



GREEN HILLS HOSTS OHIO DEPARTMENT OF AGING

On Tuesday, April 3, 2018, Beverley Laubert, Director of the Ohio Department of Aging, visited our Community. Director Laubert and Grace Moran, Assistant to the Director, were here to learn more about the tele-health grant that Green Hills is participating in with LeadingAge Ohio and the Optimized Care Network. While she was here, the Director also toured our Apartments where CEO Mike Ray discussed the services provided on campus, and how changes to state administrative rules could allow providers like Green Hills to expand those services. Director Laubert expressed appreciation for the invitation to visit the campus and discuss care innovations.



LOGAN COUNTY SENIOR DAY

Logan County Senior Day is Tuesday, May 15, at the Bellefontaine Regional Airport. Doors open at 10:45AM with lunch and awards beginning at 11AM.

Tickets can be purchased at the receptionist desk for a discounted price of \$1. Tickets will be stored at the receptionist desk until the day of the event.

Limited transportation will be available on a first come first serve basis. Those who live in the Inn and Center will have first priority. If someone cancels, we will call the next person on the list to offer transportation. We will be meeting at the main entrance for pickup on May 15 at 10AM. The bus leaves at 10:15AM sharp!

If you have any questions, please call Leah at 937-650-7121. Please RSVP by May 9 to 937-465-0700.

LOCAL CANCER GROUPS ADDRESS NEXT CANCER SUPPORT GROUP MEETING

Meet Ilene James from the Cancer Association of Champaign County and Jane Riggs from the Logan County Cancer Society at the next **Journey Christian Cancer Support** meeting at 6:30PM Monday, May 14, at Quest Community Church, 110 South St., West Liberty.

This newly-formed group is for cancer patients, survivors and caregivers for those dealing with any type of cancer. There is no cost to attend.

The group meets the second Monday of every month from 6:30-8:00PM. Facilitators are Rich and Karla Kensey and Kelli Stoner. For early registration or more information, call Karla at 614-827-5882.

WELCOME RITA JONES!

Rita Jones is the new Service Coordinator for the apartments. She is taking over Jessica Burton's position. Rita will be here every Monday from 8:00AM- 4:30PM and every other Wednesday from noon-4:00PM. She can be found at the Rec Center. You can also call Rita's office at 937-650-7181 or cell phone at 937-441-4232. She will also have a calendar posted at her door.

LAUGHTER REALLY IS THE BEST MEDICINE

Stress can be a major hazard for our health and well-being. Stress raises our blood pressure, can cause headaches (even migraines), neck pain, stomach issues, and more. How can we find our way to a less stressful life? It turns out that laughter really is the best medicine for stress as well as other physical and mental issues.

When we laugh it releases endorphins, boosts our t-cells, and brings a general sense of well-being. Laughter can lower our blood pressure, which in turn helps to reduce the risk of stroke and cardiac events. It reduces stress hormone levels, boosts our

immune system, and works our abs. It can also reduce pain.

There was a study done on this theory. People who had worked all day were taken into two different rooms. One group went into a room and watched a dramatic movie. The other watched sit-coms. The group that watched the sit-coms had lower blood pressure, less pain, and a generally better feeling than those who watched the drama.

So laugh away, even if you have to fake it at first. Laughter cures a variety of ills, and it's free!!!

PHOTOS by Nancy Bitikofer







SAVY SENIOR PROM

You are invited to join Bellefontaine High School DECA & Leaders in Action for the 2018 Savvy Senior Prom! The prom will be held at BHS on Monday, May 14, from 11:30AM— 2:00PM. **Please RSVP by May 9 at 937-465-0700**. If you have any questions, please contact Nita at 937-650-7146.

Prom Schedule:

11:30 AM: Arrival11:45 AM: Lunch12:30PM: Dancing2:00 PM: Departure







EVERY TUESDAY – GREEN HILLS IS HIRING

Green Hills Community is hiring those who are willing to give, respect, engage, encourage, and nurture those in their care. Open interviews are conducted every Tuesday from 2-5PM. For a full list of full-time and part-time positions available, go to www.greenhillscareers.org.



BOOK CLUB

May 18 - "The stranger in the woods" by Michael Finkel June 15 – "A piece of the world" by Kristine Baker Kline

Book Club meets at 1:30PM in the Chapel. All readers (e-books, audiobooks) are welcome.

