

Church Health Services News

December 2023

Renovation progress

All flooring is nearly completed, our meeting room is operational, and the best news, our LULA lift is being installed this week! Our first floor staff break kitchen area is almost complete which I guarantee with the holiday season is already being used. An Open House is being planned for the public in February, check inside our newsletter for the date and time. We will need that time to unpack!



All we want for Christmas!

Our Mission:

Church Health Services, Inc. is a faith-based healthcare organization that conducts primary, dental, and mental health care clinics for low income children and adults and partners with local congregations to help them become centers for health and healing.

Phone: 920-887-1766

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CHS in the Community

Call-a-thon 2024



Jim Flynn, chair for our Call-a-thon has finalized the dates for this fundraising event. Volunteers will be calling from Inter-Quest on the evenings of January 8,9,and 15. The goal for 2024 is \$40,000 and this fundraiser is one of our biggest of the year. The funds donated our community members are used to provide greatly needed health care to children and adults including dental and mental health services.

Holidays hectic?

We've just celebrated Thanksgiving and are rolling on toward Christmas and New Year. With these holidays comes celebrations, parties and for some stress. Make an effort not to over indulge and if you do, don't forget to hand over the car keys or get back to healthy eating habits soon. Don't beat yourself up about overindulging. Learn the lesson and let the past remain in the past. Spend some quiet time with family, friends and Jesus if you find stress mounting. Holidays are not a time of competition but of community.



With the Christmas Season upon us and the rush and hectic running around that happens, try not to get caught up in it to the point of it causing you stress and/or anxiety. Give the gift of time to yourself to relax.



Give the gift of time to family and friends who would enjoy a visit or a phone call.

Veterans and Service Members Support Group

1st and 3rd Tuesdays of the month
Rock River Wellness Center
Rock River Intermediate School
451 E. Spring St. Waupun, WI
Use S1 door in the back of building

Blue or SAD?



The "Winter Blues", also referred to as Seasonal Affective Disorder is something many of us can relate to. Sometimes it feels like we go from warm weather, to fall colors, to darkness in a matter of a few weeks. Many of us leave for work when it's dark outside and we aren't on our way home until the sun is setting. This can cause our brains some confusion as we are now lacking the warmth and sunlight that we had only a short time ago. So, what do we do about this? Luckily there are a few things we can do to help combat this darkness. One of these is to continue to participate in activities that bring joy. Bundle up and spend some time outside in the sun, spend time with family and/or friends, read a book or watch a funny movie, or enjoy the beautiful Christmas lights outside after dark. Routine is also an important part of combating the negative effects of the winter. Plan a day each week to meet up with friends, plan a family game night or movie night, meal plan so that you are getting proper nutrition, and/or go to the gym and workout 3-5 days a week. As always, if these things aren't working, please seek assistance from your primary care doctor or therapist for alternative options for support.

To receive a copy of our newsletter, contact us at info@churchclinic.org. or (920) 887-1766, option 5.

Community Support



John Ralston Lifetime Achievement Honoree



This award is presented to an individual or couple with a minimum of 20 years of philanthropic involvement with a proven record of exceptional generosity; who has demonstrated outstanding civic and charitable responsibility; and whose generosity encourages others to take leadership roles in philanthropic activities.

John has provided his time and talents to Church Health Services and many area nonprofits. He has been honored as a BDUSD Friend of Education - 2000, Beaver Dam Chamber of Commerce Citizen of the Year - 2005 and most recently he received a Lifetime Achievement award from the Greater Madison Area Association of Fundraising Professionals at their recent National Philanthropy Day Awards Luncheon. Nominated by Thea for this award, it was presented to him at the Overture Center.

To top it all off, John was honored as this year's Holiday Parade Grand Marshal!



CONGRATULATIONS and THANK YOU John!



Every year the Beaver Dam Unified School District holds a food drive to benefit area food pantries. This drive is held throughout all the district school buildings. We recently received some of the donated food items to use in our Little Free Pantry! Emma, one of our volunteers, has been busy putting these items in our storage area and in the pantry located on the Maple Ave. side of our building. This pantry continues to get a lot of use, as do all of the food pantries in our community, all donations are always greatly appreciated!
Thank you BDUSD Family!



Walgreens Donation Program

We are a beneficiary of the myWalgreens donation program from now until the end of December! Donate your myWalgreens cash rewards to Church Health Services thru 12/31/23.

Any donations we receive will go to help us provide dental, medical, and mental health services to low income children and adults.

To learn more about this myWalgreens program visit walgreens.com/mywalgreens or use your Walgreens App.

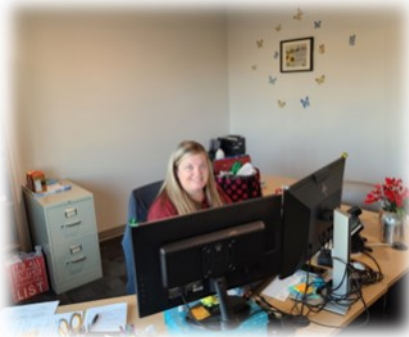
Help communities *you*
care about by
donating your
Walgreens Cash rewards.

myWalgreens



Staff Activities

Moving into our new/ renovated work spaces!



Save the Date of February 21, 2024– Open House

We are excited to have a date finalized for our Public Open House to unveil all of the improvements that have been made to our clinic!

Add the date of February 21, 2024, 5pm-7pm to your calendar as you will want to come see this greatly improved facility both inside and out!



The photo on the left is our building in 2012 and the right depicts the results as of this newsletter!

