Sleep and Obesity - Facts with Hope

by Katia Reinert, MSN, CRNP, FNP-BC, PHCNS-BC, FCN
Director, NAD Adventist Health Ministries

How does sleep relate to obesity? Here is the Fact: when we are short-changed on sleep, we make up for it — in calories. Columbia University researchers found that people actually eat more when they are sleep-deprived vs. well-rested. Normal-weight men and women consumed 296 calories more on average when they slept for four hours vs. when they got a full night's sleep. That is also true with kids and adolescents. Researchers have found that one of the root causes for the epidemic of childhood obesity is sleep deprivation. Overall, most of the extra calories came from high-fat foods such as ice cream and fast foods.

Here is the Hope: If you are trying to lose weight, take an inventory of your sleep habits. Address chronic sleep deprivation as part of your overall weight loss strategy. Cutting 300 calories a day from your diet may be as easy as getting to bed earlier.

Isn’t it time to rearrange your schedule to get to bed before 10 p.m.? I would answer Yes to that! Our daily healthy choices can make a difference in preventing disease and in our overall wellbeing.

For more Facts with Hope please go to the NAD Health Ministries website or subscribe to our Health Unlimited newsletter which contains more evidence-based information on choosing a more full, abundant life. (John 10:10)

Facts with Hope are evidence-based health messages that may be used in a church bulletin, newsletter, or during the “Health Minute” as part of church service to motivate people to choose a full, abundant life.
AU Weekly TV Programs Gain International Audience

For the last four years, reports Melchizedek Ponniah, Board chair of International Learning System (ILS), two weekly television programs have been produced at Andrews University (AU) campus which continue to bolster God’s mission around the world. These programs are filmed in the studio operated by the ILS, which was established as a non-profit entity in 1992.

These programs are Scriptural Pursuit, a three-member panel discussion for a non-Christian target audience led by Glenn Russell, and based on adult Sabbath school lesson themes; and Sabbath School U (university), a media program produced jointly by the ILS, the AU Departments of Communication and Religion, and the General Conference Sabbath School Department, and downloaded by thousands.

In addition to the obvious spiritual influence on viewers, these programs produced by ILS provide media training opportunities for AU students, faculty and community volunteers. MORE

LLU Researcher Discovers Prenatal Link to Cardiovascular Disease

Daliao Xiao, Ph.D. (left), assistant research professor at the Center for Perinatal Biology at Loma Linda University, applied nicotine subcutaneously to pregnant rats and studied their offspring three to five months after birth. He discovered that the offspring suffered from hypertension and other heart problems not found among the control group.

“Our recent studies may provide potential links between cigarette smoking or even using nicotine patches or gum and long-term harm for the child,” notes Xiao, principal investigator for the study. MORE

Adventists in the News

The following are positive stories that appeared this week in the news about Seventh-day Adventists in the North American Division territory.

Adventists in the News

Niemann: Medal of Honor recipient’s story is rare
Quincy Herald Whig
July 25

PowerPoint, and Children's Story
"Move"
Upcoming Events
Adventist World NAD Edition
July and August Offerings and Special Days
Union Magazines and Websites
Adventist Mission DVD and Quarterly
Hope Channel Programs

Upcoming Events
ASI Convention, Aug. 3–6
3rd Annual Adventist Interpreters Conference, Aug. 3-7
Webinar: Let's Move Day, 8:00 - 9:00 p.m., EDT, Aug. 22
Festival of the Laity, Sept. 7–10
Astonishing Discoveries in the Land of the Bible, Sept. 14–18
Let’s Move Day, Sept. 25
Nonprofit Leadership Certification Advanced - Sept. 25-29
Go Fish! Children’s Ministries Convention, Oct. 7-9
NAD Summit on Abuse, Oct. 15-17
GlenOaks CEO gets fond farewell
Chicago Daily Herald
July 21

Newstart makes healthy food fun
Auburn Journal
July 21

Free Food For Low-Income Residents
KCRA Sacramento
July 21

Adventist Health Restructures, Forms Hospital Network
HealthLeaders Media
July 21

Support for Somalia Builds Locally
Patch.com
July 20

Webinar about "Let's Move Day"

You probably can guess what a "Let's Move Day!" (September 25) is. It's the day when we will try to get as many people as we can involved in physical activity.

Join the live, interactive webinar, August 22, 8:00-9:00 p.m. EDT, to learn how individuals, churches, and schools can participate and what others are already planning to do. Learn about reporting miles of walking (or other physical activity) to Adventists In-Step for Life.

Reserve your Webinar seat now.

AdventSource New Website with Enhanced Features

AdventSource, the central resource center for the North American Division, has launched an updated website with enhanced features to help church ministry leaders more easily access vital resources. In addition to the 4,000+ resources visitors can search through hundreds of ministry articles in the PlusLine area and watch videos or download files in the media section. AdventSource provides resources for leaders in every ministry of the local church.

Go to AdventSource or call 800-328-0525 to order supplies.

Adventist World
NAD Edition

Check out these stories in the July 2011 edition:
• Let’s Move - Adventists Get Active, pages 11-13
• Nashville Prepares for Success, pages 14-15
• Centers for Health and Healing, page 17
• NAD Feature: Why Health? Why Not? pages 34-38

July and August
Offerings and Special Days

July
Focus: Adventist Lifestyle
AEPA Not as Old as Previously Reported

Correction: The Adventist Event Planners Association (AEPA) actually was started by NAD in 2001, and not in the year 200 as stated in last week’s NewsPoints.

Special episode of ADRA Canada-Hope in Brazil to be featured on It Is Written

On Saturday July 30, ADRA Canada will be featured on the half hour TV programme It Is Written/Canada. This will be broadcast at 11:00 a.m. EDST on CTV. (Please confirm timing on your local listings.)

The program will feature ADRA Canada - Hope in Brazil. The following rebroadcasts are also scheduled:

Sunday July 31: CTS at 8:30 a.m. EDST; CKPG Prince George BC at 10:30 a.m. PDST; 3ABN at 7:30 p.m. EDST

Thursday August 4: Hope Channel at 12:00 p.m. EDST

Most Important Step

Regardless of mass advertising plans, the most important preparation for public meetings is connection with the community, says Ron Clouzet, speaker for Prophecies Decoded NET 2011.

There are a few weeks left before school begins. Why not plan a bridge-building event for the sake of your community—a health expo at the local mall, a parenting seminar or a vegetarian cooking school? Any of these, well done and organized, will yield good results. The member’s role is to make friends with guests, relate to them, lift up their names and lives in prayer so they may accept God’s leading.


Correction of last week’s NewsPoints: NADEI’s correct phone number for NET 2011 Bible orders is 269-471-8303.

Children’s Ministries Resource Library

Check out Children’s Ministries’ Adventist Children’s Ministries Association (ACMA) website. Children’s leaders can get a one-year membership for $29.95, which includes access to the resource library, and a FREE Kids’ Ministry Ideas one-year subscription. The Resource Library is full of wonderful resources that can be borrowed, free, for any length of time, as needed. This is especially helpful for small churches.
with little or no budget, to build up their children’s ministries departments.

**Multilingual Sermon, PowerPoint, and Children's Story**

*Abuse Prevention Emphasis Day* is scheduled for August 27. This one day a year is provide to call attention to the usually-hidden problem of abuse and violence, and to educate members about how to recognize the problem and to do something about it.

A sample sermon, PowerPoint illustrations, and children’s story (in English, Spanish, and French) are downloadable from the NAD Women’s Ministries website.

"Move"

Pastor R. Vincent Dehm, II, of First Church of Millsboro, Del.

