



EXPLORE The Vista

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SIENA VILLAGE OF WAYNE joins the CHCC family

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TEEN ANXIETY: Coping skills for parents

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The new BOLGER GYM & WELLNESS CENTER

ON THE COVER & PAGE 7



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Center Life is published by the Marketing Department of Christian Health Care Center.

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MESSAGE TO THE COMMUNITY

Christian Health Care Center (CHCC) is pleased to announce that Siena Village of Wayne has joined the CHCC family! Siena Village is a wonderful complement to our senior-life residences and services. We invite you to learn more about our new community by turning to page 2. CHCC first partnered with the Dominican Sisters in 2003 when Christian Health Care Adult Day Services of Wayne opened at Siena Village. This program plays a vital role in the lives of so many seniors, including Guinness World Record-holder Charlie D'Angelo, who is featured on page 4.

Active, independent adults continue to explore their future at The Vista, which will be built on our Wyckoff campus. The feature on page 1 details the superb benefits of this community.


Our beautiful new Bolger Gym & Wellness Center, featured on page 7, has enabled us to greatly enhance our short-term rehab program within our existing David F. Bolger Post-acute Care Unit. Valerie and Jerry Shurko's profile on page 6 illustrates the breadth and strength of this ever-growing program. Equally as stunning is our newly renovated Heritage Manor West Nursing Home. Turn to page 9 to view the magnificent renovations.

New staff and trustees are helping to shape and guide the future of CHCC. Two new team members include R. Scott Sheldon, Director of Development, and Matthew D. Kuiken, CHCC trustee. Meet them both on pages 10 and 11.

May marks Children's Mental Health Awareness Month. Among adolescents, anxiety disorders are more prevalent than any other mental-health illness. Our Christian Health Care Counseling Center staff offers coping tips for parents on page 12.

Finally, thank you for your support of our 2015 Annual Fund to benefit The Longview Assisted Living Residence. This year's Annual Fund continues to benefit Longview and its residents. Meet one of those residents, Beatrice Fink, on page 5. To contribute to the 2016 Annual Fund and to watch a video of life at Longview, visit ChristianHealthCare.org/AnnualFund.




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PRESIDENT AND CEO




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CHAIR, BOARD OF TRUSTEES

Sign up to receive *Centered Care*, our monthly e-newsletter, to stay up-to-date with Christian Health Care Center!

Email khockstein@chccnj.org or visit ChristianHealthCare.org.

Back issues, as well as the current issue of *Center Life*, are available online at ChristianHealthCare.org > News and Updates > Publications.



The Vista Information Center

Architectural rendering is conceptual and subject to change.

The Vista: A Growing Community is Coming Together

If you haven't already learned about The Vista, now is the time to discover this exciting new community. **Designed to answer an unmet need, The Vista will be unique in Bergen County as an all-new community designed for active, independent adults 62 and older located on the campus of Christian Health Care Center.** Vista residents will enjoy freedom, security, and peace of mind in knowing that their present and future needs will be met right here. And while The Vista will be intimate in scale, residents will enjoy abundant amenities and options that will empower them to live longer, healthier lives.

Early interest has been high, and many people have already reserved their new apartment homes. Now we are expanding to an even wider market of people who have been waiting for an opportunity and a community like The Vista.

Discover the benefits of The Vantage Club

The Vista's Vantage Club is a unique opportunity for those who act early. By making a 10-percent deposit of the entrance fee before construction begins, Vantage Club members lock in pre-construction pricing and become part of a growing community even before The Vista is built. They receive invitations to regular educational and social events designed to help them get to know their future neighbors and learn about wellness and other benefits of life at The Vista. Members also receive newsletters and frequent personal updates. When program development begins, Vantage Club members will be invited to participate in surveys to help plan activities suited to the group's specific interests.

New ways to learn more

On our website – TheVista.org – you'll find up-to-date information about plans for The Vista, view a campus map, learn about Christian Health Care Center, and more. You can also sign up to receive communication and invitations from The Vista.

Our monthly event series is designed to help you learn more about The Vista and how its services, amenities, and contract options can help you enjoy your ideal retirement.

The Vista Information Center

At The Vista Information Center, our friendly sales counselors are available to answer your questions and discuss all the options with you. To learn more, call or visit today!

