

Christian Care  
*Connections*

Summer 2008



*A Publication of  
Christian Care Communities*

## On The Cover

Pictured on cover: a volunteer in our Adult Day Care Program in Lexington tends to flowers, Louisville campus residents Dennis Rogers and Ruby McDowell enjoy lunch in the dining room at Friendship House, and Chapel House resident Mary Bray works a word game.

## Our Mission

Christian Care Communities enhances the journey of life for Older Adults.

## Our Vision

Building on our faith heritage, Christian Care's vision is to be Kentucky's premier provider of Older Adult services.

## Christian Care Communities 2008 Board of Directors



Left to Right, Front Row – David Emery, Scott Coburn, Charlotte Tharp (Chairperson), Chadwick Gardner (Secretary), Nelda Barnett, Don Asfahl (Treasurer)

Back Row – John Wesley, Marie Smart, Edwin Binford, Audrey Powell, Jeffrey Bell, Elizabeth Wachtel, Jerry Miller, Donna Blackburn, Paul Schulte, Tracey Clark, Alan Parsons

Not pictured: Jane Burks, John Dundon, Carla Whaley

## Enhancing the Journey of Life for Older Adults



At Christian Care Communities, every program, service and initiative is focused on our mission of enhancing the journey of life for Older Adults. It's a tall order to fill.

That's why we're particularly excited to announce that

Christian Care has entered into a joint venture with First Christian Church of Hopkinsville to develop innovative services for Older Adults in the Hopkinsville area. In this issue, you'll find more about this ambitious venture – and our vision – as Christian Care continues to address the growing needs of aging adults who turn to us for care, support and a place to call home.

We're also pleased to present two features on life-long learning initiatives. Brain stimulating exercises are key in the fight against conditions that rob individuals of memory and mental abilities, and on our campuses in Louisville and Bowling Green, residents have been "taking their brain to the gym." And, it was back to school for a group of resident scholars when Western Kentucky University brought its Honors Gerontology class to our Village Manor campus.

We share with you a glimpse into the day of Gladys Brison, a Christian Health Center nursing aide, recently profiled in *Business First*. On the flip side of the *Business First* reprint, you will find an invitation to attend "Celebrate Aging: A Wellness Expo for Older Adults and Caregivers" on our Louisville campus in September. Building on last year's success, the Expo will provide a range of compelling information to help you navigate the challenges of aging.

On a personal note, my own journey is about to take a new turn. I will be retiring at the end of March 2009. Until that time, much work lies ahead of us, including the search for Christian Care's next president/CEO.

Ever mindful of what's been entrusted to us, and to find the most qualified candidate to lead this vibrant organization, a national search will be conducted. Serious consideration will be given to internal candidates as well. Board member Alan Parsons is chairing the search committee, and joining him on the committee are Nelda Barnett, Ed Binford, Scott Coburn, Audrey Powell and ex-officio members Charlotte Tharp and staff liaison Teri Popp.

As always, thank you for partnering with Christian Care and sharing our vision to provide compassionate care and support in ways that truly respect the dignity and self-esteem of the most vulnerable among us. Your generosity continues to make it all possible.

Dr. Kirk G. Alliman  
President and CEO

P.S.: At Christian Care, we are committed to never turning anyone away due to their inability to pay. We can only do this with your continued support, which is why I ask for your financial help. We thank you for any amount – large or small – you can contribute.

## Christian Care and First Christian Church Hopkinsville Partner to Develop Innovative Services for Older Adults

Christian Care Communities and First Christian Church in Hopkinsville have entered into a unique joint partnership with the vision of developing innovative services, including affordable housing with supportive services, a community center for Older Adults, and a day care program for adults and children – in Hopkinsville.

“In partnering with First Christian Church, we’re once again drawing on the strength of a church partner to meet community needs,” said Keith Knapp, chief operating officer of Christian Care Communities. “We’re combining the rich history and strengths of First Christian’s outreach programs in the Hopkinsville area with our already significant presence there in an effort to meet the needs of an aging population.”

