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HERALD *of* HOPE

March 2009

CHRISTIAN CARE CENTERS
Discovering Our Residents



Brain Fitness Class

Christian Care Centers

Faculty have conferred

FIRST BRAIN FITNESS GRADUATING CLASS

It was not your typical graduation ceremony, as the graduates were seated to Pomp and Circumstance on the campus of Christian Care Center in Mesquite this January morning. Complete in Cap and Gown, the eldest graduate was 97 years of age and the youngest graduate was 64 years of age. This was the inaugural class of PositScience Brain Fitness Program. These first sixteen graduates were residents from Retirement Living, Assisted Living and the Health Care Center. Friends and family attended to celebrate this grand occasion. One resident received his first diploma, as he celebrated this milestone.

PositScience is a licensed, nationally renowned Brain Fitness program that is computer based. The residents attended sessions for an eight week period. The five day a week classes were an hour in length for the eight-week time frame, which were coached by Christian Care Center Life Enrichment staff. Below are three resident testimonials:

“The brain fitness program has been completed. I have been very fortunate to have been able to take the course. Christian Care Center is to be commended for the provision of this program for the residents. With the ending of the program, all of us should be challenged to continue efforts to improve our memory processes. I hope that my ability to listen and concentrate has improved. I am more aware of subtle sounds and will continue to make effort to refine my listening ability. A person will certainly be more attentive and have better recall as a result of this program. It is always a feeling of accomplishment when you complete a task. This has the same effect. I will continue to promote the benefits of this program.”

Mr. Darl Bell, Resident

“I have just completed the 40 day “Brain Fitness Program.” It was a challenging and enjoyable experience. The sessions were a wonderful opportunity to improve our brain functions. I really appreciate Christian Care Center providing us with the Wellness Center. For 30 or 40 years we have been encouraged to improve our physical fitness. I think emphasis on brain fitness is long overdue. Have you ever driven down the street and seen a “Brain Fitness Center” sign? Shouldn’t maintaining a healthy, functioning brain be just as important as a physically fit body? I have never had the need for physical therapy – but it seems to me that the brain fitness sessions were like “therapy” for the brain. It requires specific, repetitive exercises for an extended period of time to encourage brain concentration and focus. I am no “smarter” from going through the program, but it caused me to realize that I can improve my brain function if I am willing to get involved in activities that will challenge and strengthen my memory and concentration.”

Mrs. Mona Pickens, Resident

“I would like to let it be known that the PositScience class was more than I expected. I told everyone it didn’t make me any smarter, but I would like to think it has. I am very aware of what people say to me. I also pay attention more. I also think it is a wonderful program for distinguishing sounds. It was amazing how I progressed from the first to the last session. I think it is worth the time and effort. I might even think about taking it again.”

Mrs. Corrine Miller, Resident

Christian Care Centers is thankful to be able to offer this cutting-edge program to enhance the lives of the residents that call Christian Care Centers their home. The Lakewood Village Campus of Christian Care Centers will implement this program in 2009, as they open a Wellness Center. Plans are also underway to add this program at Hilltop Haven later in the year. If you are interested in becoming a Volunteer Coach for PositScience, please contact Teresa Scott at 972-686-2436.

Teresa Scott
Assistant VP, Corporate Marketing and Communications



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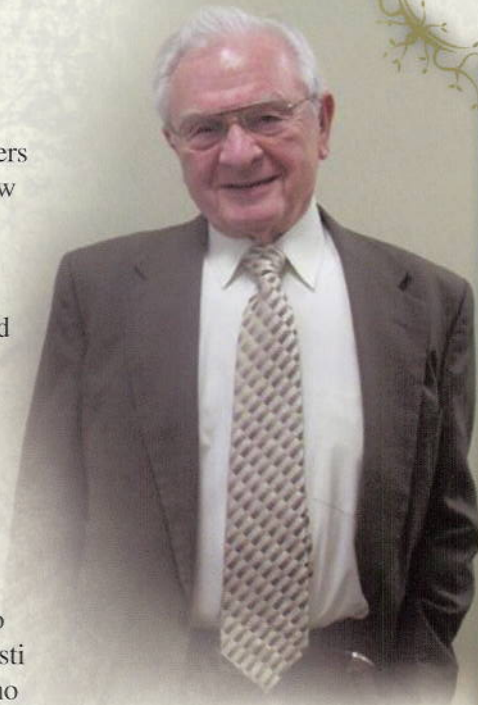
“It is a reassuring feeling for families to know that their parents’ and grandparents’ life lessons, values, traditions, and beliefs have been captured. With LifeBio, we are not only providing residents the opportunity to reminisce, which contributes to personal well being, lowers depression, and provides new connections, we are also being given the opportunity to learn even more about the amazing people who call our communities home,” said Phil Elmore, President and CEO of Christian Care Centers.

Beth Sanders
Founder and CEO
LifeBio

Ben Lawton

Ben Lawton moved to the Hartin Apartments on the Christian Care Centers Mesquite Campus in the fall of 2008. As soon as you meet Ben, you know you have come across a true Southern Gentleman. He was born in North Carolina and attended college and seminary in Virginia and Kentucky. He received a doctorate degree in Philosophy and Theology. Throughout his school years, he studied literature and languages, speaking French and German fluently. He says one of the defining moments in his life was when he met Patsy Patterson at a BSU retreat in Ridgecrest, NC while in college. They married in 1941 and had 49 wonderful years together.

He and Patsy had 3 children, 2 boys and one girl, all professors with doctorate degrees. After WWII, he became a missionary to Italy where he re-opened a SBC School of Theology. He tells exciting stories of all the work he did in Italy – teacher of theology, minister in local churches, and even being a maintenance man at the school for a while. Returning to the US, he taught at Southern School of Christian Studies in Corpus Christi until 2002. He moved to Mesquite, Texas to be near to one of his sons who teaches at Richland College. Having written theological books in the past, he is reserving time to continue his writing, while considering activities he will be most interested in at CCC. He volunteers in the new Wellness Center and enjoys exercising.



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Contributor
Mary Ann Hulse, Hartin Resident



It's time to tell your story

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Christian Care Centers, Inc., a ministry of churches of Christ, is committed to providing housing and health care services for senior adults and others with special needs in a loving and compassionate environment which encourages relationships, independence, and dignity through spiritual, physical, social and recreational programs.

Christian Care Centers provides long-term care, assisted living, and retirement living at its three communities: Christian Care Center, Mesquite; Hilltop Haven, Gunter; and Lakewood Village, Fort Worth. Christian Care Home Health is available for seniors living in Collin, Dallas, Henderson, Johnson, Kaufman, Rockwall, and Tarrant Counties. Christian Care Hospice is available in the Dallas, Henderson, Kaufman, and Rockwall Counties.

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