The Vista Information Center is located at Cedar Hill Plaza, 525 Cedar Hill Ave., Wyckoff, NJ. Call toll-free 1 (844) VistaNJ or (201) 848-4200, or visit TheVista.org.

Siena Village of Wayne

is now a Christian Health Care Center Community!



Christian Health Care Center (CHCC) has added even more independent-senior living options to its extensive array of services with the addition of Siena Village of Wayne. CHCC acquired the 250-unit affordable senior-housing complex at the end of 2015.

Siena Village meets the needs of independent seniors 62 and older on fixed incomes by offering low-income, moderate-income, and market-rate apartments. Founded by the Dominican Sisters of Caldwell in 1993, the new Christian Health Care Center community offers one- and two-bedroom units and provides seniors with a welcoming, attractive, and secure environment.

“The trustees of the non-profit Siena Village of Wayne Inc. selected CHCC first and foremost because of its proven heritage and continued commitment to be mission-driven, and its ability to further the established mission of Siena Village,” says Sr. Alice Uhl, OP,

Chair of the Siena Village of Wayne Inc. Board of Trustees.

CHCC and the Dominican Sisters are both long-standing non-profit organizations guided by their missions. CHCC first partnered with the Dominican Sisters in 2003 when Christian Health Care Adult Day Services of Wayne was established at Siena Village.

“CHCC and Siena Village have enjoyed a very friendly, professional relationship for many years through the operation of Christian Health Care Adult Day Services of Wayne on the Siena Village property,” says Douglas A. Struyk, CPA, LNHA, CHCC President and CEO. “We welcome Siena Village, and look forward to supporting the residents as it continues to be their home.”

“Siena Village is a wonderful place that offers a tremendous quality of life. Together we pray in gratitude for the countless blessings which God offers today and in each tomorrow,” says Sr. Alice.

Siena Village Programs and Amenities

Siena Village offers programs and amenities which enhance the daily life of its residents. The calendar appeals to a broad range of interests, experiences, and backgrounds. Events range from cookouts and concerts to book clubs and Bible studies.

Amenities help make daily life easier, more convenient, and more fun. Residents can take advantage of the following:

- a community room with a large-screen TV;
- pool table;
- areas for friends to play; cards, enjoy board games, or just socialize;
- a well-stocked library;
- bocce ball court;
- fitness room with exercise equipment;
- beauty salon and barber shop; and
- laundry room.



Siena Village joins CHCC's senior life-residences and services:

- Evergreen Court independent-senior apartments,
- Hillcrest Residence supportive senior housing,
- Christian Health Care Adult Day Services of Wayne and Wyckoff,
- The Longview Assisted Living Residence,
- Heritage Manor Nursing Home, and
- Southgate behavior-management unit.

"We are so thankful that CHCC was chosen to acquire Siena Village because of our heritage and commitment to fulfilling our mission each and every day," Mr. Struyk says. "We are committed to the health, healing, and wellness of Siena Village residents and to carrying on the wonderful heritage created by the Dominican Sisters."

For more information about Siena Village or any of CHCC's senior-life residences and services, call (201) 848-4463, email khockstein@chccnj.org, or visit ChristianHealthCare.org.



Pictured, from left, are Douglas A. Struyk, CPA, LNHA, CHCC President and CEO; Jerry Vogel, Esq.; Robert Zierold, CHCC Senior Vice President of Human Resources and Professional Development; Steve Dumke, LNHA, FACHE, CHCC Executive Vice President/COO; Ellen De Bel, RN-BC, C-AL, CDP, The Longview Assisted Living Residence Health Services Director, and her husband Rick De Bel, former CHCC trustee; and Jan Meyer and her husband Gordon Meyer, Esq., CHCC Board of Trustees Chair.

Fourth Annual Beefsteak: Fundraising, Fellowship, and Football

Christian Health Care Center's Fourth Annual Beefsteak raised \$38,000 for the 2016 Annual Fund – The Longview Assisted Living Residence. More than 250 people attended the traditional football-themed event held in January at The Brownstone in Paterson. Featured speaker was Drew Gibbs, Head Football Coach, Ramapo High School, Franklin Lakes.

Visit ChristianHealthCare.org to view photos from this event and for more ways to support CHCC.



