

## Church Commissions & Committees 2014-2015

### Elder Team

Lynn Shertzer, Lead Pastor  
Joy Fasick, Congregational Care (15)  
Ron Hershey (15)  
Jen Fredrick, Care Group Coordinator (16)  
Dave Bauman (17)  
Caleb Miller (17)

### Church Board

Lamarr Widmer, Chair (16)  
Ray Leiter, member at large (17)  
Rhoda Hershey, member at large (16)  
John Eby, Treasurer (15)  
Khanthaly Bounma, Lao Fellowship  
Myrna Eshleman, CEC (16)  
Tom Miller, EPS (15)  
Ben Myers, Stewardship (16)  
Lyndon Hess, Trustees (16)  
Linda Mininger, Worship (15)  
Lynn Shertzer, Lead Pastor

### Christian Education Commission

Myrna Eshleman, Chair (16)  
Doug Stauffer (15)  
Rhoda Hershey (15)  
Rachael Zimmerman (16)  
Elise Petersheim, youth (15)  
Lori Manivong (17)  
Joelle Beck (17)

### Evangelism Peace & Service Commission

Tom Miller, Chair (15)  
Ken Eshleman (15)  
George Weigel (15)  
Mark Preston (16)  
Pam Epp (17)  
Lucinda Gish (17)

### Stewardship Commission

Ben Myers, Chair (16)  
Holly Myers (16)  
Roger Springer (16)  
John Eby, Treasurer (15)  
Lisa Statler (15)  
Cassandra Ly, Financial Secretary (17)

### Trustee Commission

Lyndon Hess, Chair (16)  
Gary Musselman (16)  
Jeff Beck (17)  
Mike Fasick (15)  
Michael Moyer (15)  
Dwayne Gish (16)  
Rich Musselman (17)  
Paul Zimmerman (17)

### Worship Commission

Linda Mininger, Chair (15)  
Judy Walter (16)  
Kerry Harker-Roth (15)  
Lisa Preston (16)  
Lynn Shertzer, Lead Pastor

### Gifts Discernment Committee

Barb Springer, Chair (16)  
Lee Roland (16)  
Stacy Petersheim (17)  
Janet Zimmerman (17)

### Pastoral Relations Committee

Judy Walter, Chair (18)  
Deborah Saline (16)  
John Pechart (17)  
Trang Rioux (18)  
Richard Mininger, Bishop

### Food & Fellowship Committee

Cindy Musselman, Chair (16)  
Fran Leiter (17)  
Tara Hess (16)  
Dawn Shertzer (16)  
Debbie Bauman (15)  
Lucy McAloose (15)  
Janet Zimmerman (15)  
Jen Musselman (16)  
Megan Myers (17)

### Technology Committee

Jeff Walter, Chair (15)  
Ed White (16)  
Jeff Krug (15)  
Dean Lehman (15)  
Chris Hawley (15)

### Lancaster Conference Delegates

Jim Burkholder (17)  
Ed White (15)  
Lynn Shertzer, Pastor

### Wellness Outreach Committee

Joy Fasick, Chair (17)  
Roger Myers (17)  
Rod Petersheim (16)  
Jeremy Stoltzfus (15)  
Connie Werner (17)



February 2015

# HILLTOP NEWS

1352 Slate Hill Road  
Camp Hill, PA 17011

Phone: 717-737-8150

E-Mail: [slatehill@paonline.com](mailto:slatehill@paonline.com)

Website: [www.slatehillmennonite.org](http://www.slatehillmennonite.org)

Office Hours: Tuesday through Thursday  
9:00-4:30; Friday by appointment

## Slate Hill Mennonite Church

1352 Slate Hill Road  
Camp Hill, PA 17011  
Phone: (717) 737-8150  
E-mail : [Slatehill@paonline.com](mailto:Slatehill@paonline.com)  
Website: [www.slatehillmennonite.org](http://www.slatehillmennonite.org)

**Pastor:** Lynn Shertzer

**Associate Pastor of Community Life:** Joy Fasick

**Administrative Assistant:** Fran Leiter

**Lay Elders:** Jen Fredrick, Dave Bauman, Caleb Miller,  
Ron Hershey

### Staff E-mail Addresses:

Lynn Shertzer: [shertzer@paonline.com](mailto:shertzer@paonline.com)  
Joy Fasick: [jfasick@comcast.net](mailto:jfasick@comcast.net)  
Administrative Assistant, Fran Leiter:  
[slatehill@paonline.com](mailto:slatehill@paonline.com)

### Church Office Hours:

Monday:	No office hours
Tuesday	9:00 a.m. - 4:30 p.m.
Wednesday:	9:00 a.m. - 4:30 p.m.
Thursday:	9:00 a.m. - 4:30 p.m.
Friday:	By Appointment

## EMBRACE THE LEAST OF THESE AND HAVE A BLAST DOING SO!



Saturday, March 7, 2015 promises to be an exciting day at Slate Hill. From noon to 4:00PM it is estimated that about 30 intellectually and developmentally disabled neighbors will converge in the Fellowship Hall for a grand time. Billed as the "Spring Fling," this special event will feature lunch for our guests, live music, carnival games, chair massages, group games, refreshments and prizes. The cost of this event is underwritten by a non-Slate Hill, physically handicapped neighbor who is impressed with the partnership Slate Hill has with Cumberland Vista.

To make this event successful, many volunteers will be needed to:

- Prepare lunch (mac and cheese, sandwiches, raw vege tables)
- Run the carnival games, help with the group games and limbo
- Serve lunch and refreshments
- Play lively upbeat music
- Befriend each guest, joining them when we play games, do skits, and just to chat
- Help with set-up and clean-up

Additional information will be forthcoming in the bulletin and mailboxes. If you know you want to volunteer, please contact Uli Klemm at [ulliklemm@yahoo.com](mailto:ulliklemm@yahoo.com) or (724)464-8748.

*Volunteers of ALL AGES are welcome!*



***Slate Hill Shakes it up With  
Cumberland Vista at Farm Show***

On a brisk January Tuesday, Slate Hill made it possible for three residents of Cumberland Vista to attend the Farm Show. For one resident, Brian, it was his first ever visit to the PA Farm Show. For the two others, Chris and Lonie, it was their 2nd Farm Show visit. Their first visit, last year, was also made possible by Slate Hill.

Arriving at the Farm Show complex early, they had plenty of time to visit the horse and cow pens before being fascinated by the Horse Logging Demonstration. After petting some rabbits, horses, and admiring new-born chicks, the foursome munched on "Springer's Baked Potatoes." After being refreshed, they cheered on those racing carriages and, after enjoying a milkshake, watched the horse pulling contest.

Before they knew it, it was 5:00PM and time to head back home. A good time was had by all! Thank you, Slate Hill, for making this special outing possible.

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## Upcoming Events

- Feb. 1 **Cumberland Vista outing to Hershey Bears**  
game ~ 2:00 p.m.
- Feb. 6 **Cumberland Vista Friday night out** ~ 6:30 p.m.
- Feb. 11 **WNO Clubs Snow Tubing at Ski Roundtop** ~  
5:15 - 8:00 p.m.
- Feb 12 **Ladies Fellowship & Bible Study** ~ 9:30  
**EPS Committee meeting** ~ 7:00 p.m.
- Feb. 16 **MCC Volunteer Service Day** ~ 8:00 a.m.
- Feb. 21 **Gardening Workshop with George Weigel** ~  
10:00 - 11:30 a.m.
- Feb. 26 **Ladies Fellowship & Bible Study** ~ 9:30
- Feb. 28 **MYF Banquet and auction** ~ 5:30
- Mar. 7 **Spring Fling** for developmentally disabled  
neighbors ~ 12:00 - 4:00 p.m.
- Mar. 12 **EPS Committee meeting** ~ 7:00 p.m.
- Mar. 22 **Bridge of Hope Chili Cook-off** ~ noon
- Mar. 28 **CPR (8:00 a.m.): First Aid Training (1:00 p.m.)**
- Apr. 11 **Blood Drive** ~ 10:00 a.m.  
**Chicken BBQ** ~ 11:00 a.m.
- May 9 **CCO Salmon Fundraising Dinner**
- May 15 **Church Retreat at Camp Hebron**
- June 13 **Hilltop Fun Fest 2015**

