Safety Tip!
Be sure to check the tire pressure on your vehicles as pressure can drop during cold weather.

Keeping Children, Churches and Schools, Safe from Sex Offenders: Part III
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Finding Your Healthy Weight
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Twenty years ago I had an experience that dramatically changed my perspective on child abuse prevention. I was teaching a class on victim empathy to a group of 12 sex offenders, all of whom had sexually abused multiple children. In order to partially understand the harm they’d done, the men were asked to watch a documentary on sexual abuse called Breaking Silence. As the documentary was coming to an end, it showed a group of elementary students participating in a “safe touch” curriculum while the narrator explained to viewers that society needed to “do a better job of helping children protect themselves.” Two of the offenders sitting next to me started whispering to each other and laughing.

When I turned off the video and asked them what they were laughing about, one of offenders said, “We can’t believe that people are so gullible. They think that teaching kids junk like that will keep them safe from people like us.”

The second man nodded in agreement and asked, “Don’t they understand that kids are no match for us.”

Another man who’d been sitting across the room chimed in and said, “Yeah, I was thinking the same thing. It’s pretty clear that the people who designed those child abuse prevention programs never talked to any sex offenders first.”

At first I was angry with these men for making such callous statements. Then I realized that, in their own way, they were experts on the topic and I had a unique opportunity to learn from them. As they left the class, I asked each of them to think about our discussion and “come up with something better.” The following week the offenders told me that they’d thought about our conversation. Their consensus was that prevention programs targeted only children, who, in their minds, were “the weakest link.”

“This isn’t a problem children can handle alone,” commented one man. “You need to teach adults to watch out for grooming (set-up) behavior and intervene when they see something.”

Several years later my clinic joined forces with a group of child abuse experts and a handful of experienced child abuse detectives to create and teach a parent education class called, “Protecting Your Children: Advice From Child Molesters.” The class focused on providing parents with information about:

- how people develop a sexual interest in children
- typical patterns of offender grooming behavior or “MO” (methods of operation)
- how to talk to children about sexual abuse
- situations that put children at increased risk
- tips for supervision
- healthy family rules
- how to report child abuse and support victims
- how to respond to inappropriate sexual behavior between children.

One of the ideas we stressed was that when parents fail to talk to their children about sexual abuse, the outcome is that children conclude that sexual abuse is a topic that isn’t supposed to be talked about. This attitude makes it harder for children who’ve been abused to report and they end up being abused for longer periods of time.
Another concept we discussed was the fact that many parents don’t talk to their children because no one talked to them when they were children. Subsequently, the parents don’t know what to tell their children. We developed specific recommendations for the language that should be used with young children and incorporated “child friendly” discussions about offender grooming behavior, such as talking to children about sex, “accidentally” exposing them to pornography, walking in on them while they are using the bathroom or dressing, or arranging for children to “walk in on them” or using “horseplay” to fondle children.

We encouraged parents to confront the tricks offenders play on children before they happen. For instance, offenders tell children the touching is “their fault” and that they will “get in trouble too” if it’s discovered. Therefore, we recommend that parents tell their children that “it’s always the bigger person’s fault” and the child “will not get in trouble.”

We also recommended that parents talk to their children about general safety issues several times a year and mix sexual abuse into conversations about other pertinent safety issues such as wearing bike helmets, street crossing, and drug and alcohol use.

Very few parents said they’d talked to their children about these topics and were incredibly grateful to have some direction. Most were even more dedicated to “having that talk” after the instructors showed video clips of offenders discussing how they manipulated children into “going along with the abuse and keeping it a secret.”

Talking to children about sexual abuse is never easy but it’s a responsibility we must embrace. “No one wants to talk to their children about sexual abuse, but if they don’t, it’s easier for me to be the person who introduces them to the subject,” said one offender. As parents, we must become more educated about sexual abuse and offender grooming behavior so we can be alert and prepared to confront inappropriate situations with our children, in our communities and churches.

Cory Jewell Jensen, M.S., co-director, Center for Behavioral Intervention wrote this article.

