

ON Broadway

Ann Arbor Christian Reformed Church Newsletter

August 2015

Nicaragua Medical Mission Trip

Audrey & Harvey Stob

Thank you for supporting our two-week medical mission trip to Nicaragua. It was our privilege and blessing to join several other AACRC members who had previously gone on this trip.



Our base of operations was “Tim’s Clinic” in Estelí, a city about a 1½ hour drive north of Managua. This clinic is dedicated to the memory of Tim Anderberg, son of the prominent Ann Arbor pediatrician, Dr. Roger Anderberg, and exists for the purpose of providing medical care to the poor of the Estelí region. Patients here can receive regular follow-up care for chronic problems at a minimal cost. Nicaraguan doctors, nurses, and lab technicians lovingly provide this care year-round.

Twice a year (January and June) Hope Clinic International sends medical teams to augment the work at Tim’s Clinic and to train Nicaraguan pediatricians in the latest surgical techniques. See: www.hopeclinicinternational.org for a fuller account.

During our first week, Harvey had the honor of being Dr. Anderberg’s primary interpreter: listening to patient symptoms and complaints, helping Dr. Anderberg understand what they

needed, explaining his diagnosis and relevant prescriptions, etc.

While Harvey and Dr. Anderberg stayed at Tim’s Clinic Monday–Wednesday, Audrey and the others headed into the hills to more remote locations. Two pick-up trucks loaded with medicine and people bounced up and down a lot of hills!

Here is where Audrey worked so hard. She was in charge of the “Pharmacy”—unloading the medicine, putting them in reasonably accessible order, instructing students on how to fill prescriptions. Then, because she could speak Spanish, Audrey would explain to the parents how and when their child should take them, etc.



One day we saw more than 120 children—many complaining of respiratory problems (asthma). One mother, carrying her baby, walked 1½ hours in order to have a doctor see her child.

We thank you and our gracious Lord for the opportunity to share God’s love in bringing a measure of healing to his Nicaraguan children.



First Aid for Home

Barb Okonkwo, RN, FCN

There are lots of things we “should” do but somehow never take the time to do. One of those “shoulds” is to have a first aid kit handy in our homes. Maybe now that it is summer and schedules may be a little more relaxed would be a good time to collect the items needed for a first aid kit.

The following list is a place to start...it can be a guide for you, a checklist, to help you stock what you may need and to make sure it is on hand at all times. You might want to print a copy of the list and place it in your kit so you can keep track of what you have used and need to replace. It is a good idea to re-check your supplies every 6 months or so and replace those items that may be expired. This list is just a guide. Each family’s kit may differ depending on individual needs and circumstances. You may need to add or subtract items as your children age or as new children are born.

- Adhesive bandages (various sizes)
- Liquid bandages (optional)
- Antibiotic ointment and/or antiseptic wipes or spray
- Sterile gauze (in rolls and pads)
- Instant and reusable cold compresses (keep reusable ones in the freezer)
- Hydrocortisone ointment
- Calamine lotion
- Rubbing alcohol
- Hydrogen peroxide
- Hand sanitizing gel
- Eye wash solution (with eye cup)
- Sterile saline solution
- Sunscreen (at least SPF 15)
- Sunburn relief ointment
- Cotton balls
- Cotton swabs
- Disposable gloves
- Ace bandages
- Thermometer (get one appropriate for age of user)
- Bulb syringe
- Medical dosage spoons
- Blunt tip scissors (for cutting gauze and medical tape)
- Tweezers
- Fine needle (for helping remove splinters)
- Save-a-Tooth system (for preserving knocked out teeth so they don’t die before dentist can put them back)
- Fever and pain reducers*
- Antacids
- Nausea medication*
- Anti-diarrhea medication*
- Oral electrolyte solution*
- Mild laxatives*
- Antihistamines*
- Cold and/or flu OTC medication*
- Cough medicine*
- Prescription medicines (only for family members with prescriptions)
- First aid instruction booklet
- Notification of any family members with allergies, in case emergency personnel need to come assist

*You should have both a children’s version and adult version on hand, if needed.