You will soon have two more chances to support the work of the hospital during a special EPS-sponsored Lenten offering on Sunday, March 15. Skip one meal out—or several—and bring your twelve to fifteen dollars to church that day instead. You'll have the opportunity to bring donations forward to fund the stay of one child or several children at the hospital. Also, all are invited to attend the annual Friends of Shirati banquet (details below).

### Upcoming Friends of Shirati dates:

**Annual Banquet:** Saturday, March 14, 6:00-8:30 pm  
The Gathering Place, Mount Joy, Pennsylvania.

Call [215-822-4037](tel:215-822-4037) or email [banquet@friendsofshirati.org](mailto:banquet@friendsofshirati.org) for reservations, or see Dale Ressler or Valerie Weaver-Zercher.

### Lent Offering for Friends of Shirati: Sunday, March 15







## Slate Hill Supports Medical Care for Children in Tanzania

Twelve to fifteen dollars: it's the cost of an average restaurant meal, right? It's also all it takes to fund the entire stay of a child at the Shirati Hospital, a ministry on the shores of Lake Victoria in Tanzania.

Care for children was at the center of a special Christmas giving project that several Slate Hill households participated in during the Christmas season. Together, the households donated \$2,975 to the work of the hospital, which is owned by the Tanzania Mennonite Church and serves one of the poorest regions of the country. Sixty percent of that donation will go toward an upcoming renovation of the pediatric ward, which is necessary given that space is cramped and two or three children often have to share beds. Forty percent of the total amount will go toward the general children's assistance fund, which covers the costs of children whose families cannot pay for their care. The Evangelism, Peace, and Service (EPS) Commission approved this special Christmas giving project to support the work of the hospital through Friends of Shirati, a nonprofit organization begun ten years ago to support the important work of this arm of the Tanzania Mennonite Church. As part of this giving project, Lucy McAloose organized and prepared a homemade bread sale on November 16, which raised \$405 for this project.

### CHANGE OF ADDRESS



*Please update your directories to reflect these changes:*

#### **Pam Epp**

739 Lowell Dr SW  
Marietta, GA 30008  
[nordbonana@yahoo.com](mailto:nordbonana@yahoo.com)

#### **Jason Long**

100 N Whisman Rd Apt 111  
Mountain View CA 94043  
Phone: 717-315-9097 (no change)

### **Greetings From Tom (and Beth) Barnes**

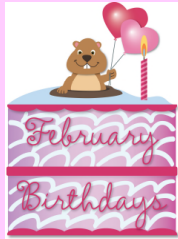
Tom and Beth Barnes recently relocated to Arizona to be with their daughter and son-in-law. They left their belongings behind, trusting in the Lord's timing for their New Cumberland home to sell. Tom recently emailed his former care group; part of that email is shared below:

"We are doing well here in sunny Arizona, thank the Lord.

Our granddaughter Clementine, who is almost 18 months old, is so adorable. It took her a month or so to get used to us and to stop acting shy but now she lets us pick her up. We miss our care group a lot. We attend the church my daughter and son-in-law attend; I really like the pastor. I am volunteering a little at a local food bank and at the church.

We have a new telephone number. Say hi to everyone at the church for us. Our contact information is below."

Tom and Beth Barnes  
12854 N. Signature Place  
Marana AZ 85653  
[thomashickeybarnes@gmail.com](mailto:thomashickeybarnes@gmail.com)  
(520) 468-9708



EDWARDS, JD	02/02
BOUNMA, James	02/04
CHUBB, Anneka	02/04
WALTER, Calvin	02/05
TOTHERO, Evarae	02/06
BECK, Jeff	02/07
FLEISCHER, Patricia	02/07
ALEXANDER, Hope	02/08
BECK, Lois	02/10
BAUMAN, Don	02/12
HART, Sam	02/13
SOLLENBERGER, Paul	02/14
FREDRICK, Micah	02/15
SEITZ, Gene	02/16
WATTS, Kerry	02/16
BECK, Liliana	02/18
SALINE, Deborah	02/21
ZERCHER, Sam	02/21
BARNES, Beth	02/24
LY, Tom	02/24
BOUNMA, Khanthaly	02/25
FASICK, Joy	02/25
MOYER, Denise	02/26
HARKER-ROTH, Kerry	02/27
MALAY, Bill	02/27
MCALOOSE, Lucy	02/28

(There are no anniversaries to celebrate this month; can you believe it? )

### First Aid/CPR Training Class

Due to inclement weather, the First Aid/CPR training class planned for January 24 has been rescheduled for Saturday March 28.

### Blood Drive & Chicken BBQ

Please plan to help with our annual Blood Drive scheduled for April 11 starting at 10:00 am. The Central Pennsylvania Blood Bank is a not-for-profit community-based blood program committed to providing a quality blood supply responsive to community needs in a cost effective manner. The drive will be held during our famous chicken barbeque. You have the opportunity to donate life-giving blood, to assist with the barbeque, and to purchase dinner for the family - all in one day! Make sharing life part of yours.

### 2015 Hilltop Fun Fest

Planning is underway for the 2015 Hilltop Fun Fest. This event will take place on June 13 and is a great opportunity for Slate Hill to build relationships, practice hospitality, and to have fun while living your faith! The Hilltop Fun Fest Team is finalizing the list of committee chairs NOW. A wide variety of positions need to be filled. If you are willing to offer behind-the-scenes help and/or leadership in advance of the June 13 event and did not sign up yet, please contact Rod Petersheim. Many more opportunities to volunteer for the Fun Fest will be forthcoming!

If you have questions about any of these events, please contact a member of the Wellness Outreach Committee (Joy Fasick, Roger Myers, Rod Petersheim, Jeremy Stoltzfus, or Connie Werner).

Submitted by Rod Petersheim

Continued from previous page

Volunteers from Messiah College included: Melissa Class, Victoria Jones, Mandy Rempel, Janelle Kramer, Emily Doran, and Alexandra Nixon. Slate Hill volunteers included: Matt Bergey, Richard Mininger, Cindy and Gary Mussleman, and Theda and Ulli Klemm.



## Wellness Outreach Committee Updates

The members of the Wellness Outreach Committee are very excited to have several events in the works over the next several months. All that is needed is your involvement! We especially would appreciate your assistance with spreading the word about the following opportunities.

### George Weigel Gardening Workshop

Our annual Gardening Workshop, led by gardening expert George Weigel, will be held on February 21. The seminar will be in the church fellowship hall from 10:00 until 11:30 a.m. and is free of charge. In this popular offering, George will discuss how to handle the challenges of gardening in PA. This ties into his 2014 book, the Pennsylvania Getting Started Garden Guide from Cool Springs Press. Look for sign-ups to learn how to win the gardening battle in PA in the workshop "Gardening in Pennsylvania Is Not for Wimps".

### MCC's Haiti Earthquake Response, Five Years Later

With the support of your generous donations, over the past five years Mennonite Central Committee (MCC) has used \$16.9 million to help Haitians recover from the earthquake that devastated the capital of Port-au-Prince and surrounding areas on Jan. 12, 2010. After addressing urgent needs, MCC focused on repairing and building houses, strengthening opportunities for jobs and education and supporting Haitians who are advocating for their rights to safe housing. Nearly \$2 million more will be spent on earthquake response projects throughout 2015 and beyond. For stories and videos about MCC's response, visit [mcc.org/haiti-earthquake](http://mcc.org/haiti-earthquake). Thank you for your generous support.

