

Health Ministries News



Participants of the Lifestyle Coaching Skills training at Weimar Institute in California, USA.

Nursing Faculty and Students Get Equipped

Weimar Institute | United States (NAD)

Students, faculty, nurses, physicians, and lay health promoters joined the Lifestyle Coaching Skills training sponsored by the School of Nursing (SON) at Weimar Institute in California on November 3-5, 2023. The SON dean and faculty envisioned the course as a way to equip attendees to become more effective in providing support for patients and participants in the lifestyle change programs at Weimar and beyond. "We are much better equipped now to extend Jesus' healing ministry in a therapeutic way," stated Marian Llaguno, nursing professor who coordinated the event. "I feel blessed to be part of this insightful and wisdom-filled weekend," reported Isabelle Louise Wong, a young professional who is planting a church in Sacramento with her husband. "We look forward to using this and other health resources shared during this training in our outreach programs," she added. Participants left inspired and encouraged to use the skills learned to walk alongside people in the discipleship journey.



Herghelia health team who completed the training.

Herghelia Lifestyle Center Medical Team Learn New Skills

Romania | Euro-Asia Division (ESD)

On December 1-3, 2023, the medical team and staff of Herghelia Lifestyle Center in Romania came together to learn new skills. The training was organized by Dr. Nick Dan, president of Herghelia, and Dr. Morosan, chief physician at the center. During the training, which was provided by Dr. Katia Reinert, associate director for Health Ministries at the General Conference, participants became aware of new ways to support patients who attend the lifestyle change programs held at Herghelia using a biblical coaching approach. Nurses, physicians, and other health professionals, along with the staff, learned listening skills and a goal-setting approach aligned with biblical principles modeled after Christ's method. The aim is to provide support and spiritual conversations as they facilitate the process of behavior change alongside patients. "We were concerned lately about ways to find the best feasible follow-up options for our wellness/lifestyle medicine program at Herghelia. This training was a long-awaited answer to our concerns," noted Dr. Dan. "What impressed us the most is how the spiritual element is blended in, and that is exactly what we wanted - to follow up not only on the health but also on the awakened spiritual interest," he added. "We look forward to implementing these new skills and concepts with the 50+ patients that attend each of our wellness sessions."



SPD leaders together at the launch of the AI Assistant Hope, in Fiji.

Ten Thousand Toes Campaign Launches Virtual Assistant

Fiji | South Pacific Division (SPD)

Ten Thousand Toes, a campaign that focuses on health promotion and disease prevention for people across the Pacific Islands who struggle with high diabetes, hypertension, obesity, and other chronic lifestyle diseases, has launched a new way to connect with participants and people in need. On February 17, 2024, they introduced Hope: an AI assistant that facilitates conversations and sharing information through a mobile app. People who download the app are immediately connected with Hope, and the assistant offers them health courses and also bible courses. After selecting a course, the participant is able to continue an interactive virtual conversation with Hope, as the course progresses. "This is an innovative strategy that will enable us to connect more personally with people from across the Pacific," noted Russ Wilcocks, director of Adventist Technology Services in SPD. "We are thrilled to be able to provide this first set of Health lessons," shared Pamela Townend, SPD associate Health Director who prepared the health lessons. "We hope to launch a second health course in a few weeks, adding to the content." Pastors and Ten Thousand Toes health promoters were enthusiastic about sharing widely this timely resource and praying this will lead to many more people getting acquainted with the good news of restoration and salvation in Christ.



Attendees at the Swedish Union Lifestyle Coaching Skills workshop at Hagegården, Sweden.

Pastors and Health Advocates Join for Lifestyle Coaching Training in Sweden

Sweden | Trans-European Division (TED)

Health promoters, pastors, and health professionals representing Sweden, Norway, Finland, and other countries in TED, came together at Hagegården LifeStyleSTAY in Sweden from February 23-25, 2024, to be equipped for comprehensive health ministry. They were eager to learn coaching skills in an effort to support people in the process of lifestyle change and also to build deeper relationships in the community. Theresa Nebo, host of the Vegetarian Cooking Show at LifestyleTV envisioned the lifestyle coaching training as a catalyst for a more effective ministry through the ongoing health outreach efforts in the region. "These principles will make a big difference as we assist people in lifestyle change," she noted. Pr. Sebastian Matula from Finland shared how blessed he and his wife were for attending: "We gained skills that will expand our effectiveness in ministry and help people cut through the difficulties of behavior change." The training emphasized current coaching skills and biblical principles to help attendees provide personalized support for people they meet through various health outreach programs.



