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# HERALD *of* HOPE

CHRISTIAN CARE CENTERS

## 2010 Year of Relationships



**A COMMUNITY  
WITHOUT WALLS**

Home Health/Hospice

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

## TOP TEN FOR 2010

*Blessed are all who fear the LORD, who walk in his ways.<sup>2</sup> you will **eat the fruit** of your labor; **blessings** and prosperity will be yours. Psalm 128:1-2*

Wow! 2009 - what a ride! It was the end of a decade, of another year, and a year to reflect and reminisce upon in retrospect. As I took some time away with my family at the end of the year, my goal was to rest my mind and reflect on 2009. It was clear that, despite all of the challenges that both Christian Care Centers and I experienced during the year, the overwhelming thought was that we were very **blessed**. Each day, the opportunity to serve should be embraced and taken to heart. 2010 is the year when I will pledge to seek out **blessings** and allow them to feed and nourish my heart.

I want to share with you my top ten **blessings** for you in 2010.

10. **The blessing of Relationships** – built one person at a time, given freely and nourished regularly.
9. **The blessing of Self-Control** – understanding that we, alone, can control our actions, regardless of the circumstances.
8. **The blessing of Gentleness** – may we treat each other as we would want to be treated - with dignity, honor, and respect.
7. **The blessing of Faithfulness** – may we be true to each other and understand that it is important to respect the sanctity of relationships.
6. **The blessing of Goodness** – freely give of yourself in good thoughts and deeds. They will return in large measure.
5. **The blessing of Kindness** – kind thoughts and actions put into practice in your daily life will bring you blessings beyond measure.
4. **The blessing of Patience** – encourage one another as family.
3. **The blessing of Peace** – take time to listen. The blessing is in the moment.
2. **The blessing of Joy** – find something to laugh about each day. Life is full of those moments.
1. **The blessing of Love** – Savor the fruit of opening your heart to others. Savor this fruit most of all. It is important!



God's abundant blessings to each of you!

*Phil Elmore*

**Phil Elmore**  
*President/CEO*





## WHO ARE THESE PEOPLE?

**They're out there you know. You rarely see them in action unless you find yourself needing them.**

You've just learned you have six months or less to live. Suddenly you're flung into an entirely different world. Are you really going to die? Maybe there's some mistake or maybe you just don't care because you've been sick for so long that any change would be welcome - even death. Or, maybe, after 86 years of living, you're just plain tired, and death, to you, is the ultimate rest. I've heard it called "Failure to Thrive."

Whatever the cause, whatever the title, you're now considered "terminal." Yes, terminal. The loneliest of categories has snatched you into it. Will you put up a fight or go peacefully? Are you ready? Today? Right here? Right now? Most are not, even if they say they are. There's always one more breath needed to do this or to do that - just one more breath.

Along comes this person, from out of nowhere. You've never met before. They just keep showing up. Sometimes they'll speak, sometimes not. They've met your friends. They've met your family. Before it's over, they've seen you laugh and seen you cry. They've remained steadfast by your side. They remind you that things will be okay. They are not afraid to see you go -

It's explained to you. You've learned their purpose. They are here to help you leave this life and move on to the next, with dignity and respect. They remind you that you came into this life with a birth certificate, and it's a guarantee that you will be issued a death certificate as you exit. They remind you too, that if they can give you just one more pleasant moment, or ease even one ounce of your pain - - that's what they are here for.

They've chosen this job, you see. They chose to be by your side. They chose to be the link between whatever it is that separates you from your next world. Death is a necessary portion of life. Helping the terminally ill through hospice is not about dying, but about living. Ask a Hospice Volunteer - - just ask them, any of them, they'll tell you.