Roxanne D'Angelo and her father Charlie D'Angelo

Ninety-six-year-old Charlie D'Angelo holds the Guinness World Record for driving an ice cream truck for the longest period of time – 30 years!

Christian Health Care Adult Day Services Client *Inspires* Staff and Seniors

Christian Health Care Adult Day Services of Wayne has several distinctive features. The medical day program, with an additional location in Wyckoff, offers health care, nutrition services, socialization, exercise, activities, pastoral care, and transportation. It also counts among its clients a true legend. Ninety-six-year-old Charlie D'Angelo holds the Guinness World Record for driving an ice cream truck for the longest period of time – 30 years! The Clifton resident, with his outgoing personality and artistic talent, inspires both clients and staff.

“Charlie is, for lack of a better word, awesome,” says Aimee Restifo, LCSW, the program’s Administrator/Social Worker. “He takes great pride in his World Record distinction. He has outfits for all the special events that we have here. He checks our calendar every night to see what events are scheduled for the next day so that he can dress appropriately. He has a great sense of humor and is such a wonderful person. He is always helping others and looking out for the other clients in our program.”

The availability of physical therapy led Mr. D'Angelo to Christian Health Care Adult Day Services of Wayne last spring. Here, individualized care plans, with input

from the clients’ personal physicians, are developed so that seniors receive maximum benefits from the program.

“Dad had fallen and needed physical therapy. The program he was attending at the time didn’t offer therapy, so the staff referred us to Christian Health Care Adult Day Services of Wayne,” says his daughter Roxanne D'Angelo.

Jamie Crowell, RN-BC, Nursing Director, assessed Mr. D'Angelo and recommended physical therapy to help improve his walking, gait, strength, and balance. He participated in therapy three days a week for nearly two months. Mr. D'Angelo also receives nutritional guidance from Joan Katz, RD, the program’s dietitian. He follows a gluten-free diet, so Mrs. Katz reviews the program’s menu with him, highlighting the gluten-free selections.

Christian Health Care Adult Day Services of Wayne also helps keep Mr. D'Angelo’s mind sharp, as he explores his artistic endeavors, which he shares with staff and clients.

“Dad created sticker art for his ice-cream truck – Iggy’s Igloo,” Ms. D'Angelo says. “When he retired in 2009 he had amassed a sizeable collection of stickers. He started

to decoupage flower pots with the stickers. Now he has a wide range of canvases.”

Mr. D'Angelo started delivering ice cream on a bicycle when he was 16. After he married his sweetheart Marion in 1945, he opened a butcher shop and a small grocery store in Newark, his hometown. Eventually he sold the butcher shop and passed on the grocery store to his grandson. As he approached 60 he wasn’t ready to retire, so he hit the road with an ice-cream truck - for three decades.

“I have a good life and a good family,” says Mr. D'Angelo, whose wife passed away a year and a half ago.

Now, Christian Health Care Adult Day Services of Wayne benefits from his positive energy and joie de vivre.

“I give Christian Health Care Adult Day Services of Wayne a score of 110!” says Mr. D'Angelo, who attends the program four days a week. “The staff is wonderful. They help you in every way.”

For more information about Christian Health Care Adult Day Services, call (201) 848-4463, email khockstein@chccnj.org, or visit ChristianHealthCare.org.

The Longview Assisted Living Residence: *A Tradition of Caring*

When Beatrice Fink decided to move to assisted living, the “vetting process,” says her son Bob, “was extensive. **There are a lot of residences in this area to consider. Ultimately, the decision to move to The Longview Assisted Living Residence at Christian Health Care Center (CHCC) was hers. The fact that CHCC has been around for as long as it has, that it has a long tradition of a caring mission, that it has a well-established reputation, and financial and operational strength – all of these factors meant an awful lot to me, my sisters Corinne and Carol, and my mother.**”

As part of researching Longview, Mr. Fink contacted individuals associated with The Valley Hospital in Ridgewood, where he serves as a trustee.

“I asked them about Longview, and their reviews were all very positive,” he says. “Mom moved to Longview nearly six years ago. She has become very well-acclimated and she’s doing terrifically.”

Mrs. Fink was born in Manhattan, where she met her husband Martin. The couple, who were married for more than 40 years, later moved to the Astoria section of Queens. Mrs. Fink did clerical work until her youngest daughter went to college.

