

*"... I have set before you life and death,  
blessings and curses. Now choose life,  
so that you and your children may live."  
Deuteronomy 30:19, NIV*



# health UNLIMITED

ADVENTIST HEALTH MINISTRIES | NORTH AMERICAN DIVISION

JANUARY 2012 | VOLUME 6, NUMBER 1



## REACH UP

### Table of Contents

Reach Up .....	1
Message from the Director	
Reach Across .....	2
Health Ministry Resources	
Dates to Remember	
Reach Out .....	3
Health Ministries News	
Choose Life .....	4
Facts with Hope	

### Join Seventh-day Adventists around the globe to pray for revival and outpouring of the Holy Spirit.

For more information (including an iPhone app), visit [www.revivalandreformation.org](http://www.revivalandreformation.org)

### Join us at the NAD Prayer Conference *Revolution on our Knees* January, 12-15, 2012. (Innisburg, Florida)



We believe that God has a very special blessing in these events for His church as we come together in HIS presence. More information at [www.nadprayerministries.org](http://www.nadprayerministries.org).



**40 Days: God's Health Principles for His Last-Day People**, by Dennis Smith. In this volume you are invited to spend 40 days exploring the

wholistic view of health and the integral role of the health message during these last days of the earth's history.

## Putting God First

As we begin a new year and start writing on the blank pages of this book God has given us for 2012 we must consider whether the words in it will lead to life. God has shown to us the path of life (Psalms 16:11) and it is up to us to choose to walk in it. NAD Health Ministries will continue to invite people to "Choose Full Life and Tell the World," and this year we are proposing 10 ways in which we can Choose Full Life. We will be covering these 10 ways in our newsletter throughout the year and have developed resources (posters, booklets, bookmark calendars) highlighting these choices.

We would like to begin by highlighting the foremost way we can Choose Full Life, which is to "Spend more TIME alone with GOD in PRAYER and BIBLE STUDY." Before anything else we must put God first. Time with God in prayer and Bible study is the secret to awaken vitality and a renewed strength that can only come if we become more intimate with our loving Creator.

It is amazing what an intimate connection with God can do to bring new life, new purposes, new energy and renewed motivation in our lives. It is only when we decide to seek Him with ALL our heart (Jeremiah 29:12) that we will find Him. Only then the Holy Spirit will be poured out. That is our greatest need. Only

*Message from the  
Health Ministries Director*



through His Spirit's power will we be able to make other choices for Full Life, for temperance is one of the fruits of the Spirit (Galatians 5:22, 23).

No matter how passionate you are about Health Ministries or how long you have known God or His truth, if you don't have a new measure of His Spirit daily (the extra oil of the 10 virgins), you will be like the virgins who did not have enough oil and not be ready to receive Him. But if you indeed decide to spend more TIME with God as never before, you will experience the fruits of the Spirit (love, joy, peace, longsuffering, gentleness, faith meekness, TEMPERANCE or self control). The result will be a renewed full and abundant life you have never had before, which will enable you to "Tell the World" of His love and restorative power. In His power, let's start to walk together the path of Life in 2012 by choosing to spend more time alone with God than ever before through prayer and Bible study. Christ is leading the way.

*Katia Reinert*

*Katia Reinert, MSN, CRNP, FNP-BC, PHCNS-BC  
Director, Adventist Health Ministries – NAD  
[Katia.Reinert@nad.adventist.org](mailto:Katia.Reinert@nad.adventist.org)*

### REACH ACROSS

## Health Ministries Resources



• **Adventists InStep for Life Webinar Series** are opportunities for anyone interested in participating in this division-wide health initiative. Previous webinars include a general overview of the initiative, introduction of Lets Move Day, and specific webinars for educators and for CHIP. You will learn about NAD Health Summit and the AISFL updates for 2012. To sign up go to [www.adventistsinstepforlife.org](http://www.adventistsinstepforlife.org) and register today.

• **Adventists InStep for Life Mobile Apps** are now available for download for android and iPhone users. You must first register at the website listed above, download the app searching under the name of INSTEP or ADVENTIST INSTEP, and then start recording your physical activity.



• **Vibrant Life** has health information that will help you move closer to the life you were designed to live. Through its features, articles and recipes, it is perfect for sharing with people who may have never heard of this Christian approach to whole-person health. Information is available at [www.vibrantlife.com](http://www.vibrantlife.com).

• **Discover Online** has Bible Courses and guides for all ages and backgrounds. Online you become acquainted with the Bible and find answers for facing the issues and challenges you deal with every day. These simple online study guides will help you discover the Bible's basic teachings and reveal what the future holds. Multiple languages available. For more information go to [www.discoveronline.org](http://www.discoveronline.org).

• **Health Calendar Emphasis - December**

Canada: <http://www.hc-sc.gc.ca/ahc-asc/calend/index-eng.php>

USA: <http://www.healthfinder.gov/nho/nho.asp#m8>

#### January

- Women's Health: Cervical Health Awareness Month: [www.nccc-online.org/awareness.html](http://www.nccc-online.org/awareness.html)
- Thyroid Awareness Month: [www.aace.com](http://www.aace.com)
- National Glaucoma Awareness Month: [www.preventblindness.org](http://www.preventblindness.org)

#### Looking Forward

- February 2012: National Heart Month: [www.heart.org](http://www.heart.org) (materials available)
- February 3: Women's Health: National Wear Red Day : [www.nhlbi.nih.gov/health/hearttruth](http://www.nhlbi.nih.gov/health/hearttruth) (materials available)
- March 2012: National Nutrition Month: [www.eatright.org/nnm](http://www.eatright.org/nnm) (materials available)
- March 5-11: National Sleep Awareness Week
- **NAD HEALTH SUMMIT 2012 is here!** The Early-Bird Registration discount deadline is January 6, 2012. Register today! The Health Summit will take place in Orlando, Florida from January 27-February 5 at the Lake Mary Marriott Hotel. Thirty-six rich health ministry-related trainings will take place. For more information and to register go to [www.NADhealthsummit.com](http://www.NADhealthsummit.com).
- **NAD HEALTH SUMMIT 2012 –A Healthy 100** Plan to attend the evening sessions January 28 – February 4, 7:15 pm – 9:00 pm, hosted by Mark Finley, Ernestine Finley and Dr. Des Cummings. This multimedia program series will include practical presentations on how to reduce the risk of 21st century killer diseases such as heart disease, stroke, cancer and diabetes. This series is in conjunction with the NAD Health Summit and will be broadcasted live by HOPE Channel. For more information, go to [www.NADhealthsummit.com](http://www.NADhealthsummit.com).
- **Adventist Recovery Ministries (ARMin) Training** The first training session using new resources will take place on February 3-5, 2012 in Orlando, Florida. To attend, please register at [www.NADhealthsummit.com](http://www.NADhealthsummit.com). ARMin is a ministry of the North America Division Health Ministry with goals to provide training and resources for local churches to address issues related to addictions and harmful habits. For more information about ARMin visit [www.adventistrecovery.org](http://www.adventistrecovery.org)



### 2012

**January 4-14**

**Operation Global Rain**  
10 Days of Prayer  
[www.revivalandreformation.org](http://www.revivalandreformation.org)

**January 12-15**

**NAD Prayer Conference**  
[www.nadprayerministries.org](http://www.nadprayerministries.org)

**January 15-18**

**Adventist Ministries Convention**  
Innisbrook, FL  
[www.adventistministriesconvention.com](http://www.adventistministriesconvention.com)

**January 25-27**

**NAD Health Ministry Advisory**  
Orlando, FL  
(Held every 5 years. If you are a HM Director of a Union or Conference, please plan to attend.)

**January 27-February 5**

**NAD Health Summit 2012**  
Orlando, FL  
[www.NADhealthsummit.com](http://www.NADhealthsummit.com)

**May 10 - 13**

**Health & Fitness Symposium 2012**  
Andrews University  
<http://www.andrews.edu/cas/nutrition/symposium/>

**September 23**

**Let's Move Day**  
Division Wide  
[www.adventistsinstepforlife.org](http://www.adventistsinstepforlife.org)

**September 23-29**

**Let's Move Week**  
Division Wide  
[www.adventistsinstepforlife.org](http://www.adventistsinstepforlife.org)



Published monthly by the Health Ministries Department of the North American Division of Seventh-day Adventists for the purpose of communicating news, resources, and training opportunities for health ministries.