**Georgia Moen Place**  
*Hospice Volunteer Coordinator*



## THE VALUE OF A GRIEF SUPPORT GROUP

by Danny Mack

"Death is a part of life. Why talk about it? My husband is gone and there is nothing I can do about it," said a widow, who had been married for 40 years, and who was quite unaware and unprepared of what lay ahead for her. She began to have feelings she had never experienced before. She soon found herself helpless to make necessary adjustments to make her present life productive or to find hope for her future. She was drowning in the grips of grief. She began to attend a Grief Support Group, and, today, can testify to the following five reasons why a Grief Support Group should be considered if you do not want to bear your grief all alone:

1. Family and friends are near for a while, but soon, everyone goes back to their own routines and lives and minimize their association with the one who has experienced a most intimate loss. Not only does loneliness set in, but also 'a-loneliness.' A Grief Support Group counters the sense of isolation. Interaction with others, who have had similar experiences, thoughts, and feelings, dissipates loneliness.
2. "You should be over it by now," "You need to be strong," or, "He wouldn't want you to cry" are often heard, while the real message is - "We want you to get over it so we don't have to deal with your sadness." A Grief Support Group provides emotional, physical, and spiritual support in a safe, non-judgmental environment, that allow you to grieve in your own way and at your own pace, ultimately resulting in self compassion.

3. The lack of education on the grief process causes its entanglements and demands to be overwhelming. A Grief Support Group provides the necessary educational foundation that will sustain you when a sorrowful experience occurs.

4. Grief often brings with it feelings that have oftentimes never been experienced before. It is not uncommon for one to feel completely helpless, inadequate, and out of control. A Grief Support Group allows participants to realize their feelings are normal. "I am so glad I came tonight. I thought I was going crazy, but now I know I am grieving," is a statement often heard after just one session.

5. Most people enter a support group believing life is over for them. The one who gave their life meaning is gone. Grief Support Group can re-awaken hope for the future. A support group reveals that, even though life will perhaps never be the same again, it can be good.

Does it do any good to talk about your feelings? Of course it does. Talking gets the thoughts out of your head and is a release of your feelings. While you cannot bring a loved one back, you can choose to embrace the future with confidence and strength. Acknowledging and openly expressing feelings of grief will jumpstart you toward living your life the best you can. It has been said, "A journey of a thousand miles begins with the first step." Make a Grief Support Group the first step to making your journey of grief one of courage and strength.

**Christian Care Center, located at 1000 Wiggins Parkway, Mesquite, Texas 75150, conducts a Grief Support Group every Wednesday at 3:00 PM in the Over Yonder Room. If you would like more information, please contact Danny Mack at 972.686.3765 or email at dmack@cccinc.net.**



## Marian Sparks

My two sisters and I were raised by wonderful parents in the Oak Cliff area of Dallas, Texas. I attended Hogg Elementary School, which was just down the street from our house. My sisters and I used to play and have picnics in what is now Old City Park. My father owned the vacant lot next to our house, where we kept a cow. My mother milked that cow every day. My mother was a kind and benevolent person and was well respected in the community. She was once asked to become a member of a local Woman's Club, but when she discovered that certain people were not allowed because of their color, she flatly refused to join. My father taught us many things; among them perseverance, hard work, and good behavior. He had a beautiful tenor voice and loved to recite poetry. Saturday nights were very special in our family. They were reserved as 'entertainment night' when we three girls and my mother would entertain my father with music and prose for hours.

## REMEMBER

But **remember** the LORD your God, for it is He who gives you the ability to produce wealth, and so confirms His covenant, which He swore to your forefathers, as it is today. **Deuteronomy 8:18**

Our ability to provide the quality and quantity of services is directly impacted by those who **remember** us through Wills and estates, memorials, and honorariums. We have been blessed, through the years, by those who have **remembered** Christian Care Centers in their Wills and estates, which have been the catalyst to the development of many new programs throughout the years. We invite you to **remember** Christian Care Centers in your estate planning, and will be honored to help answer any questions you may have concerning next steps.

To be **remembered** through a memorial gift by those who loved you is one of the greatest gifts that can be offered at the time of one's death. Through the years, many people have shown their love and respect for those who have passed by making a gift in memory of one's life. In lieu of flowers, consider a memorial gift that will honor the life just passed and will provide funds for programs to better serve those residents of today and tomorrow.

One's life, as the writer says, is often measured by the "dash" that is between our birth date and the day we die. When you have someone in your life who has made a positive impact, we ask that you consider giving a gift in honor of that "dash" through an honorarium. **Relationships** are the foundation, and often the conduit, for doing well to one another. So please, **remember** Christian Care Centers through your Wills and estates, memorials, and honorariums.

Blessings,



**Phil Elmore**  
President/CEO



MESQUITE, FORT WORTH, GUNTER

**Christian Care Centers**

TEXAS

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