

Care Center News

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

586-285-7125 website: www.cofccc.org email: info@cofccc.org

Caregivers Need Care Too



You may be a caregiver now, or may (unknowingly) be one in the future.

A husband may find himself caring for his wife of 50 years after an illness, or a daughter may need to help care for her aging mother.

Caregiving for an aging spouse or parent can involve a small degree of time and care, or it may be a huge task which needs support, guidance, and training. Both degrees of caregiving involve stress and caregivers should consider:

Making decisions and choices - not everyone can or should be a full-time caregiver and there is no shame in this. Consider your relationship history, reasons for taking on the role, and personalities of everyone involved. Even changing your mind mid-stream can be a healthy and good decision. It is always a good idea to have a “Plan B” for your situation. Being a part-time caregiver, Care Manager, or Advocate is an active way of giving care.

Dealing with stress - avoid burnout by examining your feelings and moods as well as physical symptoms of stress. You may be burned out if you have feelings of withdrawal, isolation, sadness, irritability, hopelessness, or helplessness. If you notice change in sleep pattern, emotional and physical exhaustion, or feelings that you want to hurt yourself or the person you are caring for, seek help immediately.

Support System - find someone you trust who can help you as you take on your role of caregiver. Set realistic goals for yourself and be realistic about your loved one’s disease. Take care of yourself so that you may take care of the one that you love.

Resources - take advantage of supports around you such as respite care available at the Church of Christ Assisted Living, Caregiver Support Groups, Education through AARP, Area Agency on Aging, or your local Department of Senior Citizen Services. Email us at info@cofccc.org for more information.

What’s New?

- **Steak & Corn Roast / Golf** (page 2)
- **Volunteers Win State Award** (page 3)
- **Free July 13 Workshop** (see back)

Inside this issue:

Fundraiser Information	2
Nursing Home	3
Assisted Living	4
Memorials	5
Wish List	5
Giving Opportunities	5
Free Workshop	6

2010 Fundraiser Goal

Tax-deductible donations to all 2010 fundraisers—including the [Steak & Corn Roast](#) and [Golf Classic](#) listed below will support our Nursing Home Wellness Program by implementing Therapy Room renovations to assist those recovering from acute illness, disease, or surgery.

Steak & Corn Roast - August 21, 2010



Richard Paul has been making people laugh for over 25 years. He has dazzled thousands with his unprecedented style of ventriloquism and outrageous humor. He recently performed in Tokyo, Japan, Las Vegas, and has also appeared on Fox 2 Morning Edition.

Lift-off for our “Out of the World” cosmic adventure for our 23rd Annual Steak and Corn Roast will be at 6:00 p.m. on Saturday, August 21, 2010 under the Big Tent on the grounds of the Care Center.

Each year the Steak & Corn Roast is a highlight of everyone involved in our mission to the elderly. This year will certainly be no exception.



Hilarious entertainment by comedian and ventriloquist, Richard Paul, is sure to make this night a success.



We are offering an incentive if you purchase your tickets before July 31, 2010, you can get them for \$75.00 each. New this year: Group Discounts will be given! If you purchase 8 tickets for your group before July 31, 2010, you can purchase them for \$70.00 each.

After July 31, 2010, all tickets will be \$85.00 each. Contact Patti Jenema at pjenema@cofccc.org or 586-285-7125 today!

Golf Classic - September 18, 2010



The size of our golf outing nearly doubled in 2009 with more than 60 golfers experiencing a great day of golf while supporting a great cause!

Join us for our 3rd Annual Care Center Golf Classic at the Sylvan Glen Golf Course in Troy, Michigan on Saturday, September 18, 2010. Registration begins at 8:00 a.m. with a Shotgun Start at 9:00 a.m. \$100.00 ticket includes 18 holes with a cart, continental breakfast, hot dog during play, delicious buffet luncheon, and prizes! Contact Patti Jenema at pjenema@cofccc.org or 586-285-7125 for tickets.

“Senior Prom”

L’Anse Creuse High School students, including some high school seniors, joined the senior citizens at the Church of Christ Care Center in May for our “Hollywood Heyday” Senior Prom! Students were involved in our festivities as they sang for us as well as a Step-Team did a routine for us. This was a fun event for everyone!

After being voted into their honored positions, an exciting moment occurred when our King and Queen of the Prom were announced. Congratulations to Christina Turner and Elmer Kline, our 2010 Senior Prom King and Queen!



2010 King and Queen of the Prom, Elmer Kline and Christina Turner

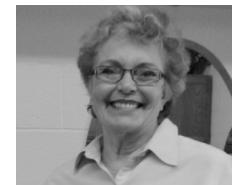


Volunteer Hairdressers Win State Award

The Aging Services of Michigan honored our Volunteer Hairdressers as the “Group Volunteer of the Year” at the annual conference in Grand Rapids, Michigan, in April.

Since 1987, Jan Howard has been an informal leader of a group of volunteers at the Care Center assisting those who could not otherwise afford to get their hair done. Jan admits to being tentative when she began volunteering, but she states, “It is the best thing I have ever done! Everyone needs to experience how it feels to volunteer.”

The personal care these volunteers give our residents is phenomenal! Contact us to join this award winning group and help brighten a resident’s day by contacting Cindy North at 586-285-7137 or cnorth@cofccc.org.



Jan Howard



Assisted Living Activities



Assisted Living residents remain busy with daily activities, special events, and celebrations. Our website is updated monthly with all of our upcoming events, so visit our homepage (www.cofccc.org) and make plans to join us. We are very thankful for our visitors and volunteers!



Respite Care Available at Assisted Living



The Church of Christ Assisted Living now offers respite care, or short-term stay, for residents needing temporary care for 3 - 30 days.

This is helpful for families and friends who are helping to care for a loved one but needs time away. During the upcoming vacation season, this is a perfect solution, and families can rest assured that their loved one is in good hands.

These visits are also an excellent way to become familiar and evaluate our services. Temporary visitors who wish to continue living here can easily transition into one of our regular levels of care.

Our temporary apartments are modestly furnished and include telephone and cable television. Short term residents also enjoy nutritious, delicious meals and snacks, personal assistance with daily needs, housekeeping, activities, and other amenities we offer our permanent residents.

There is a flat free regardless of the level of care needed. For more information, contact our Director of Admissions at 586-285-6201.



Gifts from March 4, 2010 through June 3, 2010

In Loving Memory Of:

Estelle Adams

Parkside Church of Christ

Sylvia Buckland

Mr. Charles Buckland

Olga Comito

Mr. and Mrs. Willis Barnes
Mr. and Mrs. Kurt Kraft

Amy Ivey

Mrs. Milodene Ward

Alfred Niksa

Attorneys At Law Arnold and Kadjan
Mr. and Mrs. George Krispinsky
Mr. Thomas Andrews
Mr. Jack Diem

William and Anna Norello

Mr. and Mrs. Anthony Mazzola

Mary Lou Pierre

Mr. and Mrs. Lee Gunter

Theodorus Reintjes

Mrs. Ena Reintjes Sr.

Virginia Russo

Mrs. Jeannette Schiele

Gordon Ward

Mrs. Milodene Ward

Arless Wilson

Mr. and Mrs. Felix Escano

Rozelle Ruth Zabel

Mrs. Linda Dunning
Mr. and Mrs. Michael Winters
Mr. and Mrs Dave Kolbe
Mr. and Mrs Averill Thomas
Mr. and Mrs. Bill Wright

Campus-Wide
Wish List:

- Men's aftershave/cologne
- Ladies perfume/body spray
- Body lotion and hand cream
- Lipstick and makeup
- Costume jewelry, Purses
- Small knick knacks
- Slippers - all sizes, Socks
- Baseball caps
- Wallets (men and women)
- Nail polish and remover
- Large print word search books
- Crossword books
- 100 piece puzzles
- Coloring books/crayons
- New sweaters, sweatshirts
- Deodorant, Toothbrushes
- Hairspray
- Dish Towels (any color)
- Picture books (large pictures)
- DVD collections of older TV shows
- Sing-A-Long DVD's or Videos

Please mark bag with
donated items to "Activities"

Other useful items:

- Clothing Protectors (call for details)
- Lap blankets (approx. 40" x 48")
- Towels and washcloths

Yes! I want to help give care through my donation!

Name: _____

Phone: _____

Address: _____

E-mail: _____

City: _____

State: _____ Zip: _____ - _____

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

In Memory/Honor of: _____

General Charitable Purposes

Please Acknowledge to: _____

Steak & Corn Roast Ticket - Quantity _____ tickets @ \$75.00 before 7/31, then \$85.00 each

Address: _____

Golf Ticket \$100.00 each - Quantity _____ tickets

I am interested in **volunteering**—please contact me!

Please send me information about your facilities!

Church of Christ Care Center

Where the special needs of the aged are met with special care.

**Free
Workshop**

The Church of Christ Care Center is pleased to present a FREE Educational Workshop with Corporate Trainer, Jill Gafner:

Positive Thinking

Date: Tuesday, July 13, 2010

Time: 6:30 p.m. — 8:00 p.m.

Place: Church of Christ Assisted Living
23621 15 Mile Road, 3rd Floor,
Clinton Township, MI 48035 (Off I-94, Exit 234B)

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

No registration required. Light refreshments available.

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www.cofccc.org

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To Our Special Friends:

