



THE HEALTH CONNECTION

AdventistHealthMinistries

HealthMinistries

JANUARY/MARCH 2017

Volume 1, Number 5

Every church a center of hope and health.

REACH UP

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Focus on a Spirit Led Revival



United in Prayer



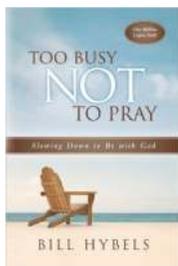
United in Prayer incorporates the 777 (praying at 7:00 a.m. and 7:00 p.m., 7 days a week) and 10 Days of Prayer, programs in which hundreds of thousands of people worldwide have participated. The goal in this new program is to have a broader focus to provide support for both a personal and an interactive prayer community that unleashes God's power for His will in the world through united prayer. Participants will be able to share and receive testimonies, prayer requests, inspirational messages, and practical prayer resources. Register today at www.100daysofprayer.org

Believe His Prophets

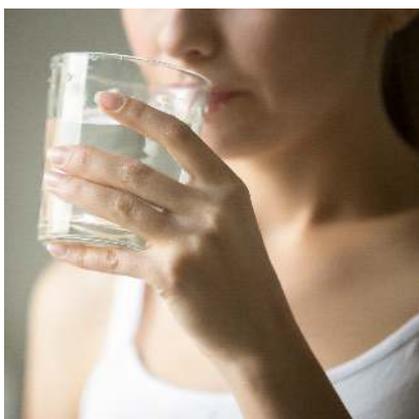
Believe His Prophets, the sequel to Revived by His Word, is a five-year program reading through the Bible and selected Ellen White writings, including Steps to Christ, Christ's Object Lessons, Patriarchs and Prophets, Prophets and Kings, The Desire of Ages, The Acts of the Apostles, and The Great Controversy. You can receive daily Bible readings, participate in interactive blogs and read select inspirational writings. Sign up at www.revivalandreformation.org/signup

Books

Too Busy NOT to Pray, by Bill Hybels. The urgent need for prayer is clear, but busyness still keeps many of us from finding time to pray. Two truths haven't changed in all these years: God is the same powerful, just, holy God he's always been; and true prayer-prayer that changes us and allows us to participate in God's work in the world-can't happen on the fly. Bill Hybels offers us his practical, time-tested ideas on slowing down to pray. www.goo.gl/pcoZpS



Rest for the Soul



We usually think of stress as being caused by negative pressures or unhappy events of life. Those are easily recognized. However, sometimes we do not realize that even "good pressures" and working for a good cause, such as in service to God, may result in the unhealthy effects of long standing stress. The key is to evaluate how balanced our life is. If we are not getting proper rest, our body may experience profound physical, mental, emotional, and spiritual damage. We must be reminded that as health ministers in God's service, it is our duty to "put our glass down" for a while and rest. What does it mean to put the glass down? A lecturer who once raised a glass of water and asked, "How heavy is this glass of water?" Answers called out ranged from 20g to 500g. He replied, "The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes." He continued, "And that's the way it is with managing the stress and responsibilities in our life. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on." As with the glass of water, you have to put it down for a while and rest before holding it again. And when you are refreshed, you can carry on

your responsibilities in a more effective way. This healthy concept was best exemplified by Christ himself. He had a perfect sense of when to serve and minister to others, and when to stop and rest. In Mark, chapter 1:35-38 we read about the instance when the crowd was looking for Jesus, seeking to be healed and to listen to His words. But after a long and full day ministering to their needs, Jesus woke up early the next day to rest and commune with God. When the disciples found Him praying and resting under a tree, they told Him, "Master, the multitude is looking for you...". Instead of stopping and going to attend to the needs of the crowd Jesus decided to leave and go to another town. You may ask, "how could He leave behind that needy multitude?" Jesus knew His mission, and in His daily devotions the Holy Spirit revealed to Him when to say "yes" and when to say "no". He had wisdom from above to know when "put the glass down" for a while. Sometimes it's easy to be so fully engaged in ministry that we forget to rest our mind, body, and soul. As I travel around the world I have seen many dedicated leaders who find little time for rest. Some even feel guilty when they rest. We must remember God never asked us to sacrifice our health and our families as we serve. We must choose to set time aside for rest, to enjoy His presence alone daily, and make time for loved ones and even hobbies. That is an essential part of our ministry and living a healthy life. As we begin a new year we are reminded to follow Jesus' example. May we each seek His wisdom, and plan ahead to put our work down as needed, seeking rest in His presence. We can pick it up tomorrow, or a few days later, reenergized to best fulfill His plan for us.

