



Newsletter

January 2024



Concept 2023



Reality 2024

Happy New Year to all!

From conception to reality, our project while still not 100% complete is much closer to finish today. We want to share our new spaces with you through an Open House we are planning on February 21st from 5:00 pm to 7:00 pm. Please stop in to see the changes and wonderful new work spaces!

Call-A-Thon 2024 is coming!!



Jim Flynn has been heading up this annual fundraiser for us for over 25 years. We are so grateful for his dedication and expertise with this event! This year callers will be making their calls on the evenings of January, 8, 9 and 15th. This year's goal is \$40,000 and this fundraiser is one of our biggest every year. Funds donated are used to provide greatly needed health care to children and adults.

Tom Heffron, CHS Board member shares why he supports us, "As a proud Church Health Services Board Member and Contributor, the agency is a leader in providing tremendous medical, dental, and mental health services to so many people in need in Dodge Co. The dedication of the staff and volunteers to enhance these services is outstanding. They serve from the heart".

In 2023 our dental clinic had 2,185 appointments seeing about 10 patients per day. Our mental health counselors are seeing 115 children in their schools weekly. We anticipate being able to serve more adults as we near completion of our second floor renovation having more than doubled our counseling room availability. If you do not get a call and would like to donate to our Call-A-Thon, this QR code will take you to our donation page. Please note Call-A-Thon in the memo area. Thank you!



Our Mission:

Church Health Services, Inc. is a faith-based healthcare organization offering medical, dental and mental health care clinics for low income children and adults. We partner with local congregations through our Parish Nurse Program to help them become centers for health and healing.

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CHS in the Community



Resolutions anyone?

Have you made a New Year Resolution for 2024? How about something different this year? We humans are multifaceted, we have physical, mental and spiritual components in our make-up. We are overwhelmed with ads to improve our physical side. Weight loss, hair loss, Botox, the list goes on and on.

How about a resolution for your mental and or spiritual health? Like what? Amazingly some mental health resolutions also impact your physical health. For example, drink less, exercise more, quit smoking, and lose weight impact them both. Work to stay focused on your

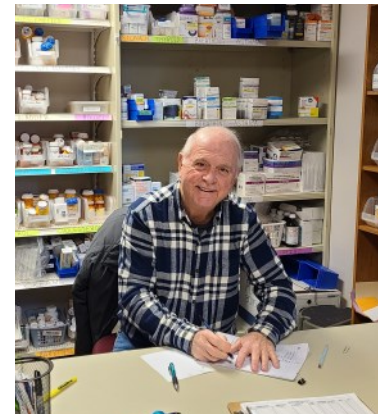
breathing and nothing else for a minute and work up to ten minutes. Take a trip, be happy, and help others. For your spirituality, how about attending worship services more regularly if that applies, help someone who needs help, spend ten minutes a day reading a devotion, meditating or just being focused on a prayer. The internet has abundant choices for a Bible verse a day, a devotion a day, a saint a day and a prayer a day. Wishing you spiritual growth in 2024!

Diabetic medications and supplies are available!

Dennis, our volunteer pharmacist wants to remind all to please share the following information.

We have many types of insulins, both oral meds and pens along with diabetic supplies available to those who are having a tough time affording them. Anyone needing this help needs to talk with their health care provider who can then supply us with the needed prescription.

Dennis and our staff will get the needed items ready for pick up at our 115 N. Center St. Beaver Dam location.



Veterans and Service Members Support Group

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



Join us this Sunday, January 7th at The Other Bar in Waupun at 2pm. Their meat raffle that day will benefit our CHS programs and services



To receive a copy of our newsletter, email: info@churchclinic.org. or call: (920) 887-1766, option 5.

Community Support



The Other Bar - Meat Raffle Fundraiser!

The Other Bar in Waupun is holding a meat raffle to benefit our services and programs this Sunday, January 7th at 2pm!

They hold many of these raffles and are great community partners, supporting many area nonprofits throughout the year. The meats they use for their



January 7th at 2pm

raffle comes from Leroy Meats so you know it is great quality.

We hope you and your friends will join us. Please spread the word!

If you have not been to a meat raffle at The Other Bar, it is quite simple. A description of each meat package is given and paddles may be purchased for a set amount, anywhere from \$3.00 and up depending on the meat package. Once the paddles have been purchased, an electronic spinner is used to determine which paddle number is the winning number. If you bought that paddle, you win the meat package and dinner is ready to cook!



The Other Bar also has several large screen TVs to catch the first few minutes of the Packer game from, although the meat raffle will most likely be over by then or stay and watch it there.



St. John's English Lutheran Church Leaves a Legacy

Thank you to the members of St. John's English Lutheran Church for your wonderful donation to our organization!

Jamie, a congregation

member paid us a visit to deliver the donation, which Thea gratefully accepted!

This generous gift will be used to help provide mental health services to children in need of them.

Dodge County Retired Teacher's Association

The Dodge County Retired Teachers' Association recently asked their membership to collect personal care items including some very much needed deodorant!

These donated items are shared with people who are having trouble affording them, and we also put them in our little free pantry.

We are very grateful to members, Chuck and Jeanne Stangl for delivering these items.

Thank you all for these very needed donations!



Little Free Pantry (LFP)

Thank you to all who have donated items to our LFP over the past year! This pantry has frequent visitors to it. From school age children who might not have food at home, to retirees who might have to decide whether to fill their prescription or buy food. These are issues no one should have to be faced with, so thank you again to all who help keep supplies in our LFP! Nonperishable food items and personal care items can be placed in the pantry at any time or if you have a lot to donate please drop your items off inside.



Staff

2024 hopes, wishes, dreams of our staff

Our staff was asked to share some of their resolutions, hopes and goals for 2024, we wanted to share them with you too!



- Laugh more and not take life too serious
- Spend the year living in gratitude
- Relax more and try a new hobby
- Get out in nature more
- Take more trips, I spend too much of my free time sitting at home and want to see more of our beautiful state!
- My motto for 2024 is to not wish any time away, to live in the moment and enjoy where I am, no matter the circumstance.
- Be kind and give grace to others as well as myself!



Save the Date of February 21, 2024 for our Open House

We are excited to be able to show off our newly renovated facility! Please join us on Wednesday, February 21st, 5:00 - 7:00 to see for yourself the improvements that have been made to our clinic!



End of Year Potluck

Who doesn't love a potluck? We celebrated with one the last day before our Christmas break, the food was delicious, time with co-workers is always fun, and we even had entertainment!