Please submit articles for the  
**March Hilltop News**  
**before Tuesday, February 17, 2015.**

Early submissions are  
GREATLY APPRECIATED!

*There would be no Hilltop News without  
your contributions!*



## Remember Tyrone Bledsoe?

Many of you may recall Tyrone; see the article below for a follow-up of his life and activities since leaving Slate Hill many years ago.



### Student Testimony

Hello my name is Tyrone Bledsoe. I've been at Sonshine Ministries about 2 years. I'm one of the staff workers here. I supervise between 12-17 men on a daily bases. I have to say that my life is great now but it wasn't always so. I had a very tough childhood. I grew up in Mount Holly Pa. My parents tried to do the best for me but when financial tough times came they

fought a lot. Sometimes their fighting got physical. It became so unbearable I would try and find peace in the streets. There were also the times when their problems became so great that they would take it out on me. I hated life. I always felt so lonely and rejected. When I turned 23 I got in trouble with the police and was arrested. I was sent to the Cumberland County Prison and served one year. During that time my father passed away and I felt as though I lost everything. I lost all hope and went into the deepest depression I have ever experienced. I had always used alcohol and marijuana to help me cope with the pain I had inside me but now I had to face it alone. I cried out to God for help and He did! He brought some wonderful pastors into my life, led me to a spirit filled church and opened the door for me to come to Sonshine Ministries. I am presently learning how to be a cook, how to do inventory, how to plan a monthly menu, I'm about to get my driver's license (the first in my family) and I had my first week vacation. I'm hoping to become a license minister and I'm also working on a ministerial diploma through the courses offered at Sonshine and finally I'm helping other men that have some of my same struggles that I had. I no longer feel hopeless but now I know have a future. God has been good to me at Sonshine Ministries. Praise Him!

Sonshine Ministries  
1543 Fort Robinson RD  
Loydsville, Pa 17047

Submitted by Kathy Krug

717-789-4488

## Movie Night a Hit!

On a freezing Saturday night in early January, spirits were warm inside the Cumberland Vista group home. Six Messiah students and six Slate Hillers shared pizza, veggies and popcorn with their friends at Cumberland Vista and watched a movie. The feature presentation, projected on a big screen in the Cumberland Vista living room, was "When the Game Stands Tall." The movie was based on a true story about the dynamics of a successful high school football team tasting defeat for the first time in years.

Volunteers paired up with each of the residents for dinner and sat with them during the movie. During a "Getting to Know each Other" exercise, all were invited to share things they were proud of, their favorite movie and snack, etc. The residents had some insightful perspectives when asked to share something they like about visitors to Cumberland Vista and one thing they wished Christians would do. Here are a few of their comments.

One thing I like about visitors to Cumberland Vista:

"They spend time with us." - Brian

"They are really friendly." - Derek

"They are nice." - Margie

"They are friendly." - Jason

"I get to show them my room." - Chris

I wish Christian people from churches would:

"Visit me." - Chris

"Be more friendly." - Brian

"Pray and sing more." - Margie

"Understand (those with developmental disabilities) more." - Jason

"Learn about the Bible." - Derek

Continued next page



# Womens' Retreat "Escape Into His Presence"

February 20 - 22, 2015

Join us for a spiritually refreshing weekend featuring nationally renowned speaker, Jessie Seneca. Our womens' retreat has everything you are looking for:

- Challenging Sessions & Small Group Discussion
- Praise & Worship
- Fellowship & Free Time
- Delicious Meals
- Comfortable Lodging

Jessie, founder of More of Him Ministries, has a passion to help

women move into a "wholehearted" lifestyle, one fully devoted to God.

Occupancy:

Single - \$200/person

Double - \$165/person

Triple/Quad - \$150/person

Arrival: Friday @ 7:00 PM

Departure: Sunday @ 1:00 PM

Location: 957 Camp Hebron Rd

Halifax, PA 17032

For More Information or to Register Online visit:

[www.camphebron.org/events](http://www.camphebron.org/events)

or email us at

[kendra@camphebron.org](mailto:kendra@camphebron.org)



Musicians and choirs are coming from many parts of the world to be part of "PA 2015" this summer in Harrisburg.

