

Volunteers of the Month

The Green Hills Volunteers of the Month are
The volunteer students from Adriel!



Ready and willing..

Similar to Superman, our Volunteers of the Month are just a call away, ready and willing to help out.

No super hero capes needed for the volunteer group of students from Adriel. More powerful than super human strength, the students have what it takes with friendly smiles, helping hands and generous hearts. They make their youthful energy and spirit available to assist Green Hills Community in a variety of ways throughout the year . Decorating Christmas trees, creating greeting cards of encouragement, filling Easter eggs with candy, serving refreshments for Friends and Family Nights, transporting residents to and from events in Foundation Hall, bell choir performances for Thanksgiving Eve Service and scripture readings for the Good Friday Community Prayer Service . The list is constantly growing, so it is endless .

Adriel campus has weekly group meetings in each of their six homes that is focused on faith foundation building time. Facilitating the spiritual development program, Campus Chaplain, Erin Dye, contacts the Green Hills Volunteer Office quarterly to review the activity calendar for opportunities to assist on our campus. BUT, that is not all. Green Hills is not the only benefactor of these willing volunteers. Adriel youth also work in the WL Community Vegetable Garden, the Christmas Day Community Fellowship Meal, and community worship services. The outreach that is provided by these young adults is truly the work of "the flock of God." (in Hebrew, *Adriel*.)

Green Hills is grateful for the endless opportunities that the Adriel youth minister to our needs. We look forward to our continued partnership of sharing time together.

January Volunteer Opportunities:

Christmas ornament removal and packing on Monday, January 6th at 10:30 in the Community Center

If you are able to help with these, or are interested in other volunteer opportunities, please contact Natalie Lawson at 650-7121.

Holiday Wreath Project

What a success The Holiday Wreath Project is! With your support, you are demonstrating your commitment to the residents, clients and children we serve while adding beauty to our campus during the holidays.

Forty-eight wreaths have filled our halls through this holiday season,. This means over \$12,410 was raised! This year, these proceeds will be used to provide several enhancements for our residents in all areas of our campus. It is not too late to make a contribution.

Thank you for supporting our ministry!

January Birthdays

Phyllis Rash	Inn	1
Vera Blackburn	Inn	2
Fred Root	Apartments	6
Jean Royer	Inn	7
Adam Buroker	Apartments	8
Wanda Chamberlain	Apartments	9
Raymond Stokes	Center	10
Jody Miller	Apartments	11
Pat Swanson	Homes	11
Faye Buroker	Center	15
Doris Prater	Inn	16
Helen Ransbottom	Inn	21
Lillian Comer	Apartments	23
Mary Taylor	Apartments	23
Betty Ferryman	Center	29

Front Porch News

Sweet Serendipity



Pastor Cheryl
Siegenthaler
Chaplain

The other night my husband, granddaughter, and I were traveling home from Columbus. We usually take a back-roads route, and this night was no exception. For many of the miles we followed a livestock trailer which was traveling at a pretty good clip, in spite of the animal it was hauling. It wasn't until we arrived in a small village with street and store lights, that we could finally make out what kind of animal it was. We couldn't believe our eyes as we made out the outlines of a camel! Yes, a camel, traveling in a livestock trailer through the countryside. We surmised it had participated in a live nativity, but were amazed it lived somewhere in the vicinity of Mechanicsburg. What did it do the rest of the year? What use would a camel be on a farm? Wouldn't it be an expensive pet? My granddaughter's main question was what its name might be. What a great surprise!

Don't you just love it when you run across a surprise? It's called "serendipity"—the kind of discovery you make when you haven't known you were looking for something. It comes into your life unplanned and unknown, but it's absolutely perfect when it occurs. I wonder what surprises are in store for each one of us this new year. Turning the calendar pages and making resolutions don't provide quite the same kind of anticipation as do those serendipitous events in our lives.

This Christmas season was a time when we celebrated the birth of Jesus, an enormous surprise for one young maiden and her husband. The question remains for us: Will we let ourselves be surprised by what God has in store for us, open to his generous love and grace, and led to turn the blessedness toward others? May your new year be filled with all good things—even to seeing a camel in the countryside.

