

Christian Home Rehabilitation Center, Inc.

August 2011

Volume 14, Issue 8



- Christian Home & Rehabilitation Center
- Christian Living Center
- Christian Homestead
- Marie's Place

Our Mission
Enriched by our Christian philosophy of care and compassion, we are a model of healthcare excellence in meeting the physical, emotional, and spiritual needs of those whose lives we touch.

The Community is Cordially Invited to Attend Our Annual Pie Social!



DATE: Wednesday, August 24

TIME: Serving 5:00 pm – 7:00 pm

PLACE: Christian Living Center

Home-made Pie & Ice Cream,
BBQ Sandwiches and Beverages

Free will donations accepted.

Dementia Awareness Walk Scheduled

The Dementia Concerns Coalition of Dodge County invites area citizens to put their best foot forward by supporting the “Steppin” Out for Dementia Awareness Walk on September 10, 2011. Proceeds of the Walk benefit Dodge County residents and families affected by dementia. Individuals can provide support by collecting pledges and walking in the event or through a monetary donation. For more information about the “Steppin” Out for Dementia Awareness Walk or the Dementia Concerns Coalition of Dodge County, please call Fawn Senn, CSW at (920) 324-9051.

visit us at www.christian-home.org

Community Education

Falls Are Not A Normal Part of Aging and Can Be Prevented!

Stepping On, a fall prevention workshop, will be offered in Fond du Lac on Wednesday mornings beginning September 7, 2011 and ending on October 26, 2011. Class will begin at 9:30 am and run until 11:30 am and will be held at the Aging and Disability Resource Center of Fond du Lac County, located at 50 N. Portland Street in Fond du Lac.

The workshop focuses on helping older adults, age 60 and over, to lessen the risk of falling. In the year 2008, fall-related deaths suffered by people age 65 and older far exceeded deaths caused by motor vehicle accidents. Falls are also the most common cause of both fractures and traumatic brain injury in older adults. Many individuals who fall are injured to the extent that they must give up living independently in the community and move to either an assisted living facility or a nursing home.

The State of Wisconsin has set the following criteria for those who would like to take the class:

- Participants must be able to walk independently, may use a cane indoors or out, or a walker for outdoor use only.
- Participants must live independently in your own home or apartment.
- Participants do not suffer from memory problems.

Stepping On is an evidence based program that has been rigorously evaluated by the State of Wisconsin. The evaluation results show that the education and strengthening exercises provided in this workshop have a significant impact on reducing risk factors for future falls. Class size is limited to 12 individuals. For additional information or to reserve a place in the class, please contact either Linda Berg at (920) 929-3429 or Claudette Auman at (920) 929- 3453. The series of classes are free of charge and all necessary class materials will be provided. Refreshments and weekly door prizes are also offered.

Topics to be covered in the workshops include: home hazards that may cause falls, avoiding the risk of falling while out in the community, what to do if a fall does occur, features of a safe shoe and much more. Please consider taking this class – the knowledge gained from the workshop can increase the chances of good health and independence for many years to come. ~Article submitted by Linda Berg.~

It's the Birthday Bunch

August 3 Walter Sigler

August 14 Marvin Van Buren

August 15 Doris Maas

August 24 Gladys Kastien

August 24 Eda Dunn

August 29 Marie Hopp



Help Wanted

Do you know a Certified Nursing Assistant or Certified Resident Assistant looking for a job? The Christian Home & Rehabilitation Center Inc. is currently hiring and is looking for individuals who are committed to providing high quality care and excellent customer service. For more information, please call Angie Hodge, Director of Nursing at (920) 324-9051.

Resident Shares Artistry

A love of arts & crafts helped lead the way to a life-long hobby that has evolved to produce useful works of art for the friends and family of Loretta Claggett—a resident of the Christian Living Center. Hand leather tooling—a process which adds texture, depth and decoration to leather—is a craft Loretta learned through a six week course more than 50 years ago.



Loretta is pictured with a leather purse & letter holder she tooled.

Using fine metal tools to create elaborate designs on the leather, tooling becomes a labor of love and patience with projects often requiring many hours to complete. Through the years, Loretta has hand tooled intricate decorative patterns on many items including; a bowling bag, purses and billfolds, an assortment of belts as well as letter holders and other decorative items.

Loretta has shared her love of this great hobby with many and has had the pleasure of teaching this art to 4H groups for 52 years.

The craft of hand leather tooling dates back to 1300 BC in Egypt. In America, the craft became popular in the 1800s to early 1900s when cowboys and ranchers embraced the "Wild West" theme.



The decorative end of the metal tool is pounded with a mallet into leather.

August Special Events

August 5 ~ Watermelon Event ~ 1:30 pm in Chapel

August 7 ~ Christian Music Entertainment ~ 10:00 am in Chapel

August 9-14 is National Smile Week!

August 12 ~ Strawberry Shakes ~ 1:30 pm in Chapel

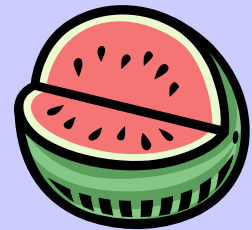
August 15-19 is Fair Week Surprises!

August 20 ~ Senior Citizen Appreciation Day

August 24 ~ Pie Social ~ 5-7 pm @ CLC

August 26 ~ Elvis Event ~ 1:30 pm in Activity Room

August 29-31 ~ Bowling Tournament



Alzheimer Support Group meets Monday, August 1st at 6:00 pm in room 201 at the Christian Living Center. A light meal will be served at the meeting. For more information, call Pastor Wick Hubers at 324-9051.



Chaplain's Corner

August 2011

“Thinking About Shepherds”

At a recent Bible Study here at The Christian Home we looked at John 10 where Jesus identifies himself as the Good Shepherd of his sheep. What a beautiful imagery we find there and in passages like Psalm 23. A shepherd knows his sheep by name and the sheep know the voice of their shepherd and will follow him. They trust their shepherd. They depend on their shepherd for all they need.

I found myself recalling a time when I was a kid and my dad was a truck driver who hauled livestock. One of the ‘*words of wisdom*’ I remember him sharing was that he never wanted to haul anything that didn’t walk on and off the trailer by itself. But he also would at times share thoughts that make me today say, “*My dad was not a shepherd.*” Inevitably, on the occasion he would haul a load of sheep, he would come home declaring they were the worst—even dumbest— animals he’d ever met! They didn’t move when you yelled at them. They would crowd into the corner when you tried to drive them in a certain direction. They would stand their ground and balk at entering the trailer and even if one **did** go on, the rest wouldn’t follow. Dad would be exhausted because he had to pick up each sheep and carry it on the truck one at a time! *Dad was not a shepherd.*

What a different picture from how we are told the Good Shepherd relates to his sheep. A true Shepherd is the first one onto the “truck”, he assures us it’s OK; we can follow him. There is a calmness and serenity in that picture, even if the circumstances in our life are as scary and unknown as a sheep looking into the dark hole of a cattle truck!

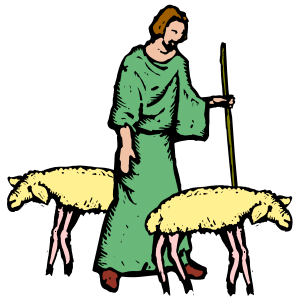
One thing we note here at The Christian Home is how often the road ahead of us can be scary and full of unknowns. Health, financial security, safety for loved ones, are all things that can make us wonder if this is really what God had in mind for us. But in the end, it’s the Shepherd who can calm us, take away our fears and assure us that it’s OK, he knows where we are going, he’s been down this road, and in the end

he is waiting for us to follow him through this life and into eternity itself. The Good Shepherd tells us the best is yet to come. The Good Shepherd assures us there is more to life than this life that we experience today. The Good Shepherd calms us with his voice, leads us with his presence, and loves us no matter what—we can trust him.

“The Lord is my shepherd...he leads me beside quiet waters...he guides me...even though I walk through the valley...” (Psalm 23)

“I am the good shepherd. The good shepherd lays down his life for the sheep. I am the good shepherd; I know my sheep and my sheep know me—” (John 10:11, 14)

Carry on! Wick Hubers, Chaplain



Sunday Worship Schedule

Aug. 7 Pastor Mark Arbisi
Union Congregational

Aug. 14 Pastor Jerry Sherstad
Faith Bible Church

Aug. 21 Pastor Roger Knowlton
Edgewood Community

Aug. 28 Pastor Jerry Wallendal
Fresh Start/YFC Waupun



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