Stay Socially Connected with NAD

[Watch DVD](#)
[Read Mission Quarterly](#)

**Hope Channel Programs**

*Hope Channel*
*(On DIRECTV ch. 368)*
• August 22-25, 7 p.m. ET – *Really Living* – Chaplain Barry Black, Ganoune Diop, Jim Nix, Pat Gustin

**Hope Church Channel**

• August 7-12 & 14, 15, 9 a.m. & 2 p.m.; August 21-25 & 29-31, 10 p.m.; August 24-26, 28 - September 1, 1 p.m – *Revival & Reformation*, parts 1-8, with speakers Ted Wilson, Derek Morris, CD Brooks, Doug Batchelor, Dwight Nelson, Jose Rojas, & Mark Finley & World Day of Prayer

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12501 Old Columbia Pike, Silver Spring, MD 20904 | Visit: nadadventist.org

George Johnson Jr., communication director | Bernadine Delafield, NET evangelism coordinator
Lynetta Murdoch, editorial assistant. Email: newspoints@nad.adventist.org

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7-27-11 AU Weekly TV Programs Gain International Audience

Shows provide spiritual influence and media training

For over four years, two weekly television programs produced at Andrews University campus continue to bolster God’s mission around the world. These programs are filmed in the studio operated by the International Learning System (ILS).

International Learning System (ILS), established as a non-profit entity in 1992, continues to cooperate with Andrews University to provide media production opportunity for students. Students use ILS facilities as their media lab.

Currently, two weekly programs are filmed in the ILS studio.

Scriptural Pursuit, a three-member panel discussion led by Glenn Russell, is based on adult Sabbath School lesson themes. Although the target audience is non-Christian, Adventists around the world watch it via the Hope Channel and many radio stations including our own WAUS. Recently placed online, Scriptural Pursuit is accessed by millions as our record indicates. It’s a temporary measure. Currently, we are looking for a permanent online site until Andrews site is equipped to accommodate us. Guest panelists for this program include AU faculty and students. Scriptural Pursuit is recorded in the Bell Hall studio every Thursday evening September through April. Scriptural Pursuit is jointly produced by the AU Departments of Communication and Religion and the ILS.

Sabbath School U (university) is another media program produced jointly by the ILS, AU Department of Communication and the General Conference Sabbath School Department. Each show features a host and three panelists who are young adults representing various schools at Andrews University. Generally, all thirteen shows for a given quarter is produced during five days of intense production. Falvo Fowler from GC travels to Berrien Springs to help with production. I know of at least two students who’ve been baptized because of their involvement as technicians for the show. Thousands download the podcast, according to Falvo Fowler.

The next recording of the Sabbath School U has been slated for September 7-10. Please come and witness the passion and commitment of Andrews students for God’s mission as they hone their media skills to serve God’s purposes.

I believe AU is the only Adventist University which produces two weekly television/radio programs broadcast around the world. These media programs have influenced many visiting students and others around the world. A few students have joined AU as a direct result of these programs. Many of them are pursuing their degrees in the Department of Communication and other departments. These programs help students to be trained in various aspects of media production including preproduction, production and post production. Quite a few of these students have landed jobs in various media businesses including major networks.

ILS is happy to provide media training opportunities for AU Students, faculty and community volunteers.

Melchizedek M. Ponniyah, Board Chair
International Learning System
Berrien Springs, MI
7-26-11 Cardiovascular Disease Linked to Nicotine Patch and Gum

LLU Researchers find prenatal use could increase risk for disease later in life for offspring

Researchers at Loma Linda University (LLU) suggest that the use of nicotine patches or gum by pregnant women may lead to an increased risk of cardiovascular disease for their offspring later in life.

“Our recent studies may provide potential links between cigarette smoking or even using nicotine patches or gum and long-term harm for the child,” notes Daliao Xiao, PhD, principal investigator for the study.

Using animal models, Dr. Xiao—an assistant research professor at the Center for Perinatal Biology at LLU — applied nicotine subcutaneously to pregnant rats and studied their offspring three to five months after birth. He discovered that the offspring suffered from hypertension and other heart problems not found among the control group.

"The hypertensive response is modified by outside stress," he adds. "The nicotine use by the mother also links to other forms of cardiovascular dysfunction."

Dr. Xiao and his colleagues found that changes in fetal blood vessel walls, which are caused by chemicals known as reactive oxygen species (ROS), are responsible for the development of hypertension. The ROS cause permanent changes and actually alter the programming that controls the behavior of blood vessels throughout the life of an individual.

"This programming clearly links nicotine exposure to long-term damage in the offspring," Dr. Xiao adds.

Despite the fact that his study was performed on rats, Dr. Xiao says other studies using different animal models have obtained similar results. "If this phenomenon also occurs in humans, nicotine use or smoking during pregnancy may represent a novel risk factor for the unborn that results in accelerated cardiovascular diseases in adulthood," he infers.

Dr. Xiao recommends refraining from nicotine use during pregnancy.

"More and more studies support the fact that nicotine patches and gums produce problems when used by pregnant women," he says.

Findings of the study—which was titled "Prenatal Gender-Related Nicotine Exposure Increases Blood Pressure Response to Angiotensin II in Adult Offspring" — were published in the British Journal of Pharmacology.

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LOMA LINDA UNIVERSITY | Office of University Relations
Burden Hall, 24941 Stewart Street, Loma Linda, California 92350
(909) 558-4526 · fax (909) 558-4181
Website: www.llu.edu/news
e-mail: pr@llu.edu
Niemann: Medal of Honor recipient's story is rare

"I would rather have this Medal than to be the President." -- Harry S Truman as he awarded the Medal of Honor to Corp. Desmond Doss

We continue with the theme of war heroes during the month of July. This week's story is about Desmond Doss, a corporal from Georgia during World War II.

Like the subject of last week's story, Medal of Honor recipient Bill Crawford who received his award twice because he was presumed dead the first time, Doss also is a Medal of Honor recipient. His story is just as rare as Bill Crawford's story -- and just as interesting.

Doss was teased, harassed and even hated during World War II -- and that was by the members of his own platoon. You see, he was a highly religious man who was always praying and reading the bible that his wife gave him as a wedding present. He refused to fight. He was a Seventh Day Adventist who would not work or train on his religion's Sabbath (Saturday), but he would work overtime to make up for it.

Despite this, his fellow soldiers resented him and ridiculed him. One even threatened to kill Doss himself when they went to battle rather than let the enemy do it.

His commanding officer was also frustrated with Doss, so he began the process of having him released under a Section 8 discharge, claiming that he was unfit for duty. Doss wanted nothing to do with that, though, because he knew that he was fit to serve, although in a different way than the other soldiers.

He was a patriot, but not one who would fight. His peaceful ways can be traced all the way back to his childhood when he saw a poster that showed the biblical Cain standing over his dead brother's body after he had killed him. He knew right then that he would never take another man's life, even in war.

How could a soldier who would not use his weapon help his unit in a war?

Doss was a medic. His job was to save the lives of his fellow soldiers rather than to attack or capture the enemy. One battle in particular illustrates this.

One morning in April of 1945, Corporal Doss's platoon had to climb a 400-foot cliff on the island of Okinawa while facing Japanese gunfire. It looked like an impossible task, and before they started their ascent, Doss told his commanding officer, "I believe prayer is the best life saver there is. The men should really pray before going up." And that is what they did.

The first five men of Company A were killed, as were many more that followed. Doss was in Company B, however, and company B suffered no casualties as they overtook the Japanese troops. When word reached Army headquarters back in the United States, no one could explain how it happened. The official answer became: "Doss prayed."

The battles continued. While every man in Doss's group survived the initial onslaught, the bible that his wife gave him as a wedding present did not.

Doss returned home in May 1945 after he was severely wounded. In October, he received the Medal of Honor from President Harry S Truman. Then when he returned to his Georgia home, he received another surprise: His lost bible.

His fellow soldiers -- the ones who mocked him and hated him -- had scattered out over the hill in Okinawa where he had made his mark, and found the missing bible.

What was so unique about Doss's story?

The fact that he is the only recipient of the Medal of Honor to never once fire his gun,

You've heard of the Medal of Honor, the Navy Cross, the Silver Star and the Purple Heart. Next week, you'll learn what each of these awards signifies.

