

love, peace, and joy

FROM THE GC LOMA LINDA OFFICE

Christmas Issue 2021

DMA & GSA Newsletter: **Mission**
Messages

Each Christmas season gives a special opportunity to reflect on the incredible gift of love, grace, and hope that was bundled in a lowly manger. And while there may not be any physical knocks on our doors, it can be a challenge to make sure our minds are not overcrowded and our schedules overbooked. What space have you reserved for Jesus this Christmas?

We have much to be thankful for and still much to accomplish, however there is a time and season for everything. We pray for each of you and your families and are happy to steward your mission service into the New Year!

Merry Christmas from your friends at the GC Loma Linda Office,

Angeli & Amanda

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DMA FEATURE

WESLEY ARNOLD, DDS
Director
DMA, Lusaka Adventist Dental Services

Zambia > Africa

Reflections on 5 years of service

What can I say about Zambia....

Zambia has been our home for five incredible years. Zambia has been good to us, its inhabitants welcomed us with open arms and opened our eyes to so many things. We have grown far beyond what we could have ever imagined. A piece of us will remain in Zambia as a piece of Zambia will also remain in our hearts. Our experience has been too great to sum up in a short letter. However, I strongly believe that Zambia has had a greater impact on our family than we have had on it or its people. The truth is Zambia will be fine without us. The question is will we be fine without Zambia?



Enjoy a GSA Double Feature Highlighting Haiti Adventist Hospital



Haiti > Americas

Chanje Lavi: Where Lives Are Changed

Change Lavi, Haiti Adventist Hospital's rehabilitation clinic, was born after the 2010 earthquake. The earthquake impacted all sectors, from the economic and social, to the way healthcare was provided. As the realm of public health expanded, it brought the field of rehabilitation, especially physical therapy, to the front lines. Chanje Lavi's name literally means "change lives" in Kreyol. It is there that I had the privilege of serving alongside courageous, passionate, dedicated, and God-fearing missionaries and locals for a little over two years. When I arrived in 2018, the clinic quickly became my second home, and our team grew closer together like a family as we sought to help people experience that "chanje lavi" moment. Little did I know then how participating in their "chanje lavi" moment would echo in my own life.



GSA FEATURE

IRMA HENRY, DPT
Director, Rehabilitation Services
GSA, Haiti Adventist Hospital

Chanje Lavi continued...

This is Kervens. When he was about six years old, Kervens was playing soccer in the fields of his hometown when fractured his thigh bone. He was rushed to the doctors, and they put on a cast from his upper thigh down to his calf. The bone did heal, but due to some complications, his knee was unable to bend when they removed the cast. His doctors thought that his movement would return, but 12 years later his range of motion was still limited. Imagine with me how it would be going to school and not being able to sit at a desk? Or trying to navigate Haiti's brightly colored "tap tap" public transportation busses? Or not being able to keep up with kids his age when they would run or jump or climb trees?



It is tough and almost impossible to imagine. However, Kervens kept a hope alive that someday it would work out. One day at HAH, that hope was rekindled. After years of uncertainty and fruitless medical consults, through the help of a donor, he came to HAH. There he met Dr. Scott Nelson, our orthopedic surgeon, and Dr. Nelson told him the words he had been desperate to hear: "yes, we can help you!"

What beautiful words of promise and healing! Through a technique called Judet quadricepsplasty, it was possible to release the contractures and help him bend his knee again. This procedure typically requires a year of closely monitored and proactive rehabilitation for a successful recovery. After the procedure, we anticipated working with Kervens twice a day for the first week and then every day for at least the following 6-8 weeks. I met him on his first day post-op and I remember a cautious and wary look on his face. He seemed to be unsure what to expect, and his eyes were asking, "Would this really work?" Was all of this worth it?"

At Chanje Lavi, we often accompany our patients through these questions and help them remember their *why*. It was our role to ignite and fuel Kervens' passion for life, dreams for the future and determination to push forward. I asked him what he liked to do as a hobby, what he wanted to do when he grew up, and who motivated him. The answers to these questions would help him in the aggressive program in the weeks and months to come. I knew the coming weeks would be filled with painful, triumphant, tedious, funny, tearful, and rewarding moments. It was crucial for him and for me to know what was going to get him through.



Chanje Lavi continued...