DIRECTOR: Katia Reinert  
EDITOR: Candace Huber  
DESIGNER: AdventSource  
FACTS WITH HOPE: Lilly Tryon

[www.NADhealthministries.org](http://www.NADhealthministries.org)

NORTH AMERICAN DIVISION  
ADVENTIST HEALTH MINISTRIES  
12501 Old Columbia Pike  
Silver Spring, MD 20904-6600  
United States of America  
Phone: (301) 680-6733 | Fax: (301) 680-6734



## REACH OUT

### NORTH AMERICAN DIVISION

**Adventist Recovery Ministries (ARMin).** NAD Health Ministries has embraced a ministry for prevention and recovery of addictions. This ministry has changed names from Regenerations to *Adventist Recovery Ministries* (ARMin). In



Frank Sanchez conducting training

line with NAD Health Ministries' vision of having "Every church be a center for health, healing and wholeness in the community," ARMin's mission is to "promote healing and freedom from harmful practices

by providing resources and training to facilitate recovery." A 12-step Christ-centered resource called *Journey to Wholeness*

was developed recently and will become available at the 2012 NAD Health Summit training for people interested in leading weekly support groups in churches and schools. Frank Sanchez, the Southern



Leader Tiffany Sorenson (left) and Gail Sanchez.

Union ARMin coordinator, held an ARMin Awareness Sabbath at the Lakeview Adventist Church in Powder Springs, Georgia in October, where 25 individuals participated and signed up for the church's local ARMin Core Group. He states, "Members of ARMin can share their strength, hope and experience and train others on how to engage this journey to recovery."

### SOUTH ATLANTIC CONFERENCE

The Philadelphia Seventh-day Adventist Church in Burlington, North Carolina, has started a new challenge program called "Take Back 5 Minus 1." It is a combination of the Take Back Tour ministry, the *Adventist In Step for Life* campaign and Michelle Obama's Let's Move campaign to improve child



health and reduce obesity. Renee Lea-Currie, PhD, says, "Take Back 5 Minus 1 is simple. Take back physical activity, include 5 combined servings of fruits and vegetables, and reduce (minus) at least 1

junk food item per day." Through workshops and presentations in the community, collaborations with local health departments, grocery shopping tours, coupon evangelism, and email messages highlighting coupons and sales for non-processed foods, they hope to spread the message that God wants us to be healthy

in body, mind and spirit. The website [www.thetakebacktour.com](http://www.thetakebacktour.com) has tools that make the program effective and easy to track success.

### PENNSYLVANIA CONFERENCE

Adventist Whole Health Network (AWHN) leaders served an integral role in the yearlong planning and preparation for the recent Central Pennsylvania Parish Nursing Conference held in Landisville. More than 150 interfaith parish nurses and sponsors from Pennsylvania, Maryland, Virginia and New Jersey attended. Chaplain Joyce Chrisman, Congregational Ministries Coordinator, states, "AWHN now serves as the coordinating organization for this interfaith group of about 75 parish nurses in Berks County." This year AWHN became a full educational partner of the International Parish Nurse Resource Center, the professional organization that developed the standardized education for faith community nurses (also known as parish nurses). Nurses who wish to practice as Faith Community Nurses have active RN licensure and receive further specialized education to support the physical, emotional and spiritual wellness of his/her congregational members and the surrounding community. For more information, visit [awhn.org](http://awhn.org) or contact Chaplain Joyce Christman at (610) 685-9900.

### LOMA LINDA UNIVERSITY SCHOOL OF PUBLIC HEALTH

The Preventive Care Student Association (PCSA) of Loma Linda University School of Public Health held Let's Move Day on September 25. The event was a collaboration between government entities, community organizations, faith-based organizations and schools in an effort to develop a creative way to stem the obesity epidemic in North America. Tracy-Ann Dawes, MS, EdS, DrPH, stated that the four-hour event had as its goal to provide a host of exercise activities that could be

incorporated into daily life.

Approximately 200 persons attended and participated. A variety of local community vendors provided further educational opportunities. The LLU School of Nursing and the Preventive Care Clinic provided health assessments, the Nutrition Student Council provided nutrition counseling,



Let's Move Day participants enjoying exercise and other field activities

and the School of Dentistry provided free dental screenings. The partnerships between the School of Public Health and the Children's Hospital, the Drayson Center and a host of volunteers made the dream a reality, packed with fun games, activities and prizes

## Spend more TIME alone with GOD in PRAYER and BIBLE STUDY

**FACT** Prayer is associated with positive health behaviors in children. Researchers at the University of Texas surveyed 271 fourth-, fifth-, and sixth-grade children in three central Texas school districts and found that children who prayed frequently reported significantly higher levels of positive health behaviors than children who never prayed. Prayer was also positively related to social connectedness and sense of humor.

**HOPE** While parents often pray *for* their children, we can also make a difference in our children's health by praying *with* them and teaching them to talk to God frequently throughout the day. Having a self-identity rooted in God's love helps them to value their health and the behaviors that contribute to health.

**FACT** More Americans are praying about their health. Scientists analyzed data on 30,080 adults ages 18 and older who took part in the *National Health Interview Survey* in 2002 and on 22,306 adults who participated in 2007. Forty-nine percent of adults said in 2007 that they had prayed about their health during the previous year, up from 43 percent in 2002. In 1999, only 14 percent of survey participants said they had prayed about their health.

**HOPE** If more people are showing a strong interest in spirituality for improving and restoring health, then faith communities can play an important role in helping them integrate faith in everyday health and in introducing people to the Master Restorer. Does your church have a vibrant health ministry?

**FACT** Prayer, Bible study and other spiritual activities benefit your physical health. A review of medical research found that religious beliefs and activities have been associated with better immune



function; lower death rates from cancer; less heart disease or better cardiac outcomes; lower blood pressure; lower cholesterol; and better health behaviors (e.g. less cigarette smoking, more exercise, better sleep). In addition, 39 of 52 studies found that religious persons live significantly longer. The effect for regular religious attendance on longevity approximates that of not smoking cigarettes (especially in women), adding an additional 7 years to the lifespan (14 years for blacks).

**HOPE** One of the best strategies for improving your physical health in 2012 may be in spending more time fostering your *spiritual* health!

**FACT** Personal time with God may slow progression of Alzheimer's 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, after controlling for age, gender, education, and cognitive level at baseline.

**HOPE** Have you or a loved one been diagnosed 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.

#### References:

- Rew, L., Wong, Y. J., & Sternglanz, R. W. (2004). The relationship between prayer, health behaviors, and protective resources in school-age children. *Issues in Comprehensive Pediatric Nursing*, 27 (4), 245-255.
- Wachholtz, A. & Sambamoorthi, U. (2011). National trends in prayer use as a coping mechanism for health concerns: Changes from 2002 to 2007. *Psychology of Religion and Spirituality*, 3(2), 67-77.
- Koenig, H. G. (2004). Religion, spirituality, and medicine: Research findings and implications for clinical practice. *Southern Medical Journal*, 97 (12), 1194-1200.
- Kaufman, Y., Anaki, D., Binns, M. & Freedman, M. (2007). Cognitive decline in Alzheimer disease: Impact of spirituality, religiosity, and QOL. *Neurology*, 68(18), 1509-1514.

.....  
**"... I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live." Deuteronomy 30:19, NIV**

This free newsletter is published by Health Ministries, North American Division of Seventh-day Adventists.

To learn more or subscribe, visit our website [www.nadhealthministries.org](http://www.nadhealthministries.org),

email [Katia.Reinert@nad.adventist.org](mailto:Katia.Reinert@nad.adventist.org) or call (301) 680-6733

EDITOR: Candace Huber  
 FACTS WITH HOPE: Lilly Tryon