



# ADVENTIST

## HEALTH

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Quarterly Newsletter

January - March 2011



## Proposal to Revive Flying Clinic

Early this year, representatives from ADRA Australia visited two remote health clinics in Eastern Highlands and Simbu. ADRA Australia's Communication Officer, Braden Blyde and ADRA Youth Ambassador of Greater Sydney Conference, Jeanelle Isaac including ADRA PNG staff, Eastern Highlands Simbu Mission Health Director, Nina Giheno and Adventist Aviation pilots flew into remote Wiawia and Kapi Health Centres which were once the hub of the Flying Clinic program. The aim of the visit was to see the visible impacts of the Flying Clinic Program and hear from the locals how the program has improved their health and well being. These information and pictures would then be used in fundraising efforts by ADRA Australia to support similar projects in PNG.

An elder in Kapi village in Karimui commented that they never knew about malaria prior to the Flying Clinic Program. He said, "if someone had unusually high temperatures and became weak, they would give them herbs or bush medicines and cool them with water and just wait for them to die". He added that they usually blame these deaths on sorcery or spirits. However, when the program started, they were educated on illnesses and discovered that their people were dying from malaria. He further stated that the most notable difference is that there is a big decline in

the death rate. They now realise that all this time their people were dying from illnesses that could be cured with modern drugs.

The Flying Clinic Program began in 1998 when Mrs. Nina Giheno started a group called Laity Mobile Health, after she heard of the plight of the remote people of Eastern Highlands and Simbu dying from preventable diseases due to lack of health services. She gathered other SDA Health professionals in Eastern Highlands and together they raised funds for Adventist Aviation to fly them into those areas to provide health care to these people, from 1998-2000.

Save the Children also supported them from 2001-2003 while ADRA Australia supported them from 2005-2006 and 2008-2009. Five clinics were established in these rural areas as a result of this program. There is a Community Health Worker in each of these clinics.

ADRA Australia will use the information they had gathered to secure funds to continue this program in the remote areas of Simbu and Eastern Highlands Provinces.

*Above: Braden Blyde talking to locals at Wiawia about the impacts of the Flying Clinic Program.*

*Story by Nancy Lagdom*

*Picture by Keisiva Darius*

## "7 Secrets for Feeling Fantastic"

If this topic captivates you we invite you to be a part of the Health week in your local churches this year from May 1st - 7th. This year's theme is "**Happiness and Emotional Health**" with the main topic "**7 Secrets for Feeling Fantastic**".

The idea comes from an excellent book by Dr. Darren Morton, a psychologist and senior lecturer at Avondale College.

Throughout the seven nights you will discover the seven secrets to feeling fantastic, which are:

1. **Speak Right** - words we utter have power - power to build or destroy. This has significant health implications.
2. **Move Right** - This is about the importance of exercise.
3. **Immerse in the Right Environment** - The importance of caring for our physical environment and also how our senses: sight, sound, etc and relationships can promote happiness.
4. **Look at the Right Things** - This section is about heading the right direction in life - and focuses on values such as gratitude, hope, prayer, etc.
5. **Eat Right** - Addresses the importance of healthy eating and its relationship to good health and happiness.
6. **Rest Right** - The importance of rest.
7. **Serve Right** - We find meaning, happiness and satisfaction in life as and when we serve others.

These excellent topics from Dr. Morton's book will be the main resource material while a Pacific version has been developed in powerpoint to be presented over the seven nights.

These materials have been put together by the Health Department of South Pacific Division and will be distributed by PNG-UM to all Health Directors. Various local churches can then collect the materials from their local mission Health Directors to run the program in their local churches.

## Health Posters for SDA Schools

SDA Primary and High Schools will this year receive Health Awareness Posters on Nutrition and Hygiene.

Nutrition and Hygiene were identified as the most common health issue in most of the schools throughout the country. Five different types of posters were produced to address these issues.

The posters will remind the students to be more cautious with their hygiene as well as maintaining healthy eating habits.

Ten thousand copies will be printed and distributed to all church-run Primary and High schools around the country.

These posters will be launched in Toule Primary School in Central Province and Paglum High School in Western Highlands Province during a cleanathon program. After the launching, they will be distributed to all church run Primary and High Schools including the Health Clinics, throughout the country.

This health awareness program was made possible through funding from the Church Partnership Program (CPP), to create healthy and safe environments in schools.



Above: The Five Health Awareness Posters that have been produced for the schools

## Welcome



PNGUM Health would like to welcome Gad Koito who joins us again as the Health Director.

Gad was PNGUM Health Director from 2003 to 2007. He left for the Trans Pacific Union Mission in 2008.

I asked him why he decided to come back to PNGUM and what his plans are for the PNUM for the next five years. Below is what Gad had to say.

“I accepted the call to come back to PNGUM firstly because I believe it is Gods calling. Secondly there are projects we started while I was here but they have not been completed due to lack of proper leadership after I left; and thirdly because PNG is home to me. Infact my whole family feel they are from PNG and not from the Solomon Islands. PNG is where I grew up, was educated, worked and is where I will retire before heading back to the Solomons. In fact I owe PNG so much and so my return to PNGUM is to give back what PNG has given to me.”

Some of the things I would want to see happening with PNGUM health are:

- Improved Leadership and Health Services in Local Missions.
  - Strengthened Church Capacity to deliver health services
  - Improved Existing Health Facilities and Establish New Ones in Remote Parts of PNG
  - Involvement of Adventist Health Professionals in the Health and Medical Work of the Church throughout PNG.
  - Strengthened HIV/AIDS Program Internally and Externally, and
  - Development of Relevant IEC Resources to support Health Programs in PNG.
- Gad is at the moment in Solomon Islands waiting for his work permit to be approved by the Department of Labour and Employment before he can take up his post at PNGUM.

## Farewell



Beginning of this year PNGUM Health had to say goodbye to James Gahare who left for studies.

James has been with PNGUM Health since 2005 when the Church Partnership Program (CPP) started.

He started as the Health Program Manager and was in that position until 2009. During this time he was involved in HIV trainings and awareness, Nutrition trainings, Community Health Workers training, HIV Mainstreaming, awareness programs on lifestyle diseases and general health trainings for local mission church leaders. He was also instrumental in drawing up the HIV/AIDS Workplace Policy for PNGUM and the Health Strategic Plan.

In terms of IEC he and his family contributed largely to the production of two HIV/AIDS videos, O Papa God and Em Rong Blo Mi, and a third video which was recently filmed and is yet to be released.

His position was recently changed to National HIV Coordinator where he was to work with local missions to have an HIV Coordinator in each of the local missions. Prior to joining PNGUM Health, James served as the Health Director for Sepik Mission where he was involved in the setup of health clinics and programs in Sepik Mission.

Here in Morobe Province, James was involved in Health awareness in Salamaua, Markham, Nadzap and 9 mile and Boundary Road settlement. The program at 9 mile started as a ACS visitation, then to branch sabbath school, health programs and a one week meeting which led to the community asking Boundary Road Church to build a small church there so they could gather to worship on sabbaths. The church has since grown to about 60 membership and has its own Youth Pathfinder and Adventurer club.

James has left for studies at the Auckland University of Technology in New Zealand to do his MA in Public Health under a New Zealand Government scholarship.

## Adventist Health Mission Statement

To model and demonstrate the healing ministry of Jesus Christ through the development of the whole person and community including physical, social and spiritual wellness.

Editor: Nancy Lagdom