



Meet Debbie Lam who leads our Nursing Home ministry at Mission House in Elkton along with Elvia, owner and Asst. Administrator. (Elvia is in the checkered shirt).

Debbie's love for nursing home ministry began when she was just a child. She and her mother visited her grandfather at a nursing home and Debbie would go room to room to visit and talk with the other residents.



Debbie began visiting residents locally about 20 years ago with a couple of other people to play music. Once she began attending ImpACT, she started visiting the residents once a month, playing bingo, and sharing the love of Christ.

Debbie shared, "The residents were so excited to know that they would be featured in the ImpACT newsletter for the summer. These residents are so loving and kind to one another. They love playing bingo and having visitors. Every time I leave, they give me a sense that I am leaving with more than I came with."

More volunteers, from young people to seniors, would be greatly appreciated. Please contact Debbie for details either at church or you may call her at 540-383-9594.



DONATIONS of bingo prizes are much needed. The residents love candy, cookies, chips, and \$5 gift cards from McDs or Subway. Bags of candy, chips, or cookies can be in bulk and Debbie distributes them in individual bags for bingo prizes.

### \*\*\* SPECIAL MESSAGE FROM IMPACT MINISTRIES \*\*\*

We know that these last few months have been trying for everyone during the COVID 19 crisis. We are also concerned that there has been an increase in suicides and attempts. Suicide does not discriminate and all genders, ages and ethnicities are at risk. We know there are all kinds of factors, but during this most trying time we have become aware of the increased risk for many people. As adults our lives have changed greatly, but often those forgotten are the youth and teens. Suicide is not a normal response to stress.

***\*\*Suicidal thoughts or actions are a sign of extreme distress, not a harmless bid for attention, and should not be ignored\*\****

We at ImpACT Ministries want you to know that you are not alone. If you or someone you know is struggling during this time, please give us a call and we will do our best to walk you through the immediate crisis.

If you are struggling with addiction and/or recovery, don't forget that we have our 1st Step to Freedom program which meets on Tuesday nights, 7pm here at the church.

If you or someone you know may be contemplating suicide, Please call the National Suicide Prevention Lifeline: 800-273-8255