



buzz

Health Corner

Along with snow, short days, and colder temperatures, winter can bring slippery pavement, uncertain footing, and consequently, a higher risk for falls. While falls are not limited to winter, icy conditions don't help. This particularly affects the elderly. One in three older Americans fall, making it the leading cause of fatal and nonfatal injuries for those age 65 and older. The elderly are at higher risk for fractures, head injuries, disability, loss of independence, or death. Even falls without a major injury can create fear of a worse fall, sometimes leading to depression and isolation.

So that being said, a lot can be done to prevent them.

1. Start exercising. Tai chi, walking, water aerobics and strength training can all help improve strength (in particular the legs) and balance, the lack of which are two big risk factors for falling.
2. Review your medications with your doctor. Are you on any meds that make you light-headed or sleepy? This can make it easier to fall.
3. Get an eye exam. Poor sight can make getting your bearings difficult and easier to trip over something.
4. Make your home safe. Remove rugs and other items that may be tripped over. Rearrange furniture so there are clear paths, particularly when a cane or walker are needed. For the bathroom, use non-skid rugs for the floor and adhesive non-skid tape for the floor of the tub. Install grab bars or use a shower stool if needed. Make sure there is adequate lighting around the house and put night-lights throughout. If there are stairs, have handrails on both sides.
5. Choose safe footwear. The safest option is rubber-soled, low-heeled shoes that fit well and support your feet.
6. Use helpful devices. A walker or cane can help with walking, especially if there are balance issues. There are reacher/grabber tools for when picking things up off the floor or from far away if this is a challenge.

For more information check out this article on The Huffington Post; there are links to more info as well. http://www.huffingtonpost.com/jim-t-miller/how-to-talk-to-your-elderly-parent-about-the-dangers-of-falling_b_7147310.html

Stay safe and on your feet.

—Mandy Schmidt, on behalf of the Health Care Resource group

Additional Stephen Minister Answers the Call



The Stephen Leader Team (SLT) has affirmed the lay caring ministry gifts of Sherry Mast and has invited her to train for serving our congregation as a Stephen Minister.

Sherry will join trainees from Berkey Avenue and College Mennonite congregations. The joint training, occurring January - April 2016, will be coordinated and hosted by College Mennonite. Stephen Leaders from all three congregations will assist with the training. Upon training and commissioning, Sherry will join the current nine Stephen Ministers in providing one-to-one care to individuals experiencing difficulties in life. Please remember her in prayer as she engages with others in this training.

This is not to be confused with the Stephen Leader training Liz Gingrich will be participating in during the week of Jan 10 in Orlando, Florida. Stephen Ministers provide one-to-one care. Stephen Leaders oversee the referral process, and provide administrative and supervision support, with the goal of having Stephen Ministers provide the best care possible. This ministry is complementary to WMC's larger caring ministry that includes class shepherds, small groups and pastoral care.

—WMC Stephen Leader Team:
Bill Minter, Lorna and Mel Claassen



Waterford Mennonite Church

65975 State Road 15
Goshen, IN 46526
p: 574 533-5642
f: 574 533-0879
office@waterfordchurch.org
www.waterfordchurch.org

Staff Team

Administrative Ministry

- Greg Hire
*Coordinator of
Ministry Gifts*
- Michelle Lehman
Secretary
- Elvina Schmidt
Bookkeeper
- Janet Shoemaker
*Coordinator of
Administrative Ministries*
- JD Smucker
Worship Coordinator

Facilities Ministry

- Jan Oostland
Facilities Manager
- Courtney Shetler
Custodian
- Irma Perez
Custodian

Pastoral Ministry

- Neil Amstutz
Pastoral Team Leader
- Lyle Miller
*Pastor of Family Life and
Financial Stewardship*
- Velma Swartz
Pastor of Senior Ministries
- Cindy Voth
Pastor of Community Life

The *Waterford Buzz* is normally published weekly for members of Waterford Mennonite Church. Items for inclusion should be given to the editor by 5 p.m. Tuesday preceding publication.

Katie Hurst,
editor; 574 312-0125
buzz@waterfordchurch.org