“This walk and organization are very near and dear to my family” states Michelle Rousseau, risk manager at Villa Maria Nursing Center. Michelle has lost both her father and father-in-law to this disease. Alzheimer’s disease is the 6th leading cause of death in the United States.

This year, as part of Catholic Health Services 30th anniversary celebration, Team CHS participated in both the Broward and Miami-Dade Walk to End Alzheimer’s. “Many of our CHS families came together and we were the largest team at both walks,” said Linda Lamers, director of internal communications, CHS. Bringing close to 400 walkers, Team CHS was proud to collaborate with the Alzheimer’s Association.

Catholic Health Services donated $13,000 which in part was raised by the employees doing their own fundraising at each of our facilities.

“The memory garden flowers that we received at the walk were very special, so we decided to take ours to our father’s grave in remembrance” states Michelle. Every 66 seconds someone in the United States develops this disease. If you or a loved one has been diagnosed with Alzheimer’s or a related dementia, you are not alone. The Alzheimer’s Association is the trusted resource for reliable information, education, referral and support to millions of people affected by the disease.

Continued
Mary Jo Frick Elected to Board of Catholic Cemetery Conference

We are proud to announce that Mary Jo Frick, executive director of the Catholic Cemeteries of the Archdiocese of Miami has been elected to the board of directors of the national Catholic Cemetery Conference. Mary Jo will serve as a member-at-large for the Eastern US and Canada.

The Catholic Cemetery Conference serves as the vehicle through which individual members can share problems and explore solutions. Together they provide a forum for the discussion of, and dissemination of information concerning all phases of Catholic cemetery development, operation and maintenance.
Fresh Start for VETS

For the second year Catholic Health Services has rallied our own troops to improve the future for our local homeless vets. This is made possible through a special partnership with WIOD IHEART Media and Mission United of United Way. Mission United works closely with landlords and the housing community to identify available, affordable and comfortable homes.

MISSION UNITED is a critical program supporting United States military veterans and their families as they re-acclimate to civilian life. MISSION UNITED focuses on employment services, legal assistance, education, financial services, health and housing support.
Why we Walk...
Team CHS

Catholic Health Services donated $13,000 which in part was raised by the employees doing their own fundraising at each of our facilities.
“...And I shall raise him on the last day”

Over 500 at Our Lady Queen of Heaven in Broward and about 1200 at Our Lady of Mercy in Miami Dade.

Record breaking attendance at both Catholic Cemetery All Souls Day Masses reinforces our mission to provide comfort to our families whose loved ones found their final resting place at Our Lady Queen of Heaven or Our Lady of Mercy.

Jesus said to them, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst. But I told you that although you have seen me, you do not believe. Everyone who has seen me and does not believe in me has been condemned already, because they do not believe in the testimony I gave about myself. But the testimony I give about myself is true, so that they too may be condemned.

And this is the will of my Father, that everyone who sees the Son and believes in him may have eternal life, and I will raise him on the last day."

John 6:40 New American Bible

Catholic Health Services was the recipient of the 2016 MarCom Gold Award for Outstanding Website Creativity. The new mobile device responsive website encompasses five micro-sites, includes all eight service lines, an intranet for internal communications and a blog. It is highly interactive with a visitor friendly media section, news feed and features a terrific photo and video gallery, capturing the life of CHS!

The MarCom statuette graces the trophy cases of some of the top business and communication firms in the world. The MarCom competition has grown to perhaps the largest of its kind in the world with about 6,000 entries per year. A look at the winners shows a range in size from individuals to media conglomerates and Fortune 50 companies. The competition is so well thought of in the industry that national public relations organizations, local ad clubs, and local business communicator chapters are entrants.
Special Transportation Service (STS) is available for people with a physical, mental or intellectual disability who cannot ride Metrorail, Metromover or Metromover. Any resident whose disability prevents them from riding regular transit vehicles qualifies for STS. Residents with temporary disabilities may also be eligible for this service.

