



Dear Faithfuls,

August 1, 2023, marks the one-year anniversary of my arrival here at Faith Church. I have spent the last year being very grateful to be among you – yes, me, who was never going to serve a church again!

Here's what I've seen in the last year:

Increased worship attendance. Last August, average attendance was 69 worshippers. This most recent July, average attendance was 74. That's a 7% increase!

Your Discipleship Team offering new educational events, from a class on the book of Revelation, to events for grandparents and grandchildren, to a current events class.

The Clothing Giveaway was twice a year in the past. Now it is monthly, with people coming from as far as North Omaha to receive clothing. Last month, 31% of the people that attended were immigrants – we are serving those in need! (Also, we have just applied for a grant from the Nebraska Presbyterian Foundation to support this mission outreach.)

Hosting Crossroads Connection three times this year, rather than once a year. And, making the clothing available to the ex-offenders.

Pickleball!

The puppet team offering great music during worship, as well as a special performance this past year.

An openness on the part of the session and the congregation to discover a new mission statement – listening to where God is calling us to be.

Thank you, Faithfuls, for calling me to be your pastor. I am richly blessed!

Peace,  
*Becky*

**Faith Presbyterian Church**  
**Becky Balestri, Pastor**  
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### Church Hall Meeting

We will have another Church Hall Meeting on Sunday, **August 20**, immediately following the worship service. Our Church Hall Meetings are an opportunity for you to hear about what is happening in the life of the church, and for you to ask questions of the pastor and the elders.

One of the frequently mentioned concerns here at Faith Church is "communication." Our Church Hall meetings are one way that we are seeking to improve good communication with all of you.



*Aug 5 Kathy Olney  
Aug 5 Janine Yates  
Aug 9 Meg Dorsee  
Aug 14 Bill Neubert  
Aug 15 Phyllis Wennstedt  
Aug 16 Melanie Lechner  
Aug 16 Patti Rezek  
Aug 21 Wilda Ellerback  
Aug 21 Jim Melonis*

### LUNCH BUNCH

Anyone of any age gathering together for fellowship. The next Fun and Lunch is Friday, **August 4** at 12:00 noon at **El Vallarta Mexican Restaurant**, 8405 S 83rd Ave (just east of 84th & Giles) Sign up at church or contact Sharon Fleming by August 2nd at 402-709-2103 or [sfleming43@aol.com](mailto:sfleming43@aol.com) for your reservation and if you need a ride.

### July's Lunch Bunch at Moran's in Bellevue



# Parkinson's Disease

## What is Parkinson's disease?

It is a neurological disease; the first signs are problems with movement. Early signs of Parkinson's disease may go unrecognized. It may be many years before movement difficulties begin with these warning signs.

## Stages of Parkinson's disease:

### Stage 1

This is the mildest form and you may not have noticeable symptoms. Your daily life is unaffected. If you do have symptoms, it is likely to only effect one side of the body. Some early symptoms are decreasing sense of smell, constipation, changes in handwriting, voice changes and stooped posture.

### Stage 2

Progression to Stage 2 may take months or even years. Each person's experience is unique.

- ◆ You may experience muscle stiffness, tremors, changes in facial expressions and trembling.
- ◆ It may take longer to accomplish daily tasks.
- ◆ Balance problems are usually not problems at this stage.
- ◆ Symptoms are noted on both sides of the body, these include: changes in posture, gait, and facial expressions.

### Stage 3

- ◆ Symptoms become more noticeable.
- ◆ Movements are slower, activities are effected.
- ◆ Balance issues are more significant, falls are more common.

People in this stage can usually maintain their independence and complete activities without much assistance.

### Stage 4

- ◆ significant changes occur
- ◆ a walker or assistive device is required to stand up
- ◆ reactions and muscle movements are much slower
- ◆ living alone can be unsafe or dangerous

### Stage 5

- ◆ severe symptoms require around-the-clock assistance
- ◆ difficult if not impossible to stand; a wheel chair may be required
- ◆ may experience confusion, delusions, hallucinations

## Secondary symptoms:

- ◆ blank facial expression
- ◆ getting stuck when walking
- ◆ muffled, low volume speech
- ◆ decrease in blinking and swallowing
- ◆ falling backward
- ◆ reduction in arm swinging with walking
- ◆ shuffling steps when walking (*Parkinsonian gate*)
- ◆ flaky white or yellow scales on oily parts of the skin (*seborrheic dermatitis*)
- ◆ increase risk of melanoma
- ◆ depression/anxiety
- ◆ hallucinations
- ◆ psychosis
- ◆ problems with attention and memory
- ◆ difficulty with visual-spatial relationships

## Parkinson's dementia:

About 50-80% of people with Parkinson's will develop dementia. The person may have difficulty reasoning, thinking and problem solving. Symptoms include depression, sleep disturbances, hallucinations, mood swings, slurred speech, changes in appetite, and changes in energy levels. Highest risk populations are male, older in age, memory or cognitive issues before diagnosis of Parkinson's and a person with severe Parkinson's symptoms such as rigid muscles and difficulty walking.

## Causes of Parkinson's disease:

Parkinson's disease may have both a genetic and environmental cause. Some scientists think that viruses can trigger Parkinson's.

