



Annual Creeds Elementary School Chorus Holiday Concert at SRC, Friday Nov. 30 2:15 pm

The talented kids from CES will entertain us with holiday songs and also will decorate our Christmas tree with their original decorations. We will serve hot chocolate and cookies after they sing. Help us show these terrific kids how much we appreciate them by attending and bringing cookies (without any nuts please) for them to share.

November is National Family Caregivers Month



During this period of thanksgiving, it is a perfect time to acknowledge the caregivers that we know and to thank them for their selfless caregiving.

Unless you have actually been a hands-on caregiver yourself, you most likely have no idea how much your friend, neighbor, relative or church member is doing day in and day out as a caregiver. It is probably the hardest job there is, with no paid vacation, no sick leave and certainly no pay. Millions of caregivers are providing 24/7 care to those who can't manage on their own.

Caregivers seldom have time to take care of their own needs, so their mental and physical health suffer, sometimes to the point where the caregiver dies before the care receiver. Do the caregivers you know a favor, not just this month but regularly. Call to ask how they are doing. Ask if you can run an errand for them. Stop by with a meal or treat and keep them company for a while. If possible, offer to give them relief by sitting with their loved one for a few hours. Show that you care by offering encouragement and empathy.

Let them know that attending a caregiver support group might be helpful—one facilitated by Nancy Allan meets the third Friday every month at 12 noon at Nimmo United Methodist Church.

JOY

Group Meeting schedule Change

Just Older Youth will not meet in November or December, but will resume in January, 2019.

Angel Tree Gift Giving

Once again we will play Santa to some deserving Creeds Elementary School students. We hope to have gift information for you before Thanksgiving, so you can stop by or call and pick your tag. You will be given the age and sex of the student and the item that he/she hopes to receive. We ask that wrapped gifts, **with the angel tag attached**, be returned to the center by Fri., Dec. 14th. It is amazing how many gifts we provide for these needy kids and we know how much they appreciate our generosity.

