

Care Center News

Church of Christ Care Center, 23575 15 Mile Road, Clinton Township, MI 48035

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Making a Difference



Some people just possess a gift for making a difference in the lives of those around them.

Do you know someone like that?

Are YOU someone who makes a difference?

Those financially supporting the Church of Christ Care Center fit into that mold! In 2008, the Care Center made a plea for support in order to build an outdoor nature area at our Assisted Living.

Through support of our Steak and Corn Roast, Golf Outing, and other donations, plans will be completed in the first quarter of 2009 so that this project can begin in the spring. Quotes are being received for fencing, additional seating, and additional foliage to make this area a place of peace and healing for our residents along with their family and friends. This is so wonderful!

We also see many volunteers making a difference.

Those who take time out of their busy schedule to enhance the lives of others should be highly honored. One area where we see many dedicated individuals helping our seniors is at the worship services which are held on our campus each Sunday afternoon.

Many congregations have volunteered to help coordinate worship services for our residents in order to meet their spiritual needs, and you are welcomed to join us! Time is a precious commodity that money cannot buy.

The Nursing Home residents enjoy worship services at 3:00 p.m. each Sunday while the Assisted Living services begin at 3:30 p.m. There is a list posted on our website (www.cofccc.org) which we update regularly letting you know who is hosting worship services each week.

Make a difference in the lives of our seniors by sitting with them, singing with them, or praying with them. This is a powerful way to enhance not only the ones you are near, but your heart will be changed for the better!

What's New?

- **Free**
Workshop on
January 13
- Centurion
Celebration
(see page 3)
- Beat the
Winter Blues!
(see page 4)

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Assisted Living



Bob Schlager takes the reins from Kelly Corbett

New Leadership

Kelly Corbett, our Assisted Living Executive Director, resigned in January 2009, as she is relocating to sunny, warm Arizona. Kelly has been a great leader and team builder this past year. Her expertise and management style will be truly missed.

We are happy to let you know that our current Health Services Coordinator, Bob Schlager, has accepted the role of Assisted Living Executive Director, and will continue to build on the good foundation Kelly has established in building a caring team, and in strengthening our programs.



Nancy Baggett steps down as Administrator

We are also sorry to let you know that Nancy Baggett, Nursing Home Administrator, has left the Church of Christ Care Center. She has been a strong leader and has helped us improve the quality of our Skilled Nursing Facility program. She will be reopening a troubled home on the westside that was refurbished after a flood, and hopes to enjoy possible advancement with the for-profit company. Until a proper replacement is found, Mike Serilla, CEO, will also act as the Interim Administrator. We expect business as usual for the strong team Nancy has helped develop.



Many Help Celebrate the Holidays

Assisted Living residents enjoyed a Christmas Party on Friday, December 12 by having a strolling buffet, carolers, and even a visit from Santa himself! Many friends and families were with us including groups from the Royal Oak Church of Christ and Northeast Church of Christ. Smiles and laughter abounded on this night of celebration.



Recycle That Old TV

On February 17, 2009, analog television will be obsolete. If you are considering replacing your old TV with a digital one, don't just throw that TV in the garbage. Just one TV can leak 8 pounds of lead into the environment. Instead, check out Consumer Electronics Association's website at www.mygreenelectronics.org, or go to www.earth911.org. Type in your zip code and a list of recycling centers will pop up for your area. But not all recycling centers accept TV's, so make sure you call first. You can also call the U.S. Environmental Recycling Hotline at 1-800-253-2687.



Centurion Celebration

Four residents living at our nursing home are 100 years of age or older! These Centurions were recently honored at the Care Center for this accomplishment!

Bernice Tuck and **Annie Maxwell** were born in 1904.



In 1904, the average life expectancy was 47, only 14% of homes had a bathtub, and only 8% of the homes had a telephone. There were 8,000 cars and just 144 miles of paved roads. 95% of all births took place at home while 90% of all physicians had no college education.

John Ploeger and **Bill Fend** were born in 1908.

John Ploeger turns 101 years old on January 13, 2009

In 1908, William Howard Taft succeed Theodore Roosevelt as President. The tallest structure in the world was the Eiffel Tower. The average wage in the U.S. was 22 cents per hour, and the average worker made between \$200 and \$400 per year. Sugar cost 4 cents a pound, eggs cost 14 cents a dozen, and coffee was 15 cents a pound.



These residents have seen much, endured much, and loved much in their lives.

Annie Maxwell, born in Scotland, turned 104 on November 5th

They are due the honor bestowed on them.



(left to right) Bernice Tuck, John Ploeger, Bill Fend, and Annie Maxwell



Bernice Tuck's 104th Birthday Party on September 24th



Bill Fend's (100 years old) family celebrates with him

Important Contact Information

“Do Not Call” Registry—for a program that stops telemarketers, call 1-888-382-1222 or go online at www.donotcall.gov

“Michigan Legal Hotline” - Michigan residents age 60 and older can receive free legal advice weekdays, call 1-800-347-5297

Do you feel like someone is trying to run a scam? Contact the Federal Trade Commission at www.ftc.gov or call toll-free, 1-877-FTC-HELP (1-877-382-4357)

Search the largest senior discount database at www.seniordiscounts.com

Beat the Winter Time Blues



Some Nursing Home residents and staff take a trip to see the circus.



While cabin fever is normal during the winter months, Seasonal Affective Disorder (SAD) can be a much more serious reaction. Symptoms include hopelessness, loss of energy, social withdrawal, depression, and weight gain. According to the Mayo Clinic, if you feel down for days at a time and you can't seem to get motivated to do activities you normally enjoy, see your doctor. This is particularly important if you notice that your sleep patterns and appetite have changed. It's often possible to successfully manage SAD. In milder cases, you may be able to take measures on your own, such as spending more time outdoors or sitting closer to bright windows while at home or in the office. Here are tips to help you manage the condition, in conjunction with your doctor: ~ **Stick to your treatment plan** ~ **Let there be light** ~ **Get out** ~ **Exercise regularly** ~ **Take care of yourself** ~ **Practice stress management** ~ **Socialize** ~ **Take a trip**

Winter Safety Tips



Assisted Living residents enjoy holiday parties with relatives.



While the holidays help usher in festive times and fun, the cold winter months can be quite dangerous. Here are some helpful tips to remember this winter:

- Dress warmly in loose fitting clothes, layering when possible. Don't forget your hat!
- Drink 6-8 glasses of water a day. Dehydration happens in the winter months, too.
- Space heaters need space (at least three feet) and some can be bought now with an automatic shut-off if the heater falls over.
- Install smoke and carbon monoxide detectors on every level of your home, change the batteries every year, and check batteries every month.
- Be prepared for power outages and bad weather by having an emergency kit and extra food available.
- Check on your friends often, especially senior citizens, during the winter months. A quick telephone call could really make a difference.

Gifts from September 9, 2008 through December 17, 2008

In Loving Memory Of:

Pete Armstrong

Mr. and Mrs. Ralph McQueen

Sylvia Buckland

Mr. Charles Buckland

W.T. Engle

Ms. Janie Engle

Lannie Franklin

Port Huron Church of Christ

Austin Gilley

Mrs. Viola Sullivan

Thelma Harrington

Inez Mosley

Sara Herianek

Mr. and Mrs. Robert Andrews

Amy Ivey

Mrs. Milodene Ward

Jake Jacobs

Carol Jacobs

Hazel Kibler

Mrs. Dorothy Jewett

Mrs. Viola Sullivan

Mr. and Mrs. Raymond Dick

Emil Notarangelo

Tony and Elizabeth Notarangelo

Gordon Ward

Mrs. Milodene Ward

Wish List:

- Dollar Store items to have a store for nursing home residents who like to shop
- Birthday gifts: new sweaters, sweatshirts, perfume, cologne, word find books, purses
- 1-yard pieces of material (for making walker pouches)
- Dish Towels (any color)
- Bias Tape and Velcro
- Plastic dishes (like Melmac)
- Costume Jewelry
- Finger Nail Polish
- Trays with lids (for sorting)
- Picture books (large pictures)

Please mark bag with donated items to "Activities"

Yes, I want to make a difference!

Name: _____

Phone: _____

Address: _____

E-mail: _____

City: _____

State: _____ Zip: _____ - _____

Enclosed is a gift of \$_____ to be used for:

- General Charitable Purposes
- Dollar Store (see above "Wish List")
- Outdoor Nature Area at Assisted Living
- Other: _____

In Memory/Honor of: _____

Please Acknowledge to: _____

Address: _____

City: _____ State: _____ Zip: _____

Please send me information about your facilities

**Free
Seminar**

The Church of Christ Care Center is pleased to present a FREE Educational Workshop with the Alzheimer's Association:

“Maintain Your Brain”

Date: Tuesday, January 13, 2008
Time: 6:30 p.m. — 8:00 p.m.
Place: Church of Christ Assisted Living
3rd Floor, Programs Room
23621 15 Mile Road
Clinton Township, MI 48035



Please call (800) 272-3900 to make your reservation.

All are welcome! Contact Patti Jenema if you have questions at 586-285-7125 or pjenema@cofccc.org

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To Our Special Friends:

