



November 2021

## *A Little Planned Giving Goes A Long Way*



Step by step, we raise funds, lay the program foundation, and build towards our goal of providing whole person care to those who need it most.

It's the same strategy to achieve personal financial goals.

As you make your own long-term financial plans, please consider Church Health Services, Inc. (CHS). Automatic retirement account disbursements might be more income than you need or want. A quick call to your financial advisor could mean better tax benefits for you and a monthly gift to support a cause you care about.

As you make out your will and plan for your legacy, CHS can help tell your story. Caring, professional and affordable healthcare can be a gift you give to families in need in your community for generations to come. Consider the newly created Church Health Services, Inc. Endowment Fund with the Beaver Dam Area Community Foundation.

Visit <https://beaverdamacf.com>, click the "Become a Donor" tab and then choose an option. Or arrange for a check to be sent to Beaver Dam Area Community Foundation, 1020 S. Main Street, Suite E, Fond du Lac, WI 54935.

We're making plans to reach more of those in need each year and we truly cannot do it without you!

Join us in changing lives, one person at a time.

With Gratitude,

Thea O'Connor, Executive Director

## Kiwanis Presentation



Thea was a guest at a recent Beaver Dam Noon Kiwanis meeting where she gave the members an update of our activities and numbers of clients served.

## Triple P-SKDS



Melissa spent some time in October at St. Katharine Drexel School where she met with parents who were interested in learning more about the “Power of Positive Parenting” seminar. This is one of three topics she is trained to provide to interested parents and care givers to help them work through the difficulties of parenting in positive ways and learn techniques to help them address behavioral issues early on for them and their children.



## Visitors

Kristin, a Program Coordinator with Big Brothers Big Sisters, paid us a visit and shared an update with us on their activities in our Dodge County area.



They are working to reactivate their program in our area and that means there is a need for adults (Bigs) to mentor boys and girls (Littles) in our community. If you are interested in becoming a “Big ”or you want to learn more, go to [www.bbbs4kids.org](http://www.bbbs4kids.org)

## Vaping Presentation



Lindsey gave a presentation to the Wayland Academy student body regarding vaping. She covered what it is, devices used, actual chemicals you breathe in, and side effects of these chemicals on your body. She shared a short video that demonstrated the effects of the vapor on a human body. The link is included below for you to view. <https://www.youtube.com/watch?v=laVaoja2Uk4>



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

# Out of the Darkness Walk—Thank you All!



## Mental Health Staff Ongoing



Cassie is now only the second person in Wisconsin to complete training as a Certified First Responder Associate. The course included 40 hours of training and a certification examination. This is a specialized course designed to train counselors to work with first responders of all specialties and better help them cope with the realities they encounter on the job.

**Congratulations Cassie!**



Melissa and Jeana are taking course work to become Level 4 providers of Triple P (Talk Read Play) parenting courses. **Level 4 Triple P** helps parents learn strategies to promote social competence and self-regulation in children as well as decrease problem behaviors. Practitioners are trained to work with parents strengths and to provide a supportive, nonjudgmental environment where a parent can continue to improve parenting skills.



Candace has completed the requirements to earn her Certified Military Counseling Certificate. This training assists professionals in the military assessment, diagnosis, and treatment of counseling and related services that are different than in civilian/community mental health. She will be better equipped when working with veterans and their families  
**Congratulations Candace!**

# Calendar of Events

## November

### National Alzheimer's Disease Awareness Month

25: Happy Thanksgiving



## December

2: Triple P Parenting Seminar

9: Triple P Parenting Seminar

16: Triple P Parenting Seminar

Check our website or call us for class times



25: Merry Christmas!

## November is DIABETES AWARENESS MONTH!

### Helpful Tips:

- Manage blood glucose levels
- Encourage healthy habits
- Stay prepared for emergencies
- Monitor for diabetes complications
- Seek mental health support



November is National Diabetes Month! Prediabetes is a serious health condition affecting more than 1 in 3 U.S. adults. Follow these tips from the @National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) about how to manage and even reverse your prediabetes:

Start with small changes to your lifestyle.

Move more.

Consume healthier foods and drinks.

Lose weight and keep it off.

Seek health support from your doctor.

Stay up to date on vaccinations.

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-diabetes-month>

## Rock River Wrap up



Karen, Bev and Thea had an opportunity to meet with members of WDS and WDS Works to review the work completed and yet to be done at Rock River Intermediate Schools Wellness Center. While there are a few items yet to be finished, this newly renovated space is in use by CHS, SSM and Community Wellness for counseling students. Thank you WDS and WDS Works!



**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.