



CONGREGATIONAL HOME

RESIDENTS' MONTHLY NEWS

Volume 184

Brookfield, Wisconsin

January 2018

Men's Club



Lionel Railroad Club
with Dave Rohr



Thursday, January 11
2:00 p.m.
Chapel

Women's Club



Music Globes
with Theresa Tanner



Friday, January 19
2:00 p.m.
Chapel

Board of Directors – 2018

Doug Jacobson - Chair

Merrill York - Vice Chair

Laura Petrie Anderson

John Bowman MD

Bill Cummings

Tom Galfano

Mary Gilbert

Gene Guskowski

Matt Jeide

Vern Larson

Bob R.A. Ornst, Jr.

Steve Russ

Michael Simmons

Rev. William S. Trump, Jr.

Minister, First Congregational Church

Kris Sprtel BS, NHA

President/Chief Executive Officer

Great thanks to Fr. Jim Brackin, John Dragisic, Gretchen Henry, Charlie Nelson, and Marty Vander Velde, for their past service and dedication to *Congregational Home*.

Vocare



DSHA's immersion experience, Vocare, is the capstone of each student's four years of service. Each DSHA senior serves for two full weeks in the greater Milwaukee community. By working alongside the elderly, children, or those with special needs, each senior experiences firsthand many of the critical issues facing our society and gains a deeper understanding of how she can utilize her God-given gifts and talents in service to others. Two seniors, Emma Ingrisano and Steph Franczak, have chosen to fulfill their service requirement at Congregational Home. They will be volunteering in the Activity Department from Monday, January 8 through Friday, January 19. Please join us in welcoming them.

Thank You for Employee Gifts!

Dear Residents & Families,

Great thanks to those of you who contributed to our *Congregational Home's Annual Staff Christmas Gift!*

Your generosity and kindness helped each of our staff feel warmly appreciated for their dedicated work while adding to their Christmas enjoyment! Each staff member received an equitable share based on the number of hours worked over this past year.

Your thoughtfulness and generosity are greatly appreciated by all!

Merry Christmas and best wishes to you in the New Year!!

Happiness to you always,

Kris Sprtel BS, NHA
President/CEO

How Do I Look?

Most people value their appearance and how they present themselves to others, and we know how important this is for those who reside at Congregational Home.

CLOTHING is a big part of our appearance, so we are working to ensure that everyone has their clothing properly marked and distributed. To help prevent articles of clothing from becoming misplaced, it is important that they are properly labeled before being worn.

Please take the following steps if you are bringing in new items of clothing to be marked with the resident's name:

- Clothing should be brought to the resident's Nursing Station.
- Staff on the unit will attach the name and room number to the clothing/bag.
- Staff will also create a work order for laundry to pick up and label the clothing, which will then be delivered to the resident's room.

Please let your social worker know if you have any problems or concerns with your belongings, and we will work to resolve your issue promptly.

Thank you for assisting us with these steps, as we want to make sure that everyone and their belongings are being treated with dignity and respect.

Gina Osell, Director of Social Services

We've Turned the Corner!

The incarnation is truly the grand miracle of history. History itself turns at this moment, when God descended into creation and took it upon himself, not just taking creation upon his shoulders, but embodied in flesh and blood. For a moment just dwell in the mystery and awe of such a thought. God with us...in the flesh...The incarnation is the much like the most important chapter in a novel. Without the incarnation we don't have the whole story, in fact we can't understand the story, because it also the most important chapter.

The Central miracle asserted by Christians is the incarnation, and it is easy in all of the hubulub of the holiday season to lose sight of the Gospel in this light. The incarnation is the center of God's plan, it's why the earth was formed out of nothing. Perhaps even without humanity's fall into sin, God would have still come, but in light of our sin it is certain that restoration became the prime purpose of his coming.

Take for example the pattern of nature. Birth, growth, death, descent, repeat. It is impossible to deny that all parts of nature are fundamentally dependent on one another, and that is what we find so horrifying. The carnivorous nature of the food cycle, the reality that a parasite lives and feeds off another animal. However, we also see this dependence in a positive way, as a child is dependent on mother in utero and when they are born.

