

BestHealth

Wake Forest University Baptist Medical Center

April 2008 Events

Events are held at BestHealth in Hanes Mall or other locations, as noted.

☞ = registration required. Call Health On-Call® at 336-716-2255 or visit www.besthealth.com. To become a BestHealth member, call 336-765-8804 or visit our web site.

1 TUE - Yoga for the Heart

1 p.m. Join Valerie Kiser, RYT, of Sunrise Yoga for an introduction to basic moves and stretches that can help decrease your risk of heart disease. ☞



1 TUE - Gluten-free Cooking

5:30 p.m. Lee Tobin, founder of Whole Foods Market's® Gluten-free Bakehouse, shares gluten-free dishes, including salads, pastas, alternate grains and gluten-free desserts for kids. Samples provided. ☞

2 WED - What Your Footprint Says About You

11 a.m. James Guarino, arch support specialist with FootSource, Inc., presents an interactive demonstration of podography as it relates to arch support, injury rehab and issues related to proper footwear. ☞

2 WED - Burns: Better Treatment, Better Outcomes

2 p.m. Jared McFarland, RN, of the WFUBMC Burn Center shares the latest advances in burn treatments and explains how careful and thorough interventions can relieve pain, lessen restrictions and improve visual outcomes. ☞

3 THU - Straight from the Oven

3 to 4:30 p.m. Oven roasted meats and vegetables are full of flavor and nutrients. Join Barry Moody for recipes and samples of these tasty delights. For BestHealth members only. ☞

3 THU - Plastic Surgery for Healing or Healthy Faces

6:30 p.m. Everyone wants a beautiful face. Hear Dr. Lisa David of WFUBMC Plastic and Reconstructive Surgery explain the risks, benefits and processes by which an ordinary or injured face can become extraordinary. ☞

4 FRI - Pilates: Better Posture, Less Pain

1 p.m. Pilates helps the body restore the natural curves of the spine, improving both posture and balance, which reduces pain. Join Amy Dixon of Your Pilates Place for this introductory class. ☞

7 MON - 7 Habits of Successful Gardeners

1 p.m. Toby Bost of the NC Cooperative Extension Service offers tips to make your yard and garden a springtime best. For BestHealth members only. ☞

8 TUE - Belly Dancing

6 p.m. Learn a fun way to get in shape with instructor Paula Stump. Dress comfortably to participate. ☞

9 WED - All about Autism

6 p.m. Learn from WFUBMC pediatrician Dr. Kurt Klinepeter how autism affects individuals differently and to varying degrees, making early diagnosis and specialized intervention crucial. ☞

10 THU - Club Independence

11 a.m. A NEW recreational therapy day treatment program for adults with disabilities at CompRehab. This program offers fun and laughter while working towards more independence in the home and community. This is a great opportunity to volunteer in the community. ☞

10 THU - The Alexander Technique

5:30 to 7:30 p.m. Join Ethan Kind to learn about this non-intrusive, proactive approach to teaching your body to identify and change poor body habits that cause physical pain, muscle tension and fatigue. \$20 for a two-hour session. ☞

11 FRI - Look Good, Feel Better

11 a.m. to 1 p.m. Women undergoing cancer treatment can learn ways to enhance their appearance and receive a FREE make-up kit worth over \$150 for participating. Sponsored by the American Cancer Society. ☞

11 FRI - Your Family Legacy: Tales and Treasures

2 p.m. Carol Eickmeyer and Leigh McMillan discuss how to organize, maintain and distribute family heirlooms. ☞

12 SAT - Spring Forward with De'lightful Dishes

2 to 3:30 p.m. Traci Latta shows how to use fresh produce in meals that are full of color, taste and nutrition. Recipes and samples offered. For BestHealth members only. ☞

Other Locations

7 MON - Asthma, Allergies and Your Child

9:30 a.m. Dr. Wendy Moore of WFUBMC Allergy and Immunologic Diseases discusses allergy and asthma in children. Held at the Children's Museum of Winston-Salem, 390 S. Liberty St. Free babysitting offered. ☞

8 TUE - Give the Gift of Volunteering

10 a.m. Susan Washabaugh of WFUBMC Volunteer Services shares how volunteering can bless the lives of others and your life too. Fulton Family YMCA. ☞

8 TUE - Knee Pain

12 p.m. Learn the treatments for knee pain and options for avoiding surgery from chief physician's assistant Frank Caruso of WFUBMC Orthopaedic Surgery. Central Family YMCA. ☞

