

The Grapevine



July/August, 2023
The monthly newsletter of
Church of the Redeemer United Church of Christ

CHURCH OF THE REDEEMER

United Church of Christ

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Sign up for our newsletter:

<https://www.corucc.org/newsletter/>

Join us Sundays at 10:30 a.m. for worship. Church of the Redeemer UCC is a Just Peace and an Open and Affirming congregation.

ALL ARE WELCOME!

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Office Hours

Monday - Thursday, 9 a.m.-Noon

Just Peace. Open and Affirming.

All are Welcome

Grapevine Announcements

Please join us at Houlihan's on Thursday, July 27th at 5:30 p.m. for our monthly dinner. Houlihan's is located at 25651 Detroit Road Westlake, Ohio 44145. The sign-up sheet is hanging in the Gathering Room.

Community Meal is July 29, 2023 4:30 pm - 6:30 pm at Clague Road United Church, 3650 Clague Rd, North Olmsted, OH 44070

Coffee, Tea, and Pastor B - Coffee, Tea, and Pastor B will meet at Blackbird Bakery, 1391 Sloane Ave, Lakewood, on August 8, 10:30-noon. All are welcome to come for a pastry, fellowship, and a cuppa.

I Scream, You Scream Is Back- Summer is upon us. Our next ice cream gathering will be July 20th at Mitchell's Ice Cream in Westlake, 27155 Detroit Road, at 7:30 PM. Come and enjoy some fellowship and some cool goodness. Our summer dates are August 17th and September 28th

FROM THE PASTOR'S DESK...

~Rev. R. Brooke Baker

What does it mean to be a church? No, this is not a quiz to see if you were paying attention to our "Be the Church" sermon series during Lent. What does church mean to you? When many of us were children we learned the finger play of, "Here is the church, here is the steeple, open the doors and see all the people." But hopefully most of us have moved beyond that.



I know for many of you, church means a strong support system in both times of joy and in times of sorrow. I know for some of you it means coming on Sunday morning and hearing good music and a good sermon to get you through the week. I know for some of you it means going out into the community and being the hands and feet of Jesus through hands on mission work. And others it means a building in which to come for the joyous occasions of weddings and baptisms and the place where you can gather in your sorrow to remember loved ones who have gone on to glory. So church is not just one thing.

I have heard either directly or through other leaders in the church that spending money on an aging building is not being faithful to the mission of being the church. You may have heard me argue that it is. If the church is all of the things listed above, then a building can meet all of those needs. Yes, you can get support from others without a building. Yes, you can hear good music and a good sermon in someplace other than this building. And if we are going out into the community, then do we really need a building? I feel strongly that we do.

I have a challenge for each of you - whether you are in favor of staying here and spending money on the building or whether you think the building is an albatross around our necks; talk to others who attend different churches. How are they fairing? Most churches out there have not been built in the last 15 years and so all of them have maintenance needs. Most of them have seen a decline in attendance. Some of them have buildings that are used more throughout the week than ours. How do they handle that?

It is easy to believe that we are the only ones facing difficult choices, but it's simply not true. Being faithful to mission looks different to different people; we do not have to agree on everything. But we do have to be faithful to being a church and bringing the kingdom of God to this earth. The question is how we accomplish that? I hope you will be in prayer about what being a church means to you and I hope you will talk to your friends about challenges other churches are facing. We all are working together to be faithful to the gospel of the good news of Christ's love.

Blessings,

Pastor Brooke



LEADERSHIP TEAM

~Matthew Williams



Hello Church of the Redeemer Friends and Family, I hope all of you are enjoying your summer, and maybe taking a vacation or two. The summer months often bring less attendance on a Sunday morning. So, for the rest of the summer, we will not pass the Offering plates. We now have a very lovely set up in the back of the Sanctuary where you can place your Gifts, Offering, or Tithes. The Church truly appreciates the faithful and dedicated giving of the members and guests of Church of the Redeemer.



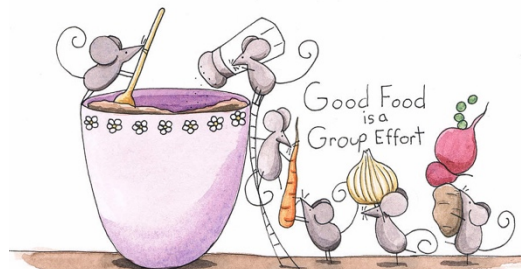
GREETINGS FROM NURSE NANCEY!

~ Nancey Brock, RN

Are there any cooks in the congregation that would be willing to make a little extra at dinner time and set it aside for others in need of meals? You do not have to make anything special, just make a little extra of whatever you and your family are having for dinner.

Place the food in a microwavable plastic container and put a label with date/time and meal provided (such as spaghetti, mac and cheese, chicken, mashed potatoes, green beans, corn, etc.) on the lid. Then place the meals into the freezer at church and they will be delivered to parishioners in need of a meal.

Meals are especially needed to fill in on the weekends for several parishioners. So, can we count on you to put a little food aside for another parishioner? Whatever you provide will be greatly appreciated by the parishioners!



RAISE THE ROOF!

~ Chuck Zaugg

Our congregation met back in March of this year and approved that the Church sign a contract for a structural reinforcement and complete re-roofing of the 55-year-old sanctuary roof. The cost will be in the neighborhood of \$100,000. Furthermore, the Church authorized that we use funds from the Endowment Fund to pay for it, replenishing at a minimum the endowment principal amounts borrowed.

We all have a stake in this project, and will have an opportunity to make donations to what will be “second mile” giving to the church we love. The capital fund raising campaign is named *Raise the Roof* and will officially kick off on Sunday August 27, 2023. Hope you all attend church that Sunday.

The physical needs for our sanctuary encompass more than just a sagging/leaking roof. If sufficient funds are raised, we can also install new and brighter lighting, replace the display screens with modern (active large-display) technology, and repaint the sanctuary inside and out.

Keep your eyes and ears open for more details later this summer and early fall. Reflect upon what Church of the Redeemer, and specifically this beautiful sanctuary, has meant and means to you now. Pray that God will inspire and enable you to give generously.

JULY & AUGUST BIRTHDAYS AND ANNIVERSARIES

July Birthdays

20 Julie Barnes
24 Dorothy Murphy
Bill Freed
29 Jill Negray
Mary Ellen Bonin

July Anniversaries

19 Rich & Debbie Shank
Michael & Julie Miller

August Birthdays

3 Richard Shank
Ricky Andrews
9 Konnie Wenneman
11 Donna Greenwell

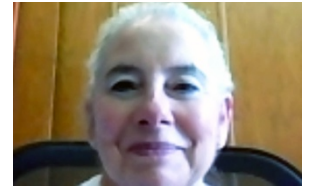
August Anniversaries

22 Alex & Karen Tomoff
Jeff & Marsha Reitz



FAITH COMMUNITY NURSE

~Nancey Brock, RN



Dementia – Related Pain: What Caregivers Need to Know

Dementia is not a specific disease. It is a collection of symptoms that affects a person's thinking and social abilities that interfere with their daily life. There are more than 55 million people in the world living with dementia. Dementia is the seventh leading cause of death worldwide.

As dementia progresses, so does the probability that your loved one is experiencing pain.

Approximately 50% to 80% of patients with dementia experience pain daily. However, many patients receive inadequate treatment due to lack of recognition that the person is in pain. For example, Alzheimer's patients develop a mask-like facial expression. This minimizes normal facial expressions of pain, such as a drawn mouth or furrowed brows. Most importantly, patients have lost the ability to tell their caregivers about their pain with phrases such as "my arm hurts" or "I am in pain."

Types of Dementia-Related Pain:

•**Chronic Pain:** Is pain that lasts longer than 3 months. It is associated with cognitive, emotional, and social decline. A link has been found between Alzheimer's disease and chronic pain. Both chronic pain and Alzheimer's affect a chemical messenger called norepinephrine. As this chemical is released, it causes pain-relaying cells in the brain to become inflamed. This means, your loved one could be experiencing significant pain even if there is no known cause of pain!

•**Previous injuries, surgeries, hip, or knee replacement, or even tennis elbow:** These injuries, surgeries or conditions can become painful as the patient becomes less mobile. Joints become stiff and sore when not used regularly.

•**Cancer, heart disease, or kidney disease:** These types of pain can be harder to assess. Caregivers may not realize the disease has worsened because they cannot verbally express how they are feeling.

•**Mental Pain:** Mental pain can be exacerbated by dementia. Patients experience significant loss or grief even when they are confused or disoriented. This can lead to social, spiritual, or emotional pain that is felt physically.

Assessing Pain:

•We usually ask a patient to rate their pain on a scale of 1 to 10. **This is not an option for your loved one with moderate to severe dementia!** They are not able to verbally express or rate their pain or discomfort. You will have to look for signs of pain or discomfort such as:

1. Labored breathing, moaning, or groaning when moved or changed positions.
2. Facial expressions of sadness, fear, or even frowning.
3. Body language: tensed, pacing, fidgeting, fist clenched, pushing, or pulling away, or even striking out.
4. You are unable to console, distract or calm the patient.

Non-medication Treatment:

1. **Massage** can ease the pain and relax the patient (They may not be able to tell you if it feels good, so monitor body language, facial expressions, and breathing.

2. **Music therapy** is a wonderful approach to pain management. Music helps to distract the patient, release of natural endorphins (endorphins reduce pain), and can orient patients and bring pleasant feelings and memories.
3. **Repositioning** is one of the most important and powerful non-medication treatments! Frequent position changes enhance comfort and improves blood flow to the skin. So, reposition at least every 2 hours!

Caregivers play an important role in advocating for their loved ones' pain management! Work with your loved one's Health Care team to get the pain under control. Attend all appointments or hospital rounds, write down your questions or send them through MYCHART, document baseline functionality and **any** changes that you notice, and always bring your loved one's favorite blanket or other comfort items to appointments! By helping the Health Care Team to get your loved one's pain under control, you will increase comfort and peace while decreasing outbursts, aggression, withdrawal, and delirium. Remember you are your loved ones' advocate!

Nancey Brock, RN
Parish Nurse

"Share in each other's burdens" – Galatians 6:2