"It's the closest to heaven I've ever been," is an often-heard comment from many who have attended past Mennonite World Conference global Assemblies.

If you have not yet registered to attend this event on your own continent – a "once-in-a-lifetime" opportunity for many – please consider doing so today. For full information and registration details, go to [www.mwc-cmm.org/pa2015](http://www.mwc-cmm.org/pa2015).

This is the first Assembly in North America in 25 years. Given the current pattern of holding Assemblies every six years in either the global South or North, it could be close to 30 years before this event is once again held in North America.

Come and join the music, worship, studies, and activities!

# 15 Healthy Habits to Adopt in 2015

By **Anne-Marie Botek**  
Editor-in-chief, [AgingCare.com](http://AgingCare.com)

The turning of a new year is a great time to reaffirm your commitment to your own health and well-being, especially if you have an aging loved one relying on you for care. Even if you're not one for making grand resolutions, try to adopt a few of these simple daily health habits.

**Make yourself a priority:** Possibly the hardest directive for family caregivers; yet one of the most important. One long-time caregiver puts it this way: "What you can do as a caregiver can make a huge difference in their quality of life, but you can't change the course of their disease. So I think most of your efforts deserve to be on your own behalf. As the airlines say, put your own air mask on first. This isn't selfish. It is necessary.

**Get organized:** Clear the clutter from your life with these Strategies for Getting (and Staying) Organized While Caregiving.

**Make more meals Mediterranean:** Following a Mediterranean-style diet—full of fruits, vegetables, whole grains and healthy fats from olive oil and fish—has long been upheld as a paragon example of healthy eating. Mediterranean meals also offer distinct benefits to aging adults, as you can read about in Top 3 Benefits of Mediterranean Diet Foods.

**Stay social:** Experts have also found that isolation—both self-imposed and unavoidable—can significantly degrade a person's quality of life, which is why it's vital to stay connected to friends and family, even in the midst of a caregiving crisis.

many of them possess a keen intellect and a willingness to connect, engage, and relate to us. I would welcome the opportunity to share my experience in more depth with anyone who would like more information.

## Philippians 2:3 New International Version (NIV)

<sup>3</sup> Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.

Tom Miller

## M W C Prayer Network

Mennonite World Conference has formed a Prayer Network. Please consider joining your sisters and brothers from around the world in this joint prayer effort. Prayer concerns:

1. Pray for God's blessing on the global Assembly in July to make the visa process go smoothly for travellers, and for North Americans to be filled with a generous "hospitality of spirit" to host and "receive" those coming from dozens of countries.
2. Pray for sisters and brothers around the world facing hardship and persecution.
3. Pray for the hundreds of young adults (age 18+) coming from many countries to attend the Global Youth Summit in July.

Go to [www.mwc-cmm.org/content/join-mwc-email-list](http://www.mwc-cmm.org/content/join-mwc-email-list) to sign up and receive regular updates and prayer requests.



## My Experience at Susquehanna Harbor Safe Haven

One of my customers approached me regarding the need for volunteer help at a men's homeless shelter in Harrisburg. After thinking about it, I contacted the volunteer coordinator at Christian Churches United to volunteer. Upon arrival Friday, December 26<sup>th</sup>, I quickly learned the expectations for volunteer workers. First, we made coffee and put out granola bars. Next, we pulled out about a dozen mattresses and blankets from a closet for our expected guests.

Once we opened the doors, I soon learned that many of these folks we refer to as "homeless" are incredibly intelligent and insightful. Almost everyone was extremely polite and grateful for our willingness to help support them. What truly shocked me was the intense focus which many of these temporary residents possess. One of the guests brought his own small chess board with all the pieces. As I watched, the staff intake partner quickly lost a game to one of the guests. I volunteered to play the winner. Little did I know or understand just how sharp this individual was and I quickly lost the next match, too. As I continued to watch chess matches, I witnessed several homeless outmatch their competitors.

