

HealthWorks

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The health message is not THE message," Dr. Allan Handysides declared on the concluding Sabbath of the recent Health Evangelism Summit. "Our health message is to be centered around Christ and the

cross and woven into every fabric of it. It is the right arm of the message, the entering wedge," he continued. Dr. Handysides is Health Ministries Director for the General Conference.

More than 500 people convened in the Forest Lake Academy Schmidt Music Building to celebrate Sabbath services at the first Health Evangelism Summit Weekend. This climax to the five-day "Empowering Leaders for Health Evangelism" certification workshops held at the Orlando Hilton Hotel, in Altamonte Springs, Florida, was sponsored jointly by the North American and Inter-American Divisions. Attendees from as far away as Alaska and from more than 30 other states, Canada, Bermuda, Bahamas, Cayman Islands and other Inter-American territories spent the week in eleven Level 2 and one Level 3 certification classes.

"Two new certification classes were offered and were well-attended," said David White, certification coordinator for NAD. "Our largest class was *Fitness for Life*, newly developed by LifeLong Health. It emphasized the importance of exercise to healthy living. The other new offering was on grief." Although Dr. White has taught this course for many years, because of the recent events in New York City and Washington, DC, it was added to the certification curriculum to help those struggling with death, divorce and grief.

Other offerings during the certification week were *Regeneration* (a Christ-centered 12-step program for those struggling with addictions), *Van Ministries*, *Coping with Stress*, *Diabetes Awareness*, *Breathe Free* and smoking cessation, *CHIP* (Coronary Health Improvement Program), *Hydrotherapy*, *Eight Weeks to Wellness* and Vegetarian Cuisine Instructor.

Empowering Leaders for Health Evangelism

Certificates of completion were given by the instructors; CEU's from Griggs University were also available to those who desired them.

"The weekend was exciting," Debra Brill, GC Vice President for

Ministries said. "I loved it all. From the Friday evening success stories from lay people doing health work, to the Sabbath sermon by Dr. Handysides, to the concurrent workshops, to the presentation by Mayor John Street from Philadelphia, to the final awards buffet speech on Sunday by Philadelphia Health Czar, Gwen Foster. It all said that Health Ministries is alive and well."

Awards were presented to 12 individuals during the weekend, in appreciation for their outstanding leadership and service to health ministry. They were given to: Doctors Charles Thomas, Carol Allen, Don Hall, Richard Hart, Sylvie Cadet, Claudette Shephard and Byron Connor. Awards were also presented to Health Czar Gwen Foster, Mayor John F. Street, Phyllis Herbert and Pastors Dave D. Higgins and Harold Goodloe.

"The Summit was so successful that we have already blocked off February 2-9, 2003, at the Hilton Orlando/Altamonte Springs for a repeat performance," says Dr. DeWitt Williams, Health Ministries Director for North America. "We plan to have smaller, mini-summits in each of the unions during the rest of the quinquennium and an annual, larger gathering in Florida," Dr. Williams concluded.

by Vivian Raitz

Health Evangelism Council Chairperson
Georgia-Cumberland Conference of SDA

Note:

This is the last issue of HealthWorks that will be mailed out. Check our web site to get future issues: www.nadadventist.org/hm

Reflections on the Health Summit

- The NAD Health Summit provided interested persons the opportunity to receive training and certification in numerous total health topics in an intensive but short time period. It was a multi-course health training event that provided course training that met the health needs of the whole person physical, mental, emotional, social and spiritual.
- Those who attended were equipped for the challenge to return to their churches and communities to minister to their health needs.
- The Health Summit provided an opportunity for the denomination's laity, presenters and national health leaders to interface with each other in a meaningful way.
- The Health Summit 2002 featured Level 3 training under the direction of Kermit Netteburg, who also provided valuable insight into the advertising of the Health Summit.
- Partnering with the Lifestyle Center of America, the Summit was able to provide training in Diabetes Mastery by David DeRose. This one seminar alone has a tremendous potential within our communities! We can impact our community and nation by helping to slow down or possibly prevent the devastating effects of diabetes by addressing the needs of millions of persons who either have diabetes or the potential of acquiring it.
- Health Summit 2003 will add three new training seminars that focus on mental, emotional and social health. All three will provide an opportunity for persons to become friends to persons who need support. What a great way to introduce our new-found friends to our Forever Friend!

