

# HERE'S TO YOUR HEALTH!

Oakwood University Church Health Ministries Quarterly Newsletter



## A NEW LIFE IN CHRIST

### My testimony:

I am Kalei Luii from Paulau, married with three children. My drug of choice was methamphetamine. I was employed for six years as a cargo agent at United Airlines in Paulau and my drug habit became so out of control that I started smuggling drugs into my country. My wife, at her wits end, insisted that I either get help or our marriage would be over.

My sister, from Michigan, was told by her friend about a Seventh-day Adventist drug program in the United States. Come to find out, London, Mrs. Freddie Harris's son and colleague of her friend, gave the information to my sister about the Drug Alternative Program (DAP). After viewing the program online with my family, I liked what I saw and was very anxious to travel there for help. I arrived in Huntsville, AL in October 2019. Through spiritual counseling, individual and group sessions and the work therapy program, I have changed my life and I do not feel like the same man that walked through the doors of DAP six months ago.

I am in contact weekly with my family through letter writing, social media and personal visits. As I build a closer relationship with God, the bond among my wife and children is healing. My family visited me two months ago and they immediately saw the difference in my appearance. I was recently baptized at the Oakwood University Church, experiencing the washing away of my sins and the start of a new life in Christ. I thank God and the Harris's for giving me a second chance.

—Kalei Luii

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### **HEALTH MINISTRIES TEAM:**

- Senior Pastor Dr. C.P. Byrd
- Victoria Batiste (leader)
- Dr. Joy Peterson
- Dr. C. J. Morgan
- Dr. Lilith Whyte
- Dr. Lydia Andrews
- Dr. Zaria Murrell
- Vivian Johnson
- Ramona Hymen
- Holly Forbes (newsletter designer)



**Faith-Based Recovery**

### **OUR VISION:**

Every person has the opportunity to optimize his or her level of health and wellness.

## READY FOR WAR

The coronavirus has invaded our lives in ways that most of us have never experienced. It seems as if one day things were “normal” and a few days later we began to claim the idea that things will never be the same. The fact is that we are overwhelmed by the extent to which we must adjust our lives in order to co-exist with the virus. It is true, this virus is extremely contagious. I wonder who can wash his/her hands enough to be convinced what they’ve done is adequate. Yet this is one of the most important things you must do. The virus loves to hang out on our hands. After all, it can find its way to other hands very easily. But, when you wash your hands properly, the virus dies.

We are reminded in the Psalms that our bodies are wonderfully made. God created the body, so

we can prevent a foreign microorganism from overwhelming us. He equips us for the “war” we face when a virus such as coronavirus decides to insult and compromise our bodies. God made us with different systems, with specific functions. The immune system is designed to protect us from infectious organisms such as coronavirus. The system is complex but effective in the work it does. When foreign substances invade the body two types of immune responses are possible. These responses involve two types of cells: T cells and B cells. The cells work together to protect the body from compromise.

### T cells:

1. Bind to the surface of invading organisms and destroy them. They are known as killer cells.
2. Act as helper cells that stimulate B cells to do their work.

3. Suppress (stop) the B cell response when appropriate.

**B cells** are responsible for the production of antibodies. Antibodies destroy bacteria and viruses so they can’t enter the cells in the body.

So, one of the best things you can do to be prepared for the “war” if/when it declares itself is to take good care of your immune systems. Since eating is an activity in which most of us engage on a regular basis, let’s start with nutrition. The importance of nutrition is not new. We know about it from God’s laws of health as illustrated in NEWSTART. (**N**utrition, **E**xercise, **W**ater, **S**unshine, **T**emperance, **A**ir, **R**est, **T**rust in God) The immune system needs adequate nutrition in order to make the components needed to create an effective immune response. It is the effectiveness of your immune system that helps you win the “war”. You can do it!

– Charlie Jo Morgan, PhD, RN



*“For I can do all things through Christ who gives me strength.”  
Philippians 4:13*

## BREATHE EASY

Genesis 2:7 says, “and the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life, and man became a living soul.” Genesis, the first book of the Bible, the book of beginnings, in the first chapter tells us that God created the world, a beautiful garden home for man. God spoke, and it was done; but when God decided to create man, a living creature in His own image, God didn’t speak man into existence. God, the creator of the universe, formed man and breathed man into existence. The intimacy God took when He created man is what I would like to focus on.

