The Blessing of a Godly Father

June is the month where we celebrate Father’s Day. The influence of a father has a lasting impact in one’s entire life. It can contribute to optimal health or increase one’s risk for disease. That is not only true because of the genes we inherit but more importantly because of the choices fathers make and the example they set for children growing up. It is not uncommon for fathers to think that it is the mother who exerts a stronger influence in a child’s life, they should not underestimate their profound influence. A father’s example and actions speaks volumes louder than his words.

This month we would like to encourage fathers, in particular, to acknowledge and embrace the strong influence they have on their children, wife and others around them, by focusing on one set of choices. That is to “CHOOSE wisely what MUSIC to listen to, what to SEE and READ, and for how long.”

There is evidence that the music one listens to may contribute to either positive or negative effects on mood and brain function. A song that can sometimes be seen as an “upbeat” happy song, like a syncopated pop song lacking harmony and carrying careless and empty lyrics, may in fact have a negative effect on the brain increasing risk mood disorders. On the other hand, a light harmonious song, such as in the case of baroque classical music or a hymn, can awaken the best brain faculties and stimulate the frontal lobe while also improving mood and the intellect.

Likewise, the magazines and books one reads will be stored in the brain and before one realize they may be influenced by the unholy spirit embedded in them. If not careful, one will be getting clues for how to behave, not by the Holy Spirit or God’s Word, but by the messages they receive through their senses. Sadly, many of these messages presented in this world can often be addictive and destructive. We are called in Proverbs 4:23 to “Above all else, guard your heart, for everything you do flows from it” (NIV).

We join others this month in praising God for the positive wisdom and spiritual influence of fathers who are careful to follow the counsel above. As they choose wisely the things that listen to, see, and read they will not only see positive results in their own mental and spiritual health, but also lay a foundation for the children who are absorbing all those values from a very young age. Children who are blessed to have these messages presented in this world are calling in Proverbs 4:23 to “Above all else, guard your heart, for everything you do flows from it” (NIV). A happy father’s day to each precious father who reads this message. Thank you for choosing to live a healthy and abundant life in Christ!

Your children are certainly blessed to have you as their father and God is honored!
Reaching Across

Health Ministries Resources

- Adventists InStep for Life (AISFL) is a Division wide health initiative. The website provides information and resources to explore ideas on how your church, school, or health care organization can become involved. To learn more participate in the FREE webinar on July 31 at 8pm EST (register at https://www1.gotomeeting.com/register/718777585). Plan for LET'S MOVE DAY now, order materials, and explore the resources for coordinators in our website below. The photos in the website of the most recent Adventists InStep for Life Award ceremony held at the NAD Health summit are also available. Visit the website for more information: www.adventistsinstepforlife.org.

- NAD HEALTH SUMMIT 2012 AUDIO FILES Sermon and seminar presentations for the 2012 NAD Health Summit are available for download at www.NADhealthsummit.com thanks to www.audioverse.org.

- June is National Safety Month! The National Safety Council (NSC) provides information on safety issues for employers, communities and families. Training Programs include First Aid, CPR, AEDs and other safety training. Materials are available, including Emergency Preparedness Supply Kit/ Lists and online Family Safety and Health Magazine. Check www.nsc.gov or www.ready.gov.

- June is National Men's Health Week - June 11-17! FTHe week leading up to Father’s Day is dedicated to Men’s Health to increase awareness of preventable health problems, and to encourage early detection and treatment of disease among men and boys. Seeking regular medical advice and early treatment for disease and injury is part of the challenge, as men are less likely to seek medical care compared to women. Sign up for the free Healthy E-Male Newsletter. Posters, flyers and other online resources are available in both English and Spanish at www.menshealthmonth.org, www.menshealthweek.org, www.menshealthlibrary.com.

- June is National Cancer Survivor’s Day – June 3! Providing knowledge, wellness topics, resources and featured articles are all ways the National Cancer Survivor’s Day Foundation approaches its Celebration of Life. Website provides free copies of “Coping With Cancer” magazine for distribution. The magazine includes articles: Fear of Recurrence, Caregiver Issues, Coping Tips, Psychosocial Support, Information on Cancers (brain to urological), Nutrition, Inspiration and a host of other resources. Order materials from the Official Merchandise Catalog and register your Survivor’s Day Event online. www.ncsd.org. Also see www.copingmag.com/cwc.

- National Women’s Health Week -May 13-19 “It’s Your Time” is the theme for 2012. National Women’s Health Week empowers women to make their health a top priority. It also encourages women to take the necessary steps to improve their physical and mental health and lower their risks of disease. Website provides info for age specific screenings, other ideas and materials. Might be a great way to celebrate Mom’s Day! www.womenshealth.gov/whw.

- Health Calendar Emphasis -JUNE

Canada: http://www.hc-sc.gc.ca/ahc-asc/calend/index-eng.php
USA: http://www.healthfinder.gov/nho/nho.asp#m8

June 2012
- June 1-30 – National Safety Month
- June 11-17 – Men’s Health Week
- June 3 – National Cancer Survivor’s Day

Looking Forward
- July 1-31 - UV Safety Month
- July 28 - World Hepatitis Day
- Aug 1-31 – National Immunization Awareness Month

Dates to Remember

2012
- June 10-11
  Southern University Wellness Summit
  423.236.2852
garver@southern.edu

August 5-8
  NAD Teachers Convention
  Nashville, TN

August 5-10
  2012 Natural Remedies and Hydrotherapy Workshop
  Andrews University
  www.andrews.edu/go/nrhw

August 23
  Abuse Prevention Day
  www.nadwm.org

September 23
  Let’s Move Day
  Division Wide
  www.adventistsinstepforlife.org

September 23–29
  Let’s Move Week
  Division Wide
  www.adventistsinstepforlife.org

October 28
  NAD HM Committee Meeting
  General Conference

2013
- March 13-17, 2013
  NAD Health Summit NY13
  New York City
  www.NADHealthSummit.com
REACH OUT

NAD HEALTH MINISTRIES

During the month of May the Department of Nutrition & Wellness at Andrews University (AU) hosted the first Health & Fitness Symposium from May 10 - 13, 2012 and it was co-sponsored by the Pioneer Memorial Church Health & Wellness Ministries, GC/NAD Health Ministries and PositiveChoices.com. Students, faculty, wellness and fitness experts from across the NAD embraced the theme “Connect & Inspire to Share”. There was a great emphasis on connecting the physical and spiritual wellness components and also approaching health in a wholistic way. Many participated of the dozens of seminars and workshops. Other activities included early morning mobile adventure walks, a concert, and cooking demonstrations. Adventists InStep for Life initiative was highlighted in light of the recent massive public health initiative called the Weight of the Nation, discussing obesity. According to Dominique Wakefield, event organizer and assistant chair and director of fitness & exercise studies at AU “everyone had an amazing experience and the feedback was positive as people were energized”.

ALLEGHENY EAST CONFERENCE

Healthy Bodies, Healthy Souls (HBHS) is a church based program aimed at preventing diabetes by improving diet and exercise among African American church goers in Baltimore City. Three SDA Churches (United In Christ, Cherry Hill and Miracle Temple ) participated with nine other inter-faith churches (Baptist, Church Of God In Christ, Non-Denominational and Catholic) in a study which was sponsored by the Johns Hopkins Center for Nutrition and the American Diabetes Association. The study included a variety of interventions, such as healthy informational bulletin inserts and monthly education sessions, including: “Tackling Pot-Luck Dinners”, “Pedometer Challenges”, “Healthy Cooking”, “Eating Out”, and “Healthy Snacks.” Final results comparing the pre and post health assessments revealed that greater improvements were made in the group involving the SDA churches in the areas of Health Outcomes (weight, blood pressure, BMI, waist circumference), Health Behaviors (healthy versus unhealthy purchases), and Physical Activity (vigorous & moderate activity, walking). Myrtle Evans, Baltimore Area Health Coordinator, noted “Participating in this study was truly a blessing and I am excited about the many opportunities we have to spread our health message throughout this country.” A. Leah Scott, MPH, AEC’s Health Ministries Director added, “I am thrilled that Allegheny East Conference (AEC) participated in a very important study that is helping to reduce the morbidity and mortality rates of diabetes, the disease that affects the African-American population with great disproportion.”

