



 **AdventHealth** | Global Missions

Corporate Services Region
Manchester, Kentucky Mission Trip
Healthy Homes Project
March 16-21, 2025



Manchester, Kentucky Mission Trip

Trip Purpose

The mission trip to Manchester, Kentucky, is driven by the commitment of AdventHealth Manchester's leadership to support and uplift the region. Manchester, situated in the mountains of Kentucky, faces economic challenges, being one of the poorest regions in the United States, located in Clay County.



AdventHealth Manchester plays a crucial role in addressing healthcare needs by offering services at their hospital such as emergency care, obstetrics surgery, and acute inpatient care, as well as primary care. The hospital's leadership is actively engaged in coordinating, supplying, and volunteering their staff for various community projects.

One significant initiative is the **Healthy Homes Project**, where volunteer team members from AdventHealth Manchester and our Corporate Services Region offices participate annually. This project aims to improve living conditions in the community, helping to rebuild and enhance homes. Importantly, these efforts are self-funded often with the support of a local foundation, demonstrating a strong commitment to Manchester's well-being.

In summary, the mission trip to Manchester, Kentucky serves a vital purpose by contributing to the community development in a region facing economic challenges, with a particular focus on improving living conditions through the Healthy Homes Project. This reflects our dedication to making a positive impact in this underserved community.



AdventHealth Manchester provides whole-person care to patients in Clay, Jackson, Knox, Laurel, Leslie and Owsley counties. The hospital employs 515

team members and has 49 beds. Located in the heart of the Daniel Boone Forest — which is situated in the hills of the Appalachian Mountains and surrounded by beautiful forests, parks and wildlife — the city of Manchester is also referred to as the City of Hope.

Clay County has been a Global Missions Footprint since 2018, and has been the recipient of funding, etc. to continue the growth and development of the area, showing the commitment of AdventHealth to this community.



Trip Cost

Cost of Trip with Flights to KY:

Payment	Due Date	Amount
Payment	Friday, February 14 th ,2025	\$600
	TOTAL	\$600

Cost of Trip without Flight to KY:

If you opt to purchase your own flight or drive to KY, please follow this payment schedule:

Payment	Due Date	Amount
Payment	Friday, February 14 th , 2025	\$350
	TOTAL	\$350

Note: You may be subject to higher ticket rates if payment deadline is not met. Trip cost may vary depending on departure city. Cost listed is based on departure out of Orlando, FL.

The trip cost covers the following expenses:

- Flight to Manchester, KY including luggage allowance (if applicable)
- Ground Transportation while in KY, including KY airport transfers
- Hotel/Accommodation – two people per room, single room available with higher cost
- Excursion and Tourism
- Meals and Drinking Water
- Tips on behalf of the group
- Short-Term Travel Insurance

Additional Costs

These items are not included in the trip donation and are your own expense:

- Meals while traveling to and from Manchester, KY
- Medications (some may be covered by your health plan)
- Personal Tips, ex: laundry or other personal items not covered by group tips
- Any personal emergency expense above what the insurance covers
- Extra beverages
- Souvenirs/Gifts

Payments

Payments can be made our [website](#) by clicking “Donate Now” **or** by calling our office at 407-303-2632 and speaking with Genesis Hull.

Travel Schedule

Tentative schedule shown below, subject to change.

Day	Date	Activity
1	Sunday March 16	Travel day to Manchester, KY
2	Monday March 17	Work Day: Healthy Homes Project
3	Tuesday March 18	Work Day: Healthy Homes Project
4	Wednesday March 19	Work Day: Healthy Homes Project
5	Thursday March 20	Work Day: Healthy Homes Project
6	Friday March 21	Travel Home

****Travel itinerary will be emailed to you once it has been finalized.**



Daily Schedule:

Tentative schedule shown below, subject to change.

8:00 AM	Breakfast - Provided by AdventHealth Manchester at cafeteria Morning Prayer and Devotion
8:45 AM	Group meets at hospital lobby, heads out to the work site
12:00 PM	Lunch provided on site by AdventHealth Manchester
4:00 PM	End work time
6:00 PM	Dinner and debriefing

Weather

You'll experience spring weather in the mountains of Kentucky, with highs in the mid to upper 60°F's and lows in the 40°F's at night. Recommendation is to dress in layers to accommodate the changing temperatures throughout the day.

Lodging

We will be staying at The Heritage Inn & Suites Manchester, which features spacious and clean rooms. In each room of this hotel, a microwave, refrigerator, coffee maker, and hairdryer are included. A spa tub and an indoor pool are available on site. Dry cleaning, laundry, and a business center are available. Free self-parking is possible.

The hotel room assignment will be 2 people per room based upon gender or couples. Single room may be available at a higher total cost for the trip.



Miscellaneous

How much money should you bring?

The only money you will need is for any extra food and souvenirs you may want to purchase. You may also bring cash to tip the hotel staff if applicable.

Luggage Allowance *(subject to change)*

- 1 – checked luggage. Weight limit is 23 kg/50 lbs.
- 1 – personal item brought onto the plane, should be able to fit under the seat in front of you.



Packing List

This is a guide to what you should consider packing for a Global Missions trip. The ones highlighted in yellow are required packing items.

BASICS	TO TRAVEL:		FUNDS		EXTRAS	
	Cell Phone & Charger		Wallet		Backpack/day bag	
	Emergency contact info		Cash		Reusable water bottle	
	Medical insurance card		Credit Cards		Journal/Pen	
	Headphones				DONATIONS	
	TRAVEL AIDS				Clothing	
	Motion-sickness remedy				Toys	
	Snacks				School Supplies	
	Earplugs/Sleeping mask				Toiletries	
CLOTHES	BASICS		OUTERWEAR		ACCESSORIES	
	Underwear		Jacket		Belt	
	Socks		Rain jacket		Wristwatch	
	Undershirts		Scarves		Glasses	
	Bras		FOOTWEAR		Sunglasses	
	Sleepwear (warm)		Boots		Glasses case	
	WORKING CLOTHES		Athletic/Comfy shoes		Hat	
	T-shirts				Work gloves	
	Sweatshirts					
	Pants/Jeans					
HYGIENE	Toothbrush		Face cleanser		Feminine hygiene	
	Toothpaste		Moisturizer		Nail clippers	
	Dental floss/mouthwash		Sunscreen		Hand Sanitizer/wipes	
	Soap		Lip balm		Tissues	
	Deodorant		Contact lenses & case		Insect Repellent	
	Shampoo		Saline solution		Prescription Medications	
	Conditioner		Shaving cream		Pain reliever	
	Brush or Comb		Razor		First-aid kit	
	Ponytail holders		Perfume/cologne		Vitamins	
	Hair dryer/curling/flat iron		Makeup		Toilet paper / baby wipes	

Packing Tips:

- Be a minimalist, don't over pack.
- Nights and mornings are colder, pack warm sleepwear and sweaters.
- Dress in layers to accommodate changing weather throughout the day especially for rain.
- Personal Medications: Bring what you would normally travel with and include items such as headache and anti-diarrhea medicine, Zofran, Cipro, etc.