The three new certification courses under development are:

1 NAD will partner with Florida Hospital in presenting a certification training in forgiveness, developed by Dr. Dick Tibbits.

2 Birthing Companions: A certification course developed and presented by Dr. Allan Handysides, Health Ministries Director of the General Conference.

3 Depression: A course developed and presented by Dr. Neil Nedley designed to help those who are depressed and hurting. The seminar will be based on Dr. Nedley's recently-published book on depression.

by David White
NAD Coordinator for Certification

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"Thank you for an opportunity to say 'thanks' again. Being a member of the VCI class in the Altamonte Springs, Florida, Health Summit 2002 was like re-visiting my nursing school days. These facts were packaged in colorful visuals and in an easy-to-read, user-

friendly format.

"I'm happy to report that the tools I received there are truly useful one. God blessed my first presentation. The cooking class was fun (just like the ones in Florida); there were handouts and visual aids, plus the set-up for the meal after the class (just as we were taught by Dr. Lenore Hodges and Mrs. Leilani Proctor). Then there was the scientifically factual and spiritually sound material from Dr. Scharffenberg's format, and by God's grace we presented all of this in a positive, upbeat and pleasant manner. I believe everyone in the class benefitted from Pastor Stoy Proctor's excellent training program.

"Hopefully, all 70-plus of our class in Florida will be there in 2003 with more good reports."

Karen E. Dykes - Huntsville, Alabama

"I am in the process now of starting the micro-CHIP study classes for the church family, and looking forward to conducting the larger, community-based CHIP later this year. Thank you for the certification week. I was blessed to attend. I benefitted greatly. And I have begun to share, with God's help."

Zelma Oudkerk - Brooklyn, New York

"I was impressed by several things at the health certification conference. The large number of attendees, the expert presenters, and the high level of enthusiasm and dedication of the people in health ministry were all a pleasant surprise. Those who organized it did an excellent job.



"As a publishing house representative, I found it beneficial to mix with the group, find out what their interests and concerns are and take home substantive data that will help us provide relevant books and materials for them. I plan to be back next year, with books to sell!"

*Tim Lale, Book Acquisitions Editor
Pacific Press, Nampa Idaho*

First Summit and Last Issue

Someone has said, “Getting something done is an accomplishment; getting something done right is an achievement.” From the comments you see in this issue and the ones we received personally, we feel that Health Summit 2002 was an outstanding achievement.

We have so many people to thank. If I did not thank you personally for your part, please take this editorial as my way of thanking you. So many did so many wonderful things to make the conference a success. Some people prayed constantly. Others were cheerful when they could have been upset over some problems. I want to thank the professors, the attendees, those who volunteered to do any number of tasks. You were the ones that helped make our meeting a success and an outstanding achievement.

What makes me so happy is to see that so many of you have put your learning into practice. You are already doing something with what you learned. Many people are professional seminar-goers. They like to go where the crowds are and to hear the latest. But they never do anything with the knowledge. They meet, greet, eat and retreat. And nothing happens. But you are already doing something. I am so happy.

We are pleased with the way things are progressing in the Pacific Union. They will have a very nice Health Summit September 18-23 at the Marriott in Manhattan Beach, California. If you live out on the West coast, you may want to attend this Health Summit. Contact Pastor Lorenzo Grant at 818-383-1613 for more information.

The following week, the Atlantic Union will be having their Summit at Atlantic Union College. Contact Pastor Carlyle Simmons at 978-368-8333 for more information.

Please mark February 2-9, 2003 on your calendar and share this date with your friends. Next year’s NAD Health Summit will be in the same Hilton Hotel. Keep looking at our web page for more details as they become available. Our web page address is www.nadadventist.org/hm. It will give you the latest information. We praise God for His help in this wonderful Summit!

On a different train of thought, this will be our LAST issue of *HealthWorks* as hard copy. We have been advised that most people can access this newsletter by internet. Several departments have already phased out their newsletters by mail. It will still be a bi-monthly, but it will only be available by internet. If you go to the web page address above, you will be able to access it. Eliminating the hard copy will save us many thousands of dollars each year in postage, printing and mailing expenses that can help us do more for Health Ministries. We want your feedback on this new concept. Let us hear from you. So, remember—the July-August issue of *HealthWorks* will only be available on the web.