--niemann7@aol.com
GlenOaks CEO gets fond farewell

By Christopher Placek

When patients come to the emergency room at Adventist GlenOaks Hospital in Glendale Heights, there isn’t a large waiting room. Instead, they go straight to a private treatment room where a doctor sees them soon after.

Brinsley Lewis, the hospital’s CEO, says GlenOaks is one of the few hospitals in the nation with a no-waiting room ER — and he regards it as one of the hospital’s major accomplishments during his 12 years at the helm.

Lewis is wrapping up his tenure at GlenOaks, and will become president/CEO of University Community Hospital-Carrollwood in Tampa, Fla. on Aug. 1.

“You're taken into the room immediately. Everything comes to you,” Lewis said Wednesday at a farewell celebration in his honor. “You’re the center of the universe at that time.”

Tina Johnson, GlenOaks’ community relations manager, said she’ll remember Lewis for his work on upgrading the hospital’s emergency services.

"I remember how proud he was at the ribbon cutting for the new emergency rooms,” Johnson said. “He worked so hard at getting the funding and support needed to make it happen.”

MaryAnn Palermo, the hospital’s patient safety and quality officer, said the quality of care has improved since Lewis came on board.

“Brinsley is an outstanding leader with a wonderful strategic vision for GlenOaks — for employees and patients,” Palermo said. “GlenOaks was not even thought of before.”

Lewis also helped develop a heart and vascular program, which he says has attracted “top-gun physicians.”

In Lewis’ 12 years, the size of the hospital’s medical staff has grown from 150 to 350.

Looking ahead, Lewis said GlenOaks officials would be looking at remodeling and even expanding hospital facilities. Lewis has been working with Bruce Christian, the hospital’s interim CEO, who might consider the position as a permanent assignment, officials say.

Before GlenOaks, Lewis spent nine years in various administrative roles at Sherman Hospital in Elgin.

Daily Herald staff photographer Paul Michna contributed to this report.

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Newstart makes healthy food fun
Chelsea Foster, Colfax Record Correspondent

Fresh ingredients used to make up salads such as a black bean salad with corn, a fresh kale salad with a creamy avocado dressing, and a quinoa salad with carrots and peppers inspire alumni visiting the Weimar Institute to cook healthy meals. Newstart cooking instructor Sally Christensen is in the rear.

The Weimar Institute’s Newstart cooking classes shows students that healthy eating can be delicious and food preparation can be fun.

Cooking instructor Sally Christensen, who has been teaching food preparation and culinary courses for over 20 years, said that cooking with fresh, healthy ingredients can be much more palatable than many people would think.

“My goal is to make food that is good for you also taste good,” Christensen said.

Her students agree that her goal is accomplished with each class. Lisa Ward, a student from Cleburne, Texas, said that her preconceived notions about healthy vegetarian food have been turned upside down by these classes.

“I thought in order to be healthy, I just had to tolerate good food. But this is delicious. I could see myself talking my kids into eating this,” Ward said.

Anita Severance, a Newstart student from Edgewood, N.M., said that the food and the company are equally lovely and diverse.

“Everything we make is just delicious. Everyone here is wonderful, too. We meet people from all over the world,” Severance said.

For each class, Christensen teaches the students how to prepare health-conscious, vegetarian and vegan recipes from scratch. The Weimar Institute’s Seventh-day Adventist roots prioritize health, and Christensen strives to use fresh, whole foods in each recipe.

The cooking courses are part of the Newstart Lifestyle Program, an 18-day on-site health recovery course that the Weimar Institute offers for people seeking to restructure their lifestyle.

Christensen also teaches courses occasionally through the Placer School for Adults.

Nastasya Bravarets, one of Christensen’s assistants for the Newstart classes, explained that each class is different.

“Sometimes it’s hands-on so they can try out how it works. Other days Sally does demonstrations. Usually it’s a little of both,” Bravarets said.

The types of foods that students learn to make are varied and instruction is comprehensive. Each student receives a cookbook and various handouts to take home so they can make the recipes at home after they leave the Institute.

