Thanksgiving: A Way of Life

As we approach this season of Thanksgiving we are reminded to stop and focus on the things we have received, rather than on the things we are lacking. This month we invite you to “choose to focus on what is TRUE and WORTHY OF PRAISE, cultivating FORGIVENESS and a SPIRIT OF GRATITUDE.” This is in fact a choice that will impact not only your spiritual walk with God, but also you mental, emotional, and physical health. Studies have highlighted the benefits of gratitude, forgiveness, and having a positive outlook despite the challenges we face. One researcher found that older women seem to be more likely to feel grateful to God than older men. What an interesting finding.

Even though we cannot generalize that all people, perhaps this finding can remind men to be more intentional on cultivating this spirit of gratitude even when things don’t go well. In addition, the results of this same study revealed that the effects of stress (e.g., living in a deteriorated neighborhood for example) on health are reduced for older people who feel more grateful to God. We know that stress is of the Holy Spirit. Join Seventh-day Adventists around the globe to pray for revival and outpouring of the Holy Spirit. Join us in the “777” prayer, seeking “Revival and Transformation” as 7th-day Adventists praying 7 days a week at 7 o’clock (am or pm) daily, without ceasing until Jesus comes. For more information visit www.revivalandreformation.org

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REACH NAD prayer calendar:
Oct 28-Nov 3 Kentucky-Tennessee
Nov 4-10 South Atlantic
Nov 11-17 South Central
Nov 18-24 Southeastern;
Nov 25-Dec 1 Arkansas-Louisiana
http://www.nadadventist.org/site/1/docs/2012%20NAD%20Prayer%20Calendar%204Web.pdf

GREAT HOPE PROJECT: The Great Hope audio recordings are now available online and can be loaded to your iPod, CDs, iphone, computer, for listening while you are exercising, driving, or working. Order The Great Hope at any Adventist Book Center (800-765-6955). The price is $0.79 ea for 1-199 units and $0.49 for 2000 or more, plus S&H. Join us in the distribution of 3 million copies of The Great Hope in North America. (English, Spanish, and French).

Meet God Again, for the First time: In this book, Dr Jon Paulien, dean of the School of religion at Loma Linda, invites us to take a deeper look at our own knowledge of God and dive deeper into an intimate relationship with Him.

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Health Ministries Resources

- **Adventists InStep for Life Mobile Apps** is a Division wide health initiative. The website provides information and resources on how your church, school, or healthcare organization can become involved. To learn more view previous recorded webinars at the website. Register yourself to add your own miles, also consider volunteering to be your church, school, or hospital coordinator so you can report miles for others. Promotional materials are available for free (videos, bulletin inserts, posters, brochures, stickers, pedometers and more). We need your miles to reach the NAD 2 million mile goal. www.adventistsinstepforlife.org.

- **Adventists InStep for Life Mobile Apps** are available for download for android and iPhone users. You must first register at the website listed above then download the app (INSTEP or ADVENTIST INSTEP), and start recording your physical activity right on your phone.

- **NAD HEALTH SUMMIT 2013** registration is now open! This regional Summit is connected with the NY13 initiative and will take place in New York City March 13-17 for a limited number of registered attendees (300 max) so please register early to save your seat and get equipped for health evangelism. Dr Neil Nedley will present evening outreach on the topic of mental health and optimizing the brain. We will also have hands on health expo, a track for pastors, a track for faith community nursing, a track for community services, the Adventist Recovery Ministries training and the official NAD Health Ministries training. You can register for the health summit at www.NADhealthsummit.com.

- **November is National Alzheimer’s Disease Awareness Month** Alzheimer’s is the 6th cause of death in the country and the only cause of death among the top 10 in the United States that cannot be prevented, cured or even slowed. Based on final mortality data from 2000-2008, death rates have declined from most major diseases—heart disease (-13 percent), breast cancer (-3 percent), prostate cancer (-8 percent), stroke (-20 percent) and HIV/AIDS (-29)—while deaths from Alzheimer’s disease have risen 66 percent during the same period. More info at http://www.alz.org/stf/in_my_community_20875.asp and http://napa.alz.org/

- **November is Diabetes Awareness month** American Diabetes Month® (ADM) is an important element in raising awareness about this epidemic with programs designed to focus the nation’s attention on the issues surrounding diabetes and the many people who are impacted by the disease. Here are just a few of the recent statistics on diabetes: Nearly 26 million children and adults in the United States have diabetes. Another 79 million Americans have prediabetes and are at risk for developing type 2 diabetes. The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is $174 billion. For more information go to: http://www.diabetes.org/in-my-community/americandiabetes-month/

- **November is Lung Cancer Awareness Month**. During the month, many people throughout the country and the world come together for the lung cancer community. Events are held. Articles are written. Facebook statuses are updated. Videos are created and spread online. Proclamations are issued. For more information and materials go to http://www.lungcanceralliance.org/get-involved/help-raise-awareness/lung-cancer-awareness-month.html.

