

Exciting Health Happenings

Volume 13, No. 2 Fall, 2013

IMPORTANT UPCOMING EVENTS

Registration has begun for the **NAD Health Summit** "Equipping Health Leaders to Reach Out" which will be held January 24 – February 2 at the Doubletree Orlando Downtown. For more information and to register, visit www.nadhealthsummit.com.

E. W. Dempsey, Adult Health and Personal Ministries director for the conference, has the following rallies scheduled for the remainder of the year:

November 2: Health Rally – Augusta, GA November 9: Health Rally – Decatur, TN November 16: Health Rally – Vidalia, GA

(These rallies are for everyone – not just leaders. He still has a few dates left in 2014 if you are interested in having him come do a rally at your church. Contact Becky at 1-800-567-1844, Ext. 348, for more details.

REPORTS FROM THE REGIONS

Region 1 (East TN)

Lynda Nelson reports that **InStep for Life** was initiated over the summer months in the **Greenville, TN** church under the direction of Curtis Robinson. As of September 30 they had 110 participants reporting a total of 11,676 miles. **CHIP alumni meetings** started again this fall with a picnic in the park. October 8 was the first in a series called **New Start to Health**. In addition to the CHIP alumni there were 7 guests to enjoy the fall meal and hear Dr. Brad Emde, an optometrist, who discussed how lifestyle affects the eyes. In November they will again invite the entire community to attend their **CHIP supper meeting** in an effort to reach a

broader spectrum of those interested in health.

Pastor Paull Dixon reports that each fall and spring semester the **Johnson City, TN** church members share healthful living with students in the Community Health and Cultural Competency class at East Tennessee State University. They open the 75-minute class with two or three church members giving personal testimony for Christ and healthful living. Next the students watch ten minutes of the film, The Adventists, and are introduced to Ellen White's role in promoting health and the key doctrinal beliefs. This is followed by a Q & A session. Feedback has been quite positive.

Region 2 (Central East TN)

Emma May Hunter, of the **Athens, TN c**hurch, shared that attending the **Wildwood Health Seminar** in March was a blessing to her. (I also love to attend those, Emma May.) October 1113 the church sponsored a **Marshall Lifestyle Clinic Natural Remedies Seminar**. Speakers were from/trained at Wildwood. They are also planning a day to **learn how to make household cleaners**.

Ken Colburn, from the **Livingston Fellowship** near Cookeville, TN, reports that as a cooking school alternative they did a "**home school**." Two couples from the church fellowship shared a healthy home-cooked dinner with two couples from the community that had shown an interest in dietary changes. There was abundant discussion about the benefits of healthy dietary practices, much sharing of ideas and recipes, and a deepening of friendship. It was casual and lacked the often "frenzy" of a cooking school preparation.

Region 3 (Southeast TN)

Steve (RN, MPA) and Karen (RN) Wickham of the **Jasper, TN** church began their 4th **Reversing Diabetes Seminar** this year on October 17. These seminars meet once a week for 6 weeks with follow-up meetings scheduled periodically for 6 months. The meetings include lectures, healthy food samples, exercises, and drawing for gifts such as plant-based cookbooks or small kitchen appliances. One hundred and seven people have attended at least one night of the program with an average attendance of 20. Several participants are off their blood pressure and diabetes medications. Fasting blood sugars are trending down. The local TV station has provided public service announcements which included two live interviews which they aired repeatedly. Karen also writes a weekly newspaper column, serves as a volunteer on the Grundy County Health Council, and has assisted in successfully writing 2 grants which are helping to purchase materials and health models for these educational seminars.

Region 4 (Northwest GA)

Vi Miller reports that the **Summerville, GA** church's **Health Club** continues to have monthly meetings/events for the church/community members. In April they invited members to attend a **Recovery Ministries Seminar** by Frank Sanchez. In May and June a **Living Free Seminar** was held. Also in June they began to show the "**StepFast**" series and did some cooking demos and sampling. In July the **focus was on diabetes,** with a local Family Nurse Practioner (FNP) as the guest speaker. **Osteoporosis, osteopenia and bone densitometry** were the focus in August, featuring a local X-ray technician certified in bone densitometry. In October, for the Community Health Club, the local County Extension Agent will speak on **canning fruits and vegetables.**

The Rome, GA church provides health nuggets in Sabbath School. It includes health newsletters in the church bulletin and is active in InStep for Life. On September 13 it did health assessments, blood pressure readings, and gave out fruit smoothie samples at the Coosa Valley Fair.

Partnering with its Community Services, the church will be starting **monthly health cooking classes** in October. An **Adventist-owned health food store** recently opened in the area. The church will be working together with it.

Regions 6 – 9 (South GA)

Carolyn and Hew Lipscomb report that ACS/SGA (Adventist Community Services/South GA) did health screening at the following locations:

September 28 - Peanut Festival in Plains, GA - screened 132 individuals

October 5, 6 - Andersonville, GA at the Historic Festival (reenactment of the Civil War

October 15, 16, 17 - the Sunbelt Agriculture Expo near Moultrie, GA

October 19 - Deer Days in Oglethorpe, GA

October 26 - Beaver Creek Festival in Montezuma, GA

<u>Current/upcoming events the Lipscombs will participate in are as follows:</u>

October 29 through November 2 - Brunswick Exchange Fair in Brunswick, GA.

November 14, 15 - Annual continuation of **Pioneer Outreach** with E. W. Dempsey in Vidalia, GA.

Region 10 (Greater Atlanta)

The Lakeview, GA church hosted a health weekend event in June featuring Jared Thurmon with the New Life Challenge team. They have re-initiated the participation in reporting for InStep for Life. For 8 weeks they presented a letter of the NEWSTART program as a health nugget to the church. They are also compiling a vegetarian cookbook containing recipes from the local church members. Future plans include a health rally sometime in mid-2014. Also, plans are to hold healthy cooking classes and health seminars.

Region 11 (Collegedale-Chattanooga) Chris Ostrowicki, Coordinator

The **Collegedale Church** continues its **Dinners with the Doctor**.

Glenn Coon (**Cohutta**, **GA** church) reports that a box placed in the middle of the town's walking track with an invitation to join "**The Cohutta Walking Club**" has provided an incentive for people to walk more. For more details, see the Cohutta church's report in the Let's Move Day section of this newsletter.

Let's Move Day Reports

(This year the official day designated by the NAD was September 22. Many of the events listed below were held on that day while some were held on other dates which worked better.

The reports below are listed alphabetically – not by regions.)

Andrews, NC -The Andrews Church hosted a Let's Move Day at the Andrews Recreation Park. They offered 12 stations with activities, including baseball, basketball, volleyball, golf, Frisbee golf, a foot race, ladder toss, etc. If the 38 children participated in all the activities, the final station was a bounce house - motivation to complete the course. Parents were given a two-sided handout on childhood obesity, with ideas and resources to help them raise healthy children.

Atlanta North Hispanic, GA - Atlanta North Hispanic church had a 5K run, and a 1-mile run for children with parents; soccer for children and adults; and volleyball. They had about 106 adults with their children attend.

Benton, TN -The second annual *Let's Move!* Kids' Fun Day was held at the Polk County Fairgrounds in Benton, TN. Fifty-two children, ages 4-14, along with their parents, flooded the

field behind the show barn and enjoyed many different physical activities. Around the open field were scattered 13 activity stations, staffed by volunteers, including Frisbee, hula hoop, stretching exercises, soccer, run/walk, stretch ball, 50-yard dash, grip strength testing, gardening, Kids' Health through diet choices, noodle tag, and the very popular inflatable obstacle course. At the end of the course was a smoothie bike, run solely by "pedal power." The pedal power produced fresh fruit smoothies. Other healthful snacks such as apples, granola bars, popcorn, dried fruit, and bottled water were consumed. Every child measured their steps during the afternoon with a pedometer that they took home with them, and after completing the course received an Olympic-style medal.

The *Let's Move!* event was free to the public and sponsored by local businesses in cooperation with Polk County Coordinated School Health and the Benton Seventh-day Adventist Church. The goal of Let's Move Day was to show the fun side of being active and fit by promoting exercise and better nutrition for healthier lifestyle choices—for life.

Blairsville, GA - The church engaged the Blairsville Community in a successful event. Over 200 people and around 70 children participated in the nine stations. From stretching and stationary bike, to parachute and jumping rope, to hurdles and shuttle run, to softball and soccer kicks, to modified sit-ups and lacrosse, the park was full of energy and excitement. The Union County Commissioner, Lamar Paris, proclaimed September 23 as the official Let's Move Day for the entire county. The local Young Harris College's athletic department provided their skill and enthusiasm; students from the cheerleading squad, hardball team, softball team, cross country runners, soccer players, basketball players, and lacrosse teams helped make the day a success.

Cleveland, TN - The Bowman Hills Church invited members to join the pastoral staff on a hike starting at the Ocoee Whitewater Center. Three hikes were formed. One hike stayed on the handicap accessible trails surrounding the center for ease of those with a stroller. Another hike went up Old Copper Road, and for those requiring more of a challenge, Bear Paw Loop trail was their choice. Fourteen hikers joined in the fun ranging in age from toddler to seniors.