For more information about providing parent education or to receive other educational materials on keeping children safe, contact Cory Jewell Jensen at cjjensen5@earthlink.net

Bibliography:


Cory Jewell Jensen, M.S., is a United Methodist “PK” from Oregon, who has been a long-time friend, trainer, and consultant to the Seventh-day Adventist Church. She is the co-director of one of the largest and longest operating sex offender evaluation and treatment programs in Oregon. Jensen has worked with adult sex offenders and their families for 28 years. Ms. Jensen has provided training and consultation to a number of law enforcement, child advocacy, and faith-based organizations throughout North American, including 12 Adventist conferences. Jensen has also published a number of articles about sex offenders and risk management, testified as an expert witness, been the recipient of numerous awards, served on numerous committees to prevent child abuse, and been a featured guest on radio talk shows, and the Oprah Winfrey Show.
Finding Your Healthy Weight

How well do you know your body and your body mass index (BMI)? What are considered healthy weight ranges? People come in varying body types and sizes, and knowing the right weight can be a challenge. However, there are steps you can take to calculate normal weight ranges. It is important to assess your weight because being overweight may contribute to high blood pressure, high cholesterol, diabetes, stroke, and other conditions.

Body Mass Index

The first step you can take to determine healthy weight is by calculating your BMI. This is calculated based on your weight and height.

There are many websites that include BMI calculators. Your BMI can automatically be generated when you fill in the appropriate numbers according to the available prompts.

If you fall outside the normal BMI ranges, you may want to talk with your health care provider or physician.

Waist Circumference

Another method to determine a healthy weight range is by measuring weight circumference. Sometimes this may be a better indicator because your weight may vary depending on different factors such as water gain. “Although waist circumference and BMI are interrelated, waist circumference provides an independent prediction of risk over and above that of BMI,” reports the National Heart, Blood, and Lung Institute.

You are at high risk if you are:

- a male with a waist measurement greater than 40 inches.
- a female with a waist measurement greater than 35 inches.

An increased waist circumference may indicate a high risk of disease. It is recommended to monitor waist circumference in addition to BMI, as this can indicate an increased measurement of abdominal fat in the absence of a change in BMI.

Body Fat Testing

Another method to assess body fat is the body fat testing. Multiple instruments such as the BIA (bioelectric impedance analysis) or calipers (to measure skin fold thickness) are used to measure body fat percentage. These tools are fairly accurate and can help you assess a healthy body fat.

A Healthy Weight

The table below shows us that a woman who is 5 feet 4 inches tall is considered overweight (BMI is 25 to 29) if she weighs between 145 and 169 pounds. She is considered obese (BMI is 30 or more) if she weighs 174 pounds or more.

A man who is 5 feet 10 inches tall is considered overweight (BMI is 25 to 29) if he weighs between 174 and 202 pounds, and is obese (BMI is 30 or more) if he weighs 209 pounds or more.
Calculating my BMI: You can also calculate your own BMI. The actual formula to determine BMI uses metric system measurements: weight in kilograms (kg) divided by height in meters, squared (m²).

\[ \text{BMI} = \frac{\text{weight in pounds}}{703} \times \frac{\text{height in inches}}{\text{height in inches}}^2 \]

Excessive abdominal fat may affect your health. It is a wise decision to assess your body weight and body mass index. If you have two or more health risks and high-risk indicators of weight related diseases, it is recommended to talk to your physician regarding a lifestyle management plan.

Remember to balance your lifestyle with a nutritious meal plan, physical activity, stress management, and watch your weight. Prevention is the key for most chronic diseases and conditions. Stay at a healthy weight and be healthy.
Jina Kim, MPH, CPT

Jina has a Master's in Public Health from The George Washington University in Washington, D.C. Her passion is for health, fitness, and nutrition, and she devotes her time to motivate individuals with health needs. As an advocate for wellness and prevention she writes for a variety of publications and has been a speaker at meetings across North America.

References


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As the northern hemisphere passes the winter solstice it is time once again to be on guard for that unexpected risk management villain – frozen pipes! The Institute for Business and Home Safety reports that losses attributed to frozen pipes have resulted in damage that exceeds $4 billion in the past decade.¹ Last winter frozen pipes caused damage to over 200 Seventh-day Adventist properties in North America, which resulted in over $1 million in paid insurance losses by Gencon Insurance Company of Vermont.