Because of this, religions are basically broken down into two types. One form of religion is the nature religions, they are affirm our base desires. These are the pagan religions of our ancestors, but also have modern forms. The second type is the anti-nature religions, like stoicism or Buddhism which call on us to deprive our nature. The nature religions assert that death is the greatest of evils, and the anti-nature ones assert death does not matter.

Christianity would say death is a supreme disgrace and our only hope. The incarnation helps us see the pattern in nature for what is truly, God descends like a seed kernel breaking and burying the ground, only to ascend into new life. The incarnation is the grandest miracle, because it's the light in which we see all the other miracles. The miracles are the first fruits of the cosmic summer that is coming. Because Christ has risen we will rise, in the reborn nature that has come into being with the resurrection of the incarnate one. Our suffering is horrifying, but also open the door for our noblest traits such as compassion, humility and love.

Certainly it still feel wintery in the cosmos, but much like the chilly days of early Spring. The corner has turned in the story of creation, and while it may feel the oncoming is slow, we should remember that a thousands years is but a day to God.

In this pattern of nature there is a selectiveness that has yielded humans the ability to reason. The tulip cannot choose the direction of the season. You and I need to decide if we will follow Christ to the cosmic summer where he already is, or die in the winterscape.

Pastor Joe Phillips
Chaplain, Congregational Home

January Events / Entertainment

January 02	Tuesday	2:30 p.m.	Bunco ~ Activity Center
January 04	Thursday	10:15 a.m.	Devotions with Pastor Joe / Hymn Sing with Eva ~ Chapel
January 06	Saturday	2:00 p.m.	Piano Recital ~ Chapel
January 10	Wednesday	2:00 p.m. 3:00 p.m.	Music with Chuck ~ Chapel Social ~ Chapel
January 11	Thursday	10:15 a.m. 2:00 p.m.	Devotions with Pastor Joe / Hymn Sing with Andrea ~ Chapel Men's Club ~ Lionel Railroad with Dave Rohr ~ Chapel
January 12	Friday	10:30 a.m.	Hug-a-Pup ~ Activity Center
January 15	Monday	10:15 a.m.	Sing-Along with Marj ~ Chapel
January 18	Thursday	10:15 a.m.	Devotions with Pastor Joe / Hymn Sing ~ Chapel
January 19	Friday	10:15 a.m. 2:30 p.m.	Pam's Family Child Care Visits ~ Chapel Women's Club ~ Music Globes ~ Chapel
January 24	Wednesday	3:30 p.m.	Skilled Resident Meeting ~ First Floor Dining Room
January 25	Thursday	10:15 a.m.	Devotions with Pastor Joe / Hymn Sing with Heather ~ Chapel
January 26	Friday	3:00 p.m.	Rockin Randy and Social ~ Chapel
January 31	Wednesday	11:45 a.m.	Assisted Living Resident Meeting ~ East Suites



January Outings

January 05	Friday	2:00 p.m.	Grocery Shopping at Whole Foods Market
January 08	Monday	1:45 p.m.	Assisted Living Outing
January 12	Friday	2:00 p.m.	Grocery Shopping at Pick 'n Save
January 15	Monday	2:00 p.m.	Abundant Life Outing
January 22	Monday	2:00 p.m.	SNF-1 Ride
January 26	Friday	2:00 p.m.	Grocery Shopping at Pick 'n Save

Coronary Heart Disease

What is coronary heart disease?

Coronary Heart Disease is a condition which affects the vessels which supply heart's muscle with blood, oxygen, and nutrients. If these blood vessels (coronary arteries) become partially blocked, a person can have decreased heart function and may experience pain in the chest, arm, neck, or jaw (angina). If the vessels become completely blocked, some of the heart muscle can die, which is called a heart attack (myocardial infraction).

Blood vessels can become narrowed from fat and cholesterol build-up inside the artery walls, which is a disease called atherosclerosis. The disease process can start when conditions, like high blood pressure (hypertension), diabetes, high cholesterol, and smoking, cause damage to artery walls. The body tries to repair the damage, but in the process, fat, cholesterol, calcium, and other substances can be deposited in artery walls. Over time this build up (plaque) can narrow the artery walls and can also develop a hard fibrous cap. If the fibrous cap ruptures, a blood clot can form and completely block vessels, leading to a heart attack.