Contact information for family doctor, dentist, and emergency contact numbers for family members (work and cell)

Emergency: Police & Fire: Call 911 Poison Control Center: 1-800-222-1222 Doctor: Name _____ Phone # _____ Dentist: Name _____ Phone # _____
_____ First Aid Kit

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Expanding Opportunity at Hope Clinic

Ron & Sharon Reimink

Since last October our congregation has participated in the weekend meal service at Hope Clinic by providing a team of servers for one of the meals every other month. We have just accepted the opportunity to expand that service to every month. Beginning with the fourth Saturday in August and every fourth Saturday thereafter, we will provide about six people to serve food (prepared by others) and then clean up the area after the meal has been served. Our time of service begins at 3:45 and runs until about 6:00 on the Saturdays we are serving. Hope serves 75 or more people with a hot, nutritious meal. The work is pleasant, the oversight is good, and those who are served clearly appreciate the meal.

We are gathering a list of volunteers from which to draw each month. We have a good start with those who have volunteered in the past, but with the extra meals on our schedule and the frequent conflicts that arise, we would like even more. This is a good service opportunity for individuals, families (with children at least middle school age), or a fellowship group activity. Are you interested in participating? If so, or if you have questions, please contact Ron and Sharon Reimink, coordinators, at 995-1710 or rreimink@comcast.net. Thank you!

August 23 Special Collection

Ann Arbor Christian School is a school founded by members of AACRC and supported by our church since its inception. Now located on Whitmore Lake road, it has an enrollment of over 150 students in grades Preschool–8, including many children from our congregation. Please help us in continuing to support AACRS.

Calling All Women

Katrina Brehob & Jeanne Palmbox

Coffee Break starts up with a new year on **September 15**, so if you have not yet registered, now is the time!

Anyone is welcome—feel free to invite your family, friends and neighbors! You can register online at <http://www.aacrc.org/CoffeeBreak>, or email Katrina Brehob at CoffeeBreak@aacrc.org.

For the past 30 years, Coffee Break has been a place where women of all ages, nationalities, and backgrounds have come to pray together, study the Bible together and build lasting relationships with one another. It is a time of spiritual refreshment and replenishing—giving us a “time-out” from our busy, stressful, often overly-planned lives. Coffee Break is exactly what its name implies—a break. It is a time to step back and simply rest in a loving, safe environment. It is a place where we as women can come and encourage one another and be encouraged by one another. It is a place where we can dig deeper into God’s Word and learn together what it means to trust and obey our great God and to live lives that are pleasing in His sight.

So, come join us on
Tuesday mornings from 9:30-11:15
or in the afternoons from 1:15-2:45!
Children’s classes and nursery are available
for kids 0-5 years old.

We hope to see you on September 15!



<https://www.facebook.com/AnnArborCoffeeBreak>

Coffee Break—Women’s and Children’s Ministry Volunteers Needed

Katrina Brehob & Jeanne Palmbox

Are you looking for a new way to minister to women and children? The new Coffee Break year starts September 15, and we would LOVE to have your help! If you are willing and able to help in any of the following ways, or would like some more information, please contact Katrina Brehob at katbrehob@gmail.com.

- **Afternoon Story Hour teacher:** Plan and lead stories, songs and crafts for 3-5 year olds from 1:15-2:45.
- **Helpers in the afternoon nursery:** Spend some time holding and rocking and playing with some sweet babies while their Mamas get a chance to study the Bible from 1:15-2:45.
- **Babysitters for Staff Meetings:** Help care for children of staff members during staff meeting times 4-5 times per year.
- **Discussion Group Guides:** Co-lead group discussions and Bible studies for the morning session (9:30-11:15)

- **Substitute Children’s Helpers:** If you are not able to make a weekly commitment, consider helping out on an as-needed basis by being a substitute for the Children’s Programs in either the morning (9:30-11:15) or afternoon (1:15-2:45) classes.
- **“Like” us on Facebook:** Even if you cannot attend Coffee Break on Tuesdays, one way you can really help get the word out and about is simply by “liking” us on Facebook (<https://www.facebook.com/AnnArborCoffeeBreak>) and sharing our page with family, friends and neighbors! We want to reach out to the community around us, and you can help us do that!

