

champs

Center for Healthy Aging Ministries, Programs & Services

Programs/Events

WELLNESS

Blood Pressure Screenings – This screening provides an alternative, no-cost site for blood pressure monitoring outside of physician’s office. Blood pressures are taken by nurses or other professionally trained personnel.

Low-impact Exercise – This twice weekly class provides thirty minutes of stretching and exercise designed to improve strength, balance and mobility. The leader of this program has a Masters in Exercise Science.

Safety in the Home – Accidents in the home are the sixth leading cause of death in persons over 65 years of age. This program helps identify conditions within the home that may impact an individual’s personal safety or contribute to an accident within the home.

Summer Walking Program – An opportunity to increase physical activity by adding steps each day based on own level of activity. Pedometers were provided to determine amount of steps taken each day of the six week program. To help participants grow in their spiritual relationship with God, Biblical references were included for each day of the program.

Healthy Microwave Cooking: Five Part Series – Demonstration, recipes and instructions for cooking healthy meals in a microwave. The recipes from the series were collected and printed into a cookbook.

Bridge Night – A monthly opportunity to play the game of bridge with others. Bridge lessons not provided at these sessions.

Cards in the Commons - A bi-monthly opportunity to enjoy fun and fellowship with others. Lunch is served at a minimal cost one occasion per month.

“Bethlehem Journey” Fall Walking Program – For a twelve week period we kept track of the miles participants walked each day in the hopes that the total miles walked would total the distance from Omaha to Bethlehem - by Christmas. Spiritual references were provided for each week of the program. This program was presented in cooperation with “ActiVate Omaha.”

Hobby & Fellowship Time – A monthly opportunity to work on a hobbies and crafts, such as tatting, embroidery or cross-stitch while socializing with others.

Cholesterol Reducing Foods – A presentation on eating right to help lower cholesterol. The program was presented by a Registered Dietician.

Mission Dinner – A soup luncheon followed by a presentation on the Holy Land.

Care Callers Team – A team developed to maintain contact with congregational members through phone calls, visits and prayer.

Senior Group Events – Monthly activities are chosen and planned for by the senior group.

Healthy Cooking for One or Two – A presentation on how to prepare and enjoy healthful meals at home that are quick, easy and affordable. Presented by a registered dietician.

Regulating Food Intake – A presentation on proper portion sizes, how many servings a day are needed and how to choose more nutrient dense foods. Presented by a registered dietician.

Hypertension and the DASH Diet – How to help reduce your blood pressure through a diet that is low in saturated fats, cholesterol, total fat and which emphasizes fruits, vegetables, and low fat dairy foods. Presented by the Champs Parish Nurse.

Healthy Living Ministry Team - A team developed to determine and provide programs to promote healthy aging within their congregation.

Skin Cancer Prevention – A presentation on the effects of too much sun on skin and ways to prevent skin damage. Nurses from the Cancer Center presented this program.

MANAGING HEALTH

Alzheimer's Support Group – Caregivers and family members of persons suffering from Alzheimer's are invited to join others in receiving education and support.

Diabetes Workshop – Presentation on how to control your diabetes effectively. Presented by the American Diabetes Association.

Health Fair – The Champs Health Fair was a collaborative effort of three churches coming together to support the wellness of all people in the community.

Flu Shot Clinic – An opportunity to provide the flu shot vaccine for our church communities. Clinic sponsored by Champs and the Visiting Nurse Association.

Colorectal Screening Kits – Free colon cancer screening kits were available. Screening kits provided by Alegent Health.

St. Paul's Health Ministry Team – A team that is focused on the needs of the congregation for education and programming to maintain health in all aspects of life.

GriefShare – Those persons affected by loss are invited to join others in receiving comfort and support.

Cardiovascular Screenings – Two non-invasive screenings to help detect carotid artery disease and peripheral arterial disease. Testing was conducted by the Alegent Health Cardiovascular Services.

Dining Out with Diabetes – A presentation on selecting foods that fit into a diabetic, heart healthy meal plan when dining out. Participants were encouraged to bring a list of current diabetes medications and blood sugar record book for individual review. Certified Diabetes Educators presented this program and conducted individual reviews.

Medication Review – Meeting with a pharmacist on a one-to-one basis to review medications, side effects and possible interactions. Pharmacist from HyVee Pharmacy conducted the reviews.

Diabetes Inservice – Inservice for nurses and usher within the congregation for dealing with a diabetic emergency. Presented by certified diabetes educators

LIFE TRANSITIONS

Medicare D Enrollment – One-on-one assistance to enroll in the Medicare D Program or to make changes to present enrollment by a person with special training in the program.

Guardianship/POA/Conservatorship – An overview on the impact of guardianship, power of attorney and conservatorship by an attorney specializing in trusts, estates and Elder Law.

Legacy Writing Class – Capture a piece of family history through the writing of a story or paragraph about a memory in the past.

Senior Service in the Community – Informational program on the medical support, living options, services for seniors, governmental programs, home healthcare and support services available in the community. Presented by a representative from a company specializing in senior assistance.

Death & Dying – Presentation of the options to consider prior to being in a crisis. Presented by local funeral home.

Hospice – Explanation of the intent and process of Hospice. Presented by Alegent Health Hospice.

Leaving a Legacy w/Tom Osborne – Congressman Tom Osborne shared his thoughts and the experiences that relate to leaving a legacy not only as a coach and public servant, but as a person of faith.

Grief & Loss – Presentation on the complex topic of grief and loss in our lives and support, care and resources available. Presented by a bereavement counselor from local funeral home.

AARP Driver's Safety Refresher Course – An eight-hour driver safety refresher course for motorists age 50 and older. Presentation of answer's to today' driving challenges such as, how to compensate for changes in vision, hearing and reaction time, how to deal with aggressive drivers, car phones, anti-lock brakes and air bags. A representative from AARP presented this program.

Medicare D and Medicare 2007 Update – A presentation and review of changes to the Medicare D program. A representative from the Volunteers Assisting Seniors presented this program.

Armchair Travel Series – An informal travel series designed to allow those who have traveled near and far to share their experiences with others.

Nebraska Senior Anti-Fraud Education Program – A program presented by the Nebraska Attorney General's Office to help persons recognize scams and provide tips on what to do if become a target of fraud.

Night of Comedy - A night of fun, fellowship and family comedy provided via satellite by top Christian comedians.

Personal Safety for Adults - A presentation on how to reduce the chances of becoming victimized within the community. A representative from the Crime Prevention Unit of the Omaha Police Department presented this program.

Organ Donation - A representative of the Nebraska Organ Recovery Program presented a program on changing lives through organ donation.

Living Wills, Power-of-Attorney & the Elder Access Line – An attorney from Legal Aid of Nebraska presented a discussion on living wills, Power-of-Attorney and explained how the Elder Access Line can be used to obtain legal advice.

Champs
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