When Kervens recounted what brought him to this point, it was as if I was going back through my story and my call to serve. He had been overwhelmed, helpless, hopeful, scared, and everything in between. He desperately wanted to believe that this would work, but what was right in front of him was hard. Our encounter came at a time when I was feeling discouraged and overwhelmed by the circumstances around me. I was nearing the end of my service term and was feeling heavy with the buildup of stress of serving in a country with unpredictable social and political chaos. Even day to day activities felt hard. Quite honestly, I had not wanted to come into the hospital and work with Kervens that day. But as I listened to Kervens' fear and doubt I heard God whisper, "Irma, stop and take a minute. Listen. I am the Lord. . . Is there anything too hard for me?"

Kervens and I continued to slog through stretches. Then the "chanje lavi" moment happened. Kervens' expression was full of shock, disbelief, then pure joy as he was able to bend his knee and sit for the first time in 12 years! My heart was lifted as I recalled the psalmist words, "He heals the brokenhearted and bandages their wounds." Psalm 147:2. God not only restored Kervens movement but brought healing to his soul. He saw that the future was full of possibilities and in turn served as an inspiration for all those around him, including me. Kervens' "chanje lavi" moment echoed in me as I was reminded of how God had led me in the past and promised to complete the work that He had begun in me.

As I come to the end of my missionary service at HAH, I am grateful for Kervens's story and for many other stories like his. Why? Because his story is my story. And it can be your story too. God desires for us all to experience a changed life from the inside out. He wants to show us the miracle of life everyday if we would answer His call and listen to His still small voice. Would you like to experience a "chanje lavi" moment? If so, stop. Listen. Accept God's invitation to serve and say, "I will go."

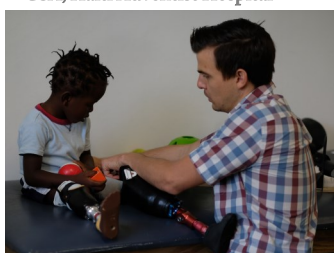


O&P: The Restart of a Much Needed Service



GSA FEATURE

TIM CLEVELAND, MOP
Director, Orthotics & Prosthetics
GSA, Haiti Adventist Hospital



Haiti Adventist Hospital (HAH) opened our new Orthotics and Prosthetics (O&P) clinic in April 2021. One of the first patients I called for was Pierre. Pierre is 11 years old. His mother has been carrying him to the hospital for his appointments on her back. This is how he typically travels long distances. For short distances, he walks on his residual limbs, but this takes longer and is uncomfortable. Pierre is a bilateral knee disarticulation amputee. He was born with tibial hemimelia, a rare disorder in which one of the bones in the lower leg fails to develop. In 2019 he was seen by Dr. Scott Nelson at HAH ortho clinic. Dr. Nelson specializes in corrective orthopedic surgery, but in Pierre's case, the deformity could not be corrected; the limbs could not be lengthened or the crooked feet straightened, and the decision was made to amputate. He recovered from the surgery well. Typically, amputees can be fit with a prosthesis about 6 weeks after amputation once their wounds have healed. Pierre healed but was not fit with a prosthesis. Access to prosthetic care in Haiti is limited. There is a clinic in a wealthier part of Port au Prince, but getting there and finding funds for the cost limits access. There are clinics in other parts of the country, but those would require long, expensive travel through gang-controlled areas.

O&P continued...

Haiti > Americas

Although historically prosthetic teams from outside of Haiti come to make legs, this also presents additional challenges. Most prosthetic patients, especially those being fit with their first prosthesis, require several months of follow up care and then at least a yearly visit. Residual limbs change shape over time, and as they do, the prosthesis needs to be adjusted or remade. Kids grow and break things. I first saw Pierre in August of 2019 on one of his ortho clinic visits. He was part of my motivation for moving to Haiti. A kid like Pierre didn't just need legs, he needed a prosthetist.

When I saw Pierre again in April 2021, his mother asked if we could make him covers for his residual limbs. "He has to get around at school without me, you see, and walking on the residual limbs hurts. Plus, he's getting heavy." I took casts of his residual limbs and began to build him the best "covers" I could. When he came back the next week, I put him on "stubbies". He was in a prosthetic socket and had feet, but didn't have prosthetic knees yet. This is a common practice in O&P when making the first set of prosthetics for a bilateral amputee because learning to walk with two mechanical knees is challenging. After a week or so on his stubbies, he was comfortable managing and I added knees and lengthened his prosthetic legs. Pierre is a serious kid. I watched him take his first few steps in the parallel bars on full length prosthetic legs and then stepped out of my office. When I came back in Pierre had called his mother over for a quick hug and sneaky secret smile - at regular height. She promptly burst into tears. That moment will always be precious to me.