Recipes include offerings like Southwestern crustless quiche, cashew coconut granola, traditional French salad dressing, key lime pie and many more.

“They learn new things every day. Sometimes Asian food, Hispanic food, finger foods, breakfast foods,” Bravarets said.

Christensen also teaches students how to read labels on different packaged foods, de-mystifying the hard-to-read parts of food labeling.

The students pass around different packaged foods and dissect the labels together, calculating the calories, fat calories, sodium and other important nutrients. Christensen said that each person’s different nutritional needs should come into play when
reading labels, and she shows the students how to watch for the things they need to intake and avoid on an individual basis.

“In this class, you’ll have to become a label reader,” Christensen said.

The focus on nutrition from a scientific perspective appeals to many of the students on an intellectual level, presenting modern evidence for nutritional principles.

Dottie Jones, a student from Pleasant Hill, said that she values the evidence behind what she learns.

“We have been amazed at how good the food is. And there is a real scientific basis for all this, which I appreciate. They get their information from current medical journals, and they apply it,” Jones said.

Noreena May, from Carson, enrolled in Newstart to better her health for herself and her family. She has type II diabetes, which had been getting out of control. She also serves as a caretaker for her chronically ill daughter and her husband, who has cancer.

“I thought maybe I could get some help and resources to help my family,” May said. “I need to stop enabling them. They need to get up, get some sunshine and eat right.”

May has learned to prepare and enjoy healthy foods through the New Start classes, and she has improved her own health at the same time.

“I’ve lost a little weight here, and I plan to continue eating healthy at home and lose a little more. You lose a little weight and your diabetes improves. Then your blood pressure goes down. Then you lose a little more weight. It all works together,” May said. “This program has given me the wherewithal to start a new lifestyle for myself and my family.”
STOCKTON, Calif. -- The line stretched down the block as people lined up for a grocery bag of free food at Saint Andrew's Lutheran Church in Stockton.

Low-income residents of San Joaquin County will be able to obtain free government surplus food Thursday at 15 locations.

The food will be given to county residents whose monthly household income does not exceed $1,300 for a household of one person, $1,750 for two, $2,200 for three, $2,650 for four, $3,100 for five or $3,550 for six. Participants must bring proof of their address, complete with ZIP code. Each recipient must bring a grocery bag.

Most locations will stay open until food supplies run out.

Stockton sites:

St. Andrew's Lutheran Church, 4910 Claremont Ave., 6:30 to 8:30 a.m. Taft Community Center, 389 Downing Ave., 7 a.m. to noon. Garden Acres Community Center, 607 Bird Ave., 7 a.m. to noon. Boggs Tract Community Center, 533 S. Los Angeles St., 7:30 a.m. to 4 p.m. Kennedy Community Center, 2800 South D St., 8 a.m. to noon. Northeast Community Center, 2885 E. Harding Way, 8:30 a.m. to 4 p.m.

Other locations: Ripon Community Center, 312 W. Fourth St., 7 to 9 a.m. Manteca Branch Library, 320 W. Center St., 7 to 9 a.m. Larch Clover Community Center, 11157 W. Larch Road, Tracy, 7:30 a.m. to 4 p.m. Lathrop Senior Center, 15557 E. Fifth St., 8 to 11 a.m. The CARE Center, 1531 Second St., Escalon, 8 to 10 a.m. Lodi Grape Festival Grounds, 413 E. Lockeford St., 8:30 a.m. to noon. Adventist Community Service, 19859 Elliot Road, Lockeford, 9 a.m. to noon. New Hope School, 26675 N. Sacramento Blvd., Thornton, 1 to 3 p.m.

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Adventist Health Restructures, Forms Hospital Network

John Commins, for HealthLeaders Media, July 21, 2011

Adventist Health has restructured its regional operations to create a new five-hospital network in northern California, the Roseville, CA-based health system has announced.