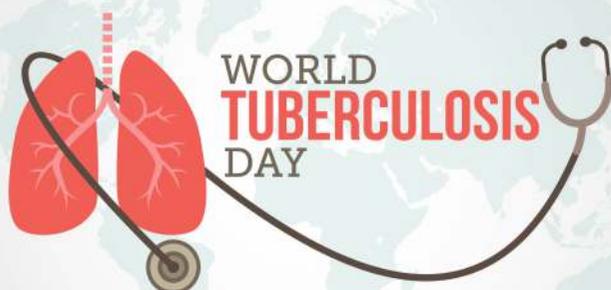


Katia Reinert

Katia Reinert

PhD, RN, FNP-BC
Associate Director
Health Ministries – GC
ReinertK@gc.adventist.org

Health Ministries Resources



- **Positive Choices** is a website that provides daily evidence-based information that can be used to share on social media, websites, or emails as well as in bulletin inserts and health minutes. It provides practical information that motivates people to make lifestyle changes that can contribute to a longer and healthier life. Register to receive the daily updates at www.PositiveChoices.com

- **World Cancer Day (February 4)** is a day when the world's population unites to fight Cancer, the second leading cause of death in many countries. A campaign on this day aims to save millions of preventable deaths by raising awareness and education about the disease, including how to prevent it and find treatment. Find resources at: www.worldcancerday.org/world-cancer-day-2017-campaign-webinar

- **World Tuberculosis Day (March 24)** is an opportunity to raise awareness about this major disease worldwide

and encourage prevention and control of tuberculosis by people everywhere. It is also an opportunity to advocate for laws that may reinforce preventive measures and practices. Many graphics, multimedia links, and facts/figures are available to help spread the word about this public health issue. Access resources and more information at: www.who.int/mediacentre/factsheets/fs104/en/

- **SDA Guidelines on Immunizations.** April 24-30 is World Immunization Week. Many people are misinformed about the risks of vaccines. The SDA Church has published guidelines for vaccinations encouraging members to be vaccinated and immunized following Centers for Disease Control recommendations. These can be accessed at: www.adventist.org/information/official-statements/guidelines/article/go/0/immunization

WHO Health Calendar Emphasis



JANUARY-MARCH

World Cancer Day – February 4
World Kidney Day – March 10
World TB Day – March 24

APRIL-JUNE *Looking ahead*

World Health Day - 7 April
World Immunization Week - Last week of April
World Malaria Day - 25 April
World No Tobacco Day - 31 May
World Blood Donor Day - 14 June

Dates to Remember

2017

February 3-5
TED Health Professionals Conference
Oslo, Norway

March 1-3
Healthy People Healthy in Healthy Communities Conference
Loma Linda, CA

March 19-21
SSD ARMin Training
Philippines

April 17-29
WAD HM Advisory
Philippines

April 28-May 1
Health Meetings
Szeged, Hungary

May 7-9
TED Union HM Directors Meeting
Budapest, Hungary

May 10-13
Global Conference on Family, Women and Children
Budapest, Hungary

May 17-20
AHSRA Conference
Loma Linda CA, USA

May 22-25
SSD Medical Missionary Conference
Bali, Indonesia

June 16-18, 20-22
ESD ARMin Training
Ukraine

RESEARCH UPDATES

Share Facts with Hope and Positive Choices



Time with God may slow progression of Alzheimer's. Have you or a loved one been diagnosed with Alzheimer's disease? Personal time with God may slow progression of the disease. A longitudinal study at the Behavioral Neurology Clinic at Bayside (Canada) assessed 70 patients aged 49 to 94 for quality of life, spirituality and religiosity. Researchers found that higher levels of private religious activities and of spirituality, predicted slower cognitive decline in patients with Alzheimer's disease. Include regular meditation, prayer, and scripture reading in your treatment regimen as a coping strategy—and to enhance brain function and slow down cognitive decline. A healthier brain might be just a prayer away. www.factswithhope.org/videos/time-with-god/

