



# Christian Healthcare Ministries

*The biblical solution to healthcare costs*

July 2012

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*Christian Healthcare Ministries® is a Bible-based, voluntary medical cost-sharing ministry that fulfills the command of Galatians 6:2, that Christians carry each other's burdens.*

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## There's a reason it's called "the Gold standard"

A gold standard, according to [www.dictionary.com](http://www.dictionary.com), is "the supreme example of something against which others are judged or measured."

That definition certainly fits if you're talking about the Christian Healthcare Ministries Gold participation level.

The CHM Silver and Bronze levels are meaningful and helpful programs, but Gold is unquestionably the best value in health care cost assistance. Where Silver and Bronze help solely with inpatient and outpatient hospital bills, Gold

also assists with incident-related expenses such as prescriptions and doctor's office visits (excluding maintenance prescriptions).

Are you thinking about adding to your family? The Gold level offers up to \$125,000 in assistance—and up to \$1 million for Brother's Keeper members—per pregnancy including pre-natal and post-natal care, delivery, home births, midwives and complications.

As a Gold level member you have access to additional help with bills from pre-



See "Gold standard," page 6

## Through Dec. 31, join Brother's Keeper for immediate \$1 million sharing eligibility

If you're a CHM member but aren't yet a part of Brother's Keeper, here's an excellent reason to join now: you'll immediately be eligible for up to \$1 million in assistance per illness.

Brother's Keeper cost-sharing support normally accrues at \$100,000 per year until reaching the \$1million

maximum per illness after eight years. However, if you sign up for Brother's Keeper by Dec. 31, 2012, \$1 million in sharing eligibility per illness will be available to you immediately!

**All CHM Gold level members participating in Brother's Keeper will be eligible for the**

**increased assistance.** This group includes those who join at the Gold level, those who change their participation level to Gold, and those who are already in the Brother's Keeper program as Gold members.

There are other compelling

See "Brother's Keeper," page 6

## Help us honor our CHM military members



**Rev. Howard Russell**  
*President and CEO,  
Christian Healthcare  
Ministries*

In 1972, toward the end of the war in Vietnam, a friend of mine serving in the U.S. Army told me of several experiences that show the difference in the attitude of most Americans toward the military today.

He was traveling, in uniform, by Greyhound bus between Fort Jackson, S.C. and another South Carolina town. A group of four U.S. Marines, also in uniform, got on the bus ahead of him. They sat in the back; he was sitting toward the middle.

A few miles into the trip he felt a tap on his shoulder. It was one of the Marines, standing in the aisle. He said to my friend, "Why don't you come back and sit with us? We can keep an eye out for each other."



My friend did as the Marine suggested. The reason: it wasn't necessarily safe for a soldier in 1972 to travel alone in the United States.

While traveling by plane between duty stations, my friend was wearing civilian clothes. He sat in a window seat next to an older gentleman who identified

himself as a university professor. The flight was delayed for a few minutes, then for an extended period.

A flight attendant announced over the intercom that a mechanical issue was holding up their departure. Hearing that, the professor yelled, "What's really happening is that you're transporting cargo for the criminal war in Vietnam!"

Two years later my friend was stationed in Germany. One night, while sitting in a barracks room with a group of other soldiers, they got into a discussion of how long each had to serve, what they wanted to do back in the United States and other things soldiers talk about.

One of them, a young man named Doug, said, "I can't want to get back to the States; Germans don't like American soldiers."

My friend said, "Doug, you can walk down the sidewalk of any American city and find plenty of people who don't like American soldiers."

Everyone in the room became quiet. A few nodded their heads in agreement.

These are not intense, dangerous situations, as my friend attests. He was never spit on, sworn at, or physically threatened. These events simply are



indicative of the attitudes at the time of many American people toward the U.S. military.

Today, flight attendants announce when military members are traveling on a plane, asking passengers to give them a round of applause. There are tributes and expressions of gratitude for our nation's armed forces shown daily across the country.

Times have changed. And it's a good thing.

Christian Healthcare Ministries serves tens of thousands of members in all 50 states. We want to acknowledge our members who have family members serving in any branch of the U.S. Armed Forces. To do this we have to know who they are.

Please send us information about your family members so we can recognize them in future issues of our monthly newsletter. To do this we need:

*See "Military members," page 11*

## Blessed arrivals: CHM maternity story *The Boshart family*

**David & Shari Boshart**  
Durham, N.C.

**Total reductions: \$9,887**  
**Total bills shared: \$16,584**

Our family in December 2011 welcomed our fourth child, Joshua, whose name means “the Lord is salvation.”

His life story already reflects that declaration.

My pregnancy with Joshua was physically and emotionally exhausting, partly because our family faced stress regarding our living situation and business.



*L-R: Luke, Lydia, Shari, Joshua, David, and Levi Boshart*

The birth itself was challenging; after several hours of intense labor at our local birth center I felt nauseated and blacked out. I was immediately given oxygen and IV therapy, which helped me regain consciousness enough to deliver the baby. Paramedics arrived, but thankfully I didn't require a C-section or emergency transportation to the hospital.

Joshua was a healthy baby and I recovered enough to go home the next day. My mother came from out of state to help me care for our other three children and to prepare meals for us.

Then, without warning, eight-day-old Joshua woke up with a temperature of 102

degrees. I tried to cool him down and keep him hydrated, but the fever didn't subside. With each passing hour Joshua became increasingly lethargic and wouldn't nurse.



*Joshua Boshart*

My midwife advised me to take him to the emergency room. After testing, a doctor told me that Joshua was fighting a serious E. coli bacterial infection. We were fortunate that we caught the bacteria before it spread into the spinal fluid and became meningitis.

We had no idea how he became ill, but the doctor said that without medical care Joshua might not have lived another day.

Joshua returned home on Christmas Eve and was greeted by his excited brothers and sister. We are delighted to watch him learn and grow each day.

One of the best parts of this story is that the hospital wrote off 50 percent of Joshua's bills, and that Christian Healthcare Ministries reimbursed us for the remaining amount of our need!

We believe that CHM is

the Lord's provision—He is working through our brothers and sisters in Christ. Although we don't know you personally, we thank God for your love and support; you are a tremendous encouragement to us.

### Send us your baby stories and pictures!

We'd love to hear news of your baby blessing.

Send to: Christian Healthcare Ministries, Attn: Editor, 127 Hazelwood Ave., Barberton, OH 44203  
Or e-mail to: [editor@chministries.org](mailto:editor@chministries.org)

#### SOME RECENT ADDITIONS TO THE CHM FAMILY (STORIES TO APPEAR NEXT MONTH):



*Eden Naomi Cabill*  
Born March 24, 2012  
to Brian & Amy Cabill  
Irving, Texas



*Shiloh Nevaeh Marks*  
Born Aug. 1, 2011 to  
Garrett & Laura Marks  
Carlsbad, Calif.