Low levels of dopamine and norepinephrine (which regulates dopamine) have been linked to Parkinson's.

Abnormal proteins known as Lewy bodies have been found in the brain of people with Parkinson's. It is unknown if these play a role in the development of Parkinson's.

- ◆ Men are one and one-half times more likely to get Parkinson's.
- ◆ There seems to be a higher incidence in white people as compared to Black or Asian people. This may be due to geographic location.
- ◆ Usual age of onset is between the age of 50 and 60 years. It occurs before 40 years of age in about 4% of cases.
- ◆ Exposure to toxins may increase the risk of developing Parkinson's.
- ◆ People who have experienced head injury may be more likely to develop Parkinson's.

## Treatment of Parkinson's disease:

Adequate rest and a balanced diet are important. Speech therapy, occupational therapy and physical therapy may help improve communication and self-care.

In most cases, medication will be required to help manage physical and mental health symptoms.



## From a post by St. Thomas Aquinas Church, Ames, Iowa, on Facebook...

Bring them to church. Saturate their lives with the Word of God. Even if they lay on the floor. Even if they need 100 Cheerios and a sucker to be quiet. Even if you stand in the back swaying back and forth holding them. Even when it's hard. Even when your pew looks like a small hurricane just came through.



Bring them to church. Let them see you worship. Let them see you pray. Let them see you running toward the Savior... because if they don't see and learn these things from you, who are they going to learn them from? The world?

Bring them to church.

"And anyone who welcomes a little child like this one, on my behalf is welcoming me." – Matthew 18:5



## F.O.C.U.S.ed Hands Puppet Team resumes August 13, 2023

The Faith Puppet team resumes rehearsals on August 13 from 2 to 4 PM. The puppet team is open to anyone in 4<sup>th</sup> grade or older.

This is more than puppets; it is also a fellowship group of young people mentored by adults.

On August 19th, they will be sharing at Calvin Crest Fun Day for the Worship Service.

If you know someone in this age group who would like to see what Puppets is all about, come and watch us rehearse, have a snack, and have some fun. August 13 from 2 to 4 PM in room 16 & 17.

If you are an adult who would like to hang out with some great youth come and check us out.

Questions: Contact Debbie Kippley  
At [drdbk@aol.com](mailto:drdbk@aol.com) or 402-981-7762



## Sightings

Faith Church hosted Crossroads Connection prison ministry on Sunday evening, July 23, 2023. A big thank you to **Mary Ann Stevens, Steve Bottorff, John O'Brien, Terri O'Brien, Bill Neubert, Janice Miner, Phyllis and Dave Wennstedt, Chuck Shafer and Al Zimmerman** for cooking a delicious meal, visiting with ex-offenders, and making the worship service audible with beautiful music. We are answering the call of Matthew 25 – "I was in prison, and you visited me..."

On a muggy Saturday morning, **Jeana Svoboda** was spotted on her knees, planting Veronica and weeding the gardens. Thank you, Jeana, for making our grounds beautiful!

## Streaming Sunday Worship Service 10:00am

We continue to broadcast the worship service on Facebook. If you do not have computer access, you may listen to the service by calling 1-844-855-4444 and entering access code 716966#.



# Harvest

## “Annual Salad Luncheon”

**Bake Sale and Boutique  
Thursday, November 2<sup>nd</sup>**

It's time to dig out your favorite salad recipes and finish (or start) a craft project or two. Homemade goods for the bake sale are appreciated. This fundraiser begins in just over three months! Please plan to help. Watch for more information next month. ~~~ Faith Presbyterian Women

### Clothing Giveaway Update

Special thanks to everyone who has donated, sorted and helped with the Give Away. We are applying for a grant to help with the expenses of the Give Away.

The next Give Away is August 19th. We will be sorting on July 9th and 16th from 9:00 -11:00.

We are caught up on sorting of donations ( your generosity is amazing), so feel free to bring your donations. Please put them in the sorting room (the first door on your left when you come in the east entrance)

Thanks again.

John and Terri &  
the Mission and Evangelism Team



While cleaning out some of our storage rooms, some Faith Church Cookbooks have been found. If you would like one, please call the church office or talk to Sharon Fleming.

### Helping Hands to the Rescue

Congregation members – Do you have jobs at home that you cannot do on your own (cutting up limbs, small electrical or plumbing jobs, yardwork, etc)? For help, contact the church office, and we will check with our Helping Hands Team.

*The Faith Church Helping Hands Team is in need of a coordinator. Anyone interested in filling this need please contact the church office.*

If you would like to join the Helping Hands Team, please let us know and we will add you to our list of helpers.

### Your Session

Clerk of Session - Joe Seda	
Discipleship	Shayla Hall
Facilities	Matt Kasprzak
	Jim Willett
	Doug Bogenhagen
Fellowship	Tracy Kristensen
Human Res	Bob Meyer
Mission & Ev	Terri O'Brien
Support	Peter Svoboda
Worship	Al Zimmerman

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<div style="border: 2px solid orange; padding: 10px; display: inline-block;"> <p><b>Sunday Worship</b> Time <b>10:00 am</b></p> </div>			

**Sunday Worship**  
Time  
**10:00 am**