

HEALTH Profiles

A Newsletter Published by the Health Department • Georgia-Cumberland Conference
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Exciting Health Happenings

Volume 17, No. 2

Fall, 2017

Upcoming Events

Leadership Training for Health & Personal Ministries Leaders & Their Teams – 2018:

E. W. Dempsey will be the presenter. The training events will run from 3:00-6:00 p.m. Please mark your calendar and plan to attend one of the locations listed below.

- January 13 – Tifton SDA Church, 102 Fulwood Blvd, Tifton, GA 31794
- January 20 – Atlanta North SDA Church, 5123 Chamblee Dunwoody Rd., Dunwoody, GA 30338
- January 27 – Chattanooga First SDA Church, 7450 Standifer Gap Rd., Chattanooga, TN 37421
- February 3 – Roane Community SDA Church, 336 Patton Ln., Harriman, TN 37748

Georgia-Cumberland Web Site: Check our web site at www.gccsda.com (Click on Ministries, then Health Ministries) for changes and additions to our calendar. (Locations of events not yet finalized will be included there. Also, if an event has to be cancelled, that will be included as well.)

Mental Health Seminar – February 24 – Location yet to be decided. We are excited to offer this conference-sponsored new training event in 2018.

Cooking Schools – February 11 and April 8 – Location yet to be decided. We are also excited to offer these new conference-sponsored training events in 2018.

Conference-Sponsored Grundy Diabetes Training – “How to Conduct a Reversing Diabetes Seminar” Training by Stephen and Karen Wickham will be offered at the following locations:

- March 18 – Atlanta North SDA Church, 5123 Chamblee Dunwoody Rd., Dunwoody, GA 30338. This is an all-day event from 8:30-4:30 (arrive at 8:00 a.m.)

- March 25 – Roane Community SDA Church, 336 Patton Ln., Harriman, TN 37748
This is an all-day event from 8:30-4:30 (arrive at 8:00 a.m.)

NAD Health Summit – The next one will be scheduled in 2019. Location and dates to be announced.

Holistic Holiday at Sea XV – February 15 – 25, 2018. Special 15th anniversary sailing! Sponsored by Forks Over Knives, you can cruise the Eastern Caribbean on the MSC Civina, an Italian luxury liner. This 10-night cruise will sail from Miami to exciting new ports of call, incl. Martinique, St. Kitts and Nevis, Tortola, St. John's Antigua and Barbuda, St. Maarten, Freeport Bahamas, etc. Dine on vegan natural foods. Over 150 lectures by world-renowned presenters, plus workshops. Visit www.ForksOverKnivescruise.

Events Scheduled in the Conference: Britni in the Communication Department sends out a weekly eCommunique listing upcoming conference and church events. If you would like your church events included, email the information to: bnews@gccsda.com. If you would like to subscribe to the free eCommunique digital newsletter so you can keep up with what's currently happening in the conference and in other churches, you can subscribe at <http://eepurl.com/bLUoJ1>.

E. W. Dempsey is Now Taking Appointments for 2018

E. W. continues to hold **Health Rallies** in churches by request. If you desire him to come to your church, contact Becky Campbell at beckycampbell@gccsda.com or call her at 1-800-567-1844, Ext. 348 or her direct line is 706-602-7348. **Talk to your pastor and if he gives his OK, call as soon as possible. E. W.'s calendar is filling up fast!** He is willing to have the sermon, if requested, as well as the afternoon health rally from 2:00-5:00 p.m. The rally is fast-moving, informative, inspiring, and the information is current. It is designed for everyone.

REVERSING DIABETES

E. W. Dempsey states, "The Grundy Reversing Diabetes Seminar is one of the most exciting outreach programs a church can offer to the community. I encourage every church to consider conducting this program. Call me if you have any questions."

Since we had a separate diabetes report section in the spring newsletter, we decided not to separate diabetes from the other reports this time. However, I do want to mention an excerpt from two of the reports as follows:

- One attendee at the Dublin, GA church-sponsored seminar lost 50 pounds and his blood sugar level went from 400 down to 128.

- “There was a combined weight loss of 141 lbs. in the three weeks of the series.” reports Mike Miller from the Calhoun, GA church. He also stated that one couple asked about visiting the church.