Can these types of losses be prevented? The simple answer is yes. Vigilance and simple maintenance practices can help avoid the preventable disaster of frozen pipes. The following steps can help you become proactive in frozen pipe loss prevention.

**Vigilance** – All property owners must be aware of changing weather conditions throughout the winter months. When the temperature drops below 20°F (-6°C) unprotected water pipes become vulnerable to freezing. Keep informed when a report of a severe freeze is predicted. This is especially important in geographical areas where winter temperatures seldom fall below the freezing mark. In February 2011, plumbers in Tucson, Arizona were unable to keep up with the astronomical number of reported frozen pipe losses from simple kitchen faucets and unprotected irrigation systems. The freezing temperatures were impacting even municipal water mains. This scene was repeated throughout the southern United States.

**Keep Water Flowing** – When freezing temperatures are expected, keep the water flowing by leaving faucets, especially in areas along exterior walls, cracked slightly open. Flowing water, even a constant drip, is harder to freeze than the residual water trapped in pressurized water lines. Once a frozen blockage causes a cracked pipe of only 3mm, the results can be devastating with over 250 gallons a day of water flowing into your building destroying everything in its path. Adventist Risk Management (ARM) has claim files that report church members arriving at church on Sabbath morning only to discover water running out of the building—all because of an undetected frozen pipe.

**Keep Warm Air Circulating** – Uninsulated pipes, especially along exterior walls, basements, or crawl spaces are at the greatest risk of freezing. During the winter months always maintain minimal heating of 55°F (13°C) in all buildings. Keep warm air circulating around water pipes by opening cabinet doors or using space heaters to move warm air under sinks and in isolated areas. In freezing weather a simple open door can prevent a major loss before it occurs.²

**Preventive Maintenance** – Proactive maintenance can help to prevent unnecessary losses. Easy-to-install insulation pipe sleeves can be purchased at many home improvement stores and should be used on pipes especially along exterior walls and in crawl spaces. Caulking and weather stripping doors and windows in highly exposed areas can also help to retain heat in areas susceptible to freezing pipes.

These simple steps can pay off in big results of loss prevention. No one enjoys the clean up after a water damage claim and the devastating damage it can cause to not only contents and equipment, but possible structural damage as well. ARM invites you to become proactive in loss prevention this winter.

There is one final step you need to take. Visit your church properties often during the winter months. Make sure someone visits the property on a regular basis throughout the week and daily during periods of unexpected severe freezing weather. These actions may help your congregation avoid that unexpected villain this winter—the water damage caused by a simple frozen pipe!
Simple Actions... BIG RESULTS! > Adventist Risk Management, Inc.

FROZEN pipes

TOTAL # OF CLAIMS / JUL 2010 - JULY 2011

20

TOTAL $ - $1,951,373

TOTAL $ AMOUNT BY YEAR / LAST 10 YEARS

1,000,000

http://www.adventistrisk.org/Prevention/SolutionsNewsletter/tabid/94/art...
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Comments

# Betty Lang
Thursday, January 19, 2012 7:25 PM

I was interested in finding out more about "If Pipes Freeze...carefully consider options for thawing" in article Simple Actions...BIG RESULTS! but can't find anymore information regarding "If Pipes Freeze...carefully consider options for thawing". We're in an area where we are experiencing minus temperatures and I now want to know what to do as no preventative measures (ie leaving outside faucets on at a slow drip) were done.

Thanks.

Betty
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- Church
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- Camps
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Meet the Team - Nancy Cermak

Nancy Cermak is a quiet employee who has worked at ARM for 16 years and currently is a client service representative. Her role is to help the ARM field service representatives fulfill clients’ needs. Her daily routine usually involves assisting assigned field service representatives in performing risk management and insurance responsibilities. This includes gathering and maintaining policy data and renewals, the preparation of schedules of insurance, and processing certificates of coverage.

Nancy uses strong professional skills and her personal attention to detail to make her clients happy. Her dedication to her clients was acknowledged when she was awarded the ARM Employee of the Year of 2011.

Life is not just about work. After hours Nancy’s artistic bent takes over as she spends time making greeting cards, scrapbooking, sewing, and playing games with her family. Nancy also enjoys reading in her spare time. Reading is another way she relaxes. Her current reading list includes The Desire of Ages with The Great Controversy to follow.

Nancy is both a morning person and one who loves the outdoors. She prefers mountains to beaches, and her favorite place to visit is the Worlds End State Park in Pennsylvania.

Believing in being happy and a peacemaker, Nancy’s one wish for changing the world is that everyone could have Jesus in their hearts!
A Fire Story with a Happy Ending

Carina Franca posted on January 17, 2012 23:47

On December 7, 2011, at about 10:24 a.m., George Bennett, campus security director at Walla Walla University (WWU) received a call from Sittner Hall, the men’s dormitory. The front desk attendant reported there was a dumpster fire behind the dormitory.

Bennett instructed the caller to dial 911 and then he immediately headed for the dorm. Upon his arrival Bennett saw flames coming from the dumpster in the southwest dumpster shed. He grabbed a 5-pound ABC fire extinguisher and quickly extinguished the fire, which continued to smolder due to the amount of heat.

In his incident report, Bennett stated that the College Place Fire Department then “arrived and completely cooled and flooded the dumpster.” The dumpster had very little contents inside. The fire resulted in blistered paint inside and out, but there was no damage to the storage structure. As Paul Harvey would say, “And now for the rest of the story.”

In 1999 Adventist Risk Management employees John Dougan, risk control specialist and Terry Rawson, field services representative, conducted a site survey at Walla Walla University with Shirlee Kehney, WWU Director of Risk & Safety Management. While they were walking to the back of Sittner Hall a dumpster was observed against the building and beneath the open fire escape stairs.

In a collaborative effort they concluded that the dumpster should not be next to the residence hall, due to the potential of fire spreading through windows and other weak points, which could result in significant damage and possible injuries. Obviously, it would also affect egress.

Notes from the survey were transformed into recommendations in a written report and the university later took an action to relocate the dumpster across the street allowing substantial separation from the dorm. That change happened years before the fire occurred. This proactive action increased the protection of the dorm and the safety of its residents.

This example represents how something simple but risky can be adjusted easily in order to prevent a major accident. Elimination of extension cords and inspection of wiring for frayed or exposed wires or loose plugs can decrease the potential for fires. Make sure wiring does not run under rugs, over nails, or across high traffic areas and that outlets and power strips are not overloaded. Also, you should determine that outlets have cover plates and there is no exposed wiring.

Safety needs to be a priority, especially when lives can be jeopardized. ARM statistics show that fire losses equaled 3.2% of the total property claims filed in 2011 and the fire losses equaled 27% of the total property claim dollars spent.
Keep in mind that:

Fire is Fast. In just two minutes, a fire can become life threatening. In five minutes, a residence can be engulfed in flames.

Fire is Dark. Fire produces gases that make you disoriented and drowsy. Instead of being awakened by a fire, you may fall into a deeper sleep. Asphyxiation is the leading cause of fire deaths, exceeding burns by a three-to-one ratio.

Fire is Hot. Heat and smoke from fire can be more dangerous than the flames. Inhaling the super hot air can sear your lungs.1

Although prevention can save lives it is important to know how to proceed if the unfortunate happens. It is always smart to be thinking ahead and be prepared.

- Have a pre-planned escape route ready.
- Review escape routes with your family, students, and co-workers on a regular basis.
- Make sure windows are not nailed or painted shut and that corridors and doors are not blocked.

The dumpster fire behind Sittner Hall story had a “happy” ending. Looking back today we can imagine what might have happened if the university had not made the decision to move the dumpster to another location. Would we be happy to write that story? Absolutely not! The results could have been tragic.

Everyone needs to understand the importance of following rules and recommendations that can prevent these and other types of accidents. When ARM representatives visit facilities, they see potential risks in minor things that might not appear to be a threat to others. Our representatives are there to help your church, school, or other organization to recognize hazards and be proactive: to fix things before bad things happen. Our ministry is to protect your ministry.

If you like stories with happy endings, do the following: No matter who you are or where you are, just put on your “risk manager” glasses and look for potential risks. That simple action can help prevent huge losses and avoid tales with tragic endings.

By Carina Franca, ARM Marketing & Communication Assistant.

References:
1www.ci.camden.nj.us/departments/Fire%20Prevention%20Tips.pdf
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