



Seventh-day Adventist® Church

GENERAL CONFERENCE

LOMA LINDA OFFICE

WELCOME

2020 has been quite a year, full of unexpected challenges, shut-downs, new protocols and the need to find innovative ways to connect. It is during this time when we're missing in-person social interactions and events that we at the General Conference - Loma Linda Office have valued advances in technology to support our mission network. While travel may be paused, the work has continued, personnel overseas have stayed committed to their calling and Loma Linda University students are still inquiring how they can become involved.

Since this office was incorporated with the Global Health Institute (GHI) in 2018, we've made some adjustments and would like to introduce you to our new team: myself—Angeli Yutuc, Amanda Biddle and DonaJayne (DJ) Potts.



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While we're waiting for the opportunity to again encourage you to physically stop by the GC Loma Linda Office, you're welcome to reach out to us by phone and email.

- Angeli

GC LOMA LINDA OFFICE
REPRESENTATIVE



DMA & GSA NEWSLETTER

Mission Messages

Fall 2020



DOYLE NICK, DDS, MS
*Associate Director for Dental Affairs
Department of Health Ministries
General Conference of Seventh-day Adventists*

DEVOTION

Challenges & Joy

She was bringing in her 22-year-old daughter to a dental appointment using general anesthesia, necessary by her daughter's formidable developmental disorders. Pushing and reassuring and guiding her resistive daughter, her kindness, cheerfulness, patience, and confident manner was noticed by all those who were present.

Each of us commented spontaneously, on what a remarkably nice person she was. After her daughter recovered and she was leaving to get her car to take her daughter home I asked if I could ask her a personal question. "Of course," she answered. I said, "We have all noticed what a nice and pleasant person you are and your patience and kind-heartedness for your daughter.

We see people with very similar situations who are quite the opposite and I wondered if you would tell me about that." Her answer was, "It is my faith in God. I believe that He has put me here to take care of her (the daughter) and she is such a blessing to us." She added, "I have a good husband and a good marriage that we work at, and that is a lot of support. I think that every day you make a decision to be grumpy and unpleasant or you can enjoy the time of your life, and it just makes sense to enjoy it."

I thanked her and assured her that we at Loma Linda School of Dentistry had the same world view and we really appreciated her, and we both carried on with the activities of our day.

It was a quick exchange but it made me think about all of us together, during a Pandemic, in a difficult situation, in a dark world where fear and illness and ignorance abound. It made me think about our options to respond with resentment and unhappiness or with purpose, patience, confidence, and contentment.

Our God has not put us here just to enjoy the fruits of our labor. He has put us here to share them. He has put us here to serve the needs of others. That is exactly what Jesus did and exactly what He inspires us to do. That is the impetus behind the mission work of the Adventist Church. That is why you have made the decision to be a missionary.

It is why you, like the heroic mother, can struggle and work hard and at the same time know joy, contentment, and peace. That comes from the assurance that you are following God's will and you are doing exactly what it is that He intends.



INTERESTED IN DENTAL MISSIONS? *email nickdo@gc.adventist.org or call 909-558-4607*



DMA FEATURE

Tears of Joy

JONATHON THORP, MD, MBA
DMA, CHIEF OPERATING OFFICER
SCHEER MEMORIAL
ADVENTIST HOSPITAL



At age 62, Bhakti Maya Sunwar has struggled with progressive uterine prolapse for 16-years. “I am so thankful to the hospital for fixing my problem,” Bhakti said. “For years, I have had pain – both physical and emotional.”

The sad reality is that her story isn’t unique. It is estimated that 1 in 10, or approximately one million women, have various stages of uterine prolapse in Nepal according to Obstetrics & Gynecology. It is because of the global partnerships with organizations in the United States, Netherlands and Australia that we are able to help women like Bhakti.

Bhakti is a mother to six children of which two died at age 7 and 18. She has been a widow for 18-years; her son and daughter care for her now. She comes from the hilly farming community of Sinduli, approximately a four-hour drive southeast of Scheer Memorial Adventist Hospital (SMAH.) Bhakti’s prolapse was so severe that she couldn’t walk properly, every step

was painful. She was incontinent and to void urine, she would have to manually reduce the prolapse to facilitate emptying of her bladder.

A few weeks ago, she heard that SMAH was offering a free surgical camp for prolapse. Hoping that she might be a chosen candidate, she submitted her name. An in-field screening by a partner organization identified her as having a severe prolapse. She was brought to SMAH and it was confirmed by the gynecology team that surgery and treatment were required.

Lynda Kithil, retired operating room nurse from Denver, Colorado, has had a decade of experience helping women on the opposite side of the world. “I come to Nepal to care for these wonderful ladies who need treatment,” Lynda said. “It has made me more compassionate for people as I have heard stories like Bhakti’s repeated over and over.”





SCHEER MEMORIAL ADVENTIST HOSPITAL *Where it is estimated 1 in 10 or approximately one million women have various stages of uterine prolapse in Nepal, according to Obstetrics & Gynecology.*

DMA FEATURE, *continued*

I have lived in Nepal for two years as a Deferred Mission Appointee (DMA) and met Lynda during my first week at the hospital. While she was talking to me this time, Lynda with joy in her voice said, “I also serve because I like to see the learning that takes place between the visiting physician and the Nepali physician.”

My response was, you must have observed something special during this trip? “Yes, I did,” exclaimed Lynda.

Dr. Sunmee Lee, obstetrician and gynecologist and vice-president of specialty care at Centura Health Physician Group, was sitting with Lynda while we were talking — she was grinning. She joined our conversation, “Jonathon, it worked!” Dr. Lee proceeded to explain, “We came with the goal of partnering with the local surgeons to build skill sets.”

She actively taught the surgical procedures during the first two days of operating, and surgeons watched very closely. Together they successfully completed the vaginal hysterectomy. “This truly followed the medical education mantra of ‘see one, do one, teach one,’” said Dr. Lee.

As an administrator, my heart couldn’t be happier. The hospital’s mission statement reads, “To provide compassionate, patient-centered care, to international standards, for all patients regardless of the ability to pay.” We nailed it! A patient, who desperately needed help and couldn’t afford it, came to the hospital and received the care she required. A Nepali doctor with a desire to improve her skills, observed the surgeries, learned, and then performed it with the help of a Nepali colleague who had a little more experience yet still needed the back up of an expert. Dr. Lee was able to coach through the challenging and critical steps of the procedure.

In the shadows of the tallest mountains of the world, a population of women struggle with a painful, deeply personal physical problem. They are victims of a culture and society that demands extremely hard labor from women. These women – incredibly strong – suffer immensely. I am thankful we can alleviate the suffering one life at a time.

WANT TO LEARN MORE ABOUT THE DMA PROGRAM? *visit ghi.llu.edu/dma*



RECIPE Kheer (Rice Pudding)

AN EASY-TO-MAKE PUDDING MADE OF RICE, MILK, SUGAR, DRIED FRUITS AND NUTS, ROSE WATER AND CARDAMOM.

“Sharawan 15” celebrated July 30-31 in Nepal is known as Kheer Khani Din, which literally translates to “a day to eat rice pudding.” It marks the end of the rice paddy planting season, according to *Nepal Tourism Board*.

The holiday is celebrated in grand fashion to commemorate the accomplishments of farmers, who work hard throughout the season. Most celebrations are not complete unless they include the delectable kheer or sweet rice pudding, which is considered a pure and holy food.

As delicious as it is, it is quite easy to prepare and is loved by all. On this day, families first offer kheer to their gods and then gather to feast on the delicious kheer.

Sharawan month is considered holy and Kheer Khane Din is a festival where family and relatives unite to share the joy and happiness of being together.

Nepalese are fond of eating sweets or confectioneries after meals and sometimes, they even take Kheer as a snack, eating it without any special occasion.

INGREDIENTS:

- 1/2 c Rice
- 4 c Milk
- 1/4 c Raisins
- 3/4-1 c Sugar
- 1 tsp Cardamom Seeds
- 1/4 c Slivered Almonds, Cashews
- 6 drops Rose Water
- 1/2 c Water

DIRECTIONS:

Wash and drain the rice. Soak in 1/2 c water for 30 minutes. Boil the rice in the same water until it is coated and the water evaporates. Add the milk and simmer on low heat for 90 minutes.

Scrape the sides and bottom frequently to prevent sticking and mash rice while stirring. When it is creamy, add sugar and stir well. Remove from heat and add crushed cardamom seeds, rose water and shredded almonds. *Serve hot or cold.*



< On July 30, the “Day of Friendship”, the lab staff celebrated by eating Kheer at a local restaurant.

Eric Aldovino, BS
Clinical Lab Manager
SCHEER MEMORIAL
ADVENTIST HOSPITAL

GSA FEATURE



The Meaning Of *Kinship*

by Ingrid Vergara, BSN
GSA, HOSPITAL DEL SURESTE

Not too long ago, through a Loma Linda University student volunteer program called Community-Academic Partners in Service (CAPS), I learned the meaning of the word kinship—the principle of becoming one with another, to build a community with the ones we serve.

I truly embraced the principle of kinship in Mexico, during my year of service as a Global Service Awardee (GSA). I learned that the most effective way to serve is through building a community even in a large city such as Villahermosa Tabasco. The first couple of months were my hardest since I was so focused on myself. I had immense pressure to meet my boss's expectations at the hospital. I needed to learn quickly and become a fully qualified nurse to be able to be effective in the hospital. I can honestly say I lost myself in this process of wanting to meet people's expectations and I sometimes forgot what my goal was.

One day one of the nurses at the hospital asked me if I could help her with one patient she would see out in the community. I said yes, and after our morning shift, we walked together to his house.

Rogelio, an 87-year-old man with a diabetic ulcer and muscle dystrophy, was desperate for help. I remember immediately seeing him and feeling lots of empathy for this old man. He was so fragile and in so much need. I started visiting him every other day, cleaning his wound at first, then giving him baths, taking him food, and just spending some time with him. He lived alone and was getting too weak to walk on his own.

This kind-hearted man with so much love to give yet with a fragile body and lonely soul captivated my heart. I became his friend and would talk to him about life, his sons, how he met his wife, and how he lost them.

GSA FEATURE, *continued*

Even though my place at the hospital wasn't completely established, I found meaning while caring for him. Suddenly I had a reason for being there. I felt needed and loved by this old man who had only known me for a couple of months. No matter how hard it was to be a new grad in another country, I felt competent when working with him, and there was no doubt in my mind God used me.

Rogelio started getting weaker, and one of his main concerns was that he began to lose his vision. I talked to an ophthalmologist about it, and she told me that if it was diabetic retinopathy, she could treat him, but it had to be right away. I insisted on letting the doctor see him, and after a bit of convincing, he agreed. Unfortunately, he was diagnosed with macular degeneration and was told there was nothing they could do for his sight. I cried with him that night. I tried to hide my tears from him, but I am not sure if I was successful. There is something raw and genuinely painful about sharing someone else's painful moments. Maybe this is the very exact thing Paul meant in Galatians 6:2 when he asked his audience to carry each other's burdens to fulfill Christ's law. After all, this is all Jesus did here on earth, like when He wept with Mary and Martha over Lazarus's death. This is the most important thing He wanted us to do in order to connect in a deeper way as humans and show His true character.

Before leaving, Dr. Moguel grabbed his hand and urged him to use his last days with his sight to study the Bible, to read the parts of the Bible he had never even heard before. I agreed to study the Bible with him and began reading the old testament. I was able to see how spiritual conversations, bible readings, and prayers would ease his anxiety and would bring him joy despite his loneliness.

“ We would sing hymns together and he would often request ‘Far Beyond the Sun.’ ”

It was incredible seeing his surprised facial expressions when hearing the stories about Joseph, Abraham, and Job for the first time. He loved the story of Job, and he would often ask me to tell it to him.

When learning about the Sabbath, he was incredibly surprised to find out that the Bible talked so much about it. He would say, “Oye Ingrid, are you reading from my catholic bible, how come I've never heard this before?” to which I would affirm him with a chuckle that I was indeed reading from his Bible.

Over the next couple of weeks, his health started to deteriorate; he got weaker and weaker and more depressed. He hadn't seen the sun for months, and after trying to convince his family to find a way to take him out, I made it my goal to try at least to take him out to the balcony closest to his room. He was hesitant at first, but after a bit I convinced him. My roommate and I managed to bring him out for the first time in months. He greeted his neighbors from the balcony, admired the cathedral he would go to and was able to get fresh air.

Little did I know this was the last time he would see the light of day. The following week he passed away. I was devastated. I felt like the one thing that gave me meaning here was gone and I didn't know how to deal with it. I will never forget his last words to me, “my faithful Ingrid” “you are such a good nurse.” Somehow, his words made me forget about my insecurities about being a new nurse. I knew there was so much I still needed to learn and so much growth to do still before considering myself a good nurse, yet this person believed in me and made my first couple of months as a nurse a lot better. That old man perhaps never realized how much he did for me. He did more than I ever did for him. He became my family. He taught me that I was able to genuinely love another human being I had no relation with truly. This is when I truly learned the meaning of kinship and of building community.

