

The Inside Story

A Publication of Christian Care Communities

Spring 2006

Cornell Center Chapel Dedicated in Hopkinsville

After years of anticipation, Christian Care Communities' Hopkinsville campus has dedicated and formally opened the Cornell Center Chapel and Gathering Area. The 3,000-square foot chapel and gathering area, named for local residents, Warren and Louise Cornell, offers residents and the community a spacious new center for worship and social activities.



"We are sincerely grateful to the Cornells and to all individuals who envisioned this new center and then made it happen," said Nancy Steele, executive director of Christian Care's Hopkinsville campus. "The Cornell Center Chapel is a true gift to the community and will enrich the lives of countless individuals for years to come."

"It has been our privilege to be involved in this project," said Louise Cornell, long-time resident of Christian County and a member of Christian Care Communities' Board of Directors. "We saw a need and were glad to contribute."

The Rev. Jim Hazelrigg, campus chaplain, led the dedication service and was joined by Kirk Alliman, president and CEO of Christian Care, and a number of area ministers and local officials.

Constructed entirely through private donations, the chapel is a lasting gift for residents of Christian Care's Hopkinsville campus and the community.

Message from the President



Kirk Alliman

Dear Friends,

Momentum continues to build in support of Christian Care's major initiatives for 2006.

Armed with the latest data, our statewide Board of Directors is working to develop a vision and strategic plan that will ensure the continued success of this

organization for years to come.

Strategic Planning Accelerates

Program teams and organizational leaders have formed five task forces to study and respond to the challenges that face us. These groups are focused on the following work: identifying partners throughout the state that would strengthen and extend our mission; developing new, sustainable revenue streams; analyzing new models of care and delivery of services; recommending changes in technology that will create efficiencies; and building strategies to address projected labor shortages over the next decade.

Meeting the Growing Needs of Seniors

Historically, since Christian Care has been an innovative leader in setting quality standards for older adult services and care, it will come as no surprise that we continue to plan so our older adult communities will be equipped and positioned to respond and offer the kind of services that the growing population of seniors will need in the future.

We have all heard the statistics: within the next 20 years, as the baby boomer generation ages, the over 65 population will double and the over 85 population will triple in size. The implications of this dramatic demographic shift are immense—to our organization and to everyone reading this newsletter. Not only will seniors live longer, but their active lifestyles will demand changes in the way we deliver care.

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Christian Care Communities Elects Board Members

Five individuals were recently elected to serve four-year terms on the statewide Board of Directors of Christian Care Communities.



John Dundon

is a member of the First Church of Christ in Grayson, and is Executive Vice President of Kentucky Christian University.

David Emery

is Senior Minister at Middletown Christian Church in Louisville.



Mary Lucas

of Union, Kentucky, is an educator, nurse, and member of Florence Christian Church.

John Wesley

is the Senior Minister at the First Christian Church in Bowling Green. He also has served as Moderator of the Christian Church in Kentucky, and a General Board Member of the Christian Church in the United States and Canada.



Carla Whaley

is a member of the Eminence Baptist Church, a resident of New Castle, Kentucky, and is Vice President of Sales for Humana-Kentucky.

Re-elected to second, four-year terms of service are: **Thor Bahrman** of Corbin and **Nicholas Kafoglis, M.D.**, of Bowling Green.

Thor Bahrman is an attorney and partner with the law firm of Bahrman & Prewitt and serves as an elder at the First Christian Church in Corbin. He also serves as Chairperson of Christian Care's Human Resources Committee.

Nick Kafoglis, a retired physician and Kentucky State Senator, is an elder at the First Christian Church in Bowling Green. Dr. Kafoglis also serves as Chairperson of Christian Care's government relations committee.

The newly elected members join the following Christian Care board members:

Donald Asfahl, Beargrass Christian Church, Louisville (Board Chairperson)

Nelda Barnett, First Christian Church, Owensboro
Graham Baughman, Middletown Christian Church, Louisville

Jeff Bell, First Christian Church, Paris

Edwin Binford, Jr., Holy Trinity Catholic Church, Louisville

Jane Burks, Douglass Boulevard Christian Church, Louisville

Odis Clark, Indian Hills Christian Church, Danville

Tracey Clark, First Christian Church, Hopkinsville

Scott Coburn, Northside Christian Church, Georgetown

Louise Cornell, First United Methodist Church, Hopkinsville

Chadwick Gardner, Northeast Christian Church, Louisville

Paul Schulte, Ascension Catholic Church, Louisville

Charlotte Tharp, First Christian Church, Louisville

Elizabeth Wachtel, Crestwood Christian Church, Lexington

Debra Walton, St. Stephen Baptist Church, Louisville

Many thanks to outgoing board members: David Horn, Hank Clark, Noel Trout, and Lee Huckleberry for their exemplary years of service.

Kentucky's Children: Are We Reading the Warning Signs?

This article is the third in our series of editorials, designed to build awareness of the expertise of Christian Care's program leaders. In the first quarter of 2006, this editorial appeared in the Louisville Courier Journal, the Lexington Herald Leader, and in numerous regional papers throughout Kentucky.

With the recent airing of "Country Boys" on KET's Frontline, suddenly the national spotlight is on families in crisis in Kentucky. If it seems that more kids these days are having mental and emotional health issues than ever before, it's not your imagination.

The facts are troubling. Recent numbers from the World Health Organization project that by 2020, childhood neuro-psychiatric disorders will rise by more than 50 percent internationally to become one of the five most common causes of morbidity, mortality and disability in kids. Last year in the U.S., 900,000 youths planned suicides during a major depression — that's more than 17 percent of youth 12 to 17, according to the U.S. Department of Health & Human Services.

As a crisis care counselor for children and families, I see kids from all walks of life, from all over Kentucky. I'm here to tell you, these mental health issues are just as pronounced here, if not more so, than in other parts of the nation. The mental health/welfare of Kentucky's kids is a major concern. So, I challenge you – what are we going to do about it?

The first step is to recognize the problems and the risk factors. From my experience, they include:

Increasingly severe bullying:

Today's boys are more likely to do serious bodily harm to their targets than in days past. Girls have become more subversive, actually going on coordinated campaigns to socially isolate other young teens and destroy their self-esteem. As the tragic headlines from the Paducah or Columbine school shootings will attest, some victims of bullying break under this pressure and violently lash out at their peer groups in the schools where the bullying occurred. The root causes of bullying are many—

desensitization to violence in pop media and video games, poor social development, lack of parental involvement and the disintegration of the family unit. The good news is that schools now take bullying seriously, and have adopted anti-bullying education programs and strict codes of behavior—and the statistics are showing that most programs are reducing the problem by about 50 percent. For your child's sake, advocate to make sure these programs are in your schools.

Drug and alcohol abuse:

One study by the Child Welfare League of America found that 40 to 80 percent of child abuse cases are associated with substance abuse in the family. With drug manufacturing on the rise in Kentucky, that also means more kids are at-risk for being abused and neglected, dropping out of school, engaging in risky sexual behaviors or developing social problems. Drug and alcohol use is going up among kids, too. In the next 24 hours, more than 15,000 teens in the U.S. will try drugs for the first time. Eleven percent of kids age 12 to 17 and 40 percent of kids 18 to 25 admit to binge drinking (four or more drinks) at least once a week. Talk to your kids about drug and alcohol while they are still in grade school. And know, always, where your kids are, whom they are with, and what values their friends hold.

Undiagnosed learning disabilities:

Children with learning disabilities like Attention - Deficit/Hyperactivity Disorder, Expressive-Receptive Language Disorders, and Dyslexia often hide their frustration, trying to divert attention from their real problems by misbehaving. Students who have serious problems keeping up in class, controlling anger or being oppositional deserve evaluation by a trained school psychologist or mental health professional – before it is assumed it is just a discipline issue. If you are a parent, stay involved with your child's teachers, and stay on top of your child's assignments and grades to catch problems early.

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Undiagnosed mental illness:

If you notice significant behavior changes in your children or their friends – unexplained mood swings, despair, repetitive behavior, aggressiveness or withdrawal, for instance – don't just write it off as growing pains. It may be a sign that your child is struggling emotionally. Suicide has become a leading cause of death for teens. In the next 24 hours, 1,439 teens will attempt suicide in this country. Teens with friends who have attempted or committed suicide are at an increased risk for attempting suicide themselves. If your child's mood or behavior changes without an explanation, it may be a cry for help. Stability can be found if these kids get the treatment they need – early – from mental health professionals.

Post Traumatic Stress Disorder (PTSD):

While most kids are highly resilient to trauma, those who are abused or witness violence may live their lives on a heightened state of alert, experience nightmares and avoid certain situations. Children who have PTSD will react with extreme distress and anger to things they perceive as a trigger – even if they seem minor to those around them. When kids have irrational fears and anxiety, there may be far more below the surface. Individual and family therapy may be in order.