“When my sister went to college, my mother decided to do the same,” Mr. Fink says. “She got a bachelor’s degree in social work from Hunter College and went on to a 25-year career as a social worker for Catholic Charities in New York.”

Mrs. Fink remained in Astoria until six years ago when she suffered a stroke. She and her children recognized that she would benefit from an assisted-living environment.

At Longview, personalized care in a secure community supports and fosters each individual’s maximum level of independence. Longview offers 24-hour nursing support and customized levels of care. The goal is for each resident to live to his or her highest potential. Additionally, the diverse calendar of events provides purpose in each day.

“The range of activities means a lot to mom and to us,” Mr. Fink says. **“She was very active, so we wanted to make sure that she would still have a full menu of recreational and other activities that would keep her vital. At Longview there are so many of these that she can avail herself of. She enjoys everything from bingo to arts projects to concerts to movies. She loves when the**



Bob Fink and his mother Beatrice Fink

children from the Child Day Care Center, which is located on the ground floor of Longview, come to visit. There’s no question that they brighten her day!”

His mom concurs.

“Everything about Longview is very nice – the activities, my neighbors,” Mrs. Fink says. “And the food is excellent!”

“Sometimes too excellent!” jokingly says her son. “Seriously, though, the menu selection is great.”

The Fink family reserves the highest praise for what they consider Longview’s greatest asset: the staff.

“All the staff – administration, nurses, dining staff, aides, and others who take care of my mom’s needs on a daily basis – are really warm and caring and go the extra mile to make sure that she’s happy,” Mr. Fink says. **“They make Longview unique and special. They create a supportive, warm, and comfortable environment – a home.”**

For more information about Longview, call (201) 848-4463, email khockstein@chccnj.org, or visit ChristianHealthCare.org.

Your support of Christian Health Care Center’s 2016 Annual Fund will benefit The Longview Assisted Living Residence.

To make a donation, learn more about the renovations, or take a peek at life at Longview, visit ChristianHealthCare.org/AnnualFund or by calling (201) 848-4463!



Valerie and Jerry Shurko
in the new Bolger Gym &
Wellness Center

“Short-term Rehab at CHCC is the benchmark for excellence!”

Like most couples married for nearly a quarter century, Valerie and Jerry Shurko have shared countless milestones, journeys, laughs, and tears. What sets the Ramsey couple apart, however, are dual short-term rehab stays at Christian Health Care Center. Mr. Shurko was a patient on The David F. Bolger Post-acute Care Unit for three months after suffering a stroke; Mrs. Shurko's two-week stay following a left-knee replacement came shortly after her husband was discharged.

“Short-term rehab at Christian Health Care Center is the benchmark for excellence,” says Mrs. Shurko, who underwent rehab at three other facilities for two hip and right-knee replacements. **“The care is excellent. The staff is excellent. The food is excellent. The facility and grounds are beautiful. The Center is perfect in terms of providing everything that a patient needs.”**

The Shurkos' introduction to

short-term rehab at CHCC came through visiting a neighbor.

“As we visited her and watched her progress, we saw the very tender care that she received and how much her family appreciated the way she was cared for,” Mrs. Shurko says. “So when Jerry was ready to be discharged from The Valley Hospital to short-term rehab, I wanted him to come to Christian Health Care Center because of the wonderful care that our neighbor received.”

When Mr. Shurko arrived at CHCC, his left arm and leg marginally functioned and he was unable to stand and walk. Physical therapists focused on strengthening muscles through traditional exercise, exercise machines, and hand weights. Occupational therapists concentrated on accomplishing day-to-day tasks, such as getting dressed and performing household tasks.

“I couldn't stand on my own when I came to CHCC,” says Mr. Shurko, a retired electrical

engineer. “I would have been happy to have left using a walker, but the rehab staff wouldn't hear of that. I was able to walk out on my own without a walker or cane. It's not what I expected of a rehab center. It was grand!”

In addition to physical, occupational, and speech therapists, Mr. Shurko's multidisciplinary team included clinicians, dietitians, social workers, activities staff, and chaplains. Individuals requiring short-term rehab following a stroke are just a portion of the patient population. Others who may also benefit include those who are recovering from cardiac surgery or pneumonia; have a chronic illness, such as cardiac disease, renal disease, or diabetes; or have had a joint replacement, such as Mrs. Shurko.