Cohutta, GA – Glenn Coon reports: "The town of Cohutta has a lovely 1/2 mile walking track in the center of town. The Mayor asked me if he could do something to help people use the track more than they do. This seemed to be a good opportunity to kick-off our Let's Move Day.

"So on Thursday, September 19, I installed a box in the middle of the loop and invited the people in the community to join 'The Cohutta Health Club.' Each person could participate by

filling in a card with his/her name and the number of laps he/she did around the track (two laps equals one mile) and placing the card in the box.

"What a pleasant surprise when I checked the results on September 21! In the first two days, 11 people from the community had reported a total of 43 times around the track for a total of almost 22 miles!" The box is an ongoing way to motivate people to be more consistent about walking. Knowing someone is keeping track of their miles may be just the incentive some people need to keep at it. Good job, Glenn and Marti!

Conyers, GA - Conyers Church held a 5K run/walk that started at 8:00 am and ended at the church at 10:00 am. At the end of the race, fruit and water were provided for the approximately 40 participants and an award ceremony was conducted for 1st, 2nd, and 3rd place winners in various age categories. Rockdale County police and EMS escorted the walkers/runners.

There was a "Bouncy House" at the church for the children and also on hand were a chiropractor and LA Fitness representative. The Sabbath School Department sponsored a picnic with sports activities, including volleyball and games for the children.

Dunlap, TN - The Dunlap Church and Hispanic Mission Group held a joint event at the Community Hall. About 35 to 40 people took part in health tests including blood pressure, glucose tolerance, cholesterol, lung capacity, massage therapy, and education regarding the eight natural remedies.

Graysville TN - The Graysville Church held a 5K fun run, and a race that was approximately 80 meters long. Prizes were given for three different categories. First, second, and third places for 5K fun-run, 80M dash, and most distance. A total of five people achieved at least the 5K goal and altogether eleven people participated in the event.

Greeneville, TN -This is the third year of Let's Move for the Greeneville Church. They rented the Middle School track and met there for the event. About 45 participants braved the early morning fog to get out and walk the track and fellowship together. The participants have recorded about 158 miles with more miles being logged by people who walked at home and couldn't make it to the track. The event was planned by Bob Kamieneski.

Knoxville, TN – As a way of inviting more community members to walk, the Knoxville First Church started a walking club group on meetup.com. (Meetup.com/Knoxville-Area-InStep-for-

Life-Walking-Club). People responded and now there are approximately 100 club walking members led by five church members.

On Let's Move Day, the Knoxville First Church partnered with the North Knoxville Church to walk the Sterchi Hills Greenway. Kathy Reid, Health Ministries Leader at North Knoxville, guided the walk. Ten club members participated and everyone walked two miles. North Knoxville members also distributed free bottled water and *Steps to Christ* at the Tommy Schumpert Park.

Lakeview, GA – On Sunday, September 29, the Lakeview SDA Church hosted its 3rd annual Back to Health 5K & 1-mile fun run in support of the Let's Move Day initiative. The race began at 9:00 a.m. and included a 5K Peachtree qualifying race and a 1-mile family fun run. There were 14 participants who completed the 1-mile fun run and 50 for the 5K race, totaling 169 miles completed. Approximately 50% of the racers were not members of the SDA church. Each registered racer was given a goodie bag which had items from the event sponsors and literature such as, *Who Are the Seventh-day Adventists?* as well as Vibrant Life magazine, *Steps to Christ* book, and various health pamphlets. There was a charge for entering the race with proceeds going to benefit Lakeview's Community Food Pantry, which provides meals to over 1,700 people in need and distributing over 55,000 pounds of food each quarter.

In addition, the Lakeview church's Health Ministries Team provided a free health expo and medical screening for the community. Screenings included cholesterol testing, blood pressure, diabetes test, blood sugar, and BMI. E. W. Dempsey came and manned the Health Age booth. The health expo featured the eight booths for the NEWSTART program and handed out tasty vegetarian food samples. The expo also had an inflatable jumpy house for the kids. In addition to the Lakeview SDA Church sponsoring the event, they solicited sponsors from local community businesses.

Lenoir City, TN - More than 250 kids, plus parents, volunteers and local university athletes—totaling 700-800 people—crowded a local park and greenway in Lenoir City, TN to experience the fun of being active. The third annual Let's Move Day event expanded with 25 activity stations featuring a variety of sports, physical activities and lifestyle choices; thousands of dollars' worth of giveaways—including a \$1,500 playground set, eight free bicycles, and free bicycle helmets. More than 50 University of Tennessee athletes participated. Among the athletes was the entire women's softball team, which recently competed in the NCAA championships.

Sponsors for the event included Fort Loudoun Medical Center, the Loudon County Health Improvement Council, the Loudon County and Lenoir City local school systems, the Lenoir City Parks and Recreation Department, and a number of businesses and organizations interested in tackling the problem of childhood obesity and providing kids with a day of healthy fun.

A new partner, the Knoxville Area Childhood Obesity Coalition, sponsored a bike rodeo, to which the Epilepsy Foundation and Lenoir City Schools' Family Resource Center contributed free helmets for participants. UT athletes helped kids try out a variety of sports including tennis, rowing, basketball, and softball. The local 4-H club provided animals—including a beehive—while a farmer distributed free tomatoes and begonia plants donated by a local nursery. Other activities included camping, hiking and fishing, an inflatable climbing tower, obstacle course, flexibility exercises, Operation Boot Camp workout, a shuttle run—with UT track and field stars helping time children and cheer them on—as well as disc golf, a dunking booth, and gymnastics, courtesy of the Southern Adventist University Gym Masters.

The Loudon County Health Improvement Council used the event to help it launch a new obesity prevention initiative called PLAY Loudon. The task force was started earlier this year as a community-driven initiative to improve the health of local residents and is being co-chaired by Larisa Brass, Health Ministries Leader of the Lenoir City Seventh-day Adventist Church.

Oglethorpe, GA -The second annual Let's Move Day for the Oglethorpe GA community was an event where family, friends, community organizations, and kids could come and be active. Held at the Oglethorpe City Park, there were 24 different activity stations with jump rope, shuttle run, soccer kick, basketball shoot, and more. As people "moved," they could anticipate the prize drawings that took place at the day's end. The 24 activity stations were manned with around 50 volunteers from six churches, and two community organizations. About 50 kids and parents enjoyed the day.

Summerville, GA – The Summerville Community Health Club hosted a 5K health walk/run for Let's Move Day at J. R. Dowdy Park. They walked around the quarter mile track 12.5 times to complete the 5K. Trail mix and water was provided for participants. About 12 people attended, including a toddler in a stroller, a 3-year old, and an elderly gentleman who attended the snacks and registration pavilion. The youngsters got some exercise on the playground as well.

RESOURCE INFORMATION

(Note: Prices listed are as of this writing and are subject to change. Prices sometimes do not include shipping charges, etc.)

Receive up to \$500 from **Weimar Institute**, in Weimar, California, **by referring a friend who becomes a full-paid program participant of the NEWSTART lifestyle program.** Call 800-525-9192, visit www.newstart.com/champions. In addition to its usual 18-day Classic Program, Weimar is offering ProActive, a physician-monitored 11-day NEWSTART program.

New cookbooks at great prices (\$13.99) each: **The New Life Challenge** by Patricia Gilbert *and* **Better Choices Raw Food and Favorites** by Rosalie Hurd, and others. Call Heritage Books at 800-777-2848. Or contact the Adventist Book Center at 800-866-4307.

Large print, abridged *Ministry of Healing* (*Health and Peace*) \$4.99 each, four for \$18. Also, new beautiful *Bountiful Health vegan cookbook* by Nancy Crosby available for \$13.95. Visit Heritage Books or contact the Adventist Book Center (see above).

For information about the *Glycemic Index* of foods (the ranking of foods based on how quickly they raise blood glucose levels) and many other helpful aspects of the subject, i.e. food planning, visit www.glycemicindex.com

Health Bite

Potato/Vega-Link Soup (powered up with added greens)

8-10 peeled, diced Idaho potatoes 3 Tbsp. Season-all salt

4 large chopped onions Cashew cream (see below)

1 pkg. <u>chopped</u> frozen greens (any kind) 2 Tbsp. olive oil

3 Tbsp. parsley flakes 1 can Vega-Links, incl. liquid

Note: You can leave the skins on the potatoes for better nutrition.

Combine all ingredients except the cashew cream, Vega-Links, and Season-all salt, in a large pot. Cover with more than enough water. Bring to a boil. Simmer until potatoes are tender. Cut up Vega-Links. Add them and the Season-all salt, and simmer for 5 more minutes. Before serving, add cashew cream. Salt to taste. Do not boil the soup after the cream has been added. This makes quite a large pot of soup. It does not freeze well.

Cashew Cream: Blend 1 cup raw washed cashew pieces with 1-1/4 cups hot water until smooth (place a towel over the cover as you begin blending, because of the hot water). Add a little more hot water if the blender begins to race. Blend several minutes until smooth. Great in all creamed dishes. Makes good Hollandaise/Alfredo sauces with nutritional yeast added.

In His Service,

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