THE HEALTH CONNECTION

Every church a center of hope and health.

REACH UP

TABLE OF CONTENTS

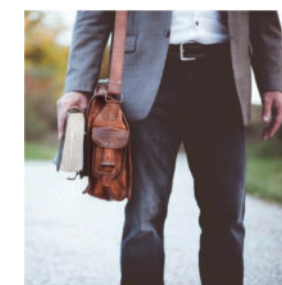
Reach Up.....	1
Message from the GC Health Ministries Team	
Reach In.....	2
Health Ministry Resources	
Dates to Remember	
Reach In.....	3
Health Research Updates	
Reach Out.....	4
Health Ministries News	

Focus on a Spirit Led Revival



United in Prayer

Join in our Quarterly Days of Prayer. We invite you to pray with your local church family. Check the tips for fasting or the quick guidelines to leading united prayer.



Learn more at <https://bit.ly/3xdA3q8>

Believe His Prophets

Believe His Prophets, the sequel to Revived by His Word, is a five-year program of 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 bit.ly/46CqcGR.

Books

God Still Lives, by Don MacLafferty. God Still Lives is a quick read and a great sharing resource for believers as well as non-believers. On every page, you will find testimonies that give living proof that we serve the God who still lives and who still loves to speak personally to His children. These books are free. <https://bit.ly/496sM8R>



Remembering an Inspiring Health Leader



Celebrating the life of **Pastor Abe Carpena**
07.08.1950 - 02.28.2024

Pastor Abe Carpena, "The Lion of the Philippines!" was a tireless, motivated, energetic health leader who lived life to the full, to the glory and honor of his best friend, Jesus. He seized every opportunity to share the good news of Jesus, optimal health, and salvation. He not only spoke about healthy lifestyle, he also modeled healthy living.

loved and cherished him. He walked and talked with Jesus and was often heard singing his favorite hymn, "Jesus Is All the World to Me" (title of the hymn per www.sdahymn-nal.org/Hymn?no=185). What an impression he made on my life as my friend, mentor, and colleague. The Seventh-day Adventist World Church benefited from his work and leadership in Health Ministry. I knew and experienced this influence first-hand from the powerfully positive influence he had on my own life.

Pastor Carpena worked with Adventist churches and their communities throughout the Southern Asia Pacific Division - from hospitals to health expos, nutrition to addiction prevention, and much more. In 2006, he helped plan and execute the first regional International Commission for the Prevention of Alcohol Dependency (ICPA) convention in Manila, drawing attendees from around the world and neighboring divisions.

Following a protracted illness, borne so bravely, Pastor Carpena now rests awaiting the call of Jesus when he and Nen will rise to meet the One for whom they waited so faithfully. What a reunion that will be. May the circle be unbroken, and may none of us who served, worked, ministered, and labored together be missing on that great day when Christ returns! Even so, come Lord Jesus! Maranatha.

Because he mentored an excellent successor, and with God's blessings, the ICPA remains strong in the Division even today. He made friends of national entities such as the Dangerous Drugs Board and brokered partnerships with barangays and local municipalities to promote health in large segments of the populations of many countries.

He loved his family and cared tirelessly for his beloved wife, Nen, through her final illness. He adored his children, who, in turn,



Peter Landless
M.B.,B.Ch.,M.Med Director GC Health LandlessP@gc.adventist.org

Health Ministries Resources



• **World Health Day (April 7).** More than half of the world's population are not fully covered by essential health services. To address these challenges, the theme for World Health Day 2024 is "My health, my right". The WHO chose this year's theme to champion the right of everyone, everywhere to have access to quality health services, education, and information, as well as safe drinking water, clean air, good nutrition, quality housing, decent working and environmental conditions, and freedom from discrimination. <https://bit.ly/3Txz37M>

• **World Immunization Week (April 24-30).** The goal of World Immunization Week is for more children, adults – and their communities – to be protected from vaccine-preventable diseases, allowing them to live happier, healthier lives. This year World Immunization Week will celebrate 50 years of the Essential Programme on Immunization (EPI). <https://bit.ly/3vssmwv>. Not everyone understands the value of immunizations, and diseases that have been eradicated through vaccination (like measles) are now back since vaccination rates are going down. <https://bit.ly/3vufxkA>. Help create more awareness by widely sharing the Adventist statement on vaccines: <https://bit.ly/3PH4WJN>.