Below are three exciting reports from Karen Wickham:

- Travis walked his first mile in a swimming pool. He went on to lose over 100 pounds plus he came in 2nd place in a multi-state walking competition, walking an average 10-12 miles a day. His one-day max was 18 miles!
- Maria had recently been diagnosed as a type 2 diabetic. One the last night of the seminar she shared with the group that she had been to her doctor that day and he had taken her off both her blood pressure and diabetes medications. What an inspiration to the whole group!
- Gloria had been taking a large amount of NSAIDs for her arthritis pain – so many in fact that her doctor told her she would soon need a liver transplant. She was also on insulin for diabetes. She stopped the NSAIDs on her own, choosing to endure the pain instead. After switching to an anti-inflammatory diet, her pain began to subside. Soon after the end of the seminar, her physician also stopped her insulin.

To contact Stephen and Karen Wickham about coming to your church to present a “How to Conduct a Reversing Diabetes Seminar” training event or to conduct a weekend Diabetes Seminar for the community, call Karen at 931-235-4201 for more details.

REPORTS SECTION

The Seventh-day Adventist 7 BRIDGES MARATHON, directed by Scenic City MultiSport, was held Sunday, October 15, 2017, in Chattanooga. Distances included the full marathon (26.2 miles), half marathon (13.1 miles), and 5K (3.1 miles). Relay options were also available for the full and half marathon distances.

On August 25 – 27 the ***Letting it Go Grief Recovery Weekend***, sponsored by the GCC Family Ministries Department, was held at Cohutta Springs Conference Center in Crandall, GA. Joint presenters were David & Beverly Sedlacek It was for those who are processing grief or loss.

God in Shoes Health Fair was held at the Douglasville, GA church on October 15 from noon to 3:00 p.m. Free health screenings from Well Star Hospital, health booths, gifts, food, haircuts, flip flops and more! Rite Aid provided flu shots for \$4 or filed with insurance. Address: 2838 Bright Star Rd., Douglasville, GA. This was sponsored by the GCC Women’s Ministries Dept.

Adairsville, GA Church:

In June and July they **went to a local low income trailer park, taking planted pots** with herbs,

peppers, tomatoes, cucumbers and squash plants. They gave the residents general handouts on their health and how to eat healthy foods. They also worshipped and prayed with them.

At **The Great Locomotive Chase** on September 29 – October 1 they took blood pressures, did the Health Age Assessment, had free health literature available (*Health & Wellness-Secrets That Will Change Your Life* books, health magazines, handouts etc.), and talked with people about their health. Also, gave out water at a “Cool Down” station. “It was all about ‘Walking the Health Path Together,’” states Tamra King-Nappi, Community Services Director.

Adventist Community Services/South GA:

Director Carolyn Lipscomb reported that they did health screening at the following events:

Worked with the **Americus** and **Oglethorpe** churches at the **Plains Peanut Festival** on September 23. Of course, many come to Plains just to see President Jimmy Carter! They screened 80 individuals. They were happy to have Pastor Mark Waters with them, visiting with several individuals.

On October 7 and 8 they were at the **Andersonville Historic Festival**. Volunteers from **Oglethorpe** and **Americus** worked with them.

October 14 found them at the **Macon County Employees Health Fair**. **Oglethorpe** members helped with this event.

October 17 – 19 is the **big Sunbelt Expo** in Moultrie, GA. ***They hope to have volunteers from all over to assist with health screening***—and are still looking for some! Call Carolyn at 1-229-322-9843 if you are available.

October 31-November 4 in Brunswick at the **Exchange Fair**. **Brunswick** members from both the GA-Cumberland Conference church, as well as the Regional Conference church, will be working this event.

Andrews, NC:

Once a month, for the past eight years, the church has been **providing food for the community through Manna Foods** from Ashville, NC. Community churches and groups help pass out the food to 50-70 families, representing well over 100-150 individuals being served. They encourage the recipients to eat all kinds of vegetables and fruits by providing recipes for their use.

The church is continuing with a **Whole Foods Cooking Class**. Health lectures follow the class.

