



Abundant Living Community Organization (ALCO)[®]

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I am come that they might have life, and that they might have it more abundantly. **John 10:10**

The People of God uniting and promoting health and wellness in service to the Kingdom of God.

The Abundant Living Community Organization (ALCO) was incorporated in 2005. The ultimate goal of ALCO is to assist individuals, communities and other nonprofit organizations to eliminate obstacles and conditions that serve as burdens and to maximize the opportunities for healthy and wholesome living. Most of its work has been with African American Churches and other Faith organizations. It has been through partnerships and collaborations with government, private and social organizations that ALCO has had great success in accomplishing its' goal. The executive director of ALCO is Ella Garner Jackson, RN.

The Foundation of Congregational Health Nurse Training, a collaborative relationship between Baptist Health Systems, The Samaritan Counseling Services, and Mississippi College has served as a springboard for work done by ALCO. The executive director serves

as one of the five faculty members for this training. Since 2004, the group has trained nearly one hundred and fifty nurses and advocates.

Through proposals written by ALCO to The Ms. State Department of Health, Office of Health Promotions and other organizations more than eighty African American Nurses/Advocates have received scholarships for training and their local churches have received stipends to start health ministries. These nurses are currently leading ministries in their local congregations throughout the state. The nurses function as health educator, counselor, advocate and referral agent to promote health and wellness and prevent disease both in their churches and communities. ALCO continues to provide support for the nurses and their congregations beyond the training.

In 2005 over nine hundred persons were screened

in thirty-two sites throughout the state. The screenings included blood pressure checks, LDHs, HDLs, total cholesterol, and BMIs. Each participant received individual counseling and appropriate referrals were made when indicated.

The results from these screenings were analyzed by Dr. Daniel Sarpong, chief statistician of The Jackson Heart Study. He found the results positive for reducing risk factors for diabetes and other cardiovascular diseases and further recommended that the work be continued for duplication in other areas.

The work continues today. ALCO recognizes that the challenge is great. Every Mississippian should know their numbers and understand the steps to take to eliminate modifiable risk factors. ALCO is committed to the goal of assisting in the efforts to provide Abundant Living for all.