



Newsletter

October 2024

Mental Health Clinics - Let's Talk Impact!

Mental health is crucial because of its impact on:

1. Overall Well-being
2. Physical Health
3. Quality of Life
4. Productivity
5. Resilience
6. Community and Society



Prioritizing our mental health is vital for all individuals and society which will lead to healthier, happier lives. These are services that can be out of reach for our most vulnerable community members.

Appointments:

4,314 Scheduled
550 Emergency

Community Members Served:

206 Children
108 Adults

Communities Served:

Dodge County - 55% of patients
Fond du Lac - 27% of patients
Other Communities - 18% of patients

Without your support we couldn't make this impact in our communities!

Thea O'Connor, Executive Director

Our Mission:

Church Health Services is a Christian based healthcare organization that provides dental, mental health, and medical services for the low-income uninsured and underinsured.

Phone: 920-887-1766 • Email: info@churchclinic.org • Website: www.churchclinic.org

CHS in the Community

Volunteers and Dementia Awareness



A great big thank you to our Bright Futures volunteers! They spent a lot of time putting all the purple flags in the ground for us at CHS and DCCA and taking them back out!

Every flag represented a person with dementia in Dodge County. The story walk helped those reading it to learn more about how to support those with dementia.



Stompin' Out the Stigma Team



Our team "Stompin' Out the Stigma" participated again in this year's Suicide Prevention Awareness Walk. We shared our resources, met some great people and enjoyed a walk in the Marsh during some great weather!

Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone. Call or text 988, suicide & crisis lifeline, anytime to get help for yourself or someone else!



Greater Watertown Community

Health Foundation

We know there is great value in working with area organizations.

To do that we need to get to know them better and understand their missions.

Susan Olson, Social Impact Coordinator for the GWCHF came for a tour and visit with Bev and Karen.

We look forward to further communication and possible partnerships!



Rainbow Community Care

Britanie Peaslee, Community Resource Liaison for Rainbow Community Care & Hospice Care, came to meet us and get a tour of our facility.

They provide services to a seven county area, Dodge County being one of them. Their services include hospice care, palliative care, advance care planning, grief support, parish nursing, and volunteer programs.

We look forward to growing our relationship with them as they provide services we do not.



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

Community Support

Comedy Night Fundraiser

Tickets are now available for purchase for our November 14th Fundraising event for us! This show will feature the Joe 'Schmoes' an area Improv Comedy group, with a 7pm performance at the Beaver Dam Area Community Theatre. Tickets are \$35 each and can be ordered by scanning the QR code below or using the link provided. Join us for a great evening of fun and entertainment!

The Joe Schmoes Improv Comedy group started performing together in high school and came back together to form the 'Schmoes in 2019.

The group consists of Nate Scheuers who has been performing in live theater and improv for nearly two decades.

Joe Venhuizen who has been performing and teaching improv comedy for more than a decade.

Grace Bruins who has been classically trained in making things up on the spot (her day job is marketing after all).

<https://bdact.ludus.com/200465034&bpo=15977>



Fox Lake Women's Golf



Thank you to the organizers, participants and donors for another wonderful event and donation! We are very grateful to be one of the recipients of the 2024 Shotgun for a Cure held at the Fox Lake Golf Course this past summer. Bev and Thea

attended their recent awards dinner to accept our donation from Carol Raczynski, event coordinator! We were one of three organizations to receive a donation to be used to help with women's health.

We are so grateful!



We were very excited to receive a \$10,000 community benefit donation from SSM!

DeAnn Thurmer, President of SSM Ripon, Waupun and Baraboo hospitals shared, "We appreciate the support Church Health Services, Inc. provides to the community, and we are happy to support these efforts to improve the lives of those you serve."

THANK YOU!!



Want to support our cause?



Scan the QR code to donate today!

Our newsletter is brought to you by a donation from Mittera!



Staff

Celebrating Pam & Dental Hygiene Month !



Pam, our dental hygienist, wants you to take great care of your teeth by following steps!

Brush: Use fluoride toothpaste. Angle your toothbrush bristles toward the gumline allowing them to clean between the gums and teeth. Brush all the sides of each of your teeth gently, using small, circular motions, and avoid back and forth scrubbing. Brush your tongue.

Floss: Use a string of floss about two feet long. Wrap it around the middle finger of each hand and grip it between your thumb and index fingers. Ease the floss gently between your teeth until it reaches the gumline (don't force the floss into place as this could harm the gums). Curve the floss like the letter "C" around the side of each tooth. Slide the floss up and down under the gum.

Doing these steps twice a day will keep all your teeth and your hygienist happy!



Good bye to Katie



We all love our routines and hate to see them change! We are adjusting here to a change in staff with Katie leaving. She has been one of the first smiling faces you see at CHS and one of our dental clinic schedulers for the past few years.

She has taken a new position with UW Health. While we are to see her go and will miss her greatly, we wish for



Mental Health Awareness & Depression Month

According to Mental Health America, major depression is one of the most common mental health illnesses, affecting more than 8% (21 million) of American adults each year. 15% of youth (3.7) ages 12-17 are affected by major depression.

While certain factors increase the risk of developing depression, it can affect anyone, at any age, and of any race or ethnic group.



Depression is never a "normal part of life, no matter what your demographic or health situation.

Nami.org or mhanational.org are two great resources for you for information.