This was a great opportunity for me to connect, engage, and relate to my neighbors in Harrisburg. There may be several reasons why these folks are where they are but they are my neighbors and they appreciate life. They also taught me

Maintaining strong social connections is essential for warding off depression and other chronic diseases.

**Be diligent about brushing:** Take a few extra minutes each day to attend to your chompers. Poor oral health has been linked to a variety of ailments, from dementia to heart disease.

**Get active:** Absence of physical activity is one of the top [10 Things That Age You](#). Indeed, sedentary behavior can contribute to the development of not only physical but mental decline as well—especially as you age. But staying active doesn't mean you have to carve time out of your hectic schedule to visit the gym every day. There are many [at-home exercises](#) that can help you and your loved one maintain optimal physical and mental functioning.

**Seek a serene mindset:** Anxiety and fear, two common emotional states experienced by caregivers, can really do a number on your overall well-being by kicking your stress response into overdrive and causing widespread inflammation in your body. Additionally, the [dementia-depression link](#) has undergone rigorous investigation by scientists, who've found that men and women who are clinically depressed have a heightened risk for developing dementia. While you may not be able to completely escape feelings of angst while looking after a loved one, [practicing mindfulness](#) and [meditation](#) may help you achieve a more mellow state of mind.

**Safeguard sleep:** From memory to metabolism to mood management, getting enough sleep is the key component of a healthy body and mind.

**Celebrate the simple things:** Becoming a caregiver can help put things in perspective. Here's an example of one woman whose caregiving duties for her husband taught her to place more value on life's simple experiences: [The Simple Things in Life with Alzheimer's](#).

**Get a brown bag checkup:** So-called "brown bag checkups" are a great way to ensure the safety and efficacy of the medications you and your loved one are taking. During a brown bag checkup, you bring all of the medications you're taking—both prescription and over-the-counter—to your pharmacist, who will then make sure that none of the drugs could be negatively interacting with one another.

**Search for support:** Support groups, both online and in-person, are essential resources for family caregivers. The [AgingCare.com](http://AgingCare.com) community forum is a virtual support group that contains thousands of real-time conversations between caregivers on everything from dealing with guilt and burnout, to [how to get paid for being a caregiver](#).

**Be more open-minded:** A recent research investigation of aging Finns discovered that older adults who adopted a more cynical worldview had a much higher dementia risk than those who were more trusting of other people. These findings held true, even for people who were not clinically depressed, or economically or educationally disadvantaged. Aside from the detrimental health effects of cynicism, consider how much better off the human race would be if there were a little less judgment in the world and a little more compassion and forgiveness.

**Keep working:** Continuing to contribute to the workforce offers a variety of benefits beyond just the financial. Participating in an occupation that engages your brain is a great way to keep your mind sharp and boost your self-esteem. Depending on the demands of your caregiving duties, it may be impossible for you to hold down a full-time job, but there are many part-time and remote employment options you can

## MCC Relief and Hygiene Kits

Mennonite Central Committee (MCC) has an urgent need for relief and hygiene kits. Relief kits provide valuable supplies to families whose lives have been disrupted by war or disaster. Hygiene kits give people the supplies they need to stay healthy. In times of need, these kits provide basic necessities like towels, bar soap, toothbrushes and nail clippers, while also reminding people their needs are not forgotten.

Visit [mcc.org/kits](http://mcc.org/kits) or call 717-733-2847 for more information. Work with your small group or Sunday School class to make up a theme kit or two of your choice. Kit themes include Infant Care, Hygiene, Relief, School, Sewing, and collections of comforters, soap, fabric, and towels are also needed. Please visit the website to learn qualifications for each kit.

# Congratulations!

Taylor Fleischer graduated from Penn State University on December 20, 2014 with a Bachelor of Science degree in Turf Grass Science.