The joint venture – named Morningside Ministries – involves the acquisition of the old Morningside Elementary School in Hopkinsville and 11 acres of surrounding land. The school property is located directly across from First Christian and is just a five-minute drive from Christian Care’s campus for Older Adults in Hopkinsville.

In partnering on this project, Christian Care and First Christian envision creating a campus of intergenerational programs and innovative services for Older Adults and their families – to complement the independent living apartments, garden homes, skilled nursing care and rehabilitation services now offered by Christian Care in Hopkinsville.

The first phase of the project involves the demolition of the old school building. A county-wide needs assessment will be conducted, with subsequent project and design work set to begin later in the year.

The cost of acquiring the Morningside school property and project start-up expenses are being covered by Christian Care and First



*Louise and Warren Cornell view the Morningside school property from the lawn of First Christian Church in Hopkinsville.*

Christian Church. Christian Care’s portion was provided by a generous gift of \$100,000 from former Christian Care Board of Directors’ member Louise Cornell and her husband Warren, who reside in Hopkinsville. The Cornells have also committed to reseeded the property.

“We are extremely grateful to the Cornells for sharing our dream of providing innovative services for aging adults as well as intergenerational programs on the Morningside property,” said Kirk Alliman, Christian Care president and CEO.

“There were other bids substantially larger than our offer for the school property,” said Knapp, “but the Christian County Board of Education, which owns the Morningside school, voted to accept our proposal due in large part to the enthused support of community residents and our compelling plans for the property.”

First Christian Church of Hopkinsville was founded in 1832. Christian Care Communities, which was founded in 1884, is the oldest partner in ministry with the Christian Church/Church of Christ and Christian Church (Disciples of Christ) and has served Older Adults and families in the Hopkinsville area for more than 30 years.

## Focus on Life-Long Learning Innovative Fitness Program Gives Christian Care Residents a Brain Boosting Workout

At age 89, Christian Care resident Evelyn Hass has a workout routine that is anything but routine.

Along with other Christian Care residents, she has been busy “working out” with (m)Power, a new brain fitness program designed to give her brain a boost.

“It helps me keep sharp,” said Evelyn, who has been using the brain fitness program three to four times a week on the Louisville campus.

The brain boosting exercise program is on loan from its manufacturer to Christian Care’s Louisville and Bowling Green campuses, giving residents the opportunity to use the program and staff to gauge its effectiveness.

“We have exercise programs to take care of the arms, legs and body, but this is really a program to help keep the mind sharp,” said Ray Dickison, executive director of Christian Care’s Louisville campus and administrator of the Christian Health Center. “Basically, it’s about taking the brain to the gym.”



*A resident at the Louisville campus gets a mental workout at the Brain Gym*

With its many games, puzzles and challenges, the memory workout program is proving to be an ideal exercise routine for Evelyn, whose memory is still sharp, and for residents who have mild to moderate memory impairments.

To keep the workouts fun and fresh for residents, new games and exercises are added each day. With just a touch to the (m) Power computer screen, images, movies, music and sounds challenge long and short-term memory, language, computation skills and more, as the program automatically adjusts to each resident’s skill level.

As with so many Christian Care residents, Evelyn never pictured herself in front of a computer, but she’s enjoying the fun and games – and the mental workout.

“Sometimes I don’t press the right button, but I love it.”

**Brain stimulating exercises are key to enhancing the quality of life of residents with memory impairments.**

## It's Back to School for Scholars in Residence at Village Manor

When Western Kentucky University's Gerontology 100 class convened for the spring semester at Christian Care's Village Manor, it brought a whole new meaning to the term "community of scholars."

For the class and semester, 11 Western Kentucky honor students and 10 residents of Village Manor came together to learn and share their experiences.