8 TUE - Shoulder Injuries

7 p.m. WFUBMC physical therapist Marty Dekkers discusses common shoulder injuries and treatments to alleviate pain. Kernersville Family YMCA. ☞

9 WED - Understanding and Preventing Memory Loss

11 a.m. WFUBMC geriatrician Dr. Franklin Watkins discusses aging-related issues with memory and cognition. Held at Senior Services Center, Shorefair Dr. ☞

9 WED - Reversing the Diabetic Trend

11:30 a.m. Dr. Jorge Calles-Escandon of WFUBMC Endocrinology and Metabolism discusses the factors that increase the likelihood of having Type 2 diabetes and how making lifestyle changes can reverse the trend. Kernersville Family YMCA. ☞

10 THU - Exercising for Stronger Bones

1 p.m. Learn the causes of osteoporosis, a disease that affects women and men. WFUBMC radiologist Bill Allen provides tips on preventing and coping with osteoporosis through exercise. CompRehab Plaza, Miller St. ☞

Photos by Kevin Walker

Dr. and Mrs. C.E. Gray present door prizes Saturday before the start of the play.

Below: Michael Gray as Jesus in "The Upper Room to Calvary."



Play penned by pastor continues to draw big crowd

BY T. KEVIN WALKER
THE CHRONICLE

We have all heard of writer/directors, actress/singers and even model/actors.

But a pastor/playwright? It is a title that the Rev. Charles Gray has worn for years. Most people know about the pastor part. Gray has led the flock at Mt. Olive Baptist Church for decades. As a pastor and community servant, he is so beloved and respected that the City Council named the East Winston street on which the church sits, after Gray. As a writer and director, his Easter play, "The Upper Room to Calvary," has been a sell-out each year since Mt. Olive began staging the production in 1990. Gray doesn't take complete credit for the play's popularity.

"The Upper Room to Calvary" is based on the Resurrection of Jesus Christ, which Gray believes is still the greatest story ever told.

"This is a story that never gets old," the pastor said Saturday evening, 10 minutes before the curtain rose on this year's production. "It has withstood the test of time, generation to generation."

Over the years, "The Upper Room to Calvary" has evolved. Today, it is an all-out musical production featuring a live choir, dancers, musicians and dozen of actors and actresses. Saturday's production was staged in Mt. Olive's multi-purpose building (adjacent to the sanctuary), but venues across the state have hosted the production. Positive word of mouth has earned Mt. Olive invitations to perform the play at churches in Lexington, Durham and throughout North



Carolina.

Gray has never had any formal training in playwriting or directing (he co-directs the play along with his wife, Eula). In high school, he was a member of the drama club and took a theater class while an undergraduate at Fayetteville State University.

Gray decided to try his hand at playwriting after writing a song called, "Magnify." The show-stopping song is performed by the Virgin Mary in the First Act of the play as a celebration of her selection to carry the son of God.

"My wife said, you should write a play to go along with the song," Gray recalled. "Also, the Lord spoke to me and told me to turn it into a play."

Putting on the six-scene play is no small feat. The dozens of players in the church's Drama Club begin weekly rehearsals each January. There are routines for the dance ministry to learn, arrangements for the musicians to run through and numbers for the choir to perfect. It all comes together under the watchful eyes of the Grays. On Saturday, First Lady Gray monitored the performance from a vantage point near the audience, while Dr.

Gray worked behind the scenes.

In 2004, interest in the story of the crucifixion and resurrection of Jesus was at an all-time high with the release of "The Passion of the Christ," a Mel Gibson-directed film that made millions at the box office. When asked whether attendance to his play increased after the release of "The Passion of the Christ," Dr. Gray chuckled.

"We had been having sell-out crowds long before that movie every came out," he said. "After seeing the movie, I wonder if Mel Gibson saw our play before he made the movie."

But in the end, Gray says it is not about how many tickets are sold. He prays that his work will save souls and show someone the light.

"I just want someone's heart to be touched, someone who doesn't know God," he said.

Gray's other playwriting credits include his version of "Order My Steps" and "Let God Be God," a phrase that also serves as Mt. Olive's motto. Next, the pastor will collaborate with his son, Michael Gray, the church's assistance musical and dance director, on another musical stage production.

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☞ To register for events, receive general health care information, or to schedule a physician appointment, call: Health On-Call® at 716-2255 or 800-448-2255.

Unless otherwise stated, BestHealth programs are for adults; no children under age 12, please.



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MEDICAL CENTER