*Declan James Ranem*  
Born March 31, 2012  
to Dustin & Mallory  
Ranem, St. Paul, Minn.

# Is your honey fake, illegal, or both?

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Medical Consultant

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E-mail:  
[doc@chministries.org](mailto:doc@chministries.org)

Health education resources at:  
[www.chministries.org/healthinfo.aspx](http://www.chministries.org/healthinfo.aspx)

A recent article in *Food Safety News* caught my eye: “Tests Show Most Store Honey Isn’t Honey.” What? How could honey not be honey?

Well, it really is honey—or at least it started out that way. But most honey in stores has apparently been run through an ultra-filtration process that removes the pollen and also the means by which scientists, governments and food safety officials can trace the honey to its manufacturing source.

*Food Safety News* purchased over 60 containers of honey from various U.S. retail outlets and had them tested at Texas A&M’s Palynology Research Laboratory. The results were astounding.

Over three-quarters of the honey sold in mainstream grocery (including Safeway, Kroger, Harris Teeter, Giant Eagle, and many others) and “big box” stores (such as Costco, Wal-Mart, Sam’s Club, etc.) were devoid of all pollen. Even worse, virtually 100 percent of honey sold at drugstores or contained in the small packets provided by fast food outlets was stripped of all pollen content.

In contrast, every honey sample purchased at farmer’s markets, co-ops and natural food stores contained the expected full amount of pollen. Organic labels

found in conventional grocery store chains were much more likely to contain pollen (most organic honey brands got their honey from Brazil, and clearly indicated this on the label).

## Brands tested for *Food Safety News* that did not contain pollen

American Choice Clover Honey  
Archer Farms Organic Blossom / Classic Honey  
Busy Bee Organic / Pure Clover Honey  
CVS Honey



Fred Meyer Clover Honey  
Full Circle Pure Honey  
Giant Eagle Clover Honey  
GE Clover Honey  
Great Value, Clover Honey  
Haggen Honey, Natural and Pure  
HT Traders Tupelo Honey  
Kroger Pure Clover Honey  
Market Pantry Pure Honey  
Mel-O 100% Pure Honey  
Natural Sue Bee Clover Honey  
Naturally Preferred Fireweed Honey  
Rite Aid Clover Honey  
Safeway Clover Honey  
Silver Bow Pure Honey

Stop and Shop Clove Honey  
Sue Bee Clover Honey  
Thrifty Bee Honey  
Valutime Honey  
Walgreen Mel-O Honey  
Western Family Clover Honey  
Wegman Clover Honey  
Winnie the Pooh, Pure Clover

So what’s the significance of honey without pollen?

According to *Food Safety News*, honey without pollen is no longer honey, as defined by the U.S. Food and Drug Administration (FDA).

International organizations, such as the World Health Organization and the European Commission, have determined that the presence of pollen is absolutely necessary to determine the honey’s source and to verify that it’s safe.

Those stricter standards led to a European ban on honey from India because of contamination with antibiotics and heavy metals. According to reports, the banned honey eventually wound up on American grocery stores’ shelves.

*Food Safety News* complains that the FDA is not inspecting honey for pollen content. As a result, experts and others in the business community believe that honey producers (especially those in China) are getting away with flooding the U.S. market with

See “How’s your honey?” on page 13

## Meet your CHM staff: Wilma Johnson



L-R: Brittany, Jonathan and Wilma Johnson



Wilma's daughter, Michelle Medlin, and her family

Christian Healthcare Ministries has another “can-do” staff member in Wilma Johnson. Wilma assists several departments. Her day-to-day duties include (but certainly aren't limited to) working with membership groups, organizing medical files and sending Information Packs and new member Welcome Packs.

Born in Berea, Ohio, Wilma did most of her growing up in Strongsville, Ohio. She graduated from Strongsville High School her junior year, which she noted “is not allowed anymore.”

Wilma also took college courses at Akron University's Orrville, Ohio campus and at Walsh University in North Canton, Ohio.

Raised in a Christian home and a frequent camper at Camp Sharon (Sharon Center, Ohio), Wilma was young when she came to know Christ as her savior. “The pull to the altar at camp has always been strong for

me,” she said. Interestingly, through the camp Wilma met the other love of her life, her husband, Jonathan. Today they have three children and two grandchildren.

Before joining the staff at CHM, Wilma worked as an LPN for 25 years, serving at a number of local hospitals, nursing homes and retirement centers. “As much as

I enjoyed being a nurse, I thoroughly love my new career at CHM!

“I love the friendliness and the honest caring of my fellow staff members,” Wilma added. “The Christian atmosphere is fantastic.

Everyone prays at the drop of a hat or the ringing of a phone, and they are sincere in every response.”

Wilma wants CHM members to know that “we are truly in the business of Christians helping Christians, and this has been an eye-opening experience for me about the caring nature of God's people!”



Wilma's son, Scott Johnson, and his family

## The wonders of walking *By Judi Ulrey*

“I don't really exercise. I just walk.”

If you've thought the same thing, please don't underestimate walking! It's unfortunate that the “no pain, no gain” mentality is common. We don't have to huff, puff and sweat to experience physical benefit. Brisk walking is a great way to wake up both your heart and body.

Ladies, are you concerned about your bone density? Take a hike! Walking is a weight-bearing exercise great for strengthening bones.

Has your doctor threatened to put you on blood pressure medication? Instead, reduce your blood pressure naturally by walking.

Do you have a few pounds to lose? Walk them away. Walking is a fabulous moderate-intensity exercise great for burning fat. Run a mile or walk it; you'll burn the same amount of calories.

How long do you need to walk? The longer, the better, but don't let a recommendation of a 30-minute minimum concern you. Any walking is better than no

walking. You also receive the same benefit from two 15-minute walks, so walk during your morning and afternoon breaks and you'll be set.

Do you know how many daily steps you take? A great little device called a pedometer can tell you. Experts recommend 6,000 steps each day for general health and 10,000 for fat loss.

Based on your body motion and your

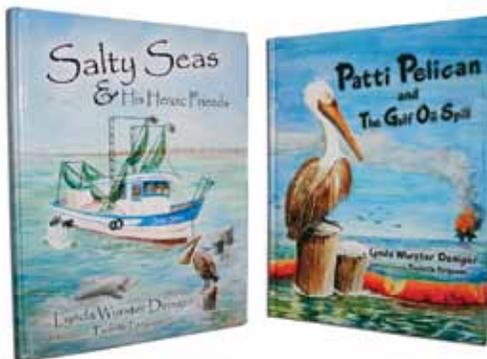
See “Wonders of walking,” page 11

## Member writes children's books about marine life

Christian Healthcare Ministries member Lynda Wurster Deniger has written two children's books—*Salty Seas and His Heroic Friends* and *Patti Pelican and The Gulf Oil Spill*—about coastal wildlife along the Gulf of Mexico's shores.

In *Salty Seas and His Heroic Friends*, Captain Charlie falls off the shrimp boat, Salty Seas. With a little teamwork, Salty and his animal friends—Sammy Seagull, Patti Pelican, and Dottie Dolphin—come to the rescue.

*Patti Pelican and The Gulf Oil Spill*, a sequel, follows the same characters in the



aftermath of the 2010 Deepwater Horizon oil spill. Patti and Sammy's feathers become soaked in oil.

Captain Charlie finds them and animal rescue workers clean them up.

Lynda Wurster Deniger lives in Abita Springs, La., close to the setting of her books. In 2009, she started HIS Publishing Co. She has sold nearly 4,000 copies of *Salty Seas and His Heroic Friends*. Lynda also founded the Southern Christian Writer's Guild.

Both books (\$19.95 each) are available at [www.saltyseasandfriends.com](http://www.saltyseasandfriends.com) or by contacting the author at [lynda@saltyseasandfriends.com](mailto:lynda@saltyseasandfriends.com).

### Gold standard (continued from page 1)

existing conditions. You can receive up to \$15,000 in your first year of membership; up to \$25,000 in your first two years; and up to \$50,000 the first three years. After your third year of membership the condition is no longer pre-existing.

There's more. With Gold you pay less in out-of-pocket expenses. You have more assistance available in our Brother's Keeper program for catastrophic medical bills (see the article on page 1 of this newsletter). There's also provision for wellness testing

(annual physicals, blood work, etc.) if the total dollar cost exceeds your Personal Responsibility (\$500 per unit, per calendar year).

"We're in business as a ministry to help our members," said CHM President Rev. Howard Russell. "Gold is hands-down our best program and we recommend it because we want our members to have the best. The Gold participation level is a terrific value."

*Editor's note: The Gold participation level is \$150 per month, per membership unit. To learn more about CHM participation levels, call our Member Assistance department at 1-800-791-6225, ext. 5993.*

### Brother's Keeper (continued from page 1)

reasons to sign up now for Brother's Keeper. You'll experience peace knowing you have a safeguard against mounting medical bills. You'll also feel good about the program's low quarterly cost—usually \$25 per membership unit, *though the past two quarters had no cost.*

To join, visit [www.chministries.org/catastrophicbills.aspx](http://www.chministries.org/catastrophicbills.aspx) or

call the CHM Member Assistance department at 1-800-791-6225, ext. 5993.

We hope you never need to use Brother's Keeper. No one wants to think about facing cancer or other major health challenges. But if it happens, through Brother's Keeper you'll have other Christians helping you with catastrophic medical bill support.

### FINANCIAL: PRAYER PAGE GIVING

Prayer Page total needs remaining this month:

**\$502,844**

Each need would be met **in full** if each member family contributed:

- \$36.64 this month *-or-*
- \$12.22 for the next three months *-or-*
- \$6.11 for the next six months

*Together, we can make eliminating these bills a reality! These amounts are suggestions; please consider giving today.*

All the believers were one in heart and mind. No one claimed that any of his possessions was his own, but they shared everything they had...There were no needy persons among them. Acts 2:32, 34a

JULY 2012

## What is the Prayer Page?

The Prayer Page is an additional means by which CHM members help other Christians.

Most of the medical needs listed on these pages are ongoing bills from pre-existing conditions, which do not qualify for sharing under Christian Healthcare Ministries Guidelines. (They are *not* bills incurred before members joined CHM.)

Giving to needs listed on these pages is not your CHM monthly gift. It is an opportunity to give over and above your gift amount. We urge you to send cards of encouragement even if you are unable to contribute financially.

See the sidebars on pages 8-10 for more information on how to give.

### Christian Healthcare Ministries Prayer Page

127 Hazelwood Ave  
Attn: Prayer Page  
Barberton, OH 44203

Phone: 800-791-6225  
(ask for the Prayer Page)

Fax: 330-798-6105

[www.cbministries.org](http://www.cbministries.org)  
E-mail: [prayerpage@cbministries.org](mailto:prayerpage@cbministries.org)

Prayer Page needs do not qualify for sharing under Christian Healthcare Ministries Guidelines. (See left sidebar)

**1. Patricia Alberino: 18255 Glencreek Lane, Strongsville, OH 44136** Patricia underwent a complete hysterectomy. After discounts, her bills total \$2,217. *UPDATE: Patricia received \$1,528 in gifts, bringing the need to \$689.*

**2. Pamela Apodaca: 2533 N 4000 W Box 8, Corinne, UT 84307** Pam had surgery to replace a critical aortic valve. She then contracted an infection and needed two more surgeries. After discounts of \$145,669, her remaining bills total \$107,385. *UPDATE: Pamela received \$6,045 in gifts, bringing the need to \$101,340.*

**3. Sarah Ashley: 459 E River Rock Rd., Belgrade, MT 59714** Sarah underwent hernia repair and incurred medical bills totaling \$7,200. *UPDATE: Sarah received \$4,553 in gifts and added \$4,193 in bills, bringing the need to \$6,840.*

**4. Kathy Barnes: 1445 Ink Grade Rd., Pope Valley, CA 94567** Kathy requests help with \$6,697 in bills she incurred from treatment of rheumatoid arthritis. *UPDATE: Kathy received \$4,347 in gifts, bringing the total need to \$2,350.*

**5. Amanda Binder: PO Box 7492, St. Joseph, MO 64507** Amanda became pregnant before joining CHM and incurred bills totaling \$3,338 for the birth of her son, Carson. *UPDATE: Amanda received \$1,950 in gifts and added \$608 in bills, bringing the total needed to \$1,996.*

**6. Vickie Brock: 1470 Fitts Dr., Gaston, SC 29053** Vickie underwent a biopsy and surgery to remove a breast tumor. She asks the CHM family for help with bills totaling \$16,998. *UPDATE: Vickie received \$2,793 in reductions and \$7,089 in gifts, bringing the total to \$7,116.*

**7. James Callista: 3104 Ventnor Ave., Longport, NJ 08403** After suffering from severe degenerative arthritis, James underwent major hip surgery. He asks the CHM family for help with \$4,214 in remaining bills. *UPDATE: James received \$1,170 in gifts, bringing the need to \$3,044.*

**8. Jean Christopher: 235 Jumping Branch Rd., Tamasee, SC 29686** Jean suffered a torn meniscus and underwent surgery. She asks the CHM family for help with \$2,889 in bills.

**9. Tiffany Collins: 33483 Mill Pond Dr., Wildomar, CA 92595** Tiffany became pregnant before joining CHM and incurred bills totaling \$3,700. She asks the CHM family for prayer and financial gifts. *UPDATE: Tiffany received \$1,611 in gifts, bringing the need to \$2,089.*

**10. Michael Copeland: 8126 Cambridge Gables Ln., Knoxville, TN 37938** Mike underwent septuple bypass heart surgery and requests financial help and prayer. After reductions, his bills total \$48,655. *UPDATE: Michael received \$28,207 in gifts. He now needs \$20,448.*

**11. Kim Cornett: 80 Grimes Rd., London, KY 40741** Kim had surgery to repair a hernia. After nearly \$11,300 in reductions,

she requests prayer and help with \$14,226 in bills. *UPDATE: Kim received \$9,445 in gifts. She now needs \$4,781.*

**12. June Dalton: 1500 Edgington Rd., South Salem, OH 45681** June underwent removal of basal cell cancer and asks the CHM family for help with bills totaling \$6,474. *UPDATE: June received \$4,088 in gifts, bringing the need to \$2,386.*

**13. John Paul Dodd: 711 Kimberly Ct., Caldwell, ID 83605** John Paul underwent a pacemaker replacement operation and incurred \$10,372 in medical bills. *UPDATE: John Paul has received \$6,851 in gifts, bringing the need to \$3,521.*

**14. Lindsay Ferguson: 512 Apple Way Dr., Danville, IN 46122** Lindsay has an eye disease that began before she joined CHM. She needs shots every three to six months and requests help from the CHM family to share her bills totaling \$1,550. *UPDATE: Lindsay added \$1,000 in bills and received \$410 in gifts, bringing the need to \$2,140.*

**15. Nova Ferguson: 5466 Knauss Rd., Sycamore, OH 44882** Nova suffered severe shoulder, arm and chest pain. Thankfully, she did not experience a heart attack. She incurred \$7,482 in medical bills. *UPDATE: Nova received \$4,993 in gifts, bringing the need to \$2,489.*

**16. John S. Fernald: 22421 E Broad Ave., Otis Orchards, WA 99027** John underwent testing for his pre-existing heart condition and incurred \$10,069 in medical bills.

*Continued on page 8*

## Who can give?

All readers are invited to give to Prayer Page needs (above regular monthly gifts) as they feel led.

All giving is voluntary; there is no obligation to give to Prayer Page needs to remain a CHM participant.

## How much should I give?

Give however much you feel led to give.

See the “Financial: Prayer Page giving” box on page 6 for suggestions.

## How do I send my gift?

You have two options for sending your gift to a fellow Christian listed on these pages:

**Option 1:** You can send financial gifts directly to people listed on these pages.

Please make your check out to the recipient you choose. You also can send a card or encouraging note.

The Giving Guide on page 9 can help you choose a recipient.

*Continued on the page 9 sidebar*

**UPDATE:** John received \$473 in gifts, bringing the need to \$9,596.

**17. Sheri Friedman:** 111 Heidi Dr., Swansea, IL 62226 Sheri incurred \$4,070 in bills for the treatment of breast cancer. She asks the CHM family for prayer and financial help. **UPDATE:** Sheri received \$4,600 in gifts. She added \$27,924 in bills and received \$15,140 in reductions, bringing the need to \$12,254.

**18. Cheryl Funk:** 205 Sunset Dr., Lot 121, Sedona, AZ 86336 Cheryl underwent cataract surgery and incurred bills totaling \$7,531 after reductions. **UPDATE:** Cheryl received \$5,953 in gifts, bringing the need to \$1,578.

**19. Rhonda Good:** 43455 County Line Rd., Columbiana, OH 44460 Rhonda was already pregnant when she joined CHM. She incurred \$4,196 in bills for the birth of her daughter, Emily. **UPDATE:** Rhonda received \$2,742, bringing the need to \$1,454.

**20. Nancy Graham:** 2401 2nd Ave., Upper Chichester, PA 19061 Nancy underwent treatment for a bladder condition. Her bills total \$8,422. **UPDATE:** Nancy received \$6,022 in gifts, bringing the need to \$2,400.

**21. Raymond Hall:** 10961 S 250th E Ave., Broken Arrow, OK 74014 Raymond suffers from thoracic outlet syndrome and underwent surgery. He has bills totaling \$60,762. **UPDATE:** Praise God! Raymond received \$35,276 in reductions and \$19,628 in gifts, bringing the total to \$5,858.

**22. Jack Hannum:** 1112 Barbara Dr., New Castle, IN 47362 Jack underwent heart testing and surgery. After reductions and a gift from his church, his remaining bills total \$10,540. **UPDATE:** Jack

received \$6,516 in gifts, bringing the total need to \$4,024.

**23. Amanda Hanson:** 5120 Sunset Ln., Everett, WA 98203 Amanda became pregnant before joining CHM and incurred bills totaling \$10,053 for the birth of her daughter, Katie. **UPDATE:** Amanda received \$4,283 in gifts, bringing the need to \$5,770.

**24. Judy Hayes:** 168 W Poplar St., Jesup, GA 31545 Judy underwent total knee replacement surgery. After reductions, her medical bills total \$5,692. **UPDATE:** Judy received \$2,042 in gifts, bringing the need to \$3,650.

**25. Linda Hofma:** 15280 Hopeful Church Rd., Bumpas, VA 23024 Linda has rectal cancer and underwent surgery. She incurred bills totaling \$11,748. **UPDATE:** Linda received \$5,440, bringing the need to \$6,308.

**26. Linda Ingham:** PO Box 38, Witmer, PA 17585 Linda had five eye surgeries following a detached retina and macula. She is blind in one eye and incurred \$21,294 in bills. She requests financial help and prayer that her vision will be restored. **UPDATE:** Linda received \$5,861 in gifts and added \$17,070 in bills, bringing the need to \$32,503.

**27. Cindy Jackson:** 23216 Nameless Rd. Unit A, Leander, TX 78641 Cindy suffers from non-Hodgkins lymphoma and incurred bills totaling \$21,971. She trusts that God will help meet her need through CHM members. **UPDATE:** Cindy received \$7,815 in gifts and added \$1,717 in bills, bringing the need to \$15,873.

**28. Paul Jehle:** 14 Homestead Rd., Sagamore Beach, MA 02562 Paul suffers from supraventricular

tachycardia, a heart rhythm disorder. He incurred bills totaling \$15,774 and asks the CHM family for prayer and financial help.

**UPDATE:** Paul has received \$1,227 in reductions and \$9,392 in gifts; his need is now \$5,155.

**29. Kelsey Korfhage:** 28894 550th Ave., Austin, MN 55912 Kelsey became pregnant before joining CHM. She asks the ministry for help with \$3,087 in bills from the birth of her son, Banning. **UPDATE:** Kelsey received \$1,919 in gifts, bringing the need to \$1,168.

**30. Linda Lavanchy:** 1730 N State Hwy 7, Camdenton, MO 65020 Linda underwent back surgery for a pre-existing condition and incurred bills totaling \$16,093. She asks the CHM family for prayers and financial help. **UPDATE:** Linda received \$8,049, bringing the need to \$8,044.

**31. Kathynne Leesley:** 3306 Ave. A, Council Bluffs, IA 51501 Kathynne had uterine cancer and underwent a hysterectomy. She asks the CHM family for prayer and for help with \$31,073 in medical bills. **UPDATE:** Kathynne received \$25,833 in reductions and \$2,154 in gifts, bringing the need to \$3,086.

**32. Mollie Jo Martin:** 6715 Hidden Trails Dr., Stillwater, OK 74074 Mollie Jo suffered a concussion that caused other health complications. She incurred \$1,914 in medical bills for testing and treatment. **UPDATE:** Mollie Jo received \$489 in gifts, bringing the need to \$1,425.

**33. Angelyn McMurray:** 109 W 5th Ave., Runnemede, NJ 08078 Angelyn became pregnant before joining CHM. She asks the ministry family for help with \$3,503 in bills. **UPDATE:** Angelyn received

\$1,635 in gifts, bringing the total to \$1,868.

**34. Lana Miller: 14737 Countryside Ct., Middlebury, IN 46540** Lana underwent surgery for hand pain and bilateral trigger finger. After reductions, her bills are \$4,088. *UPDATE: Lana received \$2,282 in gifts, bringing the need to \$1,806.*

**35. Michelle Miller: 219 Brookfield St. Unit C, Louisville, OH 44641** Michelle incurred \$5,708 in bills from the birth of her daughter, Delaney. The pregnancy was pre-existing and Michelle asks the CHM family for help meeting this need. *UPDATE: Michelle received \$268 in gifts, bringing the need to \$5,440.*

**36. Linda Minter: 318 Narnia Loop, Spring City, TN 37381** Linda's husband, Murray, passed away after battling rectal cancer. His bills total \$10,518. *UPDATE: Linda received \$1,677 in reductions and \$5,745 in gifts, bringing the total need to \$3,096.*

**37. James Muncy: 1730 Village Circle, Mishawaka, IN 46545** James underwent surgery for a diabetic ulcer on his foot. After reductions, he has \$8,871 in bills. *UPDATE: James added \$35,042 in bills and received \$15,816 in gifts, bringing the need to \$28,097.*

**38. William Newton: 5911 Country Brook Ct., Sugar Land TX 77479** William underwent knee replacement surgery and incurred bills totaling

\$17,277. *UPDATE: William received \$11,759 in gifts, bringing the amount needed to \$5,518.*

**39. Ronda Pearson: 57 Jack's Circle, Shell Knob, MO 65747** Ronda underwent surgery for an eye condition and incurred \$6,953 in bills. She asks the CHM family for help. *UPDATE: Ronda has received \$4,915 in gifts, bringing the total needed to \$2,038.*

**40. Ryan Perry: 10834 N 32nd St., Phoenix, AZ 85028** Shortly after being laid off, Ryan sustained a traumatic brain injury that causes debilitating head and neck pain. He asks the CHM family for help with

\$2,591 in bills. *UPDATE: Ryan received \$1,880 in gifts and added \$281 in bills, bringing the need to \$992.*

**41. Calvin Ratzlaff: 40596 307th St., Avon, SD 57315** Calvin suffers from hyperparathyroidism and has \$16,213 in medical bills. *UPDATE: Calvin received \$10,427 in gifts; the need is now \$5,786.*

**42. Rebecca Reeves: PO Box 13460, Spokane Valley, WA 99213** Rebecca was diagnosed with a brain aneurysm and underwent surgery. So far, her bills total \$290; she asks the CHM family for prayer and financial gifts.

**43. Joanne Roberts: 735 Addison Square, Kalispell, MT 59901** Joanne underwent treatment for sciatic nerve pain and incurred \$4,699 in bills. *UPDATE: Joanne has received \$3,577 in gifts, bringing the total need to \$1,122.*

**44. Joshua Sargeant c/o David & Tamara Sargeant: 6743 Corban Way, MacClenny, FL 32063** Joshua was born with hypospadias. He underwent surgery and incurred \$7,266 in bills. *UPDATE: Joshua received \$4,960 in gifts, bringing the need to \$2,306.*

**45. Tally Schmidt: 202 Holly Place, Walters, OK 73572** After undergoing a tumor removal, doctors determined they needed to remove Tally's ovary. She praises God that she is now pain free but she still needs help

## How do I use the Giving Guide?

In the Giving Guide, find the range of membership numbers in which your number falls. You can send a gift to the need number that corresponds to your member number.

For example, if your number is 110000, you would send to need #60.

These directions are only suggestions; if you are not a CHM member or feel led by the Lord to give to a need other than the one suggested, please do so!

*How do I send my gift?*  
(Continued from the page 8 sidebar)

**Option 2:** You can send financial gifts to the CHM office and they will be forwarded to the recipient you choose. The advantage is that gifts sent in this manner are tax deductible.

Please make your check out to CHM and write "Prayer Page" and the name of the gift recipient in the memo line. We will deposit your check and generate another check to send to the recipient of your choice. To contribute by credit card or automatic bank withdrawal, call 1-800-791-6225, ext. 5993.

*Continued on the page 10 sidebar*

## GIVING GUIDE

Membership #	Need #	Membership #	Need #
100025-100148	42	112880-113294	22
100159-100339	01	113298-113593	55
100354-100681	40	113595-113896	45
100684-101209	43	113902-114252	11
101215-101709	29	114254-114607	58
101733-102418	32	114609-114908	28
102525-103067	19	114912-115358	35
103073-103996	18	115359-116065	47
103999-104650	34	116067-117262	38
104655-105282	33	117264-118419	23
105285-105939	05	118423-119681	41
105959-106458	39	119692-121196	21
106461-107057	09	121199-122867	53
107069-107417	14	122874-124197	25
107422-107860	44	124201-125588	03
107863-108299	04	125609-127304	48
108301-108627	62	127305-128658	06
108628-108918	12	128659-130861	30
108928-109206	20	130862-132954	54
109219-109529	15	132955-135177	56
109534-109881	08	135179-137380	49
109882-110169	60	137417-139787	16
110181-110466	50	139788-143221	17
110471-110749	07	143224-144084	27
110760-111069	61	144085-144888	52
111070-111335	31	144890-145825	10
111336-111617	36	145826-146787	59
111619-111932	57	146788-148288	37
111935-112265	13	148289-149798	26
112270-112551	51	149799-151670	46
112552-112876	24	151672-154740	02

*How do I send my gift?*  
(Continued from the page 9 sidebar)

Please send your gift to:  
Christian Healthcare Ministries  
Attn: Gift Processing  
127 Hazelwood Ave.  
Barberton, OH 44203

Any gifts designated for a person not on the Prayer Page will be forwarded to another recipient.

*I am listed on the Prayer Page. What are my responsibilities?*

Individuals listed on the Prayer Page must report what monies they receive each month by the 15th (or the first business day after the 15th) of the following month.

Mail in your Donor Information Form, e-mail [prayerpage@chministries.org](mailto:prayerpage@chministries.org) or call 800-971-6225 and ask for the Prayer Page.

The Donor Information Form also is available online at [www.chministries.org/downloadforms.aspx](http://www.chministries.org/downloadforms.aspx)

To act fairly to everyone listed, Prayer Page guidelines state that CHM staff may rotate needs and remove listings of unresponsive persons without notice.

To obtain a copy of Prayer Page guidelines, contact us at the e-mail address or phone number listed above.

with \$11,526 in medical bills. **UPDATE: Tally received \$7,083 in gifts, bringing the need to \$4,443.**

**46. James Schreiber: 12113 W 82nd Terrace, Lenexa, KS 66215** James underwent extensive sextuple bypass heart surgery. After more than \$200,000 in reductions, his remaining bills total \$59,462. **UPDATE: James received \$13,222 in gifts, bringing the need to \$46,240.**

**47. Donald Schwarz: 3209 Nottingham St., Pearland, TX 77581** Donald underwent partial shoulder replacement surgery and is trusting God to meet his need through CHM members. After reductions of more than \$38,000, Donald's remaining bills are \$11,273. **UPDATE: Donald received \$5,780 in gifts, bringing the need to \$5,493.**

**48. Kathleen Settle: 4114 Bowman Ave., Indianapolis, IN 46227** Kathleen had surgery to remove a uterine polyp and her ovaries and fallopian tubes. After reductions, her bills total \$13,516. She asks the CHM family for prayer and financial help. **UPDATE: Kathleen received \$6,412 in gifts, bringing the need to \$7,104.**

**49. Kent Shoop: PO Box 86, Easton, WA 98925** Kent had surgery and radiation treatment for prostate cancer. He trusts God to meet his \$17,884 need through the generosity of CHM members. **UPDATE: Kent received \$8,372 in gifts, bringing the total \$9,512.**

**50. Jerry Sizemore: 7720 Surrey Dr., Indianapolis, IN 46227** Jerry suffered a swollen retina and loss of vision. He also underwent testing for stroke and aneurysm and praises God that these conditions were not present. He asks CHM members for help with \$1,806 in medical bills. **UPDATE: Jerry added \$2,194 in bills and received \$1,055 in gifts,**

*bringing the need to \$2,945.*

**51. Barbara Smith: PO Box 1167, Rupert, WV 25984** Barbara underwent a hysterectomy to remove uterine cancer cells. She has bills totaling \$9,372. **UPDATE: Barbara received \$5,829 in gifts, bringing the need to \$3,543.**

**52. James Snyder: 24848 Starlight Mtn. Rd., Ramona, CA 92065** James underwent emergency surgery for coronary heart disease. After discounts, his bills total \$109,571. The Snyders trust God to work through CHM to meet this need. **UPDATE: Praise God! James received \$22,530 in gifts, \$73,515 in reductions and \$2,410 in added bills, bringing the need to \$15,936.**

**53. Tricia Supan: c/o Gus Supan, 38011 Princeton Dr., N Ridgeville, OH 44039** Tricia suffers from Lyme disease and asks the CHM family for help with \$18,200 in bills. **UPDATE: Tricia received \$2,175 in reductions and \$10,146 in gifts, bringing the need to \$5,879.**

**54. Billy Thomas: 5642 Naomi Dr., Milford, OH 45150** Billy underwent hernia repair surgery and asks the CHM family for help with \$8,548 in medical bills. **UPDATE: Billy received \$443 in gifts, bringing the need to \$8,105.**

**55. Robert Thresher: 9681 Mosquito Rd., Placerville, CA 95667** Robert suffered a work-related hernia and underwent surgery to repair it. After significant reductions, his medical bills total \$4,362.

**56. Lessie Triplett: 6939 Kuck Rd., Charlotte, NC 28227** Lessie underwent bladder surgery and asks for help with bills totaling \$29,605. **UPDATE: Lessie received \$21,328 in gifts; the need is now \$8,277.**  
**57. Charlotte Vieth: 1500 Pella Rd., Martell, NE 68404** Charlotte

underwent laser surgery for varicose veins. After reductions, her medical bills total \$3,400. **UPDATE: Charlotte received \$179 in gifts, bringing the need to \$3,221.**

**58. Phillip Vollman: 13924 Radcliffe Rd., Chardon, OH 44024** Phillip underwent surgery for hernia repair and asks the CHM family for help with \$8,500 in bills. **UPDATE: Phillip received \$3,616 in gifts, bringing the need to \$4,884.**

**59. Sharon Warden: RR 1 Box 69-8F, Poca, WV 25159** Sharon underwent surgery for tumor removal and asks the CHM family for prayer and financial help with \$23,100 in medical bills. **UPDATE: Sharon received \$1,195 in gifts, bringing the need to \$21,905.**

**60. Rachel Weaver: 1380 Oaklyn Dr., Mohnton, PA 19540** Rachel was in a car accident and underwent cervical disc replacement. She had a second surgery due to complications. She asks the CHM family for help with bills totaling \$28,559. **UPDATE: Rachel received \$25,635 in gifts, bringing the need to \$2,924.**

**61. Merrily Wright: 600 9th St., Elko, NV 89801** Merrily underwent removal of a thyroid nodule. After reductions totaling nearly \$19,000, her remaining bills are \$7,684. **UPDATE: Merrily received \$4,603 in gifts, bringing the need to \$3,081.**

**62. Janette Zarkovacki: 4845 Old Farm Cir West, Colorado Springs, CO 80917** Janette incurred \$4,670 in bills from the birth of her daughter, Brianna. **UPDATE: Janette received \$570 in reductions and \$1,733 in gifts, bringing the need to \$2,367.**

## Wonders of walking (continued from page 5)

stride, pedometers count your total steps and calculate distance. They're a great way to set and achieve a daily step minimum. If you have a sedentary day, your pedometer will spur you to action.

Your pedometer should be comfortable to wear all day and well secured by its clip. The display screen should be easy to read without removing it from your waistband and protected so it doesn't accidentally reset.



Sticking to a specific program is always helpful in keeping you on track. If you're uncomfortable developing a program on your own, there are lots of Internet resources to help.

One of the best ways to stay motivated is through the support of a fun group. Have you heard of the American Volkssports Association ([www.ava.org](http://www.ava.org))? Participants rendezvous in great places for scenic walks.

Other resources are:

[www.active.com](http://www.active.com)  
[www.meetup.com](http://www.meetup.com)  
[www.walkingconnection.com](http://www.walkingconnection.com)  
[www.thewalkingsite.com](http://www.thewalkingsite.com)

Before you go on your first trip, make sure you're wearing shoes that provide the comfort and support you need. Improper shoes can ruin the best intentions.

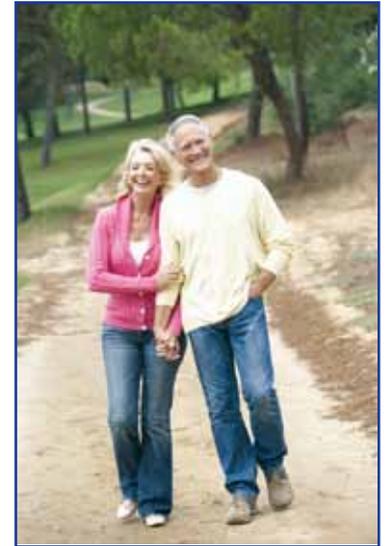
Consider the following:

**1. Length and width.** Your walking shoe size is likely larger than your dress shoes because your feet will expand while walking. Give your toes some "wiggle room" with a thumb-distance between toe-end and shoe-end. Also, make sure there's no slippage at the heel.

**2. Arch support.** Plantar fasciitis (a fallen arch) is a common malady among runners and walkers. Make sure you have comfortable arch support. You may also want to consider an arch wrap, such as Foot Arch Bands/FABS ([www.drroths.com](http://www.drroths.com)). It's a wrap secured by Velcro that provides additional arch support.



**3. Cushion.** Walking shoes should be padded inside and outside. The sole should be at least one-half inch thick. "Waffle" soles provide padding and traction for safety.



**4. Flexibility.** As your feet bend, so should your shoes. Bend shoes backward and forward into a "V" shape at the ball of the foot. Remember, "If the shoe don't bend, don't spend."

*Editor's note: Judi Ulrey has been promoting employee wellness since 1985 and now exclusively offers web-based health education. She presents to her clients a unique wellness message every month via video, audio, text, discussion boards and more. She can be reached at [Judi@FitnessConsulting.com](mailto:Judi@FitnessConsulting.com).*

## Military members (continued from page 2)

- name and rank
- branch of service
- duty station
- an item of interest you want to share about his or her service

Whatever their role, whatever their service, whatever their age, whether it's active duty, discharged after fulfilling their commitment or retired, we'd like to know

who they are.

These military members were willing to give their lives in defense of our country and in service to each of us. Some of them lost their lives in the line of duty. Their graves number in the tens of thousands and are located throughout our country and around the world.

Please let us know. Help us honor the military members who are part of the CHM extended family. Contact Shannon Potelicki in our office at [editor@chministries.org](mailto:editor@chministries.org), or write her at 127 Hazelwood Ave., Barberton, OH 44203 with your information.

We look forward to hearing from you.



*Hint: Use only last names for people*

**Across**

- 1. The number of stripes on the U.S. flag
- 3. A mountainside carved with Presidents' faces
- 4. A popular way of cooking food on summer weekends
- 6. A favorite way to celebrate July 4 with family and friends
- 9. An avian symbol of the United States of America

*Continued on page 13*

**Down**

- 2. "America the \_\_\_\_\_"
- 5. Independence Day was first observed in this city
- 7. A dazzling display lights up the night sky
- 8. A Founding Father said, "Give me liberty or give me death!"
- 10. "I pledge \_\_\_\_\_ to the flag..."

*Continued on page 13*

# Going to bed angry leads to bitterness

Compiled by **Dr. Michael D. Jacobson**, CHM medical consultant

In writing to the Ephesians, Paul exhorted them, “Be ye angry, and sin not: let not the sun go down upon your wrath” (Eph. 4:26). Perhaps Paul knew more about the physiological effects of anger or emotional pain than most people would give him credit. A new study seems to reinforce the counsel of Scripture.

Researchers at the University of Massachusetts Amherst showed photographs of various scenes to 106 young adult volunteers. The images spanned the spectrum of neutral to negative, including disturbing images of events such as automobile accidents. Afterwards, participants were asked to either go to sleep or stay awake for another 12 hours. After the interlude, they were re-tested

and shown the same photographs, albeit intermingled amongst other images they had not yet seen.

Those who slept immediately after seeing the pictures not only remembered the images more accurately, they also held onto the negative emotions they experienced when first seeing the disturbing images.

In the study, having some “awake time” after experiencing something negative seemed to “blunt” the emotional effects, while going to sleep with those images fresh on the subjects’ minds may have seared them more deeply into their memories.

Obviously, staying awake for 12 hours

is not necessarily the solution to coping with traumatic experiences. Thoughts and feelings still need to be processed appropriately for genuine healing to take place. Yet, a word to the wise: bitterness is the most common underlying problem witnessed by Christian counselors—all because we not only fail to forgive, we also fail to forgive promptly before the day is done.

*Baran, B., Pace-Schott, E. F., Ericson, C., & Spencer, R. M. (2012). Processing of emotional reactivity and emotional memory over sleep. *The Journal of Neuroscience: The Official Journal of the Society for Neuroscience*, 32(3), 1035-1042.*

## How’s your honey? (continued from page 4)

substandard (perhaps even dangerously so) and illegal honey.

Standard filtration is not a bad thing. It’s necessary to remove unwanted wax, bee parts and other debris. It also improves shelf life. But, according to industry leaders such as Mark Jensen, president of the American Honey Producers Association, ultra-filtration costs money and adds nothing of value to the honey. “There is only one reason to ultra-filter

honey, and that is to strip it completely of its pollen (an important ingredient for flavor and nutrition) so that no one can tell where the honey originated.” Jensen believes that the primary source of pollen-less honey is China, from which honey often makes its way into U.S. markets through “laundering” via other countries.

Since 1975, members of Congress and consumer organizations have appealed to the FDA to develop a standard for pure

honey. Although such standards already exist in other countries—and it intuitively seems like a very simple standard to construct, despite promises—one has yet to be developed by the FDA.

*Schneider, Andrew. (2012). Tests Show Most Store Honey Isn’t Honey: Ultra-filtering Removes Pollen, Hides Honey Origins. *Food Safety News*. Retrieved from <http://www.foodsafetynews.com/2011/11/tests-show-most-store-honey-isnt-honey/>*

## Let freedom ring! (crossword puzzle continued from page 12)

### Across

11. The most recent state to be added to the United States
14. European country that aided the American Continental Army
15. “Stuck a feather in his cap, and called it ‘macaroni.’”
18. “No \_\_\_\_\_ without representation.”
20. The first person to sign the Declaration of Independence
21. He wrote our national anthem
22. The first 10 amendments to the U.S. Constitution are the Bill of \_\_\_\_\_.

### Down

12. “The Star-Spangled \_\_\_\_\_”
13. U.S. motto: “In \_\_\_\_\_ We Trust.”
16. A Founding Father famous for flying a kite
17. Our patriotic uncle
19. A Founding Father and his son; both served as U.S. Presidents

*Answer key on page 14*

# Letters to Christian Healthcare Ministries

*Just as the church of Christ is not a building, Christian Healthcare Ministries is not an office in Ohio.*

*You, through your collective and faith-based sharing and support, make this ministry possible. We are privileged to serve you. We are privileged to serve Him.*

*These letters represent what you who participate in CHM are accomplishing for each other and for the cause of Christ.*

*-Rev. Howard Russell*

**We'd love to hear from you! Send us your letters:**  
**Christian Healthcare Ministries**  
Attn: Editor  
127 Hazelwood Ave.  
Barberton, OH 44203  
[editor@chministries.org](mailto:editor@chministries.org)

*Editor's note: Letters sent to CHM and printed on this page may be edited for length or grammar.*

## Dear Christian Healthcare Ministries:

Thank you, dear brothers and sisters in Christ! Thank you for the many heartfelt letters, and thank you for your prayers. Your love for our family is unimaginable and greatly appreciated.

Love,

The Rowland family  
Barberton, OH

## Dear Fellow CHM Members:

We just wanted to write a very grateful "thank you" for your gift to us. We are blessed with joy and relief because God has provided for our needs—our spirits are lifting as we pay off our medical debt!

Thank you for being a vessel He can use for His good purposes. We pray for the givers and appreciate their prayers for us, too.

In Christ's love,

Ray & Pam Hall  
Broken Arrow, OK

## Dear Christian Healthcare

## Ministries:

I want to thank you for your response to my recent medical need. Everyone I talked with was so helpful and kind. The need was met in a timely manner.

I appreciate so much the way Christian Healthcare Ministries works.

Sincerely,

Diane Busby  
Sebastopol, MS

## Dear Christian Healthcare Ministries:

Thank you so much for the financial gift. It helps us, as do your prayers.

May God bless you.

In His service,

Tim and Sharon Warden  
Poca, WV

## Dear Christian Healthcare Ministries:

I am writing to thank you all for

the prayers you have offered on my behalf. I recently received a prayer request card with my Member Gift Form. Much to my surprise, the request was for *me!* I am greatly humbled and appreciative of this opportunity to share my burden with fellow Christian members.

My condition is improving daily, and I will soon be in tip-top shape again if that is God's will. Surely the prayers from my fellow members will help speed my recovery. I am very grateful to you for making that possible.

Though I have just begun the process of submitting medical bills to you, I am confident that this process will also be handled in a manner that reflects the Christian values we all share.

Thank you for allowing me to participate in this important and meaningful work.

Most sincerely,

Dennis G. Roucek  
Cumming, GA

Answer key for crossword puzzle: 1.Thirteen 2.Beautiful 3.Rushmore 4.grilling 5.Philadelphia 6.picnic 7.fireworks 8.Henry 9.eagle 10.allegiance 11.Hawaii 12.Banner 13.God 14.France 15.Yankee Doodle (no space) 16.Franklin 17.Sam 18.taxation 19.Adams 20.Hancock 21.Key 22.Rights

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**Especially for Florida Residents:** A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free, within the state of Florida. Registration does not imply endorsement, approval, or recommendation by the State of Florida. 1-800-435-7352 Our Florida registration number is CH3543. CHM has not retained any professional solicitors or professional fundraising consultants and 100% of each contribution is received by our organization.

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**PRAYER REQUESTS THIS MONTH:** *These are prayer requests only. Please send your monthly financial gift to the CHM office (see instructions on your Member Gift Form statement). We invite you to send cards or words of encouragement to the people listed below.*

**Bonita Haynes:** 328 Skyline Dr., Glen Morgan, WV 25813 Bonita is undergoing physical therapy for bulging discs.

**Dan Treat:** 130 Twin Oaks, South Burlington, VT 05403 Dan is suffering from eye pain and requests prayer.

**Darrell Orange:** PO Box 49, Deweyville, TX 77614 Darrell recently underwent back surgery and requests prayer.

**Martha Hershey:** 82 Cherry Hill Rd., Ronks, PA 17572 Martha suffers from septicemia, abscesses between vertebrae and breathing issues. Please keep her in prayer.

**Dawn Scott:** 206 Edmondston Ct., Mauldin, SC 29662 Dawn underwent a lumpectomy and now suffers from bone pain. Please pray for good bone scan results.

**Jose Mejia:** PO Box 353, Wilson's Mills, NC 27593 Jose is a missionary who suffered a stroke and needs rehab therapy to regain his speech. Please keep Jose in prayer.

**Gilbert Miranda:** 3227 Centurion Pl., Ontario, CA 91761 Gilbert has been in and out of the ICU for months. Please remember Gilbert in prayer.

**Billy Cushman:** 203 S Edgewood Rd., Eden, NC 27288 Billy requests prayer for his wife, Linda, and a healed marriage.

**Rosalind Martin:** 14439 Hicksville Rd., Clear Spring, MD 21722 Rosalind has Stage 2 breast cancer with a low survival rate. Please remember Rosalind in prayer.

**Ariel Rivera:** 70 Kirmis Ct., Dover, PA 17315 Ariel has experienced heart problems and asks the CHM family for prayer.

**Carol Ireland, c/o Arthur Hamman,** 788 St. Rt. 603 W, Shiloh, OH 44878 Carol underwent emergency open heart surgery and had a heart valve replaced.

**Anita Lindgren:** PO Box 23, Stromsburg, NE 68666 Anita suffers from breast cancer and needs to undergo chemo and radiation.

# CHRISTIAN HEALTHCARE MINISTRIES

*July 2012*

## IN THIS ISSUE:

*There's a reason it's called "the Gold standard" • Join Brother's Keeper for immediate \$1 million cost support • Help us honor our CHM military members • Blessed arrivals: The Boshart family Healthwatch • Meet your staff: Wilma Johnson • The wonders of walking • Member writes children's books about marine life Prayer Page • Articles by Dr. Michael Jacobson • Letters to CHM Monthly prayer requests*



*The mission of Christian Healthcare Ministries is to glorify God, show Christian love, and experience God's presence as Christians share each other's medical bills.*

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