# Approximate Price per Person by lodging type and occupancy (for PSR)

	<b>3 Days</b>	<b>6 Days</b>
<b>Cabin</b>	\$ 150	\$ 300
Lodge - Single	\$ 295	\$ 580
<b>Lodge - Double</b>	<b>\$ 215</b>	<b>\$ 410</b>
Lodge - Triple	\$ 185	\$ 350
Lodge - Quad	\$ 170	\$ 315
<b>Child (4-12 yrs)</b>	\$ 65	\$ 130
Child (0-3 yrs)	FREE	FREE

Total Overhead Costs for 60 adults + kids (i.e., using Chaparral, Pinon, Loft, with 10 adult staff with cabin lodging and meals).

This minimum of overhead costs of about \$1,500 would be covered with 30 participants.

Additional expenses, such as PR and travel expenses of staff would not be covered but could possibly be covered with a larger number of attendees.

# Camp Staff (Total of 10-15)

Pricing on Previous Slide Presumes 10 Staff

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- *Program Director / Camp Coordinator*
- *Secretary / Registrar*
- *Programming Leaders* (some may overlap)
  - *Physical Health (1 or 2)*
  - *Spiritual Health (1)*
  - *Cooking (1 or 2)*
  - *Children's Program Leaders (2-4)*
  - *Family Health (2)*
  - *Financial Health (1)*
- *AV / IT Facilitator (1)*

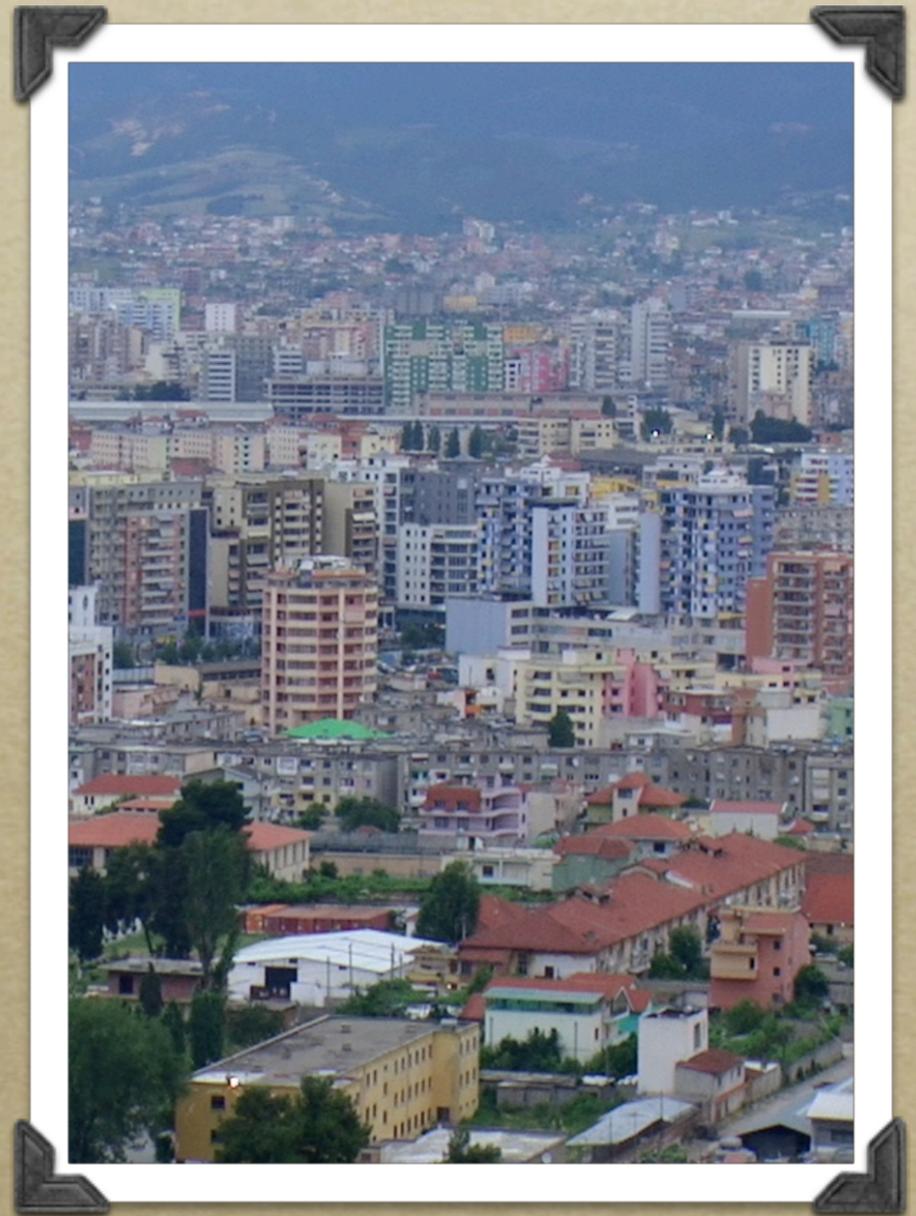
# Logistics



- *How many participants?*
- *Medical-legal ~ medical clearance forms*
- *Development of clear communication with area churches*
- *Judicious Expansion*
- *Research*

# Evangelism Integration

- *Part of the City Mission (FACE-G) -- along with restaurant, health food store, treatment rooms, Bible worker program, etc.*
- *Recruitment and follow up by local area churches (district / region / conference)*



# Reproducibility

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- *Standardization*
  - *Menus, Cooking Classes*
  - *Instructions/DVD's for Camp Cooks*
- *A few staff can travel, most come from the local area and get trained*
  - *Pre-made materials for programs, incl. powerpoint lectures with notes*
- *Translation to other languages, cultures*



Questions?

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# Organization Leadership Needs

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- *Program Director*
- *Secretary*
- *Staffing Coordinator*
  - *Recruit Presenters/  
Lecturers, Chaplain*
- *Children's Program*
- *Music*
- *Audiovisual*
- *PR*
- *Treasurer*
- *Research*
- *Logistics*

For more information or to get involved, please contact the Loma Linda Medical Ministry Network:

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