Need help getting a book? Call Rebecca at 937-650-7117.



RESIDENT CALENDAR

It's time to start making plans for the 2019 calendar featuring the residents of Green Hills! The theme is fairy tales, and we are taking our shoot "on location" this year (on a date to be determined in June).

If you would like to participate in this fun project, call Nita at 650-7146. The calendar is a gift for those who donate \$100 or more over the year.

This is always a fun day that includes lunch!

Upcoming Events

May 10 at 7:00PM

Foundation Hall **Philharmonics**

May 14 at 11:30AM

Bellefontaine HS Savvy Senior Prom (Must RSVP)

May 14 at 7:00PM

Foundation Hall **Mount Tabor Youth** Choir

May 15 at 11:00AM

Bellefontaine Airport Logan County Senior (Must RSVP)

May 17 at 6:30PM

Foundation Hall Mark Snow

May 24 at 6:30PM

Foundation Hall **Counter Point**

May Birthdays

Apartments 3

Sara Boyd

Kathryn Bracy	Center	4
Donna Heminger	Apartments	4
Marion Palmer	Center	4
Billie Miller	Apartments	7
Nancy Leonard	Homes	8
Joyce Hampton	Homes	12
Darold Snedeker	Center	14
Betty Miller	Center	16
Margie Horsley	Apartments	19
Kimberly Rodabaugh	Apartments	20
Celery Blankenship	Inn	21
Eva Godsey	Apartments	21
Mary Ann Guy	Inn	21
Molly Morris	Apartments	23
Jean Holdren	Center	24
Christina Brill	Center	26
Ann Cook	Inn	26
Frank Miller	Inn	26
Russell Davidson	Center	27
Mary Kay King	Homes	28
Marian Moore	Center	28
Roger Childers	Apartments	29
Ethel Mitchell	Center	30
Ella Barlup	Center	31



Front Porch News Unsung Heroes



Pastor Ken Neighoff Chaplain

growing up? For some it was the Lone Ranger or Marshall Matt Dillion. For someone else it was Batman or Superman, and yet for somebody else it was Wonder Woman. Maybe for you it was your mom or dad.

What is a hero? A hero is a person like you and me who does something selfless. Something

sacrificial. They put the needs of others above their own. Does a name come to mind?

Sometimes heroes are known in their own lifetime for their achievements. Then there are times that we call a person a hero long after they are gone. In this case, we sometimes call them unsung heroes. Unsung because we didn't realize how heroic they were until a little time passed, because the stand they took was not the popular thing to do. Now looking back in retrospect with 20/20 hindsight we say they were heroic. That was a person who really was doing the right thing when no one else was. We have a lot of unsung heroes.

Unsung heroes are often the people closest to uswives, husbands, and even our children. Looking back we see the face of our parents, a teacher, a coach, or even an aunt or uncle who invested in our life. lives and we overlooked it. All grandparents should be considered heroes for their selfless love, and maybe a little spoiling here and there.

Unsung heroes work behind the scenes and don't care who gets the credit. Sometimes unsung heroes are sidekicks. Where would Sherlock Holmes be

Heroes. Who were your heroes without the faithful Dr. Watson? Or the Lone Ranger without Tonto? Or Batman without Robin?

> The Bible is full of unsung heroes. They don't get as much press as the heroes, but without the unsung heroes of the Bible, the story would only be partially told.

One unsung hero in the Bible is Andrew. Andrew certainly does not get as much coverage in the New Testament as his brother Peter gets, but what is written about him is highly significant. Andrew is primarily known as the guy who brought others to Jesus. We learn that it was Andrew who discovered that the long awaited Messiah was Jesus. He went to find his older, and not always wiser, brother Peter and brought him to Jesus. Andrew could have thought, "You know if I tell Peter about Jesus and what I know about him, I wonder how long it will be before he opens his mouth and says something really embarrassing. Peter does not have much of a filter."

Then there is the little boy with the bread and fish who Jesus blessed and feed thousands of people. Guess who brought him to Jesus? Do you remember reading about some men who were Greeks? They were searching for truth and ran into Andrew, and he took them to Jesus so they could see and hear the way, the truth, and find the meaning of

Unsung heroes are all around us and "fly under the radar" as we would say. They don't care about their name being on a billboard or on the front page of the paper. They just want God to get the glory.