

## Mountain Tops and Valleys

*Peter said to Jesus, "Teacher, it is good for us to be here! Let us make three shelters, one for you, one for Moses, and one for Elijah." - Mark 9:5*

When life is going well, we tend to want to keep things as they are. Like Peter, James, and John, we want to build shelters so we can stay on the mountain top forever. Many of us, perhaps most of us, are on the mountain top.

But for many of those older adults served by Christian Care Communities, this is not the case. Their lives have suddenly changed and they find themselves in challenging and uncertain circumstances. They are in the valley, longing for the mountain top that used to be.

...Alice was an outgoing and active member of her church and community until that dreadful night. She was awakened by a severe headache and realized she could not move her left arm and leg. Alice is now in the Christian Care Health Center, which provides nursing care around the clock, struggling daily to regain the use of her limbs.

...Charles was one of those men who depended on his wife for everything. Unexpectedly, his wife had a heart attack and died. Charles was not prepared to care for himself. Feeling lost without his wife, with children living miles away, he decided to sell his home and move into Christian Care's Friendship House. Charles is trying to cope, but he says, "Life is just so hard."

...Sally was a hard working middle class woman. She saved what she could and thought that she was set for life until... the doctor spoke that dreaded word, "Cancer." Four surgeries, several rounds of chemo later, Sally is cancer free, but... She has used up all of her resources and is trying to make it on her small social security check while she regains her health in Christian Care's Chapel House.

Through Christian Care Communities, you are there for Alice, Charles and Sally. You help provide a safe place they call home. You help provide a loving and caring staff and chaplains to help them wrestle with life's troubling losses and questions. Say a prayer for Alice, Charles, Sally and the other 3,300 individuals we care for each year through Christian Care Communities.