HAH has served the community around it since 1981. Over the past 10 years, orthopedics has become a flagship service at HAH attracting patients from all over the island. Dr. Nelson and his team cares for all sorts of broken and malformed legs. Over the last 3 years, our Physical Therapy department has also grown and matured under the nurturing care of LLU alumna and Global Service Awardee (GSA) Irma Henry, DPT. This was also part of my motivation for moving to Haiti. Some HAH patients, like Pierre, need a prosthetist, but prosthetists and O&P programs need partners. I am able to see patients and make legs because the hospital has the infrastructure required to support my work. It has been fun rounding out the team too. On Mondays, Wednesdays, and Fridays, ortho clinic still runs, and it is common for me to receive a call from Dr. Nelson to evaluate a patient. I walk over, take a look, and we make a plan. If I can help them without surgery, I bring them back to my office and get started. If the plan involves a surgical intervention, the patient gets scheduled, I then can watch or assist with the operation, see the patient post-op with the physical therapist before they leave the hospital, see them again a few weeks later for a prosthetic fitting, and then watch them progress in therapy. It feels good to be able to be part of providing that comprehensive type of care to this community.

In the future, we want HAH to serve as a training spot for Loma Linda University O&P students as a part of their MSOP training and as a residency site. We think this is important and worthwhile not only because it helps provide quality care in an ethical manner to an underserved population, but also because it provides the opportunity for students and residents to stretch their clinical skills and practice creative, culturally sensitive care. Both reasons pay back dividends that can echo down generations. My wife and I have been living in Haiti since August 2020. This has been a meaningful experience for us, and I am proud to have worked with the HAH team to get this service restarted. This HAH service will be transitioned under the leadership of Tevita Palaki, CPO, another GSA orthotics and prosthetics LLU graduate, as Annika and I end our GSA service. We are excited to continue the clinic services and care for the patients here. If you would like to support the ortho-prosthetic mission program at HAH, please contact Adventist Health International (AHI) (ahi@llu.edu; ahiglobal.org). Thanks for your prayers and support for this transition!

DMA & GSA News Birth Announcements



- Matthew & Maria welcomed Atticus Chang—March
- James & Rachel welcomed Liam Fernando—March
- Tiffany & Darryl welcomed Olivia Priester—March
- James & Grace welcomed Maya Lee—April
- Matthew & Joy welcomed Anne Hiersche—May
- Olen & Danae welcomed Piper Netteburg—June
- Sarah [Belensky] & Gabriel welcomed Juliana De Almeida E Silva—August

DMA & GSA News Mission Service Announcements

START OF MISSION SERVICE



Brent Sherwin (medical DMA) & Laura Sherwin (dental DMA)

Family serving at Malamulo Adventist Hospital, Malawi

MOVE OF MISSION SERVICE



Mel-Anizi Bersaba (dental DMA) & Maureen Bersaba (GSA)

Moved from Better Living Hospital, Kenya to Waterloo Adventist Hospital & Freetown Dental Clinic, Sierra Leone

END OF MISSION SERVICE



Wesley (DMA) & Briana Arnold

Lusaka Adventist Dental Services, Zambia

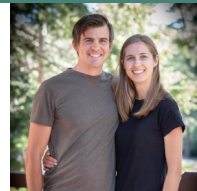


Irma Henry (GSA)

Haiti Adventist Hospital

Tim (GSA) & Annika (GSA) Cleveland

Haiti Adventist Hospital



Tim (DMA) & Claire (DMA) Gobble

Malamulo Adventist Hospital, Malawi



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.

Christmas Breakfast Recipe



Ingredients:

- 1/2 cup milk of choice (can be vegan)
- 1 cup rolled oats
- 1 ripe banana
- 1 tsp vanilla
- 1 tsp baking powder
- 1/4 tsp salt
- Suggested toppings: nut butter, maple syrup, coconut flakes, berries, chocolate chips, cinnamon & sugar dusting

Directions:

1. Combine all ingredients in a blender
2. Pan fry like normal pancakes using either a non-stick pan or a small amount of oil or butter
3. Serve with your favorite toppings

*Recipe by Carleigh Bodrug of @plantyou
Plantyou.com

Low-waste Ornaments

- Twig Ornaments: glue small twigs into interesting shapes (i.e. tree, star, snowflake)
- Thread popcorn and berries (cranberries suggested) on thin wire or string to create a garland
- Forage in local items in nature like leaves, flowers, pinecones
- Dry orange slices in the oven and attach a string
- Salt dough ornaments (flour, salt and water). Place in oven to harden after shaping.

*Ideas from Brightly.eco

