

Health Ministries News



White Oak Medical Center staff

White Oak Medical Center – Adventist Healthcare

Maryland, USA | North American Division (NAD)

A few days before I was set to begin my service as president of Adventist HealthCare White Oak Medical Center in Silver Spring, Maryland, little did I know the following months would be a tumultuous journey that would test our team's resolve, courage and strength. As the pandemic swept across the United States, Adventist HealthCare had to make important but difficult decisions to care for our patients and employees. Over the last several months, we: closed our doors to most visitors; postponed elective surgeries; hired and oriented nurses in a short period of time; found alternate ways to acquire additional personal protective equipment (PPE) and supplies; and worked with the state to open additional hospital beds to our community. During this time, we have been blessed to receive an outpouring of community support. Restaurants and civic organizations donated thousands of meals to our hard-working teams. Farming groups provided fresh vegetables to hundreds of team members who didn't have time to grocery shop. We've also received generous donations of PPE from our community to help us ensure the safety of our caregivers. It's an honor to stand beside the incredible team who are showing their bravery and heroism during this challenging time. They've spent time away from family, celebrated patients' birthdays when they could not have visitors and stood beside patients as they passed. We look to the future with optimism at White Oak Medical Center and ask for your continued prayers as our team brings care and healing to the surrounding community. —Anthony Stahl, CEO of White Oak Medical Center.



Staff from hospital providing training during the pandemic

Waldfriede Hospital Centenary Amidst Pandemic

Berlin, Germany | Inter-European Division (EUD)

Waldfriede Hospital has existed in Berlin for 100 years. The Lord has blessed our home all these years despite consequences of World War I, World War II, several world economic crises, the division of Berlin into East and West and the reunification, and now the corona pandemic. During this pandemic we responded by: increasing our intensive care ventilation places from 10 to 30; enlisting 40 additional doctors and 40 more nurses; setting up an isolation ward; converting the church hall into a coronavirus rescue center; and setting up a daycare center so that the children of our doctors and nurses could be taken care of. In addition, our administrative staff had to work from their home offices. Overall, we had very good control of the coronavirus situation. Some outpatient services were cut, but will be systematically reinstated as the situation returns to normal. There have been significant financial losses, but I am convinced that God will continue to guide through this crisis. We are the largest medical care provider and employer in the South-West of Berlin and Berlin's second oldest hospital. As a teaching hospital, we also provide many training opportunities for health professionals. We are a beacon for mission and evangelism and will continue to work to fulfill our mission and meet our motto: "Our service to man is service to God." We fully believe God will continue to hold His protective hand over us and bless the hospital. —Bernd Quoss, CEO of Waldfriede



Staff from Penang Adventist Hospital Serves their Community

Penang Adventist Hospital

Malaysia | Southern Asia-Pacific Division (IAD)

During these trying moments of the pandemic, Penang Adventist Hospital (PAH) took time to reach out to the needy in our community; emulating what our founder, Dr. J Earl Gardner, was called to do: to serve the community. Just as many other sectors, the healthcare industry is very much affected by this pandemic. PAH is not spared. Despite the adversity, our patients, their family members and our staff's safety remains as our top priority. Our Charity team had the opportunity to reach out to the needy in our community by distributing more than 3,000 boxes of wholesome cooked food, over 900 loaves of Adventist wholegrain bread, and 500 Care Packs to 1672 low income and needy families in our community. As we stand together in combating this global epidemic, Adventist Bakery had delivered 500 freshly baked items and we played our part by loaning two units of ventilators to Penang General Hospital. Our Chaplaincy department was on hand to offer psycho-social-spiritual support to the patients, their families, and not forgetting all our PAH staff, who have continued to work tirelessly. Accepting prayer requests and preparing soothing pipe-in music within the hospital to alleviate anxiety for all listeners were among some initiatives put in place. We are blessed and thankful that God has been with us in every step of the way. I praise Him for His strength in all things. It is not easy but let us choose to see blessings in the midst of this pandemic. —Dr. Thomas Tean, COO, Penang Adventist Hospital.



Angelia Clinic staff helps the community in Ukraine.