Atlanta Pillars of Faith, Ellenwood, GA:

Medical Missionary Evangelist Selby Cordner reports that on June 17 – 25 the church conducted

a **Health Emphasis Week**. Nightly presentations covered: “Mother of all Diseases,” “The Body,” “What’s Eating You?” “Alive,” and “Constipation, Parasites, etc.” It ended with a free **vegetarian cooking class**.

A **Grand Health Expo** is slated for next February, **Diabetes Seminar** in June, and **Health Emphasis Week** during October.

Auburn, GA: The church conducted its third annual **Let’s Move Day** on Sunday, September 17, from 1 – 5 p.m. at the Mary Carter Ballpark. There were 354 in attendance, which included over 100 volunteers. There were 36 community sponsors, 15 of which came out to physically participate in the events. Director was Shellii-Ann Jackson.

Battlefield Community church, in Fort Oglethorpe, GA:
Reversing Diabetes Seminar May 16 – June 20 on Tuesday nights.

On Memorial Day **Blood Pressure Screening and Health Age Assessments at Ringgold Days**.

Plant-Based Cooking Seminar – July 18 and August 15 (Tuesday nights).

Labor Day at the Post – Passed out 80 Reversing Diabetes flyers.

Community Services Center/Food Pantry Dedication – September 10, 2017.

The **Fall Reversing Diabetes Seminar** began September 19 and will finish October 24 (Tuesday nights).

Plans during the next six months:

Plant-Based Cooking Seminar November 14 and December 12; **Fort Oglethorpe Christmas Parade** – Hand out health literature; **Spring 2018 Reversing Diabetes Seminar plus Spring 2018 Plant-Based Cooking Seminar**,

Calhoun, GA:

Mike Miller reports that the church held a **Reversing Diabetes Seminar** July 20 – August 7 on Monday and Thursday evenings at 6:30 p.m. in the fellowship hall. There will be one follow up meeting. Average attendance was 30. They used Steve Wickham’s videos, had food samples and gift drawing. Toward the end of each session they met in groups of 5-7, with a facilitator, to give people an opportunity for questions/answers and encouragement. Four doctors and two nurses were present, helping do blood pressures and counselling. The people were very thankful, and nearly all bought the two recommended books. There was a combined weight loss of 141 lbs. in the three weeks of the series. One couple asked about visiting the church.

“In our next similar series,” states Miller, “there will be only one session per week, so that there is more time for people to see progress in weight loss and to read the assigned pages in the main book.”

The church has an **exercise class** from 7 to 8 p.m. on Mondays and Thursdays. Future plans for the church are to have a **Vegan Cooking class**. Also another **Reversing Diabetes series** is scheduled to begin Thursday, October 26, at 6:30 p.m. Entirely free except for recommended books. Pre-registration is required.

Chatsworth, GA:

The church hosted an afternoon **Health Rally** on Sabbath, May 13. E. W. Dempsey also spoke during the worship hour. Naomi Jackson gave special music during the service and afternoon rally.

The church is partnering with Murray Medical Center in Chatsworth to host a **Breathe Free Stop Smoking seminar**, which began October 9, at Murray Medical Center, conducted by Chaplain Dave Smith. They are also planning a **Reversing Diabetes** series in 2018.

Chattanooga First:

Shiloh Bates reports that on August 13 the church held an Instant Pot Cooking Class, hosted by Angela and Julie Harebottle. Healthy recipes made in the new fad cooking device of an instant pot were demonstrated, i.e. making an entire meal in one rice cooker or pressure cooker, etc. These were followed by food sampling. Attendees included members of the Ooltewah and surrounding SDA churches, as well as several friends from the community.

Events planned in the future: **Lecture on diabetes; INSTEP FOR LIFE** initiative and **health nuggets** shared in church and monthly newsletter.

Chattanooga North River:

“Following a plant-based diet will lead to a longer and healthier life,” stated Dr. James Marcum at the April 24 **Dinner with the Doctor**. Forty-one community and church members attended this informative event.

Dinner was provided with a colorful array of vegetables and fresh salads, nuts and quinoa dishes. Fresh fruit was the finishing touch.

Dr. Marcum emphasized that it is not only the plant-based diet that keeps us healthy. It is a combination of eating healthy food, exercising and reducing stress with recreation and fun.

The church also conducted a **Diabetes Reversal Seminar** with 15 guests from the community.

Cleveland, TN First Hispanic: On August 25 and 26 they held seminars focusing on the END IT NOW website. On Friday night Doris Hernandez spoke about the “Abuse of Relationships.” Sabbath School the following morning was focused on child abuse. Pastor Hernandez’s sermon during the worship hour was on the same topic. In the afternoon he ended the program by focusing on domestic violence.

Cohutta, GA:

Marty Coon reports that in July the church had its 11th annual **Health Expo** in the Community Center. It has become an anticipated event among the town people and church members. The health-related stations included blood pressure checks, health age assessments, BMI checks, upper body strength, lung capacity and spine assessments. The neck and shoulder massages were favorites. The food court demonstrated and gave out samples of healthy smoothies. There was a Children’s Corner. The ladies sewing team gave out hand-made lap quilts to those with bed-ridden or wheel-chaired persons in their homes. The men and boys enjoyed the classic car station.

They continue to do **blood pressures** before Sabbath School once a month.

Future plans are to add healthy **bread making** and sharing in their evangelism and health programs. Also to have a second **Defeat Diabetes** program in January, 2018.

“We are a small church, filled with members capable and eager to help in our programs,” Coon states gratefully.

Collegedale, TN:

My friend, Lil Yarosh, told me that over a year ago, two members of the Collegedale church launched a ministry in the Hulsey Gymnastics gym. Ron Reading, a massage therapist and realtor, and Rick Schwarz, the Gym-Masters’ coach, have been conducting a “**Stretch and Strengthen**” session three mornings a week at no charge to the participants. The thrust of the format is to:

1. Stretch your muscles from head to toe—Enjoy more effortless movements while reducing the chance of injury.
2. Stretch your mind by memorizing Scripture—Have the Word of God with you even if your Bible isn’t in your hand.
3. Strengthen your core body muscles—Make everyday activities easier by maintaining or developing strong core muscles.

Crossville, TN: On September 11, the church’s Health Ministries had its last session of the 2017 **Optimum Health Seminar** that began in April. It was held at the Legends at Druid Hills Country Club in Fairfield Glade, TN. The 105 participants have been learning how to prevent and

reverse diabetes. Many have overcome food additions, dropped their cholesterol numbers and reversed their diabetes. They have confirmation from the Covenant Cumberland Medical Center to **hold a similar seminar next year**. Linda Belz reporting.

Dalton, GA:

Members will be manning our church booth at the **North GA Fair** in Dalton October 19 – 28. Handouts include health and spiritual literature and balloons. Children will be drawn to the “Child’s Apron” with velcroed organs of the body. It shows a black lung—the effects of smoking. Bob Pepper is the coordinator.

Health Nuggets are included in the church bulletins often. We also continue to operate a weekly **Food Bank** and to deliver **Meals on Wheels** each month.

I personally keep a standing holder full of **GLOW booklets in my home**, offering them to every guest/repair man that comes. Also, share books i.e. *Health & Wellness*, *Vibrant Life*, etc. When travelling, my husband and I enjoy distributing health literature all over the world. Another project that we enjoy is: for Investment Arthur bakes, and I **sell** his loaves of healthy **homemade bread!** Anyone want his recipe?

Dayton Ogden Road church, Dayton, TN: On September 28 the church had a **Mental Health Day** with Chaplain Tuwan Ussery. It was followed up with a **Health Expo** on October 1 at the local Rhea County Welcome Center. It provided free health screening and counselling services. Also, disseminated brochures of the services provided by the TN Dept. of Health, the United Way and local providers. Rhea County Medical Center provided blood sugar testing and blood pressure checks. Erlanger Medical Center gave an on-sight tour of its air ambulance medical services with Life Force. The local fire department and ambulance services did show and tells. Wildwood Lifestyle Center provided basic screening and education on lifestyle disease and natural remedies.

Douglasville, GA: The church began a **Reversing Diabetes Seminar** on September 20 from 4:00 – 5:30 p.m. The class will meet six times.