The class, which focused on the physical, mental and financial aspects of the aging process, was the brainchild of Dana Bradley, Ph.D., and director of Western Kentucky's Center for Gerontology.

"In the field of aging, I can talk about theories – and I do – but the best way to help students learn, regardless of age, is to create an environment where they can ask questions and get answers," said Dr. Bradley.

So once a week, Dr. Bradley's Honors Gerontology class met at Village Manor with a group of "resident scholars" to study the subject of aging. Along the way, the honor students and Village Manor scholars discovered they had a lot to share and learn from each other.

"I think my students were surprised at how much they really learned in a substantive way about aging as they tested textbook theories against the reality of the resident scholars who they were in conversation with," said Dr. Bradley. "In the resident scholars, my students could see the application of healthy aging principles right in front of them."

For the class as a whole, one of the best discussions centered on death and dying, said Dr. Bradley, producing an intimate conversation that wouldn't necessarily find its way into a textbook.

Village Manor scholar Hugo Becker agreed.

"We talked about living wills, favorite old times and so forth," said Becker, 82, who participated in the class with his wife Jean, age 83. "The younger members of the class were just delightful people, and I think I learned that young people today can be real leaders."

It was a thought echoed by fellow resident scholar Sally Ann Strickler, 74, who has resided at Village Manor for two years and holds a doctorate in education.

"It was a really wonderful learning experience, with meaningful conversations and discussions – a real exchange of information," said Strickler.

Said Melanie Eaton, executive director of Village Manor and the Christian Health Center: "Western Kentucky's willingness to have the Gerontology class on our campus was very exciting for us. We're going to need a lot of dedicated, quality individuals who are willing and excited to work with Older Adults, as either direct caregivers or in support roles. We really want to help students understand how rewarding this kind of work can be – that it isn't just about frail individuals."

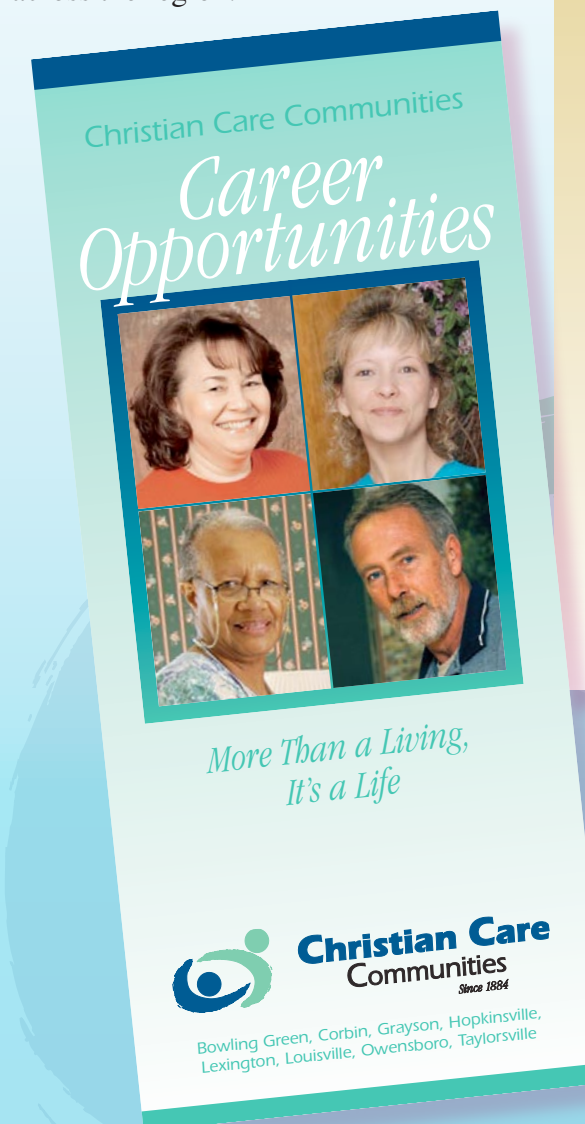
It's a partnership Dr. Bradley is looking forward to building upon – when her next Honors Gerontology 100 class convenes on the Village Manor campus in the spring of 2009.