How common is coronary heart disease?

Coronary Heart Disease (CHD) is the leading cause of death in the United States and kills over 400,000 men and women each year. One out of every five deaths is due to this disease. One-third of people who have a heart attack do not survive it. In addition, over 12 million Americans are currently living with coronary heart disease pain and/or heart problems.

Who is at risk?

Both men and women are at risk of developing CHD, however it is not usually seen in men younger than 40 or in women of reproductive age. There are many different factors that affect the risk of CHD. Some of these risk factors cannot be altered, like family history, advanced age and sex, but there are many others that can be changed or controlled, like smoking, exercise, body weight, cholesterol, blood pressure, and blood sugar. There are many lifestyle factors and medications that can help reduce the risk of atherosclerosis, coronary heart disease, and heart attack.

How can you prevent it?

1. Stop smoking
2. Avoid second hand smoke
3. Eat well
4. Maintain a healthy weight
5. Exercise regularly
6. Control high blood pressure
7. Control high blood sugars
8. Control cholesterol levels

If you already have heart disease or risk factors for it, it is important to see your doctor regularly to address lifestyle issues and medications that can help treat your condition.

For more information on CHD, visit these websites:

- The American Heart Association
- The Centers for Disease Control and Prevention
- The National Heart, Lung and Blood Institute

Anmarie Kehoss RN
Infection Control/ Staff Development Nurse

The Apartment Page

January Events / Entertainment

January 02	Tuesday	2:30 p.m.	Bunco ~ Activity Center
January 03	Wednesday	4:30 p.m.	Apartment Social with Cindy ~ Commons
January 04	Thursday	10:15 a.m.	Devotions with Pastor Joe / Hymn Sing with Eva ~ Chapel
January 05	Friday	11:00 a.m.	Apartment Resident Meeting ~ Commons
January 06	Saturday	2:00 p.m.	Piano Recital ~ Chapel
January 10	Wednesday	2:00 p.m. 3:00 p.m. 4:30 p.m.	Music with Chuck ~ Chapel Social ~ Chapel Apartment Social with Cindy ~ Commons
January 11	Thursday	10:15 a.m. 2:00 p.m.	Devotions with Pastor Joe / Hymn Sing with Andrea ~ Chapel Men's Club ~ Lionel Railroad with Dave Rohr ~ Chapel
January 12	Friday	10:30 a.m.	Hug-a-Pup ~ Activity Center
January 15	Monday	10:15 a.m.	Sing-Along with Marj ~ Chapel
January 17	Wednesday	4:30 p.m.	Apartment Social with Cindy ~ Commons
January 18	Thursday	10:15 a.m.	Devotions with Pastor Joe / Hymn Sing ~ Chapel
January 19	Friday	10:15 a.m. 2:30 p.m.	Pam's Family Child Care Visits ~ Chapel Women's Club ~ Music Globes ~ Chapel
January 24	Wednesday	4:30 p.m.	Apartment Social with Cindy ~ Commons
January 25	Thursday	10:15 a.m.	Devotions with Pastor Joe / Hymn Sing with Heather ~ Chapel
January 26	Friday	3:00 p.m.	Rockin Randy and Social ~ Chapel
January 31	Wednesday	4:30 p.m.	Apartment Social with Cindy ~ Commons



"Oh, the weather outside is frightful,
but the fire is so delightful."



Activity	Day	Date	Time	Location
Games with DdG	Monday	8, 15, 22	2:00 p.m.	Commons
Yoga with Molly	Tuesday	2, 9, 16, 23, 30		
Pray for America	Tuesday	9, 23	1:45 p.m.	Commons
Lifelong Learning Study Group	Wednesday	3, 10, 17, 24, 31	2:00 p.m.	Commons
Grocery Shopping	Friday	5	2:00 p.m.	Whole Foods Market
Grocery Shopping	Friday	12, 26	2:00 p.m.	Pick 'n Save
Strength and Balance (Exercise)	M/W/F	3, 8, 10, 12, 15, 17, 19, 22, 24, 26, 29, 31	10:30 a.m.	Commons