GEORGIA-CUMBERLAND CONFERENCE

In an effort to reach out to reduced income families and the elderly in a small community and rural county, the Lancaster SDA Church, in Lancaster, TN, decided to embrace the Adventists InStep for Life initiative and foster friendships with community members by cooperating with other denominations in town in a joint project to meet the nutrition needs of those who might not have sufficient means to purchase fresh vegetables for their families while creating opportunities for witnessing. Ann Walper, a Faith Community Nurse (FCN) for the church, reports they approached the other two churches in town regarding planting a community garden. Members from the Lancaster Baptist Church and the Lancaster United Methodist Church, agreed to assist in this effort. A moderate-sized plot of ground right on the main road through town was donated for this purpose by a Methodist Church member. The Lancaster SDA church purchased the seeds and has provided the water, while members from all three churches have given their time and energy in tilling and preparing the ground, in planting the various seed varieties, and maintaining weed control as everything has sprung to life. As produce comes in members of the three churches distribute it to needy families in Lancaster. Since some of the produce might not be readily familiar to the recipients (butternut and Hubbard squash, kale and crowder peas), Ann is providing a newsletter with recipes and a short educational health article to each recipient.

OHIO CONFERENCE

Update on the Ohio Conference’s Hillsboro SDA church members “mingling” in their community. From the last report on the church’s 2nd Annual 5K Run/Walk, the church members continued with community garden development. At last report, the Hillsboro mayor, Drew Hastings, contacted church member Marilyn Heistand regarding painting her barn, where the community gardens are located. Hillsboro High School art and vocational students painted a whimsical mural as part of a city beautification project. The design represents Highland County’s and Hillsboro agricultural roots and the colors and patterns fit in with the “Summer of Love” which is the theme for the Great Ohio Bicycle Adventure that takes place in Hillsboro next month.
CHOOSE wisely what MUSIC to listen to, what to SEE and READ, and for how long

**FACT** Listening to uplifting music may be good for your cardiovascular system. Researchers at the University of Maryland School of Medicine in Baltimore have shown that emotions aroused by joyful music caused tissue in the inner lining of blood vessels to dilate 26% in order to increase blood flow. On the other hand, when study volunteers listened to music that caused anxiety, their blood vessels narrowed.

**HOPE** Psalm 98:4 reminds us to “make a joyful noise unto the Lord.” Take a mental inventory on the kind of music played in your home, car or office. By listening to joyful music, you’ll be praising God and improving your health.

**FACT** According to a two-year study of more than 3000 school-age children, video game addiction has been associated with problems in youth including depression, anxiety, social phobias and lower school performance. Those who stopped being addicted ended up with lower levels of these same symptoms, but still higher levels than the control group of children who never became addicted.

**HOPE** According to a study of 25,888 13-15 year olds, Bible reading makes a significant contribution to promoting a negative attitude toward drug use among this age group. Bible reading was clearly associated with taking a firmer stand against substance use.

**FACT** Harvard School of Public Health researchers found that prolonged TV viewing (more than three hours per day) was associated with increased risk of type 2 diabetes, cardiovascular disease, and premature death. The researchers analyzed eight previous studies and found that for every two hours of daily TV watching, a person’s risk of developing diabetes rose by 20 percent and of developing heart disease by 15 percent.

**HOPE** As we promote increased physical activity in our homes, churches, and communities, we can significantly impact health risks by also encouraging a reduction in sedentary behaviors like prolonged TV watching.

**FACT** According to a study of 13-15 year olds, Bible reading is not only good for their souls, but also for their bodies.

References:

“... 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