“Jerry's care at CHCC was so, so wonderful. I knew exactly where I wanted to go for rehab following my knee replacement at The Valley Hospital,” she says.

Mrs. Shurko's physical therapy took place in the new

14,000-square-foot Bolger Gym & Wellness Center. The goal was to strengthen her new knee and upper-arm muscles.

“The new gym is fabulous!” Mrs. Shurko says. “Through physical therapy, I became stronger and learned to stand and breathe correctly. Because I delayed the knee replacement for years, my posture was bent and I favored my right side to compensate for the pain on my left side. I left with such a greater range of motion than when I came in.”

Occupational therapy took place in the new Transitional Care Suite, which includes a kitchen/dining area, family room, laundry room, bedroom, and bathroom.

“Initially using a walker and then a cane, I made pizza in the oven. I took all the ingredients out of the refrigerator. I worked in the sink. I did the dishes.

I changed bedding. I did laundry,” says Mrs. Shurko, who worked at BMW North America headquarters and arranged BMW test drives for national automotive journalists before she retired. “I proved to myself that I could accomplish these tasks. The suite is so well-designed.”

While the Shurkos praise the benefits of CHCC's state-of-the-art apparatus and technology, they give equal credit to the staff for their successful short-term rehab.

“Everyone is so kind and patient. It is remarkable,” Mrs. Shurko says. “There's friendliness here. Everyone speaks so nicely to each other and about each other. The employees are very, very supportive of one another. I think that the criteria for hiring at CHCC is that everyone must smile!”

For more information about short-term rehab, call (201) 848-4463, email khockstein@chccnj.org, or visit ChristianHealthCare.org.

The New 14,000-square-foot Bolger Gym & Wellness Center for Short-term Rehab



The new Bolger Gym & Wellness Center for short-term rehab incorporates modern technology and progressive approaches. State-of-the-art equipment, an indoor walking track, and a variety of exercise gear supplement physical therapy. Occupational therapy is enhanced in the

Transitional Care Suite. This area, which includes a kitchen/dining area, family room, laundry room, bedroom, and bathroom, affords privacy and a home-like feel. Here, too, caregivers are educated on the proper placement of assistive devices such as shower grab bars, as well as different types of durable medical equipment available for patients when they return home.



For more information about short-term rehab, call (201) 848-4463, email khockstein@chccnj.org, or visit ChristianHealthCare.org.



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SENIOR LIFE

SHORT-TERM REHAB

MENTAL HEALTH

THE VISTA



The *New* Heritage Manor West

Heritage Manor West, Christian Health Care Center's long-term care community for more active, but frail seniors, was recently transformed into a more beautiful, home-like environment. The residence now features a new private entrance, porch with picturesque views of the Ramapo Mountains, an open living space with a hearth and fireplace, and a beautiful open kitchen area. Restaurant-style dining and innovative dining experiences are offered, as well as additional therapeutic activities. The renovations were supported by the 2014 Annual Fund.

For more information about Heritage Manor and to read a personal story about life on Heritage Manor West, call (201) 848-4463, email khockstein@chccnj.org, or visit ChristianHealthCare.org.



CHCC Foundation Welcomes New Director of Development

R. Scott Sheldon, MDiv, recently joined the Christian Health Care Center (CHCC) Foundation as its new Director of Development. Mr. Sheldon brings a broad experience of more than 30 years as a fundraiser and consultant in the non-profit sector.

Among Mr. Sheldon's responsibilities are providing a strategic vision to build relationships and raise funds to advance CHCC's mission; inspiring a culture of philanthropy; identifying, developing, and supporting Foundation trustees in their efforts to reach out to donors and funding partners; planning and promoting special events; and identifying funding opportunities.

"I am honored to join the Christian Health Care Center Foundation and to have the opportunity to work with our dedicated trustees and supporters," Mr. Sheldon says. "I look forward to expanding the Center's mission by relating to CHCC's broad constituency."

Prior to joining CHCC, Mr. Sheldon was the President and CEO of Parish Resource Center in Lancaster, PA. He was also the Interim Vice President for Institutional Advancement at San Francisco Theological Seminary in San Anselmo, CA.