Angelia Adventist Medical Center

Kiev, Ukraine | Euro-Asia Division (ESD)

Quarantine came to Ukraine suddenly, bringing hard decisions on how to survive with our young team of 37 workers in Angelia Adventist medical center in Kiev. We have outpatient and inpatient services in mental health, neurology, family medicine, and dental care. Because of quarantine limitations patients' flow and financial status became significantly decreased. We had to make some difficult decisions. First, to prevent cuts on staff everyone agreed to receive half their normal salary. As result no one lost their job and everybody is working full time. It has been difficult, but God is providing and answering our prayers for donations. Second, in an effort to help patients with low income we offered 50-100 percent discounts. This provided a flow of patients and work for our staff. Third, we made available an express COVID-19 test for everyone. More than one hundred people were tested per day. Fourth, we offered helped our community by providing protective equipment (masks, gloves, antiseptics). As of June 24, we have shared 3063 PPE protection kits for 1300 neighbors, 108 police officers and 45 medical emergency people. God has sent resources for us and we have shared with others. Finally, amidst it all, we have also been able to assist a boarding school for girls with Down Syndrome in our district that was hard hit with 55 percent of the students and staff of this institution being diagnosed with COVID-19. We sent them 25 protection suits, masks, and respirators. God is good all the time. We feel grateful for His care and for the opportunity to serve. —Yuri Bondarenko, CEO, Angelia Adventist Medical Center, Ukraine.



THE HEALTH CONNECTION

Every church a center of hope and health.

REACH UP

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Focus on a Spirit Led Revival



100 Days of Prayer

This quarter we are focusing on 100 Days of Prayer (March 27 - July 4, 2020). With the COVID-19 pandemic sweeping our world, and with many unsettling events now taking place, what better time to be pressing together as a Church in prayer as we seek strength in time of crisis, as well as Holy Spirit power for the mission before us. Find resources in English and Spanish at www.revivalandreformation.org/100days

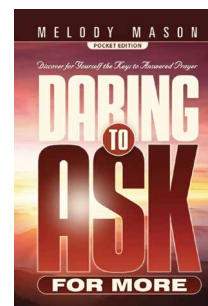


Believe His Prophets

Believe His Prophets, the sequel to *Revived by His Word*, is a five-year program reading through the Bible and selected Ellen White writings, including *Steps to Christ*, *Christ's Object Lessons*, *Patriarchs and Prophets*, *Prophets and Kings*, *The Desire of Ages*, *The Acts of the Apostles*, and *The Great Controversy*. You can receive daily Bible readings, participate in interactive blogs and read select inspirational writings. Sign up at www.revivalandreformation.org/signup

Books

Daring to Ask for More by Melady Mason you are a seeker, a churchgoer. Wherever you find yourself in your spiritual journey, whether, or just testing the waters of belief in the God of the Bible, this book will inspire and challenge you to a life of faith and purpose. www.bit.ly/3g9t9V1



Five Ways to Boost Resilience During this Pandemic



The COVID-19 pandemic is an unprecedented crisis. It's not only a threat to our physical health. Even those who haven't themselves been infected are still affected by the various consequences of the pandemic. Here are some ways to boost psycho-social-spiritual resilience in this and other crises we may face:

#1: It's a crisis. Face it. Let it be what it is; not more, not less. There's no turning back nor running away. It's one step at a time on an unknown path into an unknown future.

#2: It will be difficult. Accept it. Don't persuade yourself or others that all is well. It's not. Be honest, be real, be true. A crisis brings out the best and the worst in us. Therefore, be patient, kind and compassionate—with others and with yourself.

#3: What you do makes a difference. Be intentional about it. Optimize your lifestyle. Stay connected with God and people you care about. Take care of others. It will help you keep things in perspective and give you a pause from your own worries and troubles.

#4: It's time for reflection. Enter into it. Take a time-out: Think, reflect, meditate, feel, talk, connect. Put first things first. Is it work? Is it

money? Is it health? Is it friends? Is it family? Is it God?

#5: There is hope. Embrace it. A crisis is a temporary thing. It will pass, whatever the outcome. As long as there is life, there is hope. And, for the Christian, even death is not the end. Trust that "God works for the good of those who love him" (Rom 8:28 NIV).

Good things may come out of a crisis. This is a time to care for oneself, for one's family and friends, for church members and for the communities we are in. It's a time to reach in, reach out, reach up! Let us grieve the losses well. Let us be open to God's work in us and around us so we may recover well. May we come out of this crisis more dedicated than ever to live the lives God has called us to live.

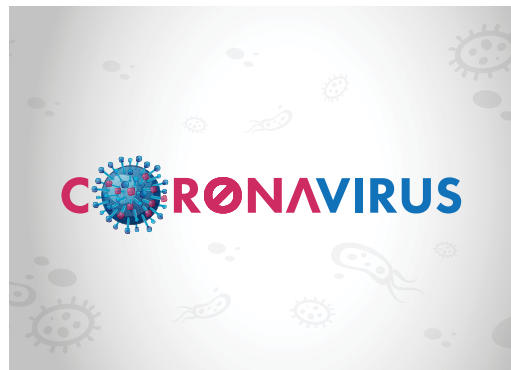


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Health Ministries Resources



• **Adventist Health Ministries CORONAVIRUS Resource Page.** The coronavirus pandemic brings the opportunity to educate church members and community friends on effective prevention strategies using evidence-based and biblically sound information. There are so many sources of misinformation and fake messaging that can be dangerous and even harmful. It is critical to evaluate every piece of information we share. The General Conference has developed a COVID-19 page, which contains credible information that is catered for use in faith communities. You will find information on the pandemic, prevention strategies, and recommendations through articles, videos, and fact-sheets developed by the Adventist church, as well as key credible websites from other institutions. <http://healthministries.com/coronavirus>

