

NL ADVENTIST eREPORT

A digital publication brought to you by the Seventh-day Adventist Church in Newfoundland and Labrador.

Greetings! In this issue NL Adventist Renal Dietitian Using Professional Skills to Benefit Colleagues and Community; NL Financial Tithe Report YTD...



Ana-Maria Gascoyne, HBSc, BASc, RD | Photo courtesy of Ana-Maria Gascoyne | NL Adventist Communications

NL Adventist Renal Dietitian Using Professional Skills to Benefit Colleagues and Community

January 15, 2018 | Interview with Ana-Maria Gascoyne | By NL Adventist Communications, Eric Ollila

NL Adventist Communications recently interviewed Ana-Maria Gascoyne about her work and ministry in Newfoundland and Labrador as a professional Dietitian. Here's what she had to

say...

NL Adventist: Ana-Maria, thank you for your willingness to share a little about the work that you do. I think it will be interesting for members of the churches in NL to get a glimpse into the line of work you are involved with. As our first question, would you let our readers know what kind of work you do? What is your job title?

Ana-Maria: Oh, yes, no problem! I'm happy to have this opportunity to share. Thank you for inviting me. As for my job title, I am a Regional Renal Dietitian.

NL Adventist: Who do you work for?

Ana-Maria: Central Health of Newfoundland and Labrador.

NL Adventist: Where did you go to university and what are your qualifications?

Ana-Maria: I attended the University of Toronto and graduated with an Honours Bachelor of Science. I also have a Bachelor of Applied Science degree from Ryerson University.

NL Adventist: How long have you been in this position?

Ana-Maria: Almost two years.

NL Adventist: What exactly do you do as a Regional Renal Dietitian?

Ana-Maria: I work in Dialysis units at the Grand Falls-Windsor and Gander Hospitals. I see about 100 dialysis patients and work with close to 200 clients living with chronic kidney disease.

NL Adventist: What kinds of things do you do with dialysis patients and with those living with chronic



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Ana-Maria: For people living with chronic kidney disease and end-stage renal disease, I try to encourage low sodium eating and other dietary modifications as needed, such as low potassium or low phosphorus eating. I do this with a mindset of maintaining as much autonomy and quality of life for my clients, in an otherwise restrictive diet.

NL Adventist: How many Renal Dietitians work where you work?

Ana-Maria: I am the only Renal Dietitian in Central Newfoundland and Labrador.

NL Adventist: I understand you were selected to work on a special project, would you care to explain what it is?

Ana-Maria: Sure. I was recently involved with contributing to a resource used by Renal Dietitians called the Essential Guide to Renal Dietitians. The Canadian Association of Nephrology Dietitians (CAND) releases updated guides every few years. The Guide includes various sections pertaining to kidney health and diet which dietitians from across Canada contribute to.

NL Adventist: Who are some of the major contributors and what has your relationship been to them?

Ana-Maria: Major contributors and volunteers can change with each edition. Since my work was largely editing, research, and writing I didn't actually get to see or interact with these individuals often.

NL Adventist: What is CAND?

Ana-Maria: CAND stands for Canadian Association of Nephrology Dietitians. The CAND is a Network under Dietitians of Canada and consists of Registered Dietitians who provide renal nutrition therapy interventions and counselling in chronic kidney disease, hemodialysis, peritoneal dialysis and renal transplant. The Canadian Association of Nephrology Dietitians (CAND) network is open to all Dietitians of Canada, members who are interested in renal nutrition. They have regional representatives from across Canada.

NL Adventist: What has been your contribution to the Essential Guide to Renal Dietitians?

Ana-Maria: My contribution has been to review and edit the section on Phosphorous and Calcium Metabolism. I reviewed and updated it with current information. Actually, I tried to revamp the entire section to make it more user friendly, with up-to-date guidelines and peer-reviewed evidence appropriate for the section.

NL Adventist: What will be the significance of this project in Newfoundland and Labrador?

Ana-Maria: Since I am the only Renal Dietitian in Central, NL, and look after all the patients who are on dialysis or have chronic kidney disease in this region, this project has pushed me to stay current and network with other dietitians, including the renal dietitians from the Avalon Region. I actually got to share the latest resources I have with them recently.

NL Adventist: What will be the significance of this project in Canada or any other place?

Ana-Maria: Hopefully, it will guide practice for dietitians in clinical settings for the renal population.

NL Adventist: How do you feel your position and experience could help Adventists in Newfoundland and Labrador?

Ana-Maria: Here in Central, NL, I offer cooking classes and presentations in the community. I try to work within the limitations or constraints of the group that I have to work with, try to be adaptive to their needs. I seek to help people and patients get evidence based, accurate information that is adapted to their living environment. I'm also working on a health program that will be aired on VOAR radio.

NL Adventist: Based upon your training, experience and what you get to see on a day-to-day basis as a Renal Dietitian, is there anything you'd like to share with your fellow Adventist brothers and sisters who read the NL ADVENTIST eREPORT?

Ana-Maria: Every day we make decisions on what to eat that are influenced by so many factors. Within a Christian context, it could be the intention of eating healthy to honour God and/or the decision to be vegetarian/vegan within an Adventist context. I would encourage readers to

be mindful when making any significant dietary changes to ensure a balanced diet is achieved and essential nutrients are not missing. And to always remember, eating healthy should be tasty, inviting, and enjoyable!

