

## ROCK STEADY BOXING FOR THOSE WITH PARKINSON'S

Green Hills Community, along with Universal Home Health and Hospice, hosts an informational meeting about Rock Steady Boxing, a new program to fight the deterioration of Parkinson's disease. The meeting is 1:30 to 2:30PM Wednesday, November 28, in the training room located in the Community Center.

Rock Steady Boxing was founded in 2006 by former Marion County, Indiana, Prosecutor Scott Newman who is living with Parkinson's. After he was diagnosed with the disease, he began intense, one-on-one boxing training and saw a dramatic improvement in his physical health, agility and daily functioning because of the intense and high energy workouts.

Today, Rock Steady offers training programs to meet the fitness levels at all stages of Parkinson's, including those who have been living with the disease for a decade or more.

Parkinson's disease is a degenerative movement disorder which can cause deterioration of motor skills, balance, speech and sensory function. In the gym, exercises are largely adapted from boxing drills. Boxers condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork and overall strength to defend against and overcome their opponents.

In this program, Parkinson's is the opponent. Exercises vary in purpose and form but share common traits: they are rigorous and intend to extend the perceived capabilities of the participant.

For more an information about the program, call Nita at 937-465-5065 or go to [www.rocksteadyboxing.org](http://www.rocksteadyboxing.org). Call 937-465-0700 to RSVP for the meeting.

## GRIEFSHARE SEMINAR IS NOVEMBER 16

West Liberty United Methodist Church, 202 W. Newell St., hosts a one-evening seminar GriefShare: Surviving the Holidays, beginning at 6:30PM Friday, November 16.

The program is intended for people facing the holiday season after the loss of a loved one. Practical tips, suggestions, along with words of strength and encouragement will be offered to help cope with unique stresses posed by the holidays. For more information call Gene Farley, 441-3592.

## CAREGIVER SUPPORT GROUP

Are you caring for a loved one at home? You are not alone. Find support from others just like you. Meets monthly at 2PM on the third Monday. Meetings are in the Chapel at Green Hills Community Center. Questions? Call Pam Frost, Director of Hospice for Universal Home Health and Hospice at 937-844-8043.

## ATTENTION MILITARY VETERANS

On Friday, November 9<sup>th</sup>, Green Hills will be honoring our campus veterans at 10:00AM in Foundation Hall. Please join us!

## THE RESIDENT DIRECTORY COMMITTEE

The Front Porch News will serve as the notification method for changes to the Resident Directory when needed. You recently received the newest version of this document.

Please mark your directory with the following changes:  
⇒ Remove Roberta Hopkins - 214 B - she moved

- ⇒ Wilma Fay Bradley - Phone number correction 937-210-7112
- ⇒ New resident in Apt 214 D Brooke Schindler - phone 937-441-1207



## MEDICARE OPEN ENROLLEMENT ENDS DECEMBER 7

You have until December 7 to make changes to your Medicare plan. Undecided about the best option for you? Call Community Health & Wellness Partners of Logan County for an appointment with one of the local certified application counselors.

They will be in local communities throughout the month of November.

Please call 937-599-1411 to schedule an appointment for one of these locations:

- November 1: Bellefontaine from 9AM to 3PM
- November 14: Russells Point from 8AM to 4PM
- November 16: Green Hills from 8:15AM to 3PM
- November 29: Bellefontaine from 9AM to 3PM

Call 937-599-1411 for an appointment. Walk-ins not accepted.

## NEIGHBOR'S AUTUMN GARDENS

by Nancy Bitikofer



**Christmas Open House**  
**December 8<sup>th</sup> 1-4PM**  
**Invitations to follow**

You are invited to our  
**Community Thanksgiving**  
**Worship Service**  
**November 21 at 6:30PM**  
**in Foundation Hall**



**WE'RE  
HIRING!**

**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 complete list of full-time and part-time positions available, go to [www.greenhillscareers.org](http://www.greenhillscareers.org).

**BOOK CLUB**

Book Club meets at 1:30PM the third Friday of the month. Everyone is welcome!

Nov. 16: "Life at the Dakota" by Steven Birmingham.



**Upcoming Events**

**November 9<sup>th</sup> at 10:00AM**  
Veterans Day Celebration  
*Just Duets*

**November 10<sup>th</sup> at 2:00PM**  
Mary Louise Student Piano Recital

**November 17<sup>th</sup> at 2:00PM**  
Jim Herrmann (*One Man Band*)

**November 20<sup>th</sup> at 2:30PM**  
Kitchen Band Practice

**November 20<sup>th</sup> at 3:30PM**  
Green Hills Choir Practice

*November Birthdays*

Norma Creamer	Homes	1
Donna Neeld	Apartments	4
Harold McGillivray	Homes	4
Lori Gietzen	Homes	5
Gene Marine	Inn	5
Lou Defibaugh	Inn	7
Molly Thornburg	Center	8
Loretta Greene	Apartments	11
Geraldine Pennell	Homes	15
Susie Smithers	Inn	17
Leonard Cook	Center	17
Rae Lamb	Apartments	18
Connie Miller	Center	18
Dee Brunner	Center	20
Gloria Schultz	Homes	23
Evelyn Sidders	Center	23
Martha Spain	Inn	24
Jean Maxwell	Apartments	29

**Front Porch News**

*What Are You Thankful For?*



Pastor Ken  
Neighoff  
*Chaplain*

It's hard to believe it's November. A month when many look forward to three things: turkey, football, and Black Friday shopping.

In the midst of all the activity, let's not forget to focus on what is really important - to give thanks.

The Psalmist encourages us to give thanks. Take the time to look up and read the following Scriptures from the Psalms: Psalms 100, 136:26, 106:1, 107:1, 28:7, 116:17, 95:2, 92:1, 105:1-2, 30:4, 69:30. There are many more that could be listed from other parts of Scripture. Enjoy the experience of exploring them on your own.

Have you thought about what you are thankful for today? Go ahead and think about. Then write out why you are thankful.

Today, one of the many things that I am thankful for is that I am constantly learning new things. Some will say, "Well, you cannot teach an old dog new tricks."

That's just not true. A few weeks ago, I was sharing with a Bible study group about the words of a new song that I had read in a devotional that week. I loved the words of this song and was sharing them, as if they were brand new.

Everyone looked at me like, "Where have you been? They are words to an old, old song." The title of the song is, *Brighten the Corner Where You Are*. Here are the words to the song:

Verse 1

Do not wait until some deed of greatness you may do,  
Do not wait to shed your light afar,  
To the many duties ever near you now be true,  
Brighten the corner where you are.

Chorus -  
Brighten the corner where you are!  
Brighten the corner where you are!  
Someone far from harbor you may guide across the bar;  
Brighten the corner where you are!

Verse 2  
Just above are clouded skies that you may help to clear,  
Let not narrow self your way debar;  
Though into one heart alone may fall your song of cheer,  
Brighten the corner where you are.

Verse 3  
Here for all your talent you may surely find a need,  
Here reflect the bright and Morning Star;  
Even from your humble hand the Bread of Life may feed,  
Brighten the corner where you are.

Verse 4  
Right beside you are believers who have gone astray;  
For lost sheep, you need not seek afar.  
In Christ's love, exhort, restore, and comfort them today;  
Brighten the corner where you are.

Verse 5  
Stay in fellowship with Jesus and behold His face  
If His glorious radiance you'd impart.  
Love and serve the Lord sincerely; this will touch men's hearts;  
Brighten the corner where you are.