The newly named Northern California Network includes:

- Frank R. Howard Memorial Hospital in Willits;
- St. Helena Hospital Center for Behavioral Health;
- St. Helena Hospital Clear Lake;
- St. Helena Hospital Napa Valley;
- Ukiah Valley Medical Center, in Ukiah;
- The hospitals' service sites

Scott Reiner, executive vice president/COO and board chairman of the St. Helena Hospital region, said restructuring will strengthen operations across the region, as the five hospitals work toward a coordinated business model.

Terry Newmyer, president/CEO of the St. Helena Region, will assume the additional duties of vice president of Adventist Health and president/CEO of the Northern California Network. Before being appointed as president and CEO of the St. Helena region in 2009, Newmyer was senior vice president of business development for the Florida division of Adventist Health System and the chief development officer for the Florida Hospital Foundation.

"Terry's leadership of the St. Helena hospitals has been exemplary and their successes are well-documented," Reiner said. "His guidance over the Northern California Network will allow us to expand services to communities throughout the region. Through business collaboration and care coordination, we will ensure patients experience excellence across the continuum of care."

Newmyer will lead the searches underway for the CEO positions at HMH and UVMC. Bill Wing, senior vice president of Adventist Health, will continue to chair the boards for HMH and UVMC.

Adventist Health is a faith-based, not-for-profit integrated healthcare delivery system with nearly 20,000 employees in California, Hawaii, Oregon and Washington. The system includes 17 hospitals with more than 2,500 beds, more than 130 physician and rural health clinics, 14 home care agencies and four joint venture retirement centers.

See also:

University Community Health, Adventist Health explore merger
John Commins is an editor with HealthLeaders Media. He can be reached at jcommins@healthleadersmedia.com. Follow John on Twitter at ComminsCom
Are you versed in the rules of ATTRACTION?

The Coordinated ED
As the lives of millions of people in Somalia hang in the balance, the Adventist Development and Relief Agency is gearing up to reach out to hundreds of thousands of those the sick and starving.

"More than 10 million people in East Africa are in dire need of humanitarian aid as a result of diminishing food sources stemming from the recent rise in food prices and severe drought that has overwhelmed the region," ADRA officials said to its Facebook followers. "ADRA is responding, providing life-saving water, food and emergency supplies to some of the most vulnerable.

The United Nations has declared a famine in the two regions. Images of weary mothers with sick and dying children in their arms have begun to make their way to the screens.

It is the first time since 1991-92 that the UN has declared famine in a part of Somalia, said officials with the United Nations.

"Consecutive droughts have affected the country in the last few years while the ongoing conflict has made it extremely difficult for agencies to operate and access communities in the south," UN Officials said. "Nearly half of the Somali population – 3.7 million people – are now estimated to be in crisis, with an estimated 2.8 million of them in the south."

UN Secretary General Ban Ki-moon estimated $300 million is needed in the next two months to provide an adequate response to famine-affected areas, officials said.

"We need donor support to address current needs and prevent a further deterioration of the crisis," he said, after addressing the Security Council on the impact of climate change on international peace and security. "If funding is not made available for humanitarian interventions now, the famine is likely to continue and spread."

ADRA is present in our towns thanks the churches in Loma Linda, Redlands, Banning and Beaumont. Loma Linda University Seventh-day Adventist Church. And they are asking the public for donations.

If you would like to help through ADRA, visit their website.

Other organizations leading the charge to help East Africa:
Support for Somalia Builds Locally - Banning-Beaumont, CA Patch

- Lutheran World Federation

Those interested in the Adventist communities efforts may contact:

- Banning Seventh-day Adventist, 2369 West Nicolet St. Banning. (951) 849-2030
- Beaumont Seventh-day Adventist Church, 1343 Palm Ave. Beaumont. (951) 845-2366
- Loma Linda University Seventh-day Adventist Church, 11125 Campus St. (909) 558-4570
- Campus Hill Seventh-day Adventist Church, 11057 Hill Drive, Loma Linda. (909) 796-0222

Related Topics: Catholic Charities, Donate to Africa, Donate to Famine victims, Donate to Somalia, How do I donate?, Lutheran Foundation, Red Cross, Relief for Somalia, and Somalia

If you know another reputable agency who is supporting the effort, let us know. Tell us in the comments.