## More Than a Living, It's a Life . . .

Christian Care Communities is dedicated to responding to the needs of Older Adults who turn to us for care and support. But as those needs continue to grow, so does our need for medical, nursing and personal care professionals, including registered nurses, licensed practical nurses, certified nursing assistants, nursing supervisors and medication aides.

If you want to make a difference in the lives of Older Adults and are interested in joining Christian Care's compassionate and skilled team of healthcare professionals, we invite you to call 1-800-662-1738. Select positions are now available at our health centers across the region.



### Our Values

In response to the call of Jesus Christ, we:

**W**ork with compassion for Older Adults and their families.

**E**mbrace aging as a valued part of life.

**C**are for the physical, mental, emotional, and spiritual well-being of those we serve and those who serve with us.

**A**lways seek ways to improve and grow.

**R**espect the dignity of each person.

**E**xemplify integrity, excellence, and accountability.

For a copy of our Career Opportunities brochure, call 1-800-662-1738

## What Matters Most ... To Christian Care's Residents, Families and Employees

What matters most to residents, families and employees who interact with Christian Care Communities? Apparently, the fact that management and staff care and listen.

Christian Care's quest to be Kentucky's premier provider of Older Adult services recently moved a step ahead when results from My Innerview, a nationally known health quality survey company, were revealed.

For the past year, My Innerview survey data from Christian Health Center residents has been gathered. Since February 2008, the numbers surveyed grew to include Christian Care's independent and assisted living residents, families of residents, and employees throughout the state.

### What do the scores mean?

Overall satisfaction scores for independent living residents consistently rated Christian Care as "excellent" or "good." Families of residents rated overall satisfaction as in the very high category as well, noting that what matters most is that Christian Care staff show a high degree of care and concern for residents in the nursing centers.

The vast majority of Christian Care residents gave an "excellent" or "good" response when asked if they would recommend Christian Care Communities to others as a place to live.

Mary Tellis-Nayak, RN, MSN, MPH and chief analyst for this project, lauded Christian Care's scores as "among the highest ratings she has ever seen in the long-term care industry."

My Innerview surveys more than 7,500 providers throughout the United States, and has tabs on the largest satisfaction benchmark data in the long-term care industry.

Critical in completing this entire picture is analyzing the feedback from Christian Care's

employees because there is a high correlation between satisfied staff and satisfied residents/families. Again, the majority of employees working in independent or assisted living and skilled nursing care "would recommend" Christian Care as an excellent/good place to work.

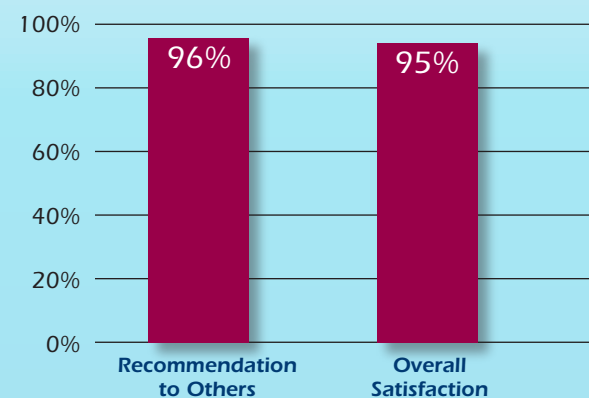
### Ministry makes a difference

The importance of chaplains and the pastoral care they provide to residents, families, and staff received high scores. More than 90 percent of those surveyed listed opportunities for spiritual growth and development as a "very important" element in their satisfaction with Christian Care Communities.

"We are committed to providing quality care to our residents," said Keith Knapp, Christian Care's chief operating officer. "This feedback allows us to identify our strengths and opportunities so that we can provide a safe, positive and caring environment for our residents... There is no better measure than direct feedback from residents, families, and staff."

### Global Satisfaction: Percent of "Excellent" and "Good" Responses\*

#### Christian Care Communities Scores



\*My Innerview Survey

## Battle of the Bounce Raises Funds and Awareness

To raise awareness of – and funds for – Christian Care Communities, friends and supporters turned out in force to participate in the 2008 Battle of the Bounce, an official Kentucky Derby Festival event.

In all, 28 teams dressed in wild and crazy costumes competed head to head through a zany series of obstacles at Waterfront Park in Louisville – while residents from Christian Care's Louisville campus cheered. Hall of Fame jockey Pat Day once again served as our honorary chairperson and opened the event with prayer.

Special thanks to our major sponsors: Montgomery Realtors, the Estopinal Group, Wells Fargo Insurance Services, Astro Events, BoomBozz Pizza and Vino, Presence Incorporated, The Rogers Group, Eventualities.

This year's Battle of the Bounce raised \$25,000 to support the programs and services of Christian Care.



Participants compete in the hamster ball race at the 2008 Corporate Battle of the Bounce

## Kentucky Sports Legends Tee-Off in Support of Christian Care

Denny Crum. Joe B. Hall. Bobby Perry. Dermontti Dawson. Steve Kragthorpe.

They were just a few of the sports legends who joined 90 golfers on June 16 for Christian Care Communities' third annual Kentucky Sports Celebrity Golf Classic at Valhalla Golf Club in Louisville. Golfers enjoyed 18 holes of golf, fun and fellowship with celebrity players – all to benefit Christian Care programs.

Major sponsors of the event were Essence Healthcare, Humana, PNC Advisors, BB&T, DMLO, Sam Swope, and Prosperity Promotions.

Our appreciation and thanks to each golfing participant for making this year's classic such a success.

Sports celebrity Bobby Perry, former University of Kentucky basketball great, poses with the winning team from Middleton-Reullinger Law Firm at Christian Care's golf event at Valhalla in June. This event raised more than \$25,000 for Christian Care Communities.

## Legends of Kentucky Sports Celebrity Golf Classic



# Gratefully Acknowledging Honoraria/Memorial Gifts

Nearly 80 percent of the individuals and families served by Christian Care Communities are unable to pay for all the care and services they receive.

Your generosity truly makes it possible for Christian Care to fulfill our faith-filled mission of providing much needed housing, care, healing and hope to the most vulnerable.

On behalf of all the individuals and families we serve, we sincerely thank you. It is with deep gratitude that we appreciation acknowledge honoraria and memorial gifts made between February-June 2008, and the supporter of Christian Care's special events throughout the first half of the year.

## Honoraria

Many individuals chose to honor their friends and loved ones through a gift to Christian Care Communities.

2/1/2008 – 6/30/2008

**In Honor of Dr. Kirk G. Alliman**  
Mr. and Mrs. Robert Cayce

**In Honor of Nelda Barnett**  
AARP

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Ms. Miyoko Blackford

**In Honor of Melvin L. Young**  
Mr. and Mrs. Robert J. Young, Sr.

## Memorials

2/1/2008 – 6/30/2008

**In Memory of Mary Lavinia Ashby**  
Mrs. Betty Blakemore  
Mr. and Mrs. Ed W. Bowling  
Loyal Friends Class of  
Clifton Christian Church  
Mr. and Mrs. Will D. Evans  
Mr. Charles R. Pigg, Jr.

**In Memory of Lee Baird**  
Mr. and Mrs. Glen H. Perkinson

**In Memory of Rt. Rev. David Bell Birney IV**  
Mr. and Mrs. Frank Birney

**In Memory of Cordelia "Louise" Bishop**  
Ms. Lavada Reynolds  
**In Memory of Charles Blakemore**  
Mr. and Mrs. Ed W. Bowling

**In Memory of Rev. C. Glenn & Virginia Bowling**  
Ms. Mary Jo Klinefelter

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Mrs. Laura D. Brock

**In Memory of Gwendolyn Browne**  
Dr. and Mrs. Kirk G. Alliman

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Ms. Mattie Richardson

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**In Memory of Mary Grace Crisp**  
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Hopkinsville

**In Memory of Marvin Darrell Farris**  
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**In Memory of Sory Fletcher**  
Mrs. Dorothy Fletcher

**In Memory of John Frantz**  
Rev. and Mrs. Donald Frantz

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Miss Shirley A. Frew

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Dr. and Mrs. Kirk G. Alliman  
Rev. Dr. and Mrs. Farris Clifton  
Mrs. Virginia P. Sanders

**In Memory of Billy B. Matthews**  
Mr. and Mrs. Jack Matthews

**In Memory of Clodie McDowell**  
Miss Louise Bell  
First Christian Church, Monticello

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**In Memory of Jane White Wilson**  
Mr. and Mrs. Chancellor Dugan  
Mr. Christopher White

**In Memory of Ray Wilson**  
Mrs. Charlotte Wilson

## Events

Events are a fun and creative way to introduce new individuals and businesses to Christian Care Communities. We thank all of those who participated and volunteered to make these events a success.

## Derby Festival Battle of the Bounce

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Browning's Restaurant & Brewery  
Buffalo Wild Wings  
Cheddar Box Cafe  
Dee's Crafts  
Del Frisco's  
El Nopal  
Galt House Hotel & Suites  
Glacéau Water  
Graeter's Ice Cream  
Jason's Deli  
Ladyfingers Inc.  
Mark's Feed Store

Mimi's Cafe  
Park Place on Main  
PF Chang's China Bistro  
Prosperity Promotions  
Ruth's Chris Steak House  
Sam Swope Auto Group  
Schlotzsky's Deli  
Shogun Japanese Steak House  
The Brown Hotel  
The Fresh Market  
Wall Street Deli  
Wal-Mart Neighborhood Market  
Wal-Mart-Fern Creek

## Golfers, Teams & Donors

Bayer Environmental Services  
Benefit Insurance Marketing  
Cain Brothers & Company, LLC  
Essence Healthcare  
Graeter's Ice Cream  
Humana  
Innovative Power Services  
McBrayer, McGinnis, Leslie & Kirkland  
Middleton Reutlinger  
The Murphy Elevator Company, Inc.  
National City Bank  
Norton Healthcare  
Old Republic Insurance Company  
PNC  
Stephens Oil  
Strothman & Company, P S C  
WorkSmart Systems, Inc.  
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Patrick Katchak  
Carlton McCray  
Anthony McFarland  
Michael Melliore  
Jerry Miller  
William Oldham  
James Parobek  
Tim Stephens

For more information on gift-giving opportunities, please call us, or visit our secure website at [www.ChristianCareCommunities.org](http://www.ChristianCareCommunities.org) to donate and to learn more about our outreach.



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*Since 1884*

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## Coming Event

**Monday, September 29, 2008  
Olde Stone Golf Club  
Bowling Green, Kentucky**

The second annual golf benefit, “Generations on the Greens,” is scheduled for Monday, September 29, 2008. Proceeds will benefit Christian Care’s Village Manor campus in Bowling Green.

We are thrilled to announce that Home Instead Senior Care is supporting Christian Care Communities as Tournament Sponsor. Additional golfers, teams, and sponsors are actively being recruited. If you are interested in learning more about this unique event, contact Jamie Campbell (502) 254-4256, Denise Hendrix (270) 746-5501, or go to [www.ChristianCareCommunities.org](http://www.ChristianCareCommunities.org).

# Generations

**On The Greens**

*Olde Stone* Golf Classic

