

Center for Whole Health

The Center for Whole Health (CWH) promotes well-being in body, mind, and spirit. We support older adults, people who are homeless, children and families from economically disadvantaged urban neighborhoods, as well as members of the Fourth Presbyterian Church community. The CWH serves as a resource for 2,500 people annually through teaching, counseling, and caregiving. We work in concert with other *Chicago Lights* programs—the Center for Older Adults, Elam Davies Social Service Center, and Partners in Education—and a broad group of community health care and social service partners.

CWH services include screenings for early detection and diagnosis of diseases, health and wellness lectures and counseling, individual health assessments and referrals, and caregiver consultations.

Easy access to service enables the CWH to reach at-risk children, families, and older adults in Near North and North Loop neighborhoods by being close to transportation hubs and taking advantage of Chicago Lights transportation services.

CWH service delivery model is to act as a “portal.” We focus on client relationships, connecting people to health care and social service partners across the city to provide direct services. The Center is managed by Terrill L. Stumpf (DSc, MDiv).

CWH service partners include Advocate Health Care; Albert Schweitzer Fellows Program; American Lung Association, Metropolitan Chicago Chapter; Arthritis Foundation Greater Chicago Chapter; Cook County and Chicago Public Health Departments; Rush University; and the Wellness Institute at Northwestern Memorial Hospital.

Foundation support for the CWH in 2005 includes the G.W. Ackerman Trust, Blowitz-Ridgeway Foundation, and Creative Ministries of Presbyterian Woman.

CWH’s roots are in the parish nurse movement. In 1986, health and nursing services were initiated for the Center for Older Adults. In 1999, Fourth Presbyterian Church founded the Center for Health Ministry to broaden the mission and expand the services offered by the program. When the Center for Whole Health joined the *Chicago Lights* family in 2004, the program expanded its community outreach focus and was renamed the Center for Whole Health.

Who Participates in the Center for Whole Health?

More than 2,500 adults and children served annually
225 individual health assessments, consultations, and referrals provided annually
4,000 blood pressure screenings and monitorings performed annually

200 Height/Weight/Body Mass Index screenings and monitorings annually

Shining the Light

In August 2005, the Center for Whole Health will launch a new initiative to mediate critical health care issues faced by economically disadvantaged African-American women: high blood pressure, diabetes, and obesity. The Near North Healthy Heart Program for Women will offer assessments, individual and group education, exercise and nutrition classes, and reinforcement through access to Active Living—web-based modules designed to encourage healthy living. Created and staffed by nurses from Rush University and managed by Chicago Lights health care professionals, Healthy Heart provides options for these women that are usually afforded only to those with adequate financial resources, empowering them to build bridges to a brighter future!

Chicago Lights is a 501(c)(3) nonprofit community service organization that helps children and adults build bridges to a brighter future. Each year its diverse programs provide more than 6,000 people of all ages, races, and religious traditions with resources for education, health care, and personal development.