- **Health Calendar Emphasis -NOVEMBER**
  Canada: http://www.hc-sc.gc.ca/ab健康产业n/calendar/index-eng.php
  USA: http://www.healthfinder.gov/nho/nho.asp#m8

  **November 2012**
  - Nov 1-30 – American Diabetes Month
  - Nov 1-30 – Lung Cancer Awareness Month
  - Nov 1-30 – National Alzheimer’s Disease Awareness Month

**Looking Forward**

- Dec 1 – World AIDS Day
- Dec 2-8 – National Hand washing Awareness Week

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**Dates to Remember**

**2012**
- November 1-2
  NAD Diversity Conference
  Silver Spring, MD
- November 2-6
  NAD Year End Meeting
  Silver Spring, MD
- November 27
  HM Directors Conference Call
  (Union and Conference only)
  NADHM@nad.adventist.org

**2013**
- February 24-26
  6th International Congress on Vegetarian Nutrition
  Loma Linda, CA
  www.vegetariannutrition.org
- March 13-17, 2013
  NAD Health Summit NY13
  New York City
  www.NADHealthSummit.com
- March 15
  ARM Board Meeting
  New York City – Health Summit
  NADHM@nad.adventist.org
- March 17
  NAD HM Board Meeting
  New York City – Health Summit
  NADHM@nad.adventist.org
- April 13-15
  North Pacific Union HM Training
  Gladstone, Oregon
  Kristina.Lopez@nw.npuc.org
- September 22, 2013
  Let’s Move Day
  www.adventistsinstepforlife.org
- September 22-28, 2013
  Let’s Move Week
  www.adventistsinstepforlife.org

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Attendees who completed the 2 day Training

and participated of the discussions exploring effective ways to deal with the
difficult questions and dilemmas that Adventist healthcare institutions face to be
financially stable, provide clinical excellence while connecting with the needs of
the communities and working side by side the church in fulfilling the mission.
Together the group spent time networking and looking for innovative ways to
make their institutions stronger and better able to further legacy that Adventist
Hospitals and Clinics have throughout the World. North American Division
Healthcare institutions like Adventist Health Systems, Century Health and
Florida Hospital reported partnering with mission hospitals in challenging areas
of the world, and sponsoring dozens of annual mission trip, needed supplies and
equipment, as well as medical and supporting staff. Loma Linda University has
been instrumental in providing support to these institutions through Adventist
Health International.

NEW JERSEY CONFERENCE

Comprehensive Health Ministries Training

The New Jersey Conference hosted the NAD Comprehensive Health Ministries
Training for health ministries directors. “My pastor asked me to be
our churches Health Ministry Director and I told him I didn’t have any idea
how to do that job!” said Carmen
Antalya of the Carteret Spanish SDA
Church. “He just told me, “You’ll
be fine.” She said that was 8 months
ago and she really hasn’t done much with her position. “She came away
from the New Jersey Conference Health Directors Training week-end full of
ideas”, reports pastor Tom Durham,
NJ Conference Health Ministries
director. The training took place at
the Tranquil Valley Retreat Center on
October 13 & 14, and was presented
by Katia Reinert, NAD HM Director.
Some Health Directors came by
themselves, some came in pairs, and others, like the Jersey City Heights English
church, brought their whole team.

ALLEGHENY EAST CONFERENCE

Philadelphia Black Clergy H

Delaware Valley Pastors of the Allegheny East Conference supported the
Black Clergy of Philadelphia in their plan to counter-attack a legion of health
disparities affecting the teeming thousands of minorities who compose the
religious communities of Philadelphia. This unprecedented collaborative
effort was initiated by the Black Clergy of Philadelphia, through its leader
and spokesman, Terrence D. Griffith, Pastor, First African Baptist Church of
Philadelphia. Griffith stated “We know that Obesity is a major risk factor
for heart disease, many forms of cancer, and type 2diabetes.” It was the
challenge of resolving that “problem” that united the Black Clergy of
Philadelphia by the Delaware Valley Ministerial. Griffith turned to
Gwen Foster, a dynamic Seventh-
day Adventist health educator, who
proposed a three tier approach to
resolving the dilemma. Allegheny
East Conference (AEC) Headquarters
decided to support the Black Clergy
of Philadelphia. Adventist pastors also
attended to support the event. AEC Health leader Leah Scott, and Community
services leader Minnie McNeil also
offered support. On Saturday, October 27, groups of volunteers representing
healthcare agencies and health education groups, including various
Seventh-day Adventist groups from
as far away as New York City and
Silver Spring, Maryland, including
NAD Health Ministries Director,
Katia Reinert, met at the Philadelphia Convention Center to share lifestyle
education with Philadelphians. The event was supported by city and state
government representatives. AEC Pathfinder drum corps posted the Nation’s
colors and led the precession. Elder Henry Fordham, newly elected president
of AEC participated in the “Call to Action!” event and gave his support to the
initiative along with other Philadelphians who pledged to continue the attack
on lifestyle disparities.

ADVENTIST HEALTH

2012 Innovation Seed Money Recipients Announced

The Innovation Council recently awarded the 2012 Innovation Seed Money
to the winning recipients, and they have received funding to implement their
ideas. Now in its second year, seed money proposals increased by 36 percent
from last year. Sixty-four proposals
were received, with nearly all the
hospitals participating, including one
from a rural health clinic and one from
the corporate office. Nine proposals
were funded, with a total of $278,090
being awarded. “We received many
great ideas, but the ones chosen by the council really reflected the innovative
spirit we are trying to foster at Adventist Health,” said JoAlene Olson, vice
president of Innovations at Adventist Health. Among the proposals, Tillamook
County General Hospital will address childhood obesity through their
SuperFit Family Challenge, while Castle Medical Center will cultivate a roof
top farm to provide fresh produce and
use it as a community education vehicle.
Adventist Health president and CEO
Bob Carmen saw the need to foster
innovation throughout the system and
created the seed money program as a
way to encourage innovation.
Focus on what is TRUE and worthy of PRAISE, cultivating FORGIVENESS and a spirit of GRATITUDE

**FACT** Forgiveness helps us to live longer. After analyzing data from the Religion, Aging and Health Survey of over 1200 people over the age of 25, researchers found that an attitude of forgiveness towards others is associated with a decreased risk for all-cause mortality.

**HOPE** Nearly everyone has been hurt by the actions or words of another. But in holding grudges, we may be the one who pays most dearly in higher levels of anxiety, hypertension, depression, substance abuse and more. On the other hand, “forgiving one another, even as God for Christ’s sake hath forgiven you” (Ephesians 4:31) will lead you down the path of physical, emotional and spiritual well-being.

**FACT** Children who practice grateful thinking have more positive attitudes toward school and their families. Researchers studied 221 early adolescents and randomly assigned them to make a daily list of either five things they were grateful for or five hassles that occurred in their life over a period of two weeks. Those who counted blessings had higher self-reported gratitude, optimism, life satisfaction, and decreased negative affect, and satisfaction with school experience.

**HOPE** Colossians 2:7 encourages us to “overflow with thankfulness.” Cultivate gratitude in your family by creating an ongoing gratitude list together, sharing positive experiences at mealtimes or during commutes, and sending thank-you notes to people whose kindness you appreciate.

**FACT** Americans average about 11 lies per week. Recently, University of Notre Dame Researches conducted an experiment to find out if living more honestly can actually cause better health. They asked people to stop telling lies for ten weeks. In that time, the participants’ physical and mental health improved—and they said their relationships and social interactions were better.

**HOPE** Philippians 4:8 (NIV) reminds us that “Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” More than a principle to live by, the verse actually helps you live healthier.

**FACT** Writing letters of gratitude not only benefits the receiver, but research shows that it also benefits the author’s well-being. Participants included 219 men and women who wrote three letters of gratitude over a three-week period. Results indicated that writing letters of gratitude increased participants’ happiness and life satisfaction, while decreasing depressive symptoms.

**HOPE** The apostle Paul is a great example of writing letters of gratitude. “I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership” (Philippians 1:3-5). Who could you write a letter of gratitude to today? You’ll both be blessed.

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