



# January, 2021

## And a New Year Begins

The New Year is always full of promise and optimism. It is a chance for us to put the prior year to bed and look forward to a clean slate. We are hopeful that all the plans we have for the future will come to pass and we will continue to provide the best care to those in our community who need it most.

Leaving 2020 behind, we have all the optimism a new year brings but the uncertainty of COVID-19 has left us with the feeling that we have unfinished business—no clean slate to move forward.

For us, 2020 provided the worst and best of circumstances. We are proud of keeping our doors open and providing services during a time of uncertainty and increased need. We are proud of our financial donors who have unselfishly continued to support us so we could reach those so desperately in need of care. We are proud of a community who pulled together to provide for the mental health and well being of their children into the future.

We are doing what God has called us to do and 2020 has left us with strengthened faith in our mission to serve.

**We are Blessed!**

**Thea O'Connor, Executive Director**

## Call-A-Thon 2021

With Jim Flynn once again leading a team of volunteers, our annual Call-A-Thon is on!

This year's goal is \$45,000 with all of the proceeds going to provide services to low income children and adults! For example, a donation of \$50 provides a child with 30 minutes of counseling or a new patient dental exam with X-rays.

When you're at CHS, whether to be seen for services or as a volunteer, you start to hear comments and appreciation from those that have been helped. Comments such as "I'm grateful to CHS for their help and kindness shown to me; without them I would not have been able to get the dental help I needed." Or, "A therapist at CHS helped me get to the bottom of several issues. She knows how to help people deal with issues buried deep within." Another said "Since CHS believes in treating the whole person, I received the diabetes medication I needed and also had the added benefit of receiving counseling to deal with some life issues." Sometimes you'll hear a story like "previous counselors had only yawned when I shared my feelings of grief over the loss of my son."

Volunteer callers are calling from Inter-Quest the evenings of January 4, 5, 11 and 12. If you would like to make a donation, please mail it to Church Health Services, 115 N. Center St., Beaver Dam, WI 53916 or donate online through our website: churchclinic.org; please mention Call-A-Thon in the memo area.





## Happy New Year!

If you've had a family member or friend die or have lost your job related to COVID, my deepest sympathy for you. Lately, we've heard of vaccines that have proven helpful and that's a good thing. Speak with your health care provider to get the latest as to when the vaccine will be available for you. In the meantime, please remember the simple things like washing your hands and practicing distancing still works. One of the best things you can do to help stop spreading the virus is to stay home if you are sick. I understand not everyone has that luxury with their job situation but try to do the best you can. Please also keep in mind it is regular flu season and it is not too late to get a flu shot if you've not had one yet.

**Stay safe and well!**

Something we are not hearing from the experts on COVID-19 is- **get healthy!** Healthy people have a lower likelihood of becoming sick. Work on improving your diet which will help with weight loss. You will have more success changing just one thing at a time with your diet. Do whatever you change for a week or two before moving on to the next step. Here are some ideas; stop eating desert after supper, have an extra serving of vegetables with your meal. Snack on fruit instead of cookies, citrus fruit is now in season.

Additionally, if you smoke – quit. Move more and sit less. Watch TV standing instead of sitting or while riding a stationary bike. You get the idea.



## Alzheimer's / Dementia Survey-Please Participate!

Help us better understand your personal connection and comfort with Alzheimer's and/or Dementia. Alzheimer's and other forms of Dementia impact millions of people a year. Please fill out this brief survey to help us learn more about the impact on you and others in your communities. <https://www.surveymonkey.com/r/intergendodge>



**Robert Griesel**, Dementia Care Specialist—Dodge County

Phone: 920-386-4308 Email [rgriesel@co.dodge.wi.us](mailto:rgriesel@co.dodge.wi.us)

## Did you know you can support CHS when you shop Amazon?

When you shop on Amazon, if you shop through smile.Amazon.com and name Church Health Services as your charity of support—Amazon will send a donation based on your purchases to us!

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

## Triple P Parenting Classes

Dan and Melissa are ready to go! The next classes are scheduled for January 13th, 20th and 27th! You can register for one, two, or all three seminars and enjoy them from the comfort of your own home.

Following your registration, you will receive information on how to access these virtual seminar(s) through Zoom.



### **Wednesday, January 13, 10:30 a.m. - Noon:**

The Power of Positive Parenting

Parents will be introduced to the five key principles of positive parenting.

### **Wednesday, January 20, 10:30 a.m. - Noon: Raising Confident, Competent Children**

Parents will be introduced to six core building blocks for children to become confident and successful at school and beyond. This includes strategies for having a healthy self-esteem, being a good problem solver, and becoming independent.

### **Wednesday, January 27, 10:30 a.m. - Noon: Raising Resilient Children**

Parents will be introduced to six core building blocks for children to manage their feelings and become resilient in dealing with life stress. This includes expressing feelings appropriately, developing coping skills, and dealing with stressful life events.

### **One-on-one Support is also Available !**

Request support at: [talkreadplaywi.com](http://talkreadplaywi.com) Positive Parenting Program providers want to help YOU with common parenting problems! We have strategies that have worked for thousands of families worldwide. Contact us today and we'll help you develop a customized plan based on your family's needs. AND, our services are available at NO COST to parents and caregivers in Dodge and Jefferson counties.



## Thank you for helping others!



Vertz Family Volunteer Day  
Thank you for assembling, stocking and organizing our storage shelves!



Community Action Staff picked up personal care products to share with their clients!



Little Free Pantry siding progress, almost finished!  
Thank you ReStore!

## Calendar of Events

### January, 2021

- 1: Happy New Year—CHS Closed
- 4-5: CHS Annual Call-a-thon
- 11-12: CHS Annual Call-a-thon
- 13: Triple P Parenting Class— 10:30am —12:00  
The Power of Positive Parenting
- 20: Triple P Parenting Class—10:30am —12:00  
Raising Confident, Competent Children
- 27: Triple P Parenting Class—10:30am —12:00  
Raising Resilient Children



### February, 2021

- 14: Valentine's Day

## Rock River Build Out



Plans are in the finalizing stage to begin the remodel. There were some unanticipated building remodel issues that needed resolving regarding plumbing and IT before the actual remodel could begin.

W.D. S. is working with plans and sub contractors to be ready to start the remodel the end of this month!

Monetary donations along with in-kind donations are still being sought to help complete the space with furnishings and technical equipment for use when the space is completed.

Call Thea or Karen at (920) 887-1766 or donate through our website, churchclinic.org



## Congratulations Melissa!

Melissa recently met the requirements for successful completion of Trauma Counseling I through UW—Milwaukee. This course focused on understanding trauma and providing trauma informed care

This is in addition to her and the rest of our mental health staff becoming accredited Primary Care Triple P Providers in 2020!



## Generous donation of Masks!

A big shout out and thank you to Bobbie Pearson for the wonderful donation of masks for us to use!

We received a large variety of mask sizes and patterns to choose from. Our patients and clients of all ages and staff will be well covered!



**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.