

Health Focus



"The people who are crazy enough to think they can change the world are the ones who do."

- Steve Jobs

When I read of the tumultuous and devastating events that occur daily in our sick world, the suffering and outcry of humanity, then I often think: "if only things could change ..." Mahatma Gandhi said that we must be the change we wish to see in the world - how we long to see changes!

Since my father bought us our first bicycle at the agricultural auction in town more than sixty years ago, I have never kept up with all the changes of modern technology on bicycles. The only furnishing that our farm bicycle had, was a 3-speed dial on the handle bars, but it was no longer operational and merely served as a status symbol.

It was only when our children started to invest in bicycles that I really became aware of the modern day changes in the bicycle world. I remember my son raving about the 30 gears, front and back shock absorbers, carbon fibre frame, tubeless tyres and many other accessories of his Scott Mountain bike. I simply stood amazed at the technological changes that bicycles have undergone in the last six decades!

And yet, as we all know, changes are not easy regarding our own lives. It was Jan Glidewell that remarked: *"You can clutch the past so tightly to your chest that it leaves your arms too full to embrace the present."*

Paul writes to the church in Rome and encourages them to place their lives before God: ***“Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out.”*** (The Message)

As we behold Christ, may we become changed so that our culture will not reflect a non-operational 3-speed on an auction bicycle, but lives embracing the present so that we may stand amazed at the changes He has brought about within us. It’s only then that we can become the change we wish to see in the world!

STEPS FOR BETTER BLOOD CIRCULATION

1. GET MOVING

Any physical movement can boost blood circulation. Go for a walk in the park. Exercise daily.

2. MASSAGING

A good massage will stimulate better blood circulation.

3. BREATH DEEPLY

Taking deep breaths is a wonderful exercise, allowing more oxygen to move through the body.

4. HEALTHY DIET

Eating wholesome food will prompt good blood circulation.

5. ADDING SPICES TO FOOD

Adding spices like turmeric, cayenne and ginger to your food, will



promote healthy blood circulation.

6. HOT AND COLD SHOWERS

For best results, start with a hot shower, followed by a cold shower. This will aid good blood circulation.

7. MAINTAIN A HEALTHY WEIGHT

Obesity can lead to poor blood circulation which in turn can cause blood clots.

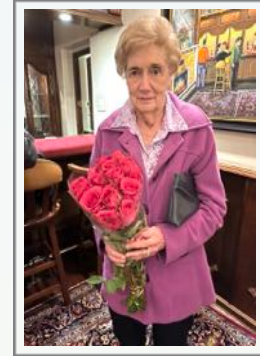
MRS ANNELENE STEYN RETIRES



Present at Annelene's farewell dinner: Francois Louw,
Henri Labuschagne, Annelene & Hennie Steyn,
Hennie van der Ness, Hein von Hörsten



Hennie & Annelene Steyn



Annelene Steyn

My career with APHHS started in March 1987 when I was appointed as a bookkeeper by Mrs Leni Joubert. This temporary appointment eventually lasted for a period of 35 years till end of April 2022.

I vividly recall working with the late Dr Warren Staples who was loved and respected by all. Patient appointments were normally fully booked for three months in advance. It was truly an honor to have served under his management.

I also remember the various Executive Secretaries that I worked with. Initially it was Ps Boet Breedt, succeeded by Ps Koos Louw. Then followed many joyful years in collaboration with Ps Hein von Hörsten. His inspiring leadership, optimistic attitude and accommodating spirit will always be cherished. Of all the Executive Secretaries, I served the longest with him.

I gained a lot of experience working with Mr Hennie van der Ness and Jannie Bekker, who both served at the SAU. I enjoyed their leadership as well as our association.

After Dr Warren Staples retired, Dr Peter Landless succeeded him as Director of APHHS. His humble spirit and sincerity was outstanding - his wonderful example and interest shown will always be remembered and appreciated.

Mr Hennie van der Ness then took up the position of CFO at APHHS and I was privileged to have worked closely with him for many years. His vision and human kindness, exceptional management skills, perceptiveness, leadership and encouragement truly inspired me to never give up.

I am also grateful to all those with whom I laboured for so many years - it was wonderful to have known you. I will always remember you.

From: **Rodriguez Jorge**
 Subject: Re: Health Focus #52
 To: von Hörsten Hein

Dear Pastor Hein:

Greetings from America. Thank you very much for forwarding us Health Focus#52 which keeps us in touch with our beloved African missionary field activities.

Thank you for your Ministry and please keep it up!

Blessings

Jorge Rodriguez
 Maryland, USA



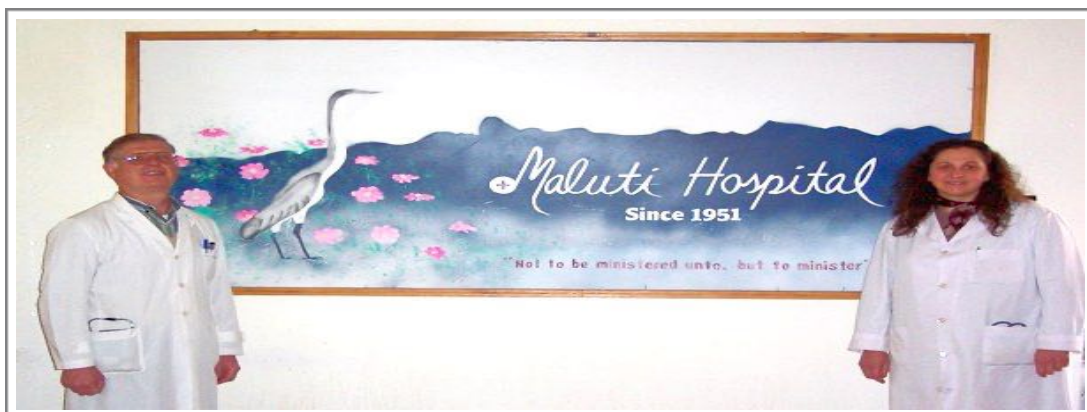
Drs Jorge Rodriguez and Elda Werdtz de Rodriguez are original from Argentina. In 2002 they gladly accepted a Macedonian call to serve at Maluti Adventist Hospital in Lesotho. They arrived with their family on 16 May 2002 and laboured as medical missionaries till 1 August 2021 when they retired from service. Their ministry at Maluti Hospital was mainly focused on General Surgery as well as Urology, Gynaecology and Obstetrics. Dr. Jorge also served as Chief Medical Officer for approximately 7 years.

They assisted in developing new ministries in the local church. Dr Elda established the Sabbath School Children's Ministries Department and trained many ladies who now serve to keep this ministry alive throughout the country.

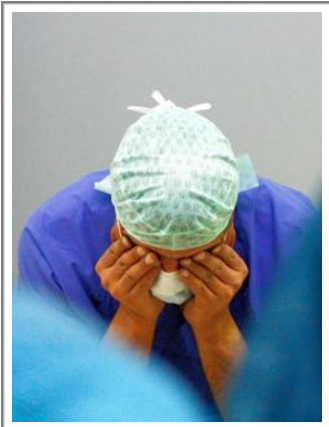
Education was another area strongly supported by them, specially primary schools.

They also developed a Ministry of Preventative Medicine in the Lesotho SDA Church while visiting congregations across the country, sharing and teaching biblical and inspired counsels regarding disease prevention. Furthermore they established and coordinated Health Expo's in Maluti Hospital's surrounding rural communities for approximately 4 years with remarkable success. Their outreach ministry introduced Jesus to many Lesotho residents as the great Healer.

For them, Africa will always be a beloved second home where many friends are deeply rooted in their hearts.



Abolish community service for new doctors



- Nicholas Woode-Smith (8 Sep 2022)

Doctors in South Africa have it rough. Places for medical students at universities are hotly contested and artificially restricted. And once a student makes it in, they have to study for a minimum of six years, then serve two years as an intern. In any normal job, this would be enough. But after these eight-plus years, they are expected to do an additional year working for the state as a part of mandatory community service.

This community service sees them become pawns of the woefully under-equipped and incompetent national health department and often just becomes another stumbling block contributing to alleviating our shortage of much-needed doctors. While allegedly a way for doctors to “give back” to the community, and to assign medical professionals to neglected areas, the way in which this project is enforced is tantamount to conscription. It should, like the aforementioned conscription, be abolished.

Doctors have no genuine obligation to give back to any community. They have paid their dues. First, by qualifying for a medical degree and then by paying for it. Imagine if we required all professions to do mandatory community service because paying for and earning their degree apparently wasn't enough.

Doctors, like everyone else, should have the right to use their hard-earned degrees as they like.

But, even if we were to tolerate mandatory community service in South Africa, the system is fundamentally broken. Doctors who have completed their six years of study and two years of internship and fully qualify in all meaningful ways to be a doctor, are left unable to practise because the government won't place them in a community service role.

Without this mandatory community service, they aren't allowed to practise. But the state doesn't seem to care about that or the chronic healthcare professional shortage.

In 2021, the South African Medical Association had to threaten legal action against the national department of health to force them to actually do their job and place doctors in community service positions.

An anonymous doctor, awaiting placement for community service for over three months, lamented how the delays in placement had disrupted his life.

“I feel as if I am living in a state of never-ending uncertainty, unable to progress in a career that I so wholeheartedly dedicated my life to.”

The entire process is fundamentally inefficient. This is consistent with the state's performance when it comes to policing crime, keeping the lights on, delivering mail and generally acting like a responsible institution.

The entire process of placing doctors in community service is fraught with bureaucratic nightmares. The national health department claims it has to work with a quagmire of stakeholders on a national and provincial level, including the treasury and the Health Professions Council of South Africa. It is a system that exacerbates inefficiency and makes transparency impossible.

But, worst of all, the system leaves the doctors who are left behind unemployed as they are not allowed to practise before they do their community service, yet they are not allowed to do their community service without being dictated to by an incompetent health department that has forgotten they exist.

