

# ECC PRINCETON LOCAL OUTREACH

Newsletter



<https://eccprinceton.org/local-outreach/>

May 2023

## Upcoming Events



ECC is taking steps to become a **Dementia Friendly** facility. Denise Ihrig, Director of the Bureau County Senior Center, will be our guest speaker providing awareness and dementia friendly training on **Sunday, May 21, 2023**. If you have an interest in learning more about dementia or how to assist caregivers and families caring for people with dementia, please consider joining us immediately following the church service in the Fellowship Hall.



Do you provide care for a loved one with memory loss or dementia?  
Caregiving is rewarding but can be stressful!



### WHO:

- Family caregivers of a loved one with memory loss or dementia;
  - Caregivers coping with the stress of caring;
  - Caregivers looking to care for themselves.

### WHAT:

- Learn stress management techniques, relaxation & coping strategies;
  - Workbook & materials for take home study and practice;
  - Holistic program focused on the caregiver.
  - Meets 90 minutes weekly for 9 weeks.
  - Small group size.

**WHERE:** The Bureau County Senior Center, 16 W Marion Street, Princeton, IL

**WHEN:** Starts Tuesday, May 2<sup>nd</sup> 1:00-2:30 pm

**COST: FREE**

For more information or to register for the program, contact Celia Kerran at 815-879-3981.

## VOLUNTEERING OPPORTUNITIES:

Our next outreach opportunity is to serve at the PADS homeless shelter in Peru on **Monday, May 22nd**. You will help serve the meal starting at 6 pm (arrival at 5:45 pm). Seeking 5-6 volunteers willing to serve and fellowship with the residents. If interested, please contact Alex at the church office.



### Z-Tour

The annual Z-Tour bicycle tour is June 24th. Our church is sponsoring a rest stop (location yet to be determined). Eight (8) Workers for the rest stop are needed for handing out supplies. Four (4) people to serve from 8am-10am, and four (4) people to serve from 10am-12pm. Contact Tad Smith at

(815)878-5473 if you are interested in volunteering.

### 2023 Freedom Color Run -

We have an opportunity to support the Arukah Institute of Healing. On July 4<sup>th</sup>, they will be holding a **Freedom Color Run** fundraiser at Soldiers and Sailors Park in Princeton to splash the red, white & blue in the family fun color run! You can register at [www.arukahinstitute.org](http://www.arukahinstitute.org) to run/walk the event or contact Tammi Lanxon at 815-866-9557 if



you would like to volunteer your time to help with the event. Come celebrate our freedom, honor our military, & enjoy some fun for the whole family.

*The mission of our local outreach is to put our faith in Christ into action through prayerful identification of needs within the local community and to empower Christians within our congregation to meet those needs through service.*