NL Adventist: Ana-Maria, thank you for your time!

This has been extremely fascinating learning a little bit about what you do and the project you have been working on. Is there anything else you'd like to share with our reading audience as a closing thought?

Ana-Maria: Yes, thank you! I'm more than happy to share about my work. Newfoundland and Labrador has one of the highest rates of diabetes and consequently chronic kidney disease in Canada. It is likely that many of your readers are currently managing a chronic disease. I want to emphasize how important it is, for those suffering from disease, to be followed by a health team, including a dietitian to more effectively manage your chronic disease through diet.

NL Adventist: Thank you Ana-Maria! We wish you God's blessings as you continue to serve the people of central, NL!

Ana-Maria: Thank you!

Ana-Maria Gascoyne was interviewed via telephone conference and was reached at her home in Grand Falls-Windsor. She will soon be starting a Masters degree from the University of New England through distance learning. The degree will be in Applied Nutrition, with emphasis in Nutrition and Disease Prevention. Ana-Maria's health tips will soon be made available on VOAR Christian Family Radio.

Publisher. Seventh-day Adventist Church in Newfoundland and Labrador Communications
President. Ken Corkum
Communications Director/Editor. Eric Ollila
Editors/Proofreaders. Gail Dempsey, Ros Ennis, Lucy Ollila

NL Adventist Financial Report Year-to-Date

January 24, 2018 | Information provided by Jack Baier, Accountant | NL Adventist Communications

(See Chart on Next Page) The year 2017 has been a good year, financially. We had the highest tithe in the history of the Seventh-day Adventist Church in Newfoundland and Labrador. It was approximately \$89,000 higher than 2016, and roughly \$50,000 higher than our previous record year of 2015, which saw tithe at around \$629,000.

Compared to 2016, 2017 is 15.04% higher and we had only 52 Sabbaths in 2017 as compared to 53 for 2016.

Major growth comes from Conception Bay South Church which saw an increase of approximately 40% due to a couple of special donations of tithe. It is hard to tell if it is a consistent indicator or related to a couple of one-time events. Also, there was an increase with Adventist Giving online to the Seventh-day Adventist Church in NL (SDANL). We have started to see an increasing number of donations come from outside of the province through Adventist Giving online. This is very encouraging. Another contributing factor is we have seen an increase in tithe in 8 of the 12 churches.

Corner Brook and Marystown are lower and experiencing some challenges. For Bonavista, 2017 was the last year to see it listed on a separate line. In 2018, the remaining Bonavista members will be listed under the NL Conference Church, so their tithe and offering donations will be included in that category.

In comparison with the Seventh-day Adventist Church in Canada conferences, Newfoundland and Labrador had the highest increase in tithe. We will include the numbers in next week's eREPORT.

Regarding Sabbath School and World Budget in NL. There was a 12.5% increase for the Sabbath School offerings and a 13% increase for World Budget. For Newfoundland Advance, we had a slight increase of 0.31%. We are glad to see it is an increase.

Year-to-Date (YTD) Tithe Report by Organization

January-December, 2017

| | | | |
|-----------------------------------|---------|----------------------------|-----------------|
| Bay Roberts Church (YTD) | | Lethbridge Church (YTD) | |
| 2017: \$80,931 | MEM: 54 | 2017: \$45,700 | MEM: 40 |
| 2016: \$73,782 | MEM: 56 | 2016: \$37,690 | MEM: 35 |
| Bonavista Company (YTD) | | Marystown Church (YTD) | |
| 2017: \$3,215 | MEM: 0 | 2017: \$21,601 | MEM: 43 |
| 2016: \$3,750 | MEM: 19 | 2016: \$22,298 | MEM: 43 |
| Botwood Church (YTD) | | NL Conference Church (YTD) | |
| 2017: \$36,432 | MEM: 35 | 2017: \$59,289 | MEM: 81 |
| 2016: \$34,887 | MEM: 36 | 2016: \$33,047 | MEM: 63 |
| Cape Freels Company (YTD) | | St. John's Church (YTD) | |
| 2017: \$17,974 | MEM: 13 | 2017: \$246,303 | MEM: 175 |
| 2016: \$16,866 | MEM: 12 | 2016: \$230,799 | MEM: 177 |
| Conception Bay South Church (YTD) | | Totals (YTD) | |
| 2017: \$115,868 | MEM: 38 | 2017: \$681,149 | MEM: 566 |
| 2016: \$82,704 | MEM: 36 | 2016: \$592,097 | MEM: 565 |
| Corner Brook Church (YTD) | | 2016-2017 Change | |
| 2017: \$29,828 | MEM: 56 | \$89,051 | %Chg |
| 2016: \$33,593 | MEM: 57 | | 15.04% |
| Cottrell's Cove Company (YTD) | | | |
| 2017: \$12,483 | MEM: 20 | | |
| 2016: \$11,585 | MEM: 20 | | |
| Grand Falls Church (YTD) | | | |
| 2017: \$11,525 | MEM: 11 | | |
| 2016: \$11,095 | MEM: 11 | | |

Source: SDA Church in NL Tithe, Sabbath School, and World Mission Fund Comparison, Report Period December 31, 2017. Financial figures rounded to nearest dollar.