Pastor Cheryl



Bonnie's Community Connection

Look to the Future: Get an Eye Exam to Save Your Vision from Glaucoma

More than four million people in the United States have glaucoma, a group of eye diseases that damage the optic nerve and destroy eyesight. Unfortunately, nearly half of those with glaucoma are not even aware that they have it. Are you one of them? You owe it to yourself to find out by getting a comprehensive dilated eye exam that includes having drops put in your eye. With its painless and gradual loss of vision, glaucoma may have no early warning signs, but it can be detected during a comprehensive dilated eye exam.

Research has shown that treatment during the early stages of glaucoma can control the disease and prevent future vision loss and blindness. People at higher risk for glaucoma should get a comprehensive dilated eye exam every one to two years.

Anyone can develop glaucoma, but those at higher risk for developing the disease include:

- African Americans over age 40
- Everyone over age 60, especially Mexican Americans
- People with a family history of the disease

During a comprehensive dilated eye exam, an eye care professional can see inside the eye to detect signs of glaucoma, before any symptoms appear. Once symptoms appear, it may be too late to prevent vision loss and the progression to blindness.

If glaucoma is detected early, treatments such as eye drops or surgery can slow or stop vision loss. High pressure inside the eye, which may be associated with glaucoma, does not by itself mean that you have glaucoma. Only a comprehensive dilated eye exam and evaluation of the optic nerve by an eye care professional can tell you that.



Upcoming Events

In Foundation Hall

Thursday, January 9 at 6:30pm
Lighthouse Gospel Quartet

Thursday, January 23 at 7:00pm
Amish Youth Choir

Tuesday, January 28 at 6:30pm
Musician Bill Corfield



Wellness

with Monica

Heart Healthy Beetroot Bread

Including beetroot in bread recipes could improve cardiovascular health-according to British researchers.

Food and supplements that increase nitric oxide production, such as beetroot extract, increase muscle blood flow. Nitric oxide is a gas released by the inner lining of blood vessels. This is critical for regulating blood flow and blood pressure.

Beetroot is an excellent supplement for promoting cardiovascular health and increasing endurance capacity. Beetroot-enriched bread is a great way to be heart healthy.

Community Blood Center Coming to Foundation Hall

Beginning in February, you can donate blood in Foundation Hall with the Community Blood Center. The Community Blood Center is the only blood supplier to Mary Rutan Hospital.

The blood drives are from 1:30 to 5:30 p.m. in Foundation Hall on the following Wednesdays:

February 12 April 9 June 4 July 30 September 24 November 19

It takes about 45 minutes for your entire visit when donating blood. However, the actual blood draw is done by a skilled, specially trained, technician and takes 7 to 10 minutes. Donors are encouraged to drink extra fluids and eat a good meal within four hours of donating. One donation can save up to three lives. You can safely give blood every eight weeks (56 days).

Anyone who is in good health, at least 17 years old, and weighs at least 110 pounds can donate blood. Most people on medication can donate blood.

If you have questions, call 1-800-388-GIVE or e-mail canidonate@cbccts.org.

For more information, go to www.givingblood.org
or to schedule an appointment, go to www.donortime.com.

WE LOOK AT LIFE
differently
AT GREEN HILLS 

On January 6, 2014, we will be starting our second year of "Resolve to Live Green and Healthy". This is a wellness program offered to our staff.

This program encourages our staff members to increase their fitness activity and to eat healthier foods. It also encourages them to change their lifestyle and to schedule preventative health exams. We hope these changes will create an overall healthier person.

We care about the health and wellbeing of our staff and residents. This is one of the many ways that we do things differently at Green Hills.

Banana Snowmen



Ingredients:

- Bananas
- Grapes
- Carrot
- Apple
- Bamboo skewers
- Mini chocolate chips
- Pretzel sticks

Directions:

For each snowman, you will need three thick slices of banana, a grape, a sliver of carrot, and a triangular piece of apple. (Tip: Poke a hole in the apple piece with a bamboo skewer first to make assembly easier.)

Slide the fruit onto the skewer, then use the carrot slivers for noses, mini chocolate chips for eyes and buttons, and pretzel sticks for arms.