• **World No Tobacco Day (May 31).** World No Tobacco Day 2024 will give a platform to young people around the world, who are calling for the tobacco industry to stop targeting them with products that are harmful to their health. Young people globally are calling on governments to adopt policies that shield them from the manipulative practices of tobacco and related industries, including the relentless marketing of their dangerous products through social media and streaming platforms. Learn more at: <https://bit.ly/3IW6wDX>. Motivate young people to say no to Tobacco by sharing social media messages available at the Youth Alive portal or Instagram <https://bit.ly/3xb3cCp>.

• **Adventist Human Sexuality Website.** Human sexuality is one of the most beautiful gifts God has given to His creation. This website, developed by the Adventist Church, invites people to explore the magnificent beauty and profoundness of this theme to discover God's love, truth, and life. The site contains articles that explore the meaning of love and what the Bible says about sexuality while also addressing practical aspects of human sexuality that lead to an abundant life. Read and share about topics such as sexual intimacy, masturbation, homosexuality, pornography, and more. <https://www.humansexuality.org/>



HM CALENDAR

2024

April 12-16
AAIM Advisory
Kigali, Rwanda

April 15-20
EZUC Youth Alive Training/Conference
Harare, Zimbabwe

April 20-28
MENAU Health Summit
Dubai, UAE

April 26-28
Lifestyle Coaching Skills Training
Franco-Belgium Union
Belgium

May 3-5
ARMin Facilitator Training
East Colombian Union

May 8-10
ARMin and Coaching Training
Jamaica Union

May 17-19
ARMin Facilitator Training
Southern Union, Brazil

May 23-26
Tsuen Wan Adventist Hospital 60th Anniversary Celebration
Hong Kong

May 24-26
Lifestyle Coaching Training
UNASP-EC, Brazil

June 14-16
ARMin Facilitator Training
American Samoa Mission

June 18-20
ARMin Facilitator Training
Samoa Mission

July 20-21
ARMin Facilitator Training
North England Conference
England

July 22-27
Youth Alive Training/Conference
Southeastern Asia Union Mission
Cambodia

RESEARCH UPDATES

Share Evidence-Based Health Information



The last week of April is *World Immunization Awareness Week*. Help educate others about immunizations by sharing some facts below:



• **Vaccination prevents deaths.** According to the World Health Organization (WHO), immunization currently prevents between 2-3 million deaths every year in all age groups from diseases such as diphtheria, tetanus, pertussis (whooping cough), and measles. It is one of the most successful and cost-effective public health interventions. An additional 1.5 million deaths could be avoided if global vaccination coverage improves. <https://bit.ly/3TRT8XE>

• **Meningitis A eliminated through vaccination.** Meningitis A is an infection that can cause severe brain damage and is often deadly. Since introducing the meningitis vaccine in Africa in December 2010, mass vaccination campaigns have led to the control and near elimination of the deadly meningitis A disease in 26 African "meningitis belt" countries. The vaccine is now being integrated into routine national immunization programs. <https://bit.ly/3TRT8XE>

• **Reduction of Global Measles due to vaccines.** Measles is a highly contagious disease caused by a virus, which usually results in a high fever and rash and can lead to blindness, encephalitis, or death. Global measles deaths have decreased by 84% from an estimated 550,000 deaths in 2000 to 89,780 in 2016. Accelerated

immunization activities have had a major impact on deaths due to measles. Unfortunately, measles cases are increasing now, while vaccination rates are decreasing. <https://bit.ly/3TRT8XE>



• **The world is closer to eradicating polio.** Thanks to a steady polio immunization program, in 2016, fewer children were paralyzed by polio than in any other year, with the virus restricted to a few areas of Pakistan, Afghanistan and Nigeria. Two of the three strains of wild polio seem to be eliminated, India and the entire WHO South-East Asia Region have been declared polio-free, and outbreaks that started in 2013-2014 in the Middle East and the Horn of Africa have been stopped. <https://bit.ly/3TRT8XE>



Global Health Calendar Emphasis 2024



April-June

7 April
World Health Day

24-30
World Immunization Week

25 April
World Malaria Day

31 May
World No Tobacco Day

14 June
World Blood Donor Day