Dublin, GA:

The church did its annual health screening at the local **St. Patrick’s Day Festival** last March. This is the 12th year.

In September of 2016 the church conducted a **Reversing Diabetes Seminar**, using Grundy County materials, one evening per week for six weeks. One attendee wanted to be their “poster boy.” His blood sugar level went from 400 down to 128! And he lost 50 pounds! Since the first seminar, the church has offered two follow-up sessions with the group and has made additional plans for the future.

Hamilton Community Church in Chattanooga: Pastor Dave Ketelsen presented a **Running Class** for seven weeks to prepare people to participate in the 7 Bridges Marathon. It began on August 28. Cost was \$10.

Knoxville (TN) First:

Stan Wolcott reporting. On September 17 the church did another **“Healthy Taste of Knoxville.”** Utilizing the school gymnasium and the entire parking lot with 84 vendors and a 30’ x 60’ tent, the event was well received by the vendors and the public. Vendors came from as far away as Charlotte, NC; Nashville, TN; and Florida, with most of them from the local Knoxville area. Restaurants i.e. Kristina’s Kitchen, Moe’s Southwest Grill, Tandur Indian Foods, Subway, Hard Knox Pizza and many more had booths. Whole Foods, Trader Joe’s, Kroger, Save-A-Lot and Costco were among the markets represented.

There were booths with smoothies, baked goods, Burmese and Vietnamese foods. Also free consultations with Dr. James Marcum and Dr. Ruby Lathon (featured in the movie “What the Health”). More than 1,500 community visitors attended the 3-1/2 hour event.

Stan & Kathy Wolcott & Associates and Robert & Sue Fuller lead a weekly **Sunday walking group** 3-4 weeks out of the month, with one Sunday devoted to a **whole foods plant-based meal**. Sometimes potluck, but generally prepared by the “Get Healthy Knoxville” team. It is composed of the Knoxville First and Grace SDA church members. Those attending these events are predominantly friends from the community. The group is limited to 50 attendees.

At Thanksgiving time the Health Ministries team participates with the East TN Vegetarian Society for a **Thanksgiving Supper/Dinner** at the school gym, with 130-150 participants, mostly from the community.

The Wolcott’s occasionally provide **cooking demos** at the Vegetarian Society monthly dinners.

The Good Samaritan Center, headed by Carol Jacobs, on the 2nd & 4th Tuesday of each month **distributes food boxes** to roughly 40 families each time. On **Thanksgiving** the Knoxville Health Ministries, the church and Good Samaritan Center provide a **special dinner** to families on the food bank list.

LaFollette, TN Company – June 8 the church participated in the annual **Health Fair**, geared toward the health of children in the community and exercise in general. They try to have a different theme each time they are involved. There was competition and prizes, ending with a strawberry smoothie for the participants. Health magazines were given to the parents.

Morristown, TN:

The church ran a six-part **seminar on Reversing Diabetes** from June 22 – July 27, at 6:00 – 8:00 p.m. in the church. A medical doctor, nurse and other lifestyle educators presented the latest information in lifestyle medicine interventions as it relates to diabetes. There were cooking demos and food sampling. Participants received multiple weekly handouts and a diabetes reversal book. Daniel Castro, MD and Lorena Castro, RN led the class.

The charge was \$25 per participant, and pre-registration was required, limited to 30 attendees. If an accompanying spouse was a diabetic he/she could participate for an additional \$10. If not a diabetic, the individual could attend free.

Peachtree City Church in Sharpsburg, GA: Over the weekend of September 8 and 9 the church hosted a **CREATION Health weekend**. Sessions were held Friday at 7 p.m. and Sabbath at 11:10 a.m. and 2:30 p.m. A **CREATION Health class** began on September 12 and will continue each Tuesday evening for eight weeks.

Rogersville, TN:

On June 18-22 the church conducted a **5-Day Smoking Cessation Seminar**.

August 18-20 was **Comprehensive Diabetes Recovery Training** by Steve and Karen Wickham.

August 25-27 they sponsored a **Cooking School and health lectures** by John and Bernadine Zarouhliotis.

Lighthouse Director Judy Reginaldi taught a **Make and Bake Bread Making Class** on October 8 from 2-4 p.m.

