



Christian Counseling Ministries

of Western New York, Inc.

Compassionate Care to
Guide Your Healing Journey

Did you know?

by David Willert

Sloths can hold their breath longer than dolphins can (up to 40 min).

“And to every beast of the earth ... everything that has the breath of life, I have given every green plant for food. And it was so.” – Gen 1:30

The longest one-syllable word is “screched.”

“Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.” – Col 4:6

Humans are the only animals on earth with chins.

“Then God said, “Let us make man in our image, after our likeness...” – Gen 1:26

The shortest commercial flight in the world lasts just 57 seconds.

“Then we who are alive, who are left, will be caught up together with them in the clouds to meet the Lord in the air, and so we will always be with the Lord.” – 1 Thess 4:17

The longest amount of time between twins being born is 90 days.

“Behold, children are a heritage from the Lord, the fruit of the womb a reward.” – Ps 127:3

From the Executive Directors Desk

It is always invigorating after a long winter to see or hear the first robin sing or see the first crocus bloom. It seems new life arises from within us fulfilling the hope that Spring has arrived. Removing the heavy winter coats, putting the shovels and snow brush away, and feeling the warmth of the sun has renewed meaning. Sometimes through the transition we have setbacks like cold temperatures or unexpected snowfall and almost immediately it seems to deflate our balloon. Our perspective changes and situations that in the big picture have little meaning yield such a big impact. I am so grateful that we serve a God who gives us assurance despite our circumstances.

CCM has been able to come alongside so many who have been tossed around by the setbacks of life. In 2022 we served 655 individuals. 15.9% were children up to 12 years old, 70.8% were 18 - 61 years, and 13.3% were 62+ years. As I reviewed these stats a scripture came to mind. Leviticus 19:32 tells us, *“Stand up in the presence of the aged, show respect for the elderly and revere your God. I am the LORD.”* As our society changes respecting the “aged” should not become one of the lost values in our current and future generations.

I would like to highlight serving our elder population and their selfless caregivers. Children who *“Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.”* (Exodus 20:12) and those who tirelessly use their gifting in helping to ensure the elder population is cared for. Thank you!

I also want to thank all who financially support CCM in your generous giving so we can continue to provide the necessary care to those in need, including our aged population. God willing, should we as a Christian, be granted long life and become an elderly person we can stand on the scripture *“Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day.”* (2 Corinthians 4:16) and we will trust there will be those to help us with our needs spiritually, mentally, and physically.

Blessings,
Yvonne Banks



Marriage and Family by Hilary Grooms, LMFT

Three Steps to Reconnect When You Feel Disconnected From Your Partner:

1. Accept Bids for Connection: Any attempt from one partner to another for attention, affirmation, affection, or any other positive connection.
2. Develop greater personal insight and a more detailed understanding of each other's life and world (Love Map) Ask questions, Remember the answers, Keep asking questions.
3. Build a Culture of Appreciation; Accept your partners inadequacies express what you cherish about them and thank them for the small things.

The seemingly insignificant moments of connection are the most significant of all.

Care for the Caregiver ...

Avoid burnout by monitoring yourself and watch for changes regarding eating, sleeping, emotional wellness or how you are providing care. Asking for help is strength and one of the most loving acts you can do for yourself and others.

Impact of Loneliness and Social Isolation Among Seniors

- 28% of seniors live alone
- Lonely seniors were 59% more likely to find daily tasks such as climbing stairs or walking difficult.
- Overall health risk increase is equivalent to smoking 15 cigarettes a day
- Experience an increased risk of dementia by 50%.
- Other health risk increases related to loneliness include:
 - Mental health disorders: 26%
 - Heart disease: 29%
 - Stroke: 32%
 - Premature mortality: 26%

Consider connections through AARP, local church, local community based Senior Center, Area Agencies on Aging (AAA), Eldercare Locator, and National Institute on Aging (NIA).

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The Importance of Geriatric Psychology and Mental Health Care for the Elderly.

by Colton Rogers

Perhaps, among the greatest joys we have at CCM, is providing Mental Health Care to the Elderly Population of WNY. Sensitively caring to issues related to loss, mourning, regret, shame, guilt, and identity are viewed as being among the more pressing topics to assist with in the expanding geriatric population.

In the most recent National Census, people who are 55 and older are considered as being the fastest growing division of the U.S. Population. Similarly, it is proposed that by 2030 older adults will comprise 21% of the Nation's people. As life expectancy continues to gradually increase, we find ourselves in a unique position to accompany the older population on the journey towards meaning, peace, and healing within their lives.

Within his model for the "Hierarchy of Needs," Abraham Maslow, PhD had recognized the importance of preserving and expanding upon various underlying principles for psychological development. He identified that human beings of any age require the satisfaction of core needs as belonging, relationships, security, safety, prestige, accomplish-



ment, water, food, rest, and warmth to feel fulfilled. We actively strive to champion and promote establishing the basis to fulfill these core needs when assisting the elderly population within our therapy sessions.

The culmination of the human journey is represented through the advanced age of a person and deserves compassionate care. Assisting older clients with integrity and combatting despair can foster wisdom (Erickson, E PhD) "*Wisdom belongs to the aged, and understanding to the old,*" (Job 12:12). We are grateful for the opportunity to serve the "Wise" and to accompany them towards greater growth and healing within our WNY Community.

KIDS CORNER

by Erin Andrade, LMSW

For adolescents, depression, substance use and suicide are the top concerns.

A FEW PARENTING TIPS:

- » Provide a safe home environment
- » Pick your battles, Encourage open communication
- » Track your child's troubling thoughts
- » Check your own tone of voice
- » Create routines

