



Alliance Shares

Newsletter for Members of ASH

Changing Your Perspective
to Become a Healthier You!



PRESIDENT OF ALLIANCE FOR SHARED HEALTH

Mike's Minute



I can't think of a better Christmas gift to offer our members than a Covid survival kit. I'm not speaking of a bag of material goods but of feeding some character traits that already exist within you that need some nourishment at a time like this. In a survey I conducted, three things kept showing up on everyone's list when asked- "What is needed to survive these unprecedented times."

Persistence

When a journey is long and challenging, we naturally grow weary. Obviously, we are all very tired of dealing with the Covid pandemic.

We all long for the day that this season of life is behind us and the road is smoother and more normal looking.

Several years ago, I had the opportunity to listen to a presentation on the science of a high achiever which taught what makes successful people tick. The presenter took a little detour in his talk which provided some valuable information to me as a father of young children at the time. He explained that there are key indicators that would suggest a child will be successful as an adult. While he identified several traits, he went on to say that one far outweighed the rest and clearly sits at the top of the list. And if parents wanted to set their children up for success later in life, they would foster this most important trait - Persistence. Training them to persist in times of adversity.

We are certainly in a time that requires persistence, and we must find a way to refuel our mind, body, and spirit. It is time to be mentally sharp and persevere in those things we don't always want to do. Challenging times require more vigilance in maintaining and / or reclaiming the health of our body to sustain our physical being. And of course, we don't have to walk alone but have a loving God ready to meet us. Let us lean into prayer and draw strength and for daily renewal.

Understanding

From our life experiences, we know that not everyone thinks alike. Now, more than ever, that truth is evident. And while we recognize those differences in opinion, we still tend to want everyone to think like we do. Take a few moments to imagine a world where everyone thinks and acts just like you. What would that look like?

Whether that created an image of utopia for you or not, it's evident we don't live in that world and it's clear we have mixed feelings about this pandemic. Our different make-up and life experiences have created a wide spectrum of thoughts and beliefs about how we should be reacting to this situation.

Working on this trait of understanding will be harder for some. But no matter what your thoughts and beliefs are the process begins in the same way... to be slow to speak and quick to listen. I am reminded of words from a humbling prayer "Make me an instrument of your peace... grant that I may not so much seek to be understood as to understand." Respectful dialog so everyone can be heard is needed to bring about understanding.

Humor

It may seem inappropriate at a serious time, but go ahead... you have permission to laugh. It's not only ok, it is necessary! Find ways to bring laughter and joy to others... send a joke, watch your favorite comedy, do something to bring a smile to somebody's face. No matter what the circumstance, we must be intentional to bring joy into our lives and those around us.

This one is simple and needs no further explanation. It is essential at times like these and as we know it can be the best medicine!

My prayer for all our membership is that God grant you the grace to be persistent, a heart to understand, and a spirit of joy through this challenging season of life.

**God bless,
Mike Hentges**

**Check out Alliance Shares'
previous newsletters
throughout the year!**

March 2020

June 2020

Sept 2020

BIBLE ARMY INTERNATIONAL CHURCH UPDATE

Alliance for Shared Health is honored to carry on the mission of our Predecessor Bible Army International Church. Caring for our brothers and sisters in Ethiopia through vital medical care is central to our ministry. The below story represents countless stories that illustrate the need for our medical support.

Tayech is 2-month-old young infant that was brought into the clinic. She has had issues since her birth at home but recently was struggling profuse diarrhea and vomiting. The baby has been on mixed feeding due to lack of adequate breast milk. The mother has been experiencing weight loss, poor appetite and a chronic cough last over a month.

The parents do their best to provide for Tayech and their other child of 5 years. The father is poor peasant with only 40 false bananas trees which have no nutritional



value. The mother sells in a small market items such as avocado, bananas, and salt.

A physical examination of Tayeck showed her to weigh just over 8 pounds which low for her age; MUAC (Middle Upper Arm Circumference) was 7cm. The mothers MUAC is at 17 cm which indicates adult malnutrition. Both baby and mother have diffused skin lesions all over their body.

Unfortunately, this is not an uncommon situation for families in Ethiopia. With ASH's assistance, currently Tayech is on therapeutic nutritional management, intravenous antibiotics (Ampiciline and Gentamicine), and BBL for the skin conditions. The mother is receiving nutritional support, BBL for her skin condition and being examined for Tuberculosis.

This family and all those we support thank you for the care they so desperately need.





New Podcast Launched!

running eyes

PODCAST

ASH has experienced substantial growth over the last two years, and so has its health sharing impact in the United States and in East Africa. Since its inception, ASH has partnered with Shared Health Alliance to provide regulatory support, vendor recommendations, additional member assistance, and marketing initiatives. Corey Durbin, CEO of Shared Health Alliance, hosts this newly launched podcast. You will experience deep, meaningful conversations with the people and programs that help support ASH members as they access their health care needs.



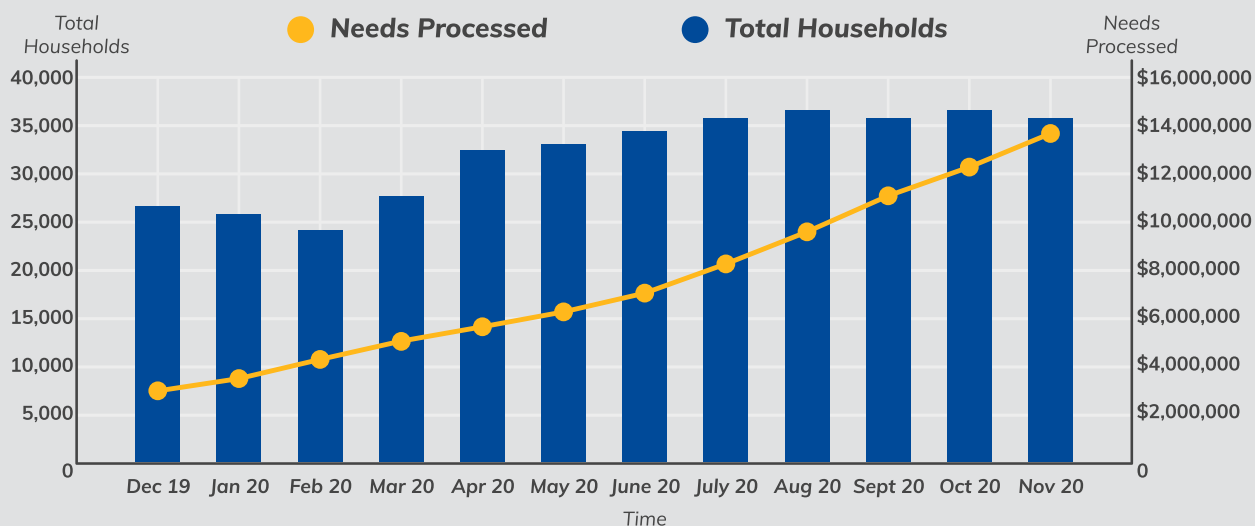
Running Eyes is a fantastic opportunity to get to know the heart of the people and programs that surround ASH. ASH is fully committed to growing in a way that enhances the member experience and allows it to walk in a manner worthy of its calling - to change health care and change lives.

We want to connect with you each of you on a deeper level. Please subscribe to the Running Eyes podcast today!

[Subscribe Here!](#)

ALLIANCE FOR SHARED HEALTH 2020

MEDICAL NEEDS SHARING SUMMARY





HEALTHY FOUNDATIONS

As part of your ASH membership, you have access to the Healthy Foundations video coaching. ASH members receive a link to a new training video. Valuable information is shared that will help members get and stay healthy.



Derik Scott
Fitness Coach

Inaugural Titan games runner-up
Professional MMA fighter
Guinness Book of World Records holder



Zeke Scott
Health Coach

Former Professional MMA Fighter
Former minor league football quarterback
Guinness Book of World Records holder

Watch Here!

See the latest installments