God breathed His life-giving breath into man! Why? Because He loves us! It was a natural response of God’s loving character for Him to become one with the dust of the ground to form man and breathe His breath into man.

So why is this relevant now? Now more than ever, we need to have an intimate relationship with God because that is what it will take for us to get through each day and the difficult days ahead. The same God, who gives us life through His breath, is just a voice whisper prayer away.

He pleads with us to cast every care upon Him and to trust Him completely.

As the song says, “He’s got the whole world in His hands” and because He does, we can breathe easy through this virus knowing that God is victorious!

–Roberta Richardson, MPA, CPHQ, CRT, LRCP

## BE ANXIOUS FOR NOTHING!

Many of us have experienced at least one of the following recently: loss of employment, financial devastation, social isolation, illness, and death of loved ones as a result of the COVID -19 pandemic. We are overwhelmed with the daily news and the predictions from top officials of this country that thousands of lives will be lost due to coronavirus. As we ponder this worldwide pandemic the natural response is to have anxiety and fear, because of the unknown, and the realization that we are not in control of anything.

But God says in his word, to be ANXIOUS for NOTHING!! Instead PRAY about EVERYTHING!! Tell God what you need and thank him for all the things that he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. -Philippians 4:6, 7.

Despite the devastation of COVID -19, there has been positive outcomes, such as, more families are eating dinner together and spending quality time together. People are reconnecting with friends and love ones and becoming more creative in providing support for one another. More people are purchasing Bibles and Christian books. More people are praying and attending online religious services because people are searching for God who is our only real source of hope.

COVID-19 gives us the opportunity to get to know God on a brand-new level. God promises in his word that we can experience peace during this chaos if we keep our minds stayed on him – not on our circumstances. -Isaiah 26:3.

God has also commanded us not be fearful or anxious because HE is with us. We don't have to be afraid because HE IS our GOD. HE WILL strengthen us, HE WILL help us, and HE WILL uphold us with his STRONG right arm. Isaiah 41:10. As we reflect on GOD's promises we can truly be thankful that we are in GOD's hands, because he owns the entire world which means that HE has unlimited resources to meet the needs of each one of his children.

– Victoria W. Batiste, MPH, MS, OTR/L



*Have I not  
commanded you?  
Be strong and  
courageous. Do not  
be afraid; do not be  
discouraged, for the  
LORD your God  
will be with you  
wherever you go.  
– Joshua 1:9*



## QUARTERLY BITE

### *Featured Recipe: JOY'S POWER BALLS*

#### **INGREDIENTS:**

- 5 oz. semi-sweet dark chocolate morsels
- ½ cup sweetened shredded coconut
- ½ cup rice krispies cereal
- ½ cup granola
- ¼ cup peanuts or chopped walnuts
- ¼ peanut butter
- ¼ sunflower seeds
- 2 Tbsp flax meal

#### **DIRECTIONS:**

- Melt chocolate morsels in microwave for 90 seconds
- Add coconut, nuts, peanut butter, flax meal, sunflower seeds, and rice krispies cereal to the bowl and stir all ingredients
- Take 2 Tbsp of the mix, shape into a ball and add to cupcake wrapper



#### **Nutrition per serving:**

<b>Calories</b>	150
<b>Protein</b>	4 g
<b>Fat</b>	10 g
<b>Carbohydrates</b>	14 g



OAKWOOD UNIVERSITY CHURCH  
HEALTH SERVICE

#### Home & Office Care Services

- Chronic Illness Care
- Minor Illness Care
- Annual Exams
- Patient Wellness Education
- Referral Services as needed

#### Huntsville, AL House-call Services:

- In-home visits by a nurse practitioner Physical examinations
- Blood draws and other laboratory work
- Home health referrals
- Hospice referrals
- Specialist referrals when necessary
- Arrangement of sitting or personal companion services



The Clinic is OPEN, but  
by APPOINTMENT ONLY!

#### **We come to You!**

The Hallmark of our care is  
home visits for those with  
limited mobility

Call us NOW @  
(256) 203-5185  
For more information!