Screen time may be linked with obesity among teens. The Journal of Pediatrics reports that teen girls who spend a lot of recreational time on the Internet are more likely to see their weight go up than adolescents who spend less time in front of the computer screen. The association between computer use and weight held true even when the researchers accounted for the amount of exercise the girls were getting. Rather than merely imposing limits on computer time, encourage teens to engage in additional recreational activities, such as sports, hobbies, musical instruments, or volunteering in service. A teen who is spending time in other pursuits will likely be using up more calories than they will just sitting at the computer. www.factswithhope.org/videos/media-and-teens/

Sharing meals together is linked to better health. Neglecting shared family mealtimes can keep you from achieving better health and weight control, positive social outcomes, better grades and can also increase the chances of involvement with drugs, tobacco, and alcohol. And these negative outcomes aren't just for kids. Numerous studies reveal that all ages, races, ethnic groups, levels of education, employment, and income benefit by eating with family. We eat every day. Redclaim the family table and make it a habit to eat together. In the next week, select at least one meal a day when the people in your household can sit down and eat together. Turn off the television and focus on listening to each other, sharing the day's stories, and nurturing the family connection. Not only will you be fostering better health in your family, but you may find that no one wants to leave the table! www.factswithhope.org/videos/healthy-relationships/

Smoking, diabetes, and obesity may shrink your brain. As if there weren't already enough good reasons to avoid smoking and keep your weight, blood sugar levels, and blood pressure under control, a new study from the University of California found that these risk factors in middle age were linked to potentially dangerous vascular changes in your brain, leading to faster drop in brain volume and declines in function up to a decade later. This study adds to the evidence that healthy lifestyle choices can preserve mental abilities—and that there are things we can do in middle age that can have effects 10, 20 and 30 years down the road to improve cognitive health. So don't wait. Walk, drink more water and improve your diet. A healthier brain later in life starts today. www.factswithhope.org/videos/brain-health/

Health Ministries News



Group of Health Ministries leaders and officers who attended the EUD Advisory

EUD Health Ministries Advisory

Seville, Spain | Inter-European Division (EUD)

Enthusiastic Health Ministries leaders met for a Division-wide advisory on September 5-8, 2016 in Seville, Spain. Presentations were centered on a Comprehensive Health Ministries approaches to reach the post-modern minds of the many countries in the division, meeting the needs of people of all ages. Valerie Dufour, EUD Health Ministries Director, shared a vision of collaboration with other departments and ministries to share wholeness with compassion in their wide territory. Models of discipleship using health as an entering wedge were shared by many, including the Czech Republic, Romania, Portugal, and several other countries.



Attendees of the ARMin training at the NAD Regional Health Summit- Canada

NAD Regional Health Summit

Canada | North American Division (NAD)

Health Ministries leaders came together at Camp Hope, in British Columbia in Canada on September 28-October 2, 2016. The reason was the Regional Health Summit to equip them in comprehensive health ministry. Health professionals, pastors, health ministry leaders, and team members attended lectures and presentations that highlighted the need to reach out with God's love and compassion in their communities. A public health outreach was held in the nearby town of Hope, where community attendees joined summit participants to listen and learn from informative health presentations. Dr Angeline David, NAD Health Ministries director, coordinated the event along with Dr Maria McLean and the British Columbia Conference Health Ministries team.



Group of Health Ministries leaders who attended the ESD Advisory

ESD Health Ministries Advisory

Zaoksky, Russia

On November 14-18, 2016 a Health Ministries advisory meeting was held at Zaoksky University, Russia, to equip Union and Conference leaders from across the countries of the Euro-Asia Division. Nadia Ivanova, Division Health Ministries director, was intentional in providing resources as well as a focus on the successful models and health-ministries outreach throughout their territory. Plans for a six-month long outreach funded by a national grant took place, where stop smoking programs and health expos will be done throughout Russia.

ESD Health Professional Conference *Zaoksky, Russia*



Attendees at the ESD Health Professionals Conference Conference

A group of health professionals and lifestyle health educators joined Union and Conference Health Ministries leaders in Zaosky from November 20-23, 2016, following the Division's Health Advisory. The goal was to provide them with a spiritual retreat and inspire them to engage in comprehensive health ministry. In addition, organizers aimed to provide further insight on how to expand the ministry of those already active as well as provide a networking opportunity for all. The health professionals came from lifestyle centers, hospitals, and clinics throughout the Division. They attended sessions together, and had group discussions within their specific disciplines. An Adventist Health Professional Association was solidified, and all left encouraged and inspired to extend Jesus healing ministry.