



## New Year Brings Acts Ministry New Headquarters

With the start of 2021, Acts Ministry has a new home. We have left our headquarters office of seven years at the Plaza Towers and now operate out of offices at 4166 W. Kearney Avenue in Springfield, Missouri.

The new facility has much to offer. There will be three film studios, a large area for meetings and worship and space for several other ministerial services that were previously without benefit of a central workspace or workforce. We sincerely and prayerfully believe these new accommodations will help our subordinated ministries, ministers, affiliates, supporters and followers.

The new studios were set to go active New Year's Day. Please drop by and see our new headquarters!



**See More Photos of the New Office on Page 4**

# A Day in the Life of a Dialysis Patient

By Randal Phillips

**5:00 a.m.** The alarm clock sounds and you pry yourself out of bed. It's Monday, a dialysis day and you are on first shift. You mutter to yourself, "C'mon. Wake up," as you force yourself out of bed.

If you don't have a catheter in your chest, you get in the shower. If you do, that's a luxury you can't afford. Dialysis uses a cath that goes through the chest wall directly into an artery near the heart. It avoids the need for needles, but it isn't popular with patients or medical staff because it risks infections. Cath patients wash up in the sink, being careful to keep the cath site dry.

Breakfast. There are certainly things you can't have for breakfast. Like orange juice or hashbrowns or bananas (too high in potassium) or pancakes (too high in phosphorus). If you have cold cereal, you put coffee creamer on it because it's lower in the dreaded phosphorus than regular milk. No soy or almond milk: potassium. Eggs are welcome and help meet the need for protein your nurses are always harping about, but you've eaten eggs at every meal for a week. It's oatmeal, butter and honey. Small cup of coffee. (Gotta watch your fluid intake.)

**5:45 a.m.** Time to leave. The weather is irrelevant. Snow?

Half inch of ice? Doesn't matter. If you want to live, you go. Many dialysis warriors use alternative transportation: bus, taxi, medical transport. That's partly because dialysis breeds poverty and some just don't have cars. But it's also because the drive home with low blood pressure and a light head just isn't safe.

**6:00 a.m.** Weigh-in. Medical science has no simply way to tell how much water wait you've gained since you left the clinic on Friday. So you are regularly weighed and records are kept of the difference between one session and the next. If you've carefully adhered to the less than a quart a day limit, you might be carrying around only about three kilos of fluids. If you binged and drank extra water Saturday because it was hot, or had ice cream or soup that you forgot to add in, you're carrying more and are probably headed for a rough session. There is no dignity in the dialysis clinic: the weigh-in tech will call out your weight in kilos for the chair tech and everyone in between to know. It's not the place to be if you're sensitive about your weight.

**6:30 a.m.** Chair time. Dialysis happens in a chair something like a recliner, with a footrest and a tilting back. The dialysis chair can tilt far enough back to very nearly stand you on

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# Managing PTSD with Deep Breathing

By Donna Moller, Licensed Counsellor

Hi to all you wonderful people in Acts Ministry! I am writing this article just a few days before Christmas and I know you will not see this until January. Nevertheless, I want to share what Christmas is like for so many of my clients.

This year has been so different. The clients have come pouring in. They have had deaths of loved ones, loss of jobs, loss of being with family and friends. They have lost the affirmation they would have received from their work and from socializing. Including fellowship at our churches. Christmas is either the saddest time this year or the most peaceful as we focus on His love for us.

I have had to diagnose Post Traumatic Stress Disorder (PTSD) for many. Their stories often are tragic. As I listen, I must keep Jesus and His Word before me or the burden of listening to their sorrow would be too great. My tears are often at the forefront. Even now, as I write, their lives flash before me. I love them and Jesus loves them. Christmas is our miracle. Jesus's love is our Cornerstone, our Rock.

As I listen to my clients, I do deep breathing as this helps to know what the Lord is saying to my people. Deep breathing comes from the abdomen, is slow and quiet. I call it "under the table" breathing. One cannot see it. I must teach clients deep breathing as well, for they must know how to make wise decisions. If they do shallow breathing, the old man memories are the only thoughts they have. The person cannot function well if the emotions of the old man are running the show. Deep breathing allows them to

soothe the emotions and stops the old man thoughts from overwhelming them. Then, they can respond to truth, label feelings and thoughts and then make wise decisions. This brings transformation.

PTSD is a complicated diagnosis as it takes on so many faces, but helping one through it is not complicated. They need to first talk, talk, talk about their trauma. Too many experience shame from their trauma so have never talked to anyone about it. Or when they tried to talk, others really don't listen, so they give up and keep their pain inside. In order for this talking to occur, you must first be a safe person and create a safe environment for them. That's so important.

I will pick up the PTSD message next month. Never forget, all healing goes back to our knowing our identity in Christ and His love for us and His Word. We are loved, forgiven, whole, accepted in Him. His Word affirms this in so many places.

In His loving name, Donna



**Donna Moller**  
Licensed Professional  
Counselor



# Real News Review Article of the Month

## The Unpopular People

By Dr. James Wining

Over my lifetime I became personally aware of two groups of very “unpopular people.” In my youth, I observed the tragedies of Native Americans and as an adult the tragedies of autistic people. Neither group has the understanding, appreciation or concern demonstrated by the huge public outcry framed as “Black Lives Matter.” No, there isn’t a public movement like “Black Lives Matter,” for the Native American or the autistic person. No. What I see is a public again trying to cover up the group of people called autistic and call them “special needs.” Moreover, for the Native American to look down on their accomplishments and describe them as “fruitless enterprises”.

