One of the most rewarding experiences in Health Ministries is to engage in medical mission efforts. A couple of years ago I made the commitment to participate in at least one medical mission trip a year. Burning with a passion for global health I engaged in mission overseas. A remarkable mission trip was to Cusco, Peru, with The Quiet Hour team. Several health care providers were among the medical team. During the day we treated the health problems of the locals, and in the evening we held evangelistic series that were preceded by health and family talks to address their whole person needs. Hundred of patients were seen each day as we provided care for physical, mental, emotional and spiritual needs. Long lines were outside the clinics waiting each day to be seen. We also visited orphanages to share God’s love with the kids who had no parents to love them. Their smiles said it all! What an amazing experience it was for me to envision what Jesus’ ministry must have been like as He loved and healed the needy ones around Him. What a joy and privilege we have to walk in His shoes sharing His love.

Today, the world needs what it needed 2000 years ago—a revelation of Christ and His love (Ministry of Healing, p. 143). Ministries such as The Quiet Hour are challenged with recruiting medical professionals to participate in their short term mission trips. They can always use physicians, nurse practitioners, physician assistants, nurses, dentists, dental hygienists, optometrists, dieticians, massage therapists, health educators—anyone who has a passion for sharing Jesus in anyway (see the Reach Out section of this newsletter). I urge you to prayerfully consider joining a medical mission trip. Your “unselfish love, manifested in acts of disinterested kindness, will make it easier for these suffering ones to believe in the love of Christ” (Ministry of Healing, p. 144).

Katia Reinert, MSN, CRNP, FNP-BC, PHCN-BC
Director, Adventist Health Ministries – NAD
Katia.Reinert@nad.adventist.org
Health Ministries Resources

- **Adventists InStep for Life Webinar** NAD Health Ministries will be hosting a free webinar on Tuesday, July 26, 2011 at 8pm EST to provide a general overview of the Adventists InStep for Life initiative, discuss the different ways you can participate, and answer questions. Register at https://www1.gotomeeting.com/register/345783889.

- **ViewPoints Devotionals** “Reach Up” and “Reach Out” at the same time by sharing the ViewPoints video devotionals produced by NAD Office of Communication at www.nadadventist.org/viewpoints. These devotionals are also included in the NADNewsPoints, weekly updates of news and information from the North American Division. Sign up at www.nadadventist.org/newspoints.

- **Supersized Kids: Reducing Obesity Balance Magazine** Kids do not “out grow” their obesity—it grows with them. This issue of Balance Magazine from Lifestyle Matters will show you that this terrible trend CAN be reversed with just a few simple changes that will make a SuperSized difference! Inexpensive and ideal for outreach. Quantity discounts available. www.lifestylematters.com.

- **Community Garden Resource** Check out these video clips from the Georgia Cumberland Conference to see how a bit of unused land can help your church or school reach out to the community: http://vimeo.com/22047928 and http://vimeo.com/21935735.


- **National Health Observances Calendar**. Published annually, this free calendar features over 175 National Health observances with up-to-date information and outreach materials to engage the public in health promotion activities. Get new ideas, information, and resources for use in your health ministry events. Visit www.healthfinder.gov/nho

---

**Dates to Remember**

- **2011**
  - **July 26**
    - Adventists InStep for Life Free Webinar
      - https://www1.gotomeeting.com/register/345783889
  - **August 27**
    - Abuse Prevention Emphasis Day
      - www.nadhealthministries.org/abuse_prevention.php
  - **September 7-10**
    - Festival of the Laity
      - Dallas, TX
      - www.festivalofthelaity.com
      - (Health ministries seminars offered)
  - **September 25**
    - NAD Let’s Move Day
      - www.adventistsinstepforlife.org
  - **October 12-15**
    - Emotional Health & Wellness Conference
      - Loma Linda, CA
      - www.globalemotionalhealth.org
  - **October 16-17**
    - NAD Abuse Summit
      - Loma Linda, CA
      - www.nadwm.org/article.php?id=251#

- **2012**
  - **January 15-18**
    - Adventist Ministries Convention
      - Innisbrook, FL
      - 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
NAD HEALTH MINISTRIES
Katia Reinert, NAD Health Ministries Director, received the first American Academy of Nurse Practitioners Foundation (AANP) International Humanitarian Award – Short Term - for voluntary service. The award was given in relation to mission trips and other volunteer trips Reinert did to Africa, South America and Madagascar, where she provided medical care and conducted health education for women on depression and mental health. She received the award on June 23, at the AANP Foundation Honors Dinner during a National Conference in Las Vegas. For information on upcoming mission opportunities organized by The Quiet Hour visit www.qhministries.org: August 5-20, 2011, Malawi, Africa; September 30 – October 15, 2011, Zimbabwe, Africa; November 4-19, 2011, Malaysia; or June 15 – 30, 2012, Tacna, Peru.