DeWitt S. Williams, EdD, MPH, CHES
Director - NAD Health Ministries



“The Health Summit sponsored by NAD in Florida January 2002 truly empowered my colleagues and me to play a greater role in health evangelism in the Bahamas. Seven of us attended the seminar, and we haven’t stopped talking about it yet. Since then, we have started our van ministry. We literally started walking in several communities, screening blood pressure, blood sugar and giving out pamphlets. There was not one home we didn’t gain entrance.

“Several of us have started a six-week worksite wellness program. Our first one was piloted in a bank. Since then we’ve generated interest from several other companies. We had opportunities to share information on TV and radio, and we’re just completing our second six weeks of cooking classes for the year. God has truly expanded our territory, and there is yet much work to be done. We can hardly wait for the next summit in 2003!”
Idamae Hanna, MPH, DR - Nassau, Bahamas

“I enjoyed the Summit, learned a lot, and had good fellowship and, as usual, got to know more of my brethren—new friends also. It was very good seeing you again and meeting your wife, and sharing the joy of your grandson. God bless. Love and prayers.”
Joan V. Marsh - La Belle, Florida

StepFast Making Strides

Effective health ministry means providing relevant information from a reliable source, with recommendations one can readily implement. When this is done in the spirit of Christ, people not only get information, they are empowered to make changes, keep commitments, and experience the love and wisdom of an all-powerful God. The *StepFast Lifestyle Series* has stepped in to provide just the tool needed to facilitate such a ministry.

Well-credentialed leaders in the field of prevention and wellness have joined hands to produce this 12-part video series, which features Dr. Neil Nedley, author of *Proof Positive*, and Dr. Winston Craig, Chairman of the Nutrition Department at Andrews University. Other presenters include Dr. Zeno Charles-Marcel, Dr. David DeRose and Dr. Tim Arnott from the Lifestyle Center of America. Dr. Fred Hardinge joins the *StepFast* team from Upper Columbia Conference, along with Dr. John Scharffenberg, well-known health educator.

Supported by science and inspiration, the *StepFast Lifestyle Series* provides dynamic, informative lectures on heart disease, diabetes, cancer and the immune system, osteoporosis and weight control. While a lifestyle approach is recommended for each disease process, specific presentations are given in vegetarianism, exercise, fatigue and stress control. Natural remedies are highlighted by hydrotherapy demonstrations and a rational approach to the simple use of herbs. Louis Preston, Ministerial Director for Potomac Conference, presents a segment on designing a lifestyle schedule to include morning devotional time with God.

Exercise physiologist Harold Mayer provides sound advice regarding exercise in each segment, while vegetarian cooking instruction is given by Barbara Watson and her guests from various cultural

backgrounds. The recipes are simple, but the dishes are so mouth-watering you can almost smell them when watching the video!

Thankfully, all the recipes are on the companion *StepFast Resource Guide* on CD-ROM, which comes with the series. In fact, additional resources plus all the handouts that are needed for a *StepFast Lifestyle Series* seminar are ready to download and printout straight from the resource guide. The CD-ROM also includes a step-by-step seminar guide to complete a turnkey package for presenting cutting-edge health material to your community.

One pastor from Virginia reported recently using the *StepFast Lifestyle Series* as the health component during an evangelistic series. They began each night with the *StepFast* video presentation, followed by a live cooking demonstration. The health emphasis was followed by Bible study, using *Amazing Facts* materials. Four people have been baptized, with another 6 to 8 continuing to study. Several said that they attended the meetings when they learned there would be presentations on health. It's the entering wedge at work!

Physicians are using *StepFast* for patient lifestyle education. Many individuals are using *StepFast* for designing their personal lifestyle programs, others for sharing health principles right in their own living rooms. Each program is less than 29 minutes and can be aired with permission during a 30-minute television broadcast.

Available at your local Adventist Book Center or through the Potomac Conference of Seventh-day Adventists, the program costs \$149.95. For more information, call 540-886-0771. And get ready to step fast! "Those who embrace the truth now will have to *step fast*." MS 1 (1854), pages 2-3 [emphasis supplied]



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Health Ministries Department

North American Division

Seventh-day Adventist World Headquarters

12501 Old Columbia Pike

Silver Spring, MD 20904-6600 USA

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