“The reality of unemployment is no longer merely a temporary inconvenience but also evidenced by the accumulating mountain of bills and financial commitments, unhelped by the trove of unanswered emails and dismissive phone calls that I have been forced to put up with as part of the ‘system’,” added the anonymous doctor. He added that, while he is facing poverty as a trained professional, in merely three months, he has colleagues who have been waiting to be placed for six.

When doctors are placed in community service the trouble doesn’t end. They are often forced to do their service far from home, away from their families. This puts financial strain on them, as they have to acquire new accommodation, and puts a huge strain on their dependents.

This forced movement of a profession is reminiscent of the migrant labour system, which continues to tear families apart, so that a breadwinner can pay the bills.

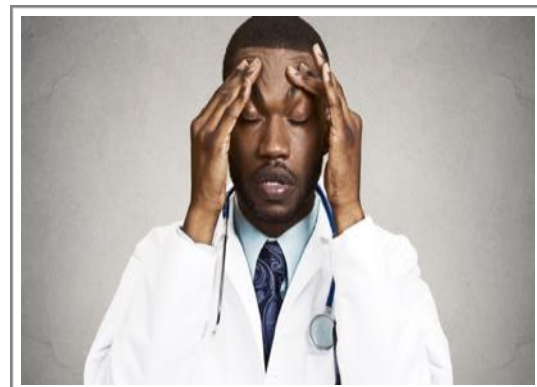
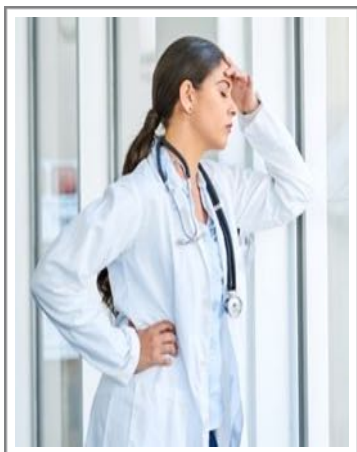
What the mandatory community service system does, above all else, is leave doctors beholden to an incompetent government that doesn’t care about them.

“Despite being a country with a chronic shortage of doctors, we are being forced to live in a never-ending state of limbo — paying taxes to a government that pays no heed to our concerns,” a doctor awaiting placement said.

Doctors have given enough already. They should not be required to give any more of their time. All that mandatory community service accomplishes is adding another hurdle to addressing our doctor shortage.

Mandatory community service must be removed. Let qualifying doctors practise as they wish. Let them join the private or public sector, let them specialise and let them use the degree that they earned as they wish.

If the purpose of community service is to redistribute doctors to neglected areas, then there are better ways to accomplish this. Deregulate the medical industry to make it easier to start private healthcare facilities wherever they are needed. And, if doctors are still needed in rural areas, provide tax incentives for the private sector to create scholarships for students that require them to do community service in a rural area.



There are many creative and less heavy-handed, disastrous approaches we can adopt to solve South Africa’s problems. Forcing an entire profession to become beholden to an incompetent government is not a good solution. And, by simply abolishing this terrible requirement, we will make tremendous strides in growing and retaining our medical practitioner population.

*The doctors quoted in this article wished to remain anonymous as they feared that criticising the health department would jeopardise their careers.

*** *Used with permission from Free Market Foundation*

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HEALTH EXPO MAFIKENG



5 June 2022, has left sweet memories to the area of Rooigrond, a community that is 15 kilometres away from Mafikeng in the North West Province. On this day, the Wholistic Involvement Empowering Ministry (WHIEM) conducted a very successful Health Expo, a second ministering series after the first series that were conducted in Cape Town in 2021.

A compiled data base record indicates 66 non-Adventist attendees showing great interest to start bible studies coupled with continued health lessons, and of these, 12 have already indicated their desire to join the Seventh-day Adventist church.

Since June we've enjoyed worshipping with them at Branch Sabbath school level, for two Sabbaths, and the number keeps on growing. It is our prayerful wish, as per objective of WHIEM, in collaboration with the local church and leadership to plant a church in the area soon.

As of now, one interested lady has offered her house for worship, but as the number grows, the room will not be large enough for us to continue meeting there for worship, and this is where we seek and pray for Divine guidance, to acquire a large enough structure or church for worship.

It is the plan and intention of WHIEM to conduct three more Health Expos in the vicinity of Mafikeng, and through the same ministry, hold similar expos in three other church Companies to revive the members who have stopped worshipping.

We prayerfully seek support through prayers and other kind, as we truly get involved in outreach through this ministry, as much as we are still having transport challenges to be transporting the expo equipment, even to further localities across Conferences and districts.

- Thank you for this report, Ps Stuart Banda. You and your team are in our thoughts and prayers as you minister to this community. May the Lord bless WHIEM abundantly.



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SUBMISSIONS are vital to make a newsletter both viable and meaningful. Your contribution, how small or seemingly unimportant, will truly be appreciated and instrumental in adding value to our newsletter.

PLEASE send your submission (news, pictures, articles, etc.)

to:

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