The Native American is accustomed to being lied to, promised one thing and getting another and generally placated without any recourse. Similarly, autistic people are use to having help one month and having nothing the next. They are also use to being hidden in groups of handicapped children or adults with again promises of help but nothing consistent to rely upon. Both groups are just not loud, rude and large enough for any real consistent help, recognition or for that matter any respect or love.

I sincerely regret I was unable to deliver on a promise I made to my Native American friends and relatives. I know you are familiar with white guys like me promising one thing and either delivering another or not delivering anything. In this case, I had promised a “Native American Cultural Show” on ATN this year. Due to administrative developments I regret that I am unable to deliver on this promise to you in 2020. I too hate failed promises, but rest assured my heart, mind and soul is to have this show live

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## Dialysis Day

your head. That's incase you pass out and the staff has to get your blood to your head **now**. Later models also vibrate and are heated for the same reason: circulation. Many people bring blankets and neck pillows. Whatever will make you comfortable. You'll need it; you're going to be in that chair up to five hours.

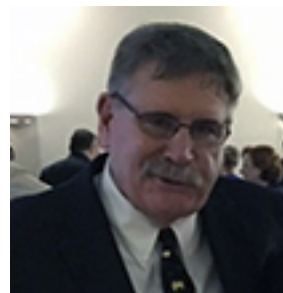
Needles. Some clinics offer lidocaine at the fistula (access) site to help numb the pain of the real needles. The real needles can be over an inch long and as thick as a finishing nail. There are two of them. One to take blood out and one to return it. Most patients are choosy about which tech inserts these “spikes” in their arm. Everyone's are is different. Your fistula may be tiny and hard to hit and you want someone who knows what they're doing and who knows your particular arm. This isn't the place for amateurs. If they miss, they have to stick you again. It's a serious deal to miss a treatment because the tech can't hit your fistula.

Your fistula is in your upper arm. That's lucky. Some folks with circulator issues have them in their legs or feet. Some

in 2021.

Over the years, Acts Ministry has been active in autism projects in Kansas City, Missouri, New Milford, Pennsylvania, and Springfield, Missouri. While I have been actively involved in various special needs projects, my true compassion is to the families affected by autism. I will be planning on uses of our nice-sized chapel area in the new building for meetings, support and service activities in 2021 for families and individuals affected by autism.

A final word on my Native American relatives, families and friends: Yes, Pam and I have visited the Kaw Nation Casinos in Oklahoma very near where my grandparents are buried and the city where my mother was born, Kaw City. Furthermore, we have played a few of their slot machine games. We visited with many people unfamiliar with our lifestyle as we were unfamiliar with theirs. Our attitude is very simple. If we win, we give it to Acts Ministry; if we lose, it goes to support the Kaw Nation. Either way, we win. Don't get too excited. My limit is the price of two meals or \$20.00.



**Dr. James Wining**  
President  
Acts Ministry



even have them in bizzar places like the top of their head. That's not a good arrangement. Wherever it is, you can't move it for the entire time you are in treatment.

**Editor's note: Next month, we will continue with the remainder of the dialysis patient's day. Don't miss it!**

Acts Ministry maintains a fund to help those on dialysis cover the expenses of a kidney transplant. You can help with a contribution either singly or monthly by sending a check to: Acts Ministry, 4166 W. Kearney, Springfield MO 65803, or online at [www.actsmideiagroup.com/category/donation/](http://www.actsmideiagroup.com/category/donation/). Note that the contribution is for the Acts Kidney Fund. Thank you.

*Designed and Edited by*  
**THE PROOF SHOP**

# Acts Television Network

## SIMULCAST ON ACTS RADIO

**Archives are Available on [ActsMediagroup.com](http://ActsMediagroup.com)**

Click on ACT TV tab along the top of the home page or check out our YouTube channel

**Morning Drive** *Mon.-Fri., 8-9 a.m.*

**Hosts:** Matt Pearson and Jason Cobb

**Brighter Living** *Mon., 9-10 a.m.*

**Host:** Steve McAllister

**Sacred Ways** *Mon., 10-11 a.m.*

**Hosts:** Troy and Belinda Johanson

**The Spirit in America**

*Tues., 9-10 a.m. Host:* Randy Baar

**Crime Time** *Tues., 10-11 a.m.*

**Host:** Steve Albrieht

**The New Gold Standard**

*Wed., 9-10 a.m. Host:* Tony Hammock

**Open Ended** *Wed., 10-11 a.m.*

**Hosts:** Peggy and Geoff Haberen

**Penny for Your Thoughts**

*Thurs., 9-10 a.m. Host:* Susan Abar

**Power Hour** *Thurs., 10-11 a.m.*

**(Pre-Recorded)**

**Morning Mouth** *Fri., 9-9:30 a.m.*

**Hosts:** Johnny Rooster and

Matt Pearson

**Happy Hour** *Fri., 10-11 a.m.*

**Hosts:** Dr. Paul and Nancy Collins

