

St. Joseph's Church

THE CRADLE OF AFRICAN AMERICAN CATHOLICISM IN DELAWARE



1012 French Street,
Wilmington, DE
19801
302-658-4535 (Tel)
302-658-2006 (Fax)

Notary Services
Available
Upon Request
See Loretta Young



PASTOR

Rev. Paul M. Williams, OFM
pw4ofm@aol.com

DEACON

Deacon Robert J. Cousar

Office Hours: Tuesday - Thursday, 10 am - 3 pm
Friday, 10am - 1pm
Parish Secretary: parishsecretary@stjosephfrenchst.org