I suppose one can go about life doing good deeds, feeding the homeless, giving money to the poor, and not knowing what it means to serve genuinely.

GSA FEATURE, *continued*

One can do all of these things and lack the most crucial thing; forming a bond with the ones you serve, a connection where one can learn from each other, where one can share one's burdens, and where one can build each other up. Jesus said that when two or three are gathered in his name, he is among them. Why wouldn't we want to form a relationship with others where Jesus could abide? There is a beauty about being able to create strong connections with the ones you are serving, people who are different than you, who share different beliefs and values.

Perhaps this is why Jesus wanted us to go out and serve humanity to be able to build a community with the ones we would never think about speaking with otherwise.

Maybe serving is just a medium in which humans can learn to love one another, abide with one another, and break any barrier that separates them from one another.

My favorite quote by Father Greg Boyle is, "The measure of our compassion lies not in the service of those on the margins... but in our willingness to see ourselves in kinship with them." We can go about our lives surrounding ourselves with the people we want to, perhaps giving money to our favorite charity once in a while and feeding the homeless in the streets a couple of times a month. Yet, if we don't learn how to love deeply and be one with the ones we serve, we forget the true meaning of service.

WANT TO LEARN MORE ABOUT THE GSA PROGRAM? *visit* ghi.llu.edu/gsa

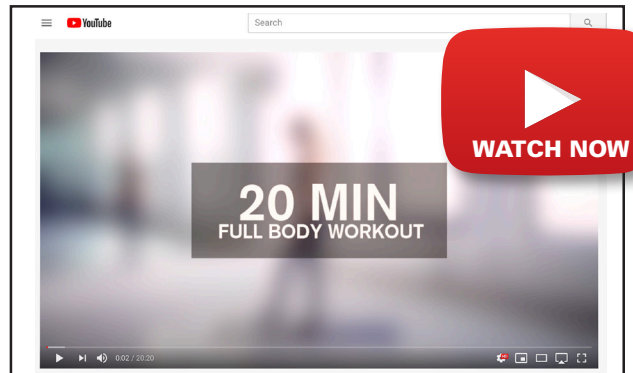
We asked Ingrid:

WHAT WAS YOUR FAVORITE WAY TO EXERCISE ABROAD?



“To stay active I would run around the lake La Laguna de Las Ilusiones in Villahermosa, or watched YouTube exercise videos or used the Workout Trainer App.”

- INGRID VEGARA, BSN
global service awardee



DMA & GSA News

Birth Announcements



Welcome

LEVI RUSSELL HANSEN
March 2020

PROUD PARENTS:
Kelsey (née Cherepuschak)
SM '15, DMA
& Justin Hansen



New Baby

RONALD KEITH WALKER III
April 2020

PROUD PARENTS:
Jasmine (née Turner), SM '13,
DMA & Ron Walker, SD '14,
DMA



Little One

TABITHA FAITH THORP
August 2020

PROUD PARENTS:
Allie & Jonathon
Thorp, SM '11, DMA

CURRENT DMAs & GSAs:

Visit Us & Share Your Mission Story
| accommodations in Loma Linda provided |



WHAT IS PROVIDED:

- Two weeks of furnished accommodations, walking distance to campus
- Wi-Fi access

IN EXCHANGE FOR:

- Public relations activity (video recording, etc.) or
- Event speaker (MIG vespers Oak Glen Fellowship)

TO ARRANGE: Contact the GC Loma Linda Office to coordinate at least one month before visit by calling 909-558-4563 or email gc@llu.edu.



2020 GLOBAL HEALTHCARE CONFERENCE

VIRTUAL

Resilience: Growing Through Adversity

NOV. 2 - 5, 2020

For leaders and professionals representing Seventh-day Adventist academic, healthcare and church institutions around the world. This year's conference will be hosted online, with a combination of live sessions and on-demand content that can be downloaded at any time in four languages: English, Español, Français, Russian.

A daily plenary session will be followed by a wide variety of breakout sessions covering the following topics:

- Clinical laboratory
- Consortium of Adventist Medical Education Leaders (CAMEL)
- Finance
- Human Resources
- Medicine
- Nursing
- Pharmacy
- Quality Improvement
- and More!

REGISTER HERE
ghi.llu.edu/ghc2020



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HEALTH**

**Many Strengths.
One Mission.**