Inattentive parenting:

The single greatest risk to children is unavailable or uninvolved parents. Many feel that they cannot connect with their kids, but a simple way to do this is to simply ask about their day. Ask the kind of open-ended questions that get them beyond “yep” or “nope” answers. Get your child involved in activities such as sports, community or religious organizations that can help them build a positive peer group. As a concerned adult, consider volunteering in Big Brothers/Big Sisters or the Court Appointed Special Advocate Programs (CASA) that help at-risk kids.

Above all, don't wait for someone else to act. Our kids need us, and they need us now.



This editorial was written by Denise Greenhalgh, MSW/CSW, Director of Christian Care Communities' Sander's Crisis and Stabilization Center, Woodlawn Campus, Danville, Ky. The Center evaluates children and adolescents who are having serious emotional and behavioral problems, and recommends treatment for them. Christian Care's Children and Families Program provides intensive short-term residential treatment, individual and family therapy, psychiatric residential treatment, and behavioral intervention. The Center works with over 500 children every year.

Additional Resources

Want to find out more about how to help the children in your life? Try these websites for more information:

- A family guide to keeping youth mentally healthy and drug free <http://www.family.samhsa.gov/>
- Parents: Be Role Models for Your Children http://www.mentalhealth.samhsa.gov/publications/all_pubs/SVP-0010/default.asp
- Parenting Horizons Articles www.parentinghorizons.com/articledirectory.asp
- 15+ Make Time to Listen... Take Time to Talk Initiative, includes links for free publications http://www.mentalhealth.samhsa.gov/15plus/about_bullying.asp
- Bullying <http://www.4troubledteens.com/bullying.html>
- Helping the Child Who is Expressing Anger http://www.mentalhealth.samhsa.gov/publications/all_pubs/Ca-0032/default.asp
- [Suicide Lifeline.org](http://www.suicideline.org), or the newly launched Suicide Resource Talkline at 1-800-273-TALK.

Broadhurst Award Recipients Reflect True Spirit of Christian Care

Christian Care Communities is pleased to recognize each of our 2005 Broadhurst Award recipients for their outstanding contributions in advancing our mission and outreach. We congratulate and thank them for their generous spirits and wonderful work in support of Christian Care.

Ruth B. Denhardt - Bowling Green, KY A.B. Stockhoff Award

From 1991 to 1997, Ruth served on Christian Care Communities' Board of Directors. As a board member, she envisioned and proposed a retirement community for the Bowling Green area as an extension of our organization's mission and outreach. In 1995, thanks to her vision and persistence, Village Manor and the Christian Health Center opened in Bowling Green to meet the housing and care needs of older adults.



Ruth Denhart from Bowling Green is presented with the A.B. Stockhoff Award by Dr. Kirk Alliman, President, Dr. Elizabeth Wachtel, 2005 Board Chair, and Dr. Nick Kafoglis, Director, Christian Care Communities.

The Louisville Women's Auxiliary Farris Clifton Award

Everyday, The Louisville Women's Auxiliary enriches the lives of so many on our downtown Louisville campus. In 2005 alone, this group, which includes 26 supporting Christian Churches, was there to:

- Sponsor a "Bargain Boutique" in Chapel House
- Escort residents to medical appointments as needed
- Work in the library and decorate bulletin boards
- Sew, label and mend items for residents
- Fund the purchase of a wide range of equipment and supplies for the campus, including 10 wheel-

chairs, a shampoo chair and oxygen pulse oximeter for the health center

- Provide mother/daughter and father/son banquets and more.

Through their projects, sponsorships and tireless work, The Louisville Women's Auxiliary has increased awareness of Christian Care's mission, contributing immensely to the rich diversity of our Louisville campus.



Leroy Underwood receives his Broadhurst Award from Dr. Kirk Alliman at the First Christian Church in Bowling Green.

Leroy Underwood - Bowling Green, KY Pauline A. Crawford Award

A resident of Village Manor in Bowling Green since 1995, Leroy is a member of the Resident Council and serves as "honorary mayor" of the retirement community. He routinely gives his time to help fellow residents and staff as needed – from carrying groceries to scraping icy windshields to checking doors to ensure that residents are secure.

Kathy Klapheke - Lexington, KY J.S. Hilton Award

Kathy has volunteered at Lexington's Adult Day Center since 2000, contributing much to the center's comfortable, homelike atmosphere.

In addition to contributing her time and talents, her financial support made it possible to purchase living room furniture for the center. She also has planted trees and bushes in the Wellness Garden – to name just a few of her many contributions to Christian Care.