Mr. Sheldon has also served as the Director of Development and Program Director of the Center of Continuing

The Christian Health Care Center (CHCC) Foundation encourages the community to support and pray for CHCC's mission to foster health, healing, and wellness for people of all ages. The Foundation provides CHCC with a source of funds that can be used to carry out its strategic vision and to help meet the changing needs of those it serves. The Foundation board is composed of business and community leaders who help develop programs and events to introduce CHCC to potential benefactors. Through their advocacy and leadership, the Foundation will help provide financial support, expand the ministry of CHCC, and broaden the community's knowledge and awareness of its services.

Education at Princeton Theological Seminary, Chief Development Officer and Campaign Director at Hartford Seminary in Connecticut, and Director of Gifts and Grants at D&R Greenway Land Trust in Princeton. Early in his career Mr. Sheldon was an architect, pastor, and denominational



R. Scott
Sheldon

executive to 110 congregations on Long Island and in Central New York.

The New Jersey native holds a bachelor of science in architecture and building sciences from Rensselaer Polytechnic Institute in Troy, NY, and a master of divinity from Princeton Theological Seminary. A conservation advocate, Mr. Sheldon has participated in several mission trips to Africa, Central America, Eastern Europe, the Middle East, Haiti, and Cuba.

"Scott is a tremendous addition to our Foundation," says Gordon Stanley, CHCC Foundation Chair. "In addition to his impressive track record as a development officer, he has the drive and perspective to advance Christian Health Care Center's mission, as directed by our board and the CHCC Board of Trustees."

For more information about the CHCC Foundation or to make a donation, visit ChristianHealthCare.org/Foundation. To contact Mr. Sheldon, call (201) 848-5799 or email ssheldon@chccnj.org.

SAVE THE DATE!

**Monday
June 13, 2016**

Knoll Country Club
Parsippany, NJ

Christian Health Care Center 

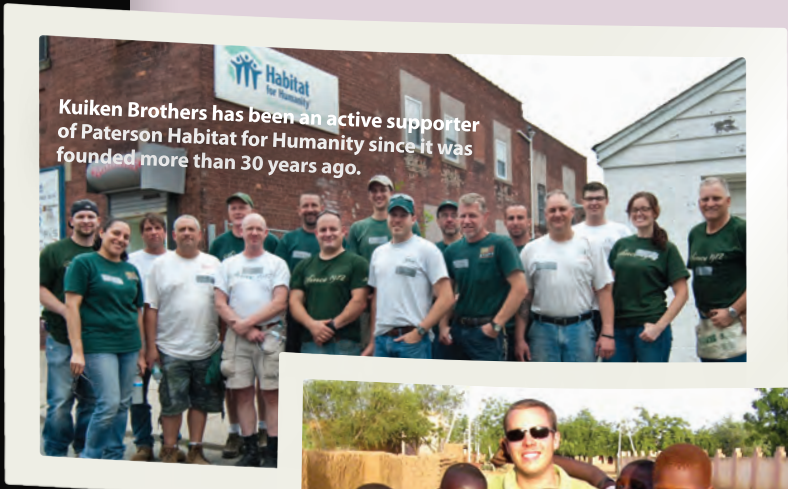


Christian Health Care Center's Annual Golf Classic celebrates a rich history of raising much-needed funds in support of our mission. Join us for a day of golf and fellowship!

For more information, call (201) 848-5796, email dbickert@chccnj.org, or visit ChristianHealthCare.org.



Matthew D. Kuiken



Kuiken Brothers has been an active supporter of Paterson Habitat for Humanity since it was founded more than 30 years ago.



Matthew D. Kuiken served as a Peace Corps volunteer in Mali.

New Trustee Feels Privileged to *Pay It Forward*

Matthew D. Kuiken considers being appointed to the Christian Health Care Center (CHCC) Board of Trustees a privilege and an opportunity to “pay it forward.”

“I was approached by Doug Struyk, CHCC’s President and CEO, whom I’ve come to know over the past couple of years,” Mr. Kuiken says. “I have tremendous respect for Doug, so I was honored to have been considered to serve. I feel privileged to be given the opportunity and immediately felt part of the team.”

Mr. Kuiken is Vice President of Operations for his family’s business – Kuiken Brothers Company Inc. Kuiken Brothers and CHCC both have been pillars in the community for more than a century.

“I’ve been aware of the Center since I was a child,” Mr. Kuiken says.