FLORIDA CONFERENCE
Orlando Junior Academy (OJA) utilizes a number of creative ways to get students “in step for life.” Pre-K through eighth grade students participate in a schoolyard garden that won first place in the 2011 Florida School Garden Competition (see http://gardeningsolutions.ifas.ufl.edu/schoolgardens/ for more information on the competition and garden resources) and was also certified as a wildlife habitat by the National Wildlife Federation due to the wildlife that the garden supports during the year. Students were able to share their garden experience and expertise at their Open Garden event held on the first day of spring. OJA also creates healthy eating experiences for students through partnerships with local Chef Kevin Fonzo, who volunteers to provide students with healthy vegetarian food as part of First Lady Obama’s campaign “Chefs Move to School,” and with nutritionist, food writer, and raw food chef Sara Cahill, who will be teaching a cooking class elective for grades 5-8. In addition, the school is working with Dr. Angela Fals and dietitian Tamara Dorway from Florida Hospital’s Healthy 100 Children to provide every student with a fun, exciting and hands-on nutrition health curriculum.

POTOMAC CONFERENCE
The Women’s Ministries Team of the Roanoke Seventh-day Adventist Church in Roanoke, Virginia, led by Carol Doudiken, is promoting healthy living through a variety of activities targeted specifically for women. In addition to a series of cooking demonstrations and presentations on healthy living, they produce Healthy Habits, a monthly newsletter with health news, tips and recipes to encourage another on a more healthful journey.

LOMA LINDA UNIVERSITY
The Loma Linda University School of Nursing held a half-day Spiritual Care Conference in April with over 200 students and faculty in attendance. Chris VanDenburgh, Coordinator of Faith Community Nursing & Health Ministry at Kettering Health Network, presented on what it means to stand on holy ground as a nurse and how to be more intentional about attending the spiritual needs of patients. A highlight of the conference was the Blessing of the Hands, in which the hands of each participant were anointed for service. A number of students expressed interest in further training about spiritual care and/or faith community nursing.
Reduce the Adverse Effects of Technology in Your Family

**FACT** A recent study by the National Sleep Foundation found that playing video games, checking e-mails and text messages and watching television may be depriving us from getting enough sleep. Nearly 95% of people questioned in the study said they used some type of electronics in the hour before going to bed, and about two-thirds admitted they do not get enough sleep during the week. Exposure to artificial light before going to bed can increase alertness and suppress the release of melatonin, a sleep-promoting hormone.

**HOPE** By making a small change in electronic use before bed, you can make a big positive impact on sleep, mood, health, relationships, stress management, work productivity, and academic performance. A realistic start may be to choose a few evenings each week in which you use non-electronic options for winding down in the evening and turn off the phone before you go to bed.

**FACT** 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 creeping slowly 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.

**HOPE** Rather than merely imposing limits on computer time, encourage your teen daughter to engage in additional recreational activities, such as after-school sports and clubs, hobbies, musical instruments, or volunteering at local charities. If she is spending time in other pursuits, she will likely be using up more calories than sitting at the computer.

**FACT** More than half of adolescents log on to a social media Web site at least once a day, and nearly one-quarter of teens say they log on to their favorite social media sites 10 or more times each day, reports the American Academy of Pediatrics. Due to limited capacity for self-regulation and susceptibility to peer pressure, children and adolescents are at risk for cyberbullying, “sexting” and exposure to inappropriate content, “Facebook depression,” Internet addiction and sleep deprivation.

**HOPE** You can protect your child from the risks of social media by talking with them about the healthy use of social media, setting limits, being “friends” with your child on Facebook and other social media sites, and monitoring for potential problems.

**FACT** According to a study published in *Arteriosclerosis, Thrombosis and Vascular Biology: Journal of the American Heart Association*, too much TV increases cardiovascular risk for kids. The study found that 6- to 7-year-olds who spent the most time watching TV had narrower arteries in the back of their eyes, putting them at increased risk of developing heart disease, high blood pressure and diabetes when they are older.

**HOPE** Children with the highest levels of physical activity - an hour or more - had significantly wider retinal arteries on average than those who spent less than half an hour a day being physically active. This suggests that replacing one hour a day of screen time with physical activity could make a difference in whether your child develops cardiovascular disease later in life.

“...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, email Katia.Reinert@nad.adventist.org or call (301) 680-6733