## QUILTER'S ATTIC NEEDS

Has your sewing room exploded? Need to clean out and reorganize? Donate your unwanted fabrics, notions, patterns, etc., or unfinished projects to the Quilter's Attic booth at the MCC Relief Sale in April. Bring items to the church and place them in the box under the mailboxes. Ron Hershey has graciously agreed to deliver them for us.

pursue, like these [5 Work-from-Home Opportunities for Caregivers](#).

**Ask for help:** For many caregivers, relying on other people for help is somewhat of a foreign concept. Caregivers are used to taking care others, not having people provide assistance for them. Yet, a few extra hands to lighten the load may be just what you need. Try to get beyond the belief that you need to do everything for your loved one by yourself, and find a few family members, friends or neighbors who are willing to assist. Just remember this [one rule when asking for help](#).

**Learn something new every day:** Never stop learning; a mandate that may seem unimportant if you've been out of the classroom for a while. But there's always some new nugget of information that can help you look after your loved one more effectively. AgingCare.com has a library of free, downloadable guides for family caregivers looking to increase their knowledge about [Alzheimer's Care](#), [Home Care](#) and [General Caregiving](#).

## Time for Ministry Assignment Nominations

*"We have different gifts according to the grace given us",  
Romans 12:6*

What is God calling you to do? What gifts do you see in others? Often the things that come naturally, bring enjoyment and give passion point to our gifts. Many gifts are needed for a healthy congregation.

Please prayerfully consider who God is calling and equipping for service here at Slate Hill in the coming year. Your input is important. Nomination forms were put in your mailbox. **Please return them to Barb Springer's mailbox by February 22.**

What healthy habits will you adopt this year?

*The Community for Family Caregivers is an online forum created to Support Caregivers of Elderly and Aging Parents. The material of this web site is provided for informational purposes only. AgingCare.com does not provide medical advice, diagnosis or treatment; or legal, financial or any other professional services advice.*

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## MCC Craft Day

### Tee-shirt Project Report

The Fellowship Hall sported a new look when nine women gathered Saturday, January 17th to work on the MCC tee-shirt scarf project for the Mennonite World Conference in July. Sewing machines, iron and ironing board, a cutting station, and piles and piles of tee-shirts and large patches cut from them transformed the hall from the normal dining experience to a sewing shop!

Janet Zimmerman, Cindy Musselman, Julie Quickel, and Stacy Stoltzfus chose colorful block combinations from hundreds of tee-shirt blocks to design scarves. Cindy and Julie then joined Barb Springer, Nancy Nisly, and Fran Leiter to sew sets of six blocks together to make a scarf. Maxine Zook kept things running smoothly by ironing out wrinkles and Deb Saline kept the colorful blocks coming as she cut more of the hundreds of tee-shirts she collected from local businesses for the project.

It is not as easy as one might think to create the scarves. Six blocks must be color coordinated then arranged so that when sewn together all the printed designs, wording, or logos hang correctly. One has to be very careful when assembling them and the sewers must do a final check as they stitch them together. It is crucial all the blocks are oriented correctly. Each scarf takes approximately 45 minutes to sew together. A seam ripper was need only one time to correct a stitching error. Well done ladies!

We have a long ways to go. After all our meetings, we only have 15 finished scarves! We are hoping to make about 150; 75 are assembled and ready to sew but the remaining 60 must still have tee-shirt blocks cut before they can be finished. Imagine, the Material Resource Center is making 10,000 of these for July! We are only contributing a small drop in the bucket, thank goodness!

It has been a fun project and many hands have gathered multiple times to work on it. The fellowship couldn't be better either! If you'd like to join in this project, there is still time. We welcome "newbies" to cut, assemble, or sew. Ask any of us and we will get you pointed in the right direction. Much of the work can be completed at home on your own time. The "shop" in room 113 is often open weekly after WNO to obtain new supplies. We will continue to have sessions that suit the schedules of most in order to work on these worthy projects that raise monies for MCC to help those around the globe who are in need. Stay tuned to the church bulletin for future sessions.



Maxine sporting one of the completed scarves.



Maxine having fun on the job!