“I’ve had a number of family members and friends under care at CHCC over the years. The quality of care becomes most apparent when your own loved one is the beneficiary. Only then can you fully appreciate the quality and decency of care provided. CHCC is a welcoming environment to those in need, one founded on the very Christian principles that serve as the bedrock of the organization and evoke the most elemental tenets of humanity.

These core values provide a sense of purpose and are truly the guiding light behind everything we do at CHCC. That’s brightly evident in the level of care provided here at the Center. Volunteering my service to the CHCC Board of Trustees is a small way to support those who have cared for so many in our community over the years and who will do so in the future.”

Mr. Kuiken’s commitment to caring for the community is also evident through his service on the Advisory Board of Directors for Paterson Habitat for Humanity (HFH). Kuiken Brothers has been an active supporter of Paterson HFH since it was founded more than 30 years ago. The company participates in HFH’s Corporate Challenge every year and has contributed to the construction of

more than 300 houses.

“Habitat for Humanity was founded on the conviction that every man, woman, and child should have a place to live in dignity and safety, and be part of a strong and caring community,” Mr. Kuiken says. “This premise is its call to action, and it speaks to the heart of who we are as a family and as a company. One can draw many parallels with the mission of Christian Health Care Center.”

Mr. Kuiken has also helped communities around the globe. He served as a Peace Corps volunteer for two years in the West African country of Mali.

“I worked to strengthen community and commerce through technology by providing Internet access, training, and professional education in the areas of micro-finance and project development,” he says. “While I no longer serve as a volunteer, that experience continues to serve as a reminder to be thankful for the gifts we have and to pay them forward.”

Mr. Kuiken plans to follow this pay-it-forward philosophy through his service to CHCC.

“With The Vista well underway in the planning stages, Christian Health Care Center will be the premier option in New Jersey for seniors to age with dignity in a comfortable living environment with modern amenities and unmatched health, wellness, and spiritual care. Also, as we further expand our footprint to Siena Village in Wayne, we have a real opportunity to showcase the talent of our staff to more families in North Jersey,” Mr. Kuiken says. “These two growth opportunities will strengthen our mission, as well as our already close relationships to regional hospitals and health providers. All of this puts us in a better position to serve the community.”

For more information about volunteering at CHCC, call (201) 848-4463, email khockstein@chccnj.org, or visit ChristianHealthCare.org.

March is Children's Mental Health Awareness Month.

Adolescent Anxiety: *How Parents Can Help*

Considering social and academic pressures faced by today's youth, it's not surprising that anxiety disorders are more prevalent than any other mental-health illness among adolescents. The most common are generalized anxiety disorder, panic disorder, social anxiety disorder, and separation anxiety. Each may have physical, psychological, and/or behavioral symptoms.

When anxiety impedes daily functioning, professional intervention may be necessary. Christian Health Care Counseling Center provides outpatient treatment for children and adolescents, as well as adults, seniors, and families. Following an assessment, an individualized treatment plan is developed. Cognitive-behavioral therapy (CBT) is one therapeutic modality that has proven to be very effective. Through CBT, youngsters learn skills and techniques to help reduce anxiety. Some youth may also require medication to alleviate disruptive symptoms that can interfere with daily life.

Parents can help reduce anxiety faced by their children. The Christian Health Care Counseling Center staff offers the following techniques/coping skills:

- Be aware of your child's behaviors.
- Build trust.
- Listen and be available.
- Encourage the expression of feelings.
- Teach and model good emotional responses to stress.
- Encourage children to tell you if they are stressed.
- Promote healthy friendships, activities, and exercise.
- Eat dinner together.
- Encourage resiliency.
- Monitor alarming television or news programs.
- Be patient when your child makes poor decisions.
- Discuss the harmful effects of drugs and alcohol.
- Take care of yourself.
- Communicate with school personnel.
- Seek assistance of a school counselor or therapist if things become overwhelming.
- Encourage positive problem-solving and coping skills.
- Make expectations clear.
- Learn from mistakes.
- Don't overreact.
- Develop a clear academic schedule for homework.
- Provide consistent positive limits and discipline.
- Express feelings appropriately.
- Provide a feeling of safety.
- Encourage good nutrition and sleeping habits.
- Relax and have fun at home.

For more information about adolescent anxiety and Christian Health Care Counseling Center, call (201) 848-4463, email khockstein@chccnj.org, or visit ChristianHealthCare.org.

Calendar of Events

All programs are held at Christian Health Care Center, 301 Sicomac Ave., Wyckoff, unless otherwise noted. For additional programs, visit ChristianHealthCare.org.

Caregivers Support Groups *Registration is required.*

NOON FIRST TUESDAYS: APRIL 5, MAY 3, JUNE 7

Building 1 Conference Room,
(201) 848-5830, registration required

1 P.M. FIRST WEDNESDAYS: APRIL 6, MAY 4, JUNE 1

Christian Health Care Adult Day Services of Wayne, 2000 Siena Village (off Valley Road, Wayne), (973) 305-9155. *Note: This group is specifically for caregivers of individuals with dementia.*

10 A.M. SECOND FRIDAYS: APRIL 8, MAY 13, JUNE 10

Commons Conference Room,
(201) 848-5867, registration required

5:30 P.M. THIRD WEDNESDAYS: APRIL 20, MAY 18, JUNE 15

Commons Conference Room,
(201) 848-5867, registration required

Faith & Grief Luncheons

Registration is required.

NOON TO 1 P.M.

THIRD WEDNESDAYS: APRIL 20, MAY 18, JUNE 15

Auditorium, (201) 848-4264

Community Blood Drives

9 A.M. TO 1:30 P.M.

WEDNESDAY, APRIL 8

Commons Parking Lot, (201) 848-5872

Christian Health Care Center 27th Annual Golf Classic Monday, June 13

Knoll Country Club, Parsippany
(201) 848-5796

Son-Light

By Rev. Sandra Master, MDiv
Chaplain, Heritage Manor Nursing Home

"The light shines in the darkness, and the darkness has not overcome it." – JOHN 1:5 NIV

One of the prevalent themes within scripture is the contrast between dark and light, probably because it is a theme that resonates with our experiences. Often, when we face challenges and conflicts in our lives or in our world, our present and future feel dark and threatening with fear and hopelessness. When this happens, our eyes may not see—may even stop looking—for any sense of light in the midst of unfathomable gloom.

God's Easter promise to us is that the Light—God's Light—is always there, no matter how dark our darkness has become. On Resurrection Sunday, God in Christ by the power of the Holy Spirit guaranteed humanity and all creation that there would never be a place or an event or a people that would be without the light of possibility and hope ever again; that the Light that is the Son would forever and always pierce and overcome all darkness, even death. When we encounter the dark times of our lives, like Christ, may we have eyes that see the light of hope, love, grace, and possibility in every circumstance and in everyone, and may we commit ourselves to be mirrors that reflect the Son's Light continuously into our world.



Finding Comfort Through Faith & Grief Luncheons

Christian Health Care Center (CHCC), in conjunction with Valley Hospice, hosts monthly Faith & Grief Luncheons. Open to all faiths, Faith & Grief Luncheons incorporate sharing, scripture, prayer, and reflection. Luncheons are held from noon to 1 p.m. the third Wednesday of every month. Through Faith & Grief, participants experience:

- a supportive community of persons who have experienced the death of a loved one,
- comfort through scripture and prayers,
- encouragement through personal stories, and
- hope in sharing feelings and experiences.

Complimentary lunch is provided, but donations are accepted. Register at www.faithandgrief.org.

For more information, call (201) 848-4264, email dcioffi@chccnj.org, or visit ChristianHealthCare.org.

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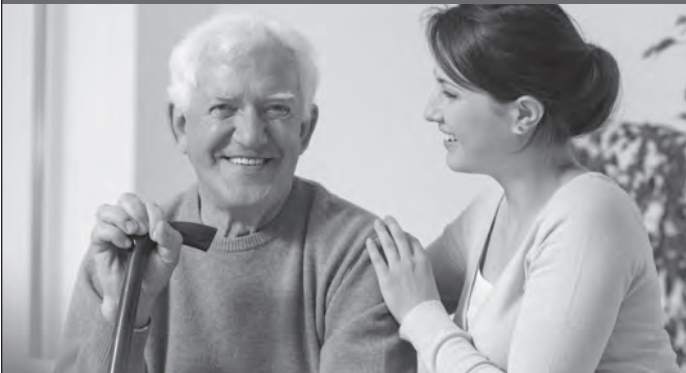
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