The sign-up event was conducted by the Department of Miami Dade Transit, Paratransit Operations / (STS), to facilitate residents of St. Dominic Gardens to meet, interview and take their picture to fulfill the requirements of the program. The free community event successfully signed on 20 very excited St. Dominic Gardens’ residents who can immediately begin to enjoy free or reduced cost rides around town. Cab Rides for only $3.50 door-to-door and they can ride the bus and Tri-Rail for FREE!

STS operates 24 hours a day, seven days a week, including most holidays. Use STS for trips to medical appointments, school, work, shopping, business, or recreation. Air-conditioned minivans, small buses, lift-equipped vans, and sedans transport passengers with disabilities safely in a clean, smoke-free environment. Pickups are within 30 minutes of the scheduled time.

Ward Family moves into brand new Habitat House.

Congratulations to the Ward Family as they move into their new house! Catholic Health Services is proud of our partnership with Habitat for Humanity of Greater Miami.

Habitat for Humanity offers home ownership opportunities to low-income families. Habitat served over 1.6 million people through home construction, rehabilitation and repairs and by increasing access to improved shelter through products and services. Other efforts like training in construction and financial management and by advocating for policies and systems that increase access to housing solutions, an additional 3 million people now have the potential to improve their living conditions. Over 1 million families have been served as of June 2014 since Habitat was founded in 1976.
Healthy Eating around the Holidays
The holiday season is all about family, fun and food! Getting your family to eat heart-healthy, especially during the holidays, takes effort.

Baking
- Instead of butter, substitute equal parts unsweetened applesauce.
- Use a lower-calorie sugar substitute.
- Substitute low-fat or skim milk instead of whole or heavy cream.
- Instead of using only white flour, use half white and half whole-wheat flour.
- Instead of adding chocolate chips or candies, use dried fruit, like cranberries or cherries.
- Use extracts like vanilla, almond and peppermint to add flavor, instead of sugar or butter.

Cooking
- Use vegetable oils or soft margarine instead of butter.
- Use whole-grain breads, rice and pasta instead of white.
- Bake, grill or steam vegetables instead of frying.
- Instead of whole milk or heavy cream, substitute low-fat or fat-free/skim milk.
- Compare labels of your holiday ingredients, and choose products with lower amounts of sodium and added sugars.

Beverages
- Instead of alcohol in mixed drinks, use club soda.
- Mix 100-percent juice with water or use freshly squeezed juice instead of adding sugar to mixed drinks.
- Instead of using heavy cream or whole milk in dairy-based drinks, use low-fat or skim milk.
- Use spices and fruit, like cinnamon, cloves and cranberries instead of using sugar to sweeten cider.

5 GREAT Ways to Save Money during the Holiday Season

1. Make a Budget
   There are a couple different ways to set a holiday budget. You might want to establish a general spending cap, or try allocating a specific amount to each person on your gift list.

2. Track Your Spending
   Your budget does no good if you don’t effectively track your spending. Try to separate holiday spending from regular, day-to-day expenses. Put your bank’s app on your phone, which allows you to check your balance and track your spending anytime, anywhere — even in line for the cashier.

3. Cut Back on Extras
   Getting lattes piled sky-high with whipped cream, splurging on a pair of shoes for yourself, paying for a photo with Santa — we’re all guilty of indulging a little more than we should simply because it’s the holiday season. However, you can’t get stuck in a trap where constant spending on “extras” eats into your budget.

4. Use the “Secret Santa” Method
   Not only does a Secret Santa experience help relieve some of the stress and financial burden of exchanging gifts with every member of your family, it gives you a chance to talk about the importance of service and giving during the holidays.

5. Know When to Stop
   When your list is finished and you’ve checked it twice, it’s time to stop shopping. Know when you’re finished, and avoid stopping by the mall “just to see what they have” — this can lead to making poorly planned purchases and blowing your budget.

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