

At CTK, we value authenticity, simplicity, empowerment, relationship, and caring about the community we live in. One key way we serve is by empowering small groups to make a difference through our local partners who address important issues for those in the hardest life circumstances. The opportunity below is a chance to tangibly demonstrate God's care, compassion, and love for those around us. As your church, we hope this makes it easy for you to put the Great Commandment to love your neighbor as yourself into action!

ADULT DAY HEALTH – SPRING CLEANING

Who are we serving?

Older adults and people with long-term illness and their family caregivers who live here in Whatcom County

Who is helping connect us to their needs?

NWADH is a safe place for those in need to stay while their caregiver takes time away for work, personal appointments or well-deserved respite. They provide a range of services that support the physical and mental health of members, building their strength and maintaining their independence. The specialized program offered Monday through Friday is out in and for those families who can't travel out to Lynden, WTA has created a special route that runs twice a day from CTK Bellingham to the Adult Day Health facility. Serving as the "lay-over station" where families can bring their loved ones to catch the bus allows CTK the opportunity to host ADH clients and staff each morning and afternoon! CTK also hosts the Bellingham meeting of their Family Caregivers support group on the 3rd Tuesday of every month from 1:30-3pm. This is a wonderful opportunity for those bearing the weight of caring for a loved one a safe place to share their experiences, be encouraged and learn helpful strategies for avoiding burnout.

How are we serving?

A small group is needed who can deep clean the kitchen (including refrigerator), staff lounge (which has a small refrigerator), wipe down all surfaces of the chairs and tables at NWADH and the equipment in the Therapy Room. Meanwhile others in your group can tackle washing the windows inside and out, as well as hosing off the window screens. The last piece would be to another raised garden bed using the plans below. CTK can provide the funds for materials but someone from the group would need to go buy them. Adult Day Health provides rags, simple green, window cleaner, and Magic Erasers.

This project should take 10-12 people about 3 hours and can be done on a Saturday morning or a weekday evening so think about inviting family, friends or neighbors to join you.

Who do you contact to commit to this opportunity and work out the details?

Contact Program Manager, Mary Wynstra, at mwynstra@adulthoodhealth.com or 360.306.3031 with 2-3 dates that work for your group to find out what works on their end. She will also help you think about what power tools and measuring tapes to bring.

If you need help in the process, Wendy at CTK is available (wendyp@ctk.church or 733-1337 ext 212
Please share your project with us by using the hashtag **#CTKserves** on social media!



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