Tentatively scheduled is a **Spiritual Health Deceptions/Dangers of New Age Healing** 6-week program November 5 – December 17.

Also, tentative plans are to hold a **Diabetes Recovery** 6-week seminar from March 22 – April 26 of next year in Sneedville, TN. Then to hold one at their own church's community center later in 2018.

Rome, GA:

The church's **Supper Club** began again on September 14, with Pastor Jeff Freeman presenting, "Depression, the Way Out." It meets the 2nd and 4th Thursdays of each month, 6:30 – 8:30. It will continue through December. A **5K Wellness Walk/Run** took place on September 17 around Paris Lake, located behind GA-Highlands College.

At the **Coosa Valley Fair** October 3-7 they did Health Age Assessments and blood pressures. Phyllis Blosser reporting.

Smoky Mountain Church, Sevierville, TN – Health Ministries Leader Lakita Boyd reports that church members volunteered to work at the **Sevier County Fair** September 1-9. For eight days they passed out various health pamphlets and booklets on lowering blood pressure, walking and exercising, controlling cholesterol, diet and how to deal with depression. The pamphlets were inserted in plastic bags with pens, stating the church address.

South Bay SDA Company, Chattanooga, TN:

This group began renting the Wesley Memorial UMC church in Chattanooga two years ago.

It holds a **Dinner with the Doctor** in the North River Civic Center on the third Monday of each month.

In July they conducted the **Diabetes Undone** program.

Summerville, GA:

Health Ministry Leader Bobbi Robbins states that the church hosts a **Healthy Cooking Class** the first Thursday of each month at the First Presbyterian Church. It begins at 6:30 p.m.

A **Health Fair** was held on October 15.

Sunbelt Cohutta Springs Triathlon, co-sponsored by Southern Adventist University and the GA-Cumberland Conference, was held October 1 at Cohutta Springs Conference Center. It featured a ½ mile swim, 18-mile bike ride and 4-mile run. Relay teams were an option.

Wimbish Rd. Church, in Macon, GA:

On August 16 they began the **Celebrating Life in Recovery** program.

Lifeline Screening came September 5 for the second annual visit. They served many church and community members, gave out health tracts and prayed with the people.

On August 25, the church began a **Reversing Diabetes** class in Forsyth, GA at a local community service building. They used the DVD's developed by the Wickhams. Judy Tate, a physical therapist, answered questions. The eight participants were very appreciative of the information. They put every effort into being successful, with God's help. In the future, they hope to have a **reunion of past participants**, which would include a luncheon and reports from the attendees.

Update: True Health Broadcasting Network aka True Health TV

The network recently moved to a new location inside the North DeKalb Mall, in Decatur (near Atlanta). True Health TV is celebrating 3 years of being on the air 24/7 with the health message. They invite those who are in need of some assistance with weight loss, diabetes, high blood pressure or cholesterol levels to stop by and see them. They'll be more than happy to help.

However, *funds are needed at this time!* I believe that this is an endeavor with which most of us are not very familiar. They want to offer a “True Health TV Day” to all of the churches, at no charge. They will be explaining their ministry, but above all, emphasizing how each person can use his unique gifts, especially in the health arena, to forward God’s work. It’s 100% donor supported. A free will offering will be taken. For more information, visit www.truehealth.tv. To schedule them call 404-644-7690. The TV programs can also be viewed on the web site.

Health Bite!

Black Bean Burgers

1 can 15 oz. black beans, drained	1 tsp. onion powder
1 - 15 oz. can tomatoes, drained	2 green onions, chopped
1 tsp. minced garlic	1 c. chopped carrots (unpeeled)
1 c. chopped parsley	1 tsp. onion powder
2 c. quick oats	8 whole grain buns

Fresh toppings and healthy condiments

Combine all ingredients except the buns. Let sit for at least 30 minutes. Saute, covered, over medium heat until vegetables are tender and burgers are browned. Open the buns, and lightly brown them in a sprayed skillet.

Serve with lettuce, tomatoes, slice red onion, sprouts and/or avocado. Add favorite condiments, i.e. Veganaise, catsup, etc. Enjoy!

Continuing in His service,

Vivian Raitz Carlson

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