WHO and UN Health Calendar Emphasis



July-September

July 28
World Hepatitis Day

July 30
World Day Against Trafficking in person

August 1-7
World Breastfeeding Week

August 12
International Youth Day

August 19
World Humanitarian Day

September 17
World Patient Safety Day

• **World Hepatitis Day (WHD) (July 28).** Worldwide, 290 million people are living with viral hepatitis unaware. Without finding the undiagnosed and linking them to care, millions will continue to suffer, and lives will be lost. On World Hepatitis Day, we call on people from across the world to take action and raise awareness to find the “missing millions.” For resources go to <http://www.worldhepatitisday.org>

• **World Against Trafficking in People (July 30).** Through the 2030 Sustainable Development Agenda, the world has embraced goals and targets on trafficking in persons. These goals call for an end to trafficking and violence against children; as well as the need for measures against human trafficking, and they strive for the elimination of all forms of violence against and exploitation of women and girls. The 4th Sabbath in August is enditnow emphasis day. Sex trafficking in one of many forms of violence and abuse. Plan to hold an awareness activity and download resources for the enditnow Sabbath at: www.women.adventist.org/enditnow-day.

• **International Youth Day (August 12).** International Youth Day is an initiative that celebrates the qualities of young people and that recognizes the challenges that today’s youth can face. International Youth Day 2020 will be an excellent opportunity to provide programs for youth that supports them on their health. Go to www.youthaliveportal.org for ideas of topics to discuss. Also, check on www.un.org/en/events/youthday/ for more resources on International Youth Day.

Dates to Remember

2020

July 2,9,16,23,30

Virtual International

Cooking Show

Southern Asia-Pacific Division

Register at: bit.ly/3dlKx7g

September 5-6

Virtual Summit on Abuse

Portuguese Union

November 13 and 14

Virtual Summit on Abuse 2020

North American Division

EnditnowNorthAmerican.org

October 10-14

Annual Council

Silver Spring, Maryland, USA

2021

May 20-25, 2021

GC Session

Indianapolis, Indiana, USA

RESEARCH UPDATES

Share Facts with Hope and Positive Choices



• **Whole grains can decrease risk of diabetes.** Researchers examined the 8–10-year incidence of prediabetes in 5,477 participants aged 35 to 56 years old who kept food diaries of how much whole and refined grains they ate. A higher intake of whole grain was associated with a 34% lower risk of developing prediabetes. You can lower your risk by making the switch from refined wheat products to eating more steel cut oats, brown rice, whole wheat, popcorn, and other grains in which the entire kernel is consumed. <https://factswithhope.org/> (video 23).

• **Exercising at school can boost test scores.** Researchers led students in grades 1 and 2 in Charleston, South Carolina, USA, through physical activities while learning basic academic skills like geography. They found that the percentage of kids who reached their goal on standardized tests increased from 55% to 68.5%, compared with students who were not participating in the program. While exercising at school or while learning might improve children’s test scores, this study also adds to growing evidence that exercise is good for the mind as well as the body. What can you think about, solve or learn while you are exercising today?. <https://factswithhope.org/> (video 24).



• **Can shoes spread the COVID-19 virus?** The likelihood of COVID-19 being spread on shoes and infecting individuals is very low. As a precautionary measure, particularly in homes where infants and small children crawl or play on floors, consider leaving your shoes at the entrance of your home. This will help prevent contact with dirt or any waste that could be carried on the soles of shoes. <https://bit.ly/31vBwpV>

• **Can wearing masks cause CO2 intoxication?** The prolonged use of medical masks when properly worn, does NOT cause CO2 intoxication nor oxygen deficiency. The prolonged use of medical masks can be uncomfortable. However, it does not lead to CO2 intoxication nor oxygen deficiency. While wearing a medical mask, make sure it fits properly and that it is tight enough to allow you to breathe normally. Do not re-use a disposable mask and always change it as soon as it gets damp. Medical masks (also known as surgical masks) are flat or pleated; they are affixed to the head with straps or have ear loops. Wear masks when in public and when social distancing is not possible. <https://bit.ly/3ij8i3e>

