

## PARISH HEALTH MINISTRY

*Diane Haig*

**Alzheimer's Disease:** There are more than 4.5 million people in the United States with Alzheimer's today and by the year 2050, it is estimated that up to 16 million people will have the disease. Valuable resources are listed below.

### **Resources For Alzheimer's Caregivers:**

Alzheimer's Association: 1-800-272-3900 (24/7 Helpline); [www.alz.org](http://www.alz.org)

Alzheimer's Disease Education and Referral Center: 1-800-438-4380;

[www.alzheimers.org](http://www.alzheimers.org)

Family Caregiver Alliance/National Center on Caregiving: 1-800-445-8106;

[www.caregiver.org](http://www.caregiver.org)

Eldercare Locator: 1-800-677-1116; [www.eldercare.gov](http://www.eldercare.gov)

**WebMD:** This Web site has an extensive section devoted to caregivers, divided into these categories: Your Role as Caregiver, Tips for Family and Caregivers, Caring for Personal Needs, Improving Communication, Managing Unpredictable Behavior, Preparing the Home, and Getting a Break: Respite and Adult Day Care. Go to [www.webmd.com](http://www.webmd.com) and type "Alzheimer's" in the search box.

**Chair Massage Program:** This program continues on the second Sunday of each month from 9:30 am – 2:30 pm in the Jr. K room. Cost: \$15 for 15 minutes/\$30 for 30 minute massage. If you are interested in having a chair massage, please call Mark Carvalho, The Executive Group, 909/681-5465. The Chair Massage Program was founded in 1988 and provides a high quality on-site stress/tension management service. The Executive Group's motto is "helping people help themselves."

**LHMF 5K Walk:** Saturday, January 22 will be our Walk to raise monies for Lutheran Health Ministries. It is a 3 mile walk starting from Salem. We will return to Salem for breakfast and fellowship. Please join us as a walker, sponsor or both. Any questions, please see Chuck Fake, Steve Seekins or Diane Haig. Your support is needed and appreciated for LHMF Parish Nurse ministry.

---

## **ALTAR GUILD VOLUNTEERS NEEDED**

Help is needed on the Altar Guild for the coming year. Please consider joining us in fellowship and service. The commitment is only for ONE month of the year, dressing the altar with paraments, candles and preparing for communion. The pews are also prepared for worship with cards, pencils and general straightening. For questions or to volunteer, please contact Julie Webber. Please join us!