



June, 2022

John Moser Good Karma Children's Radiothon



Mark your calendars for June 23, 2022! Tune in to WBEV or 95X to hear what is up for bid and of course call in to place as many bids as you like! As one of the Radiothon agencies we will benefit from proceeds raised. At 8pm that evening a couple of our staff will be on air to talk about our services and programs for children.

We have two great auction items that will be up for bid! One is a great Radio Flyer collapsible wagon full of toys and books for younger children and the other item is a basket full of great Cricut supplies for crafters to have fun with.

Auction items and additional details can be found at Daily Dodge dailydodge.com/radiothon



Juneau Piggly Wiggly Brat Fry Success!

A THANK YOU shout out to Dan Jahnke and Juneau Piggly Wiggly for a great brat and burger fry! We partnered with The Gathering Source staff and volunteers to raise money to support the John Moser Good Karma Children's Radiothon and it was a great day!

Thank you to our cookie bakers, our Gathering Source partners, Piggly Wiggly staff and all who purchased meals!



SAGES Family Night



SAGES School in Fox Lake held a Family Literacy Night in May. They had a variety of activities for students and their families to participate in. There was a book sale, food and a number of booths which were manned by area organizations. We were one of the organizations invited to attend and had a great time talking to the students, parents and staff while sharing our program and services information.

Waupun "It's Real" Event

Karen and Cassie took time recently to attend the "It's Real" presentation held at Waupun JR/SR High School. They were able to talk with attendees and listen to the presentation which provided teens and parents with mental health education information and resources.



Join us for the Suicide Prevention Awareness Walk

Get your own team together or join our team to raise funds and support the "Out of the Darkness" Walk on Saturday, September 17th! Sign up to be part of our team "CHS Stomping Out Stigma" or get your very own team together! **Register online at afsp.org/dodgecounty** After the walk head over to the Dodge County Fair Food Festival!

Suicide Data: Wisconsin

Suicide is a public health problem and leading cause of death in the United States. Suicide can also be prevented – more investment in suicide prevention, education, and research will prevent the untimely deaths of thousands of Americans each year. Unless otherwise noted, this fact sheet reports 2020 data from the CDC, the most current verified data available at time of publication (March 2022).

10th leading cause of death in Wisconsin

2nd leading
cause of death for ages 10-24

2nd leading
cause of death for ages 25-34

2nd leading
cause of death for ages 35-44

6th leading
cause of death for ages 45-54

9th leading
cause of death for ages 55-64

18th leading
cause of death for ages 65+

65.37% of communities did not have enough mental health providers to serve residents in 2021, according to federal guidelines.

Almost **five times** as many people died by suicide in 2019 than in alcohol related motor vehicle accidents.

The total deaths to suicide reflected a total of **17,636** years of potential life lost (YPLL) before age 65.

62% of firearm deaths were suicides.
51% of all suicides were by firearms.

Suicide Death Rates	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Wisconsin	866	14.54	29
Nationally	45,979	13.48	

See full list of citations at afsp.org/statistics.

American Foundation for Suicide Prevention



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

Marcos Pizza Fundraiser

June 6, 7, and 8 are great days to have a Pizza Party!

Marco's Pizza is doing a fundraiser for us the days of June 6, 7 and 8th! Mention our name when ordering if calling an order in! With an online order, a 20% donation to CHS will automatically be made!



Senior Expos



It's Senior Expo time again! 2022 Fond du Lac and Beaver Dam Senior Expos are in the books. We had a great time talking with people and sharing our information. We are looking forward to the Senior Expo in



Waupun on October 6th. Come see us at the Central Wisconsin Christian School between 9am and 1pm!

June is Migraine and Headache Awareness Month



Before you write your pain off as just another headache, learn the distinctions between headaches and migraines. Knowing their key differences could bring you long-awaited relief. There are many different types of headaches, so identifying the location and nature of your pain can help determine the cause. Some of the most common types include:

Tension headaches: The pain from tension headaches tends to spread across both sides of the head, often starting at the back and creeping forward.

Sinus headaches: They are caused by swelling in the sinus passages, resulting in pain behind the cheeks, nose and eyes. The pain is often at its worst when you wake up on the morning and when you bend forward.

Cluster headaches: These headaches are usually very painful and occur in "clusters," meaning they happen daily (usually at the same time), sometimes up to several times per day for months.

When most people hear the term migraine, they often think of a severe headache. But headaches are only one symptom of migraines, and they can range in severity and length. In addition to severe head pain, migraine sufferers may experience some or all of the following symptoms: nausea, increased sensitivity to light, sound or smells, dizziness, extreme fatigue. See your health care provider to get a better idea of which type of headache you have. Keeping a headache journal can also help you to track patterns and identify triggers. Note things like the day and time your headache begins, your surroundings and activity before symptoms started, and how long the pain lasted. This information will be useful to your health care provider to help provide a diagnosis. <https://www.penmedicine.org/updates/blogs/health-and-wellness/2019/november/migraines-vs-headaches>

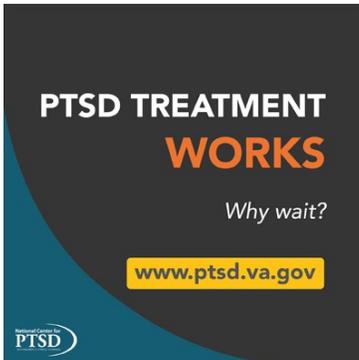


When you shop on Amazon, if you shop through [smile.amazon.com](https://www.amazon.com) and name Church Health Services as your charity of support, Amazon will send a donation to us based on your purchases!

Or Shop AmazonSmile Charity Lists at [smile.amazon.com/ap/ch/list/39-1759669](https://www.amazon.com/ap/ch/list/39-1759669) to donate items to us.

Parish Nurse Convocation

At the Parish Nurse Spring Convocation held in April this year's theme was serving your members with disabilities. Bob and Carol heard from Lois Harrison on Special Olympics. Katie Saldutte updated them on services provided by the Wisconsin Talking and Braille Library. Dr. Carol Lueders Bolwerk spoke about how to assess your congregation's facilities to meet the needs of members with disabilities.



PTSD Awareness

June is National Post-Traumatic Stress Disorder Awareness Month, and is intended to raise public awareness about issues related to PTSD, reduce the stigma associated with PTSD, and help ensure that those suffering from the invisible wounds of war or other traumatic events receive proper treatment.

Post-traumatic stress disorder (PTSD) is a mental health problem. PTSD can only develop after you go through or see a life-threatening event. It's normal to have stress reactions to these types of events, and most people start to feel better after a few weeks or months. Learn about PTSD symptoms and treatments to help you get better.

Information from the National Center for PTSD ncptsd@va.gov

Little Free Pantry

Take what you need, leave what you can!

Our Little Free Pantry has many visitors and summer will not slow down the traffic. If you are able to donate any nonperishable foods, or personal care items we and our pantry users will appreciate it! Pop top canned food items are very popular as not everyone has a can opener. Tuna, soups, spaghetti sauce, SpaghettiOs, Chef Boyardee raviolis, ramen and cereal are popular. Deodorant, shampoo, conditioner, body wash, soap, toothpaste and toothbrushes are too.

Canned pet foods are also appreciated and utilized by our pantry visitors.



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.