



June, 2021

June is Alzheimer's & Brain Awareness Month

Brain health is so important for so many reasons! You have the power to take charge of your brain health. Regardless of your age or background, there are simple proactive steps you can take to help reduce your risk of cognitive decline and Alzheimer's disease. The chart shown on the right has great information about keeping it healthy!

The Longest Day is the day with the most light — the summer solstice. On June 20, thousands of participants from across the world come together to fight the darkness of Alzheimer's.

BrainGuide offers a free, confidential memory questionnaire...

mybrainguide.org | 855-BRAIN-411

10 WAYS TO LOVE YOUR BRAIN

START NOW. It's never too late or too early to incorporate healthy habits.

- BREAK A SWEAT**
Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.
- HIT THE BOOKS**
Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.
- BUTT OUT**
Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.
- FOLLOW YOUR HEART**
Risk factors for cardiovascular disease and stroke — obesity, high blood pressure and diabetes — negatively impact your cognitive health.
- STUMP YOURSELF**
Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.
- HEADS UP!**
Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.
- BUDDY UP**
Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.
- FUEL UP RIGHT**
Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.
- TAKE CARE OF YOUR MENTAL HEALTH**
Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.
- CATCH SOME ZZZ'S**
Not getting enough sleep may result in problems with memory and thinking.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

Visit alz.org/10ways to learn more.

alzheimer's association®
THE BRAINS BEHIND SAVING YOURS!

BrainGuide is also a helpful tool to use if you are having questions about yourself or someone else and their memory. Their site has some very useful information to help individuals and families get answers and work through memory issues. Use the information and work with your health care providers.

BrainGuide by UsAgainstAlzheimer's is a new platform that helps you navigate your brain health journey with a confidential memory questionnaire and tailored resources to help you take action.

Start today by visiting <https://mybrainguide.org/> or by calling 855-BRAIN-411.

Save the Date of Saturday, October 16th for the 2021 Out of the Darkness Dodge County Suicide Prevention Walk!

An Evening In Greece



Kay and Bev paid a visit to the Beaver Dam Area Community Theatre. While there, they found a number of great items to borrow for our October 2nd Greek themed fundraising event!

Contact bevb@churchclinic.org if you are interested in sponsorships, donations or helping in any way.

Visitors and Visits



Angelia Foster, MMC-BD CAO, came for a tour of CHS and a conversation with Thea regarding Mental Health needs of our area communities.

Melissa traveled to Fond du Lac to tour a number of their schools and visit with staff to discuss their mental health needs, potential solutions and collaborations.



We visited Cornerstone of Grace and met with Michele, their Executive Director. They are a faith-based organization designed to serve women and children in crisis.

Working on a goal to strengthen our relationships and collaborate with local police departments and their staff, we were happy to have that opportunity to meet with Scott Loudon, Waupun Police Chief and Jason Hrabran, PLO Officer.



Kim Ritchie, Executive Director of Transitions, came for a tour and shared what her organization is doing.

Transitions provides families or individuals in crisis with needed items for daily living.

Jean Waterland Estate Donation



We received an unexpected and wonderful gift from the Jean Waterland estate!

This donation created the **Jean and Joan Waterland Church Health Services Memorial Fund** at the **Beaver Dam Area Community Health Foundation** which is in memory of her and her twin sister Joan who passed away in 1988 from breast cancer.

A percentage of this fund will be used annually to help us continue to provide health care services and programs to low income children and adults in our area communities.

Rock River Donation



Kathy Schlieve, Administrator for the City of Waupun presents Thea and Karen with a check for \$75,000 from the William Burke Fund to

be used to help complete the Rock River Wellness Center. When completed, this project will provide individual counseling areas, a larger group meeting area along with technology and furnishings for use by health care professionals, students, and families. Initially, it will be used for mental health programs and AODA counseling. With its location and secure entrance at the Rock River Intermediate School, students and parents will have access to a more confidential area in which to receive health care services. Construction will begin on June 7th with a completion date at the end of August. A public Open House is in the plans!



The Hoyer Lift has a Home!

The 2nd Annual REACH Rally & Run 5k Fundraiser is fast approaching! Come on out on June 26th and join our CHS team! Melissa Kempfer, CHS staff and REACH Board Member encourages us all to support this local nonprofit, with the mission of providing positive and lasting change in the lives of Waupun area youth! This event will feature a competitive run starting at 9 am. Awards will be given out for the 5K Run. There will also be a non-competitive 5K walk at 9:10 am. The walk is a great option for those who want to come out to a family friendly event, and support a great cause! 5K Walk participants will still receive swag bags and race t-shirts when registering early. Email melissak@churchclinic.org if you are interested or call 920 887-1766.

Danielle, Client Care Coordinator at Home Instead Senior Care is shown here with a Hoyer lift that was donated to us. She is picking it up to deliver it to a family in need of one. What a great way to help someone; donate your unused medical supplies and equipment to us!



Clases de Español para Empleados



We welcome back Ervin Munro, this time to teach us how to speak, understand and use the Spanish language as well as to gain a better understanding of the many cultures that use this beautiful language! We meet twice a month until fall; ask us about it and encourage us to practice.



Gracias Señor Munro!



Celebrating Dads!



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

Calendar of Events

AmazonSmiles

June

- 20: Father's Day
- 20: The Longest Day
-Alzheimer's Awareness
- 26: REACH 5K Walk/ Run



July

- 4: Independence Day!



We are an AmazonSmiles charity, use the link below to make us your charity when you shop on Amazon! smile.amazon.com



JUNE IS PTSD AWARENESS MONTH

PTSD (post-traumatic stress disorder) is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault. Did you know that PTSD symptoms may increase with age? There is no way of knowing who will develop post-traumatic stress disorder after a traumatizing event. As evidenced by past research, the majority of people who witness or

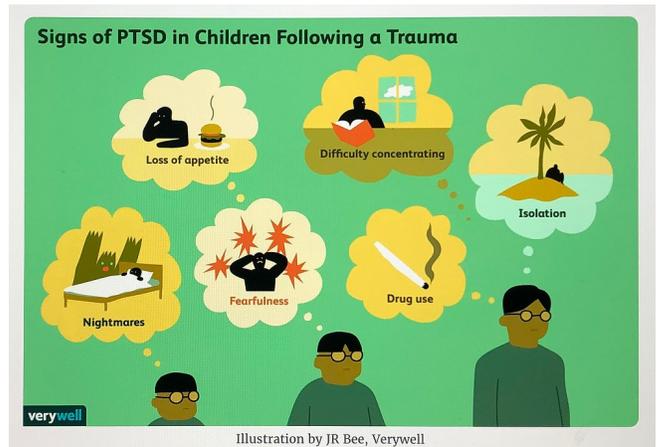
live through a traumatic event will not suffer from PTSD. Most will likely have memories of the events, but their lives will not become negatively impacted by it in their daily interactions.

PTSD Symptoms in Children: Children and adolescents may exhibit slightly different symptoms of post-traumatic stress disorder than adults.



If your child does exhibit trauma symptoms, consult with a mental health professional for an assessment and to discuss treatment options when symptoms occur. PTSD is treatable, so never hesitate to ask for help and see what works best.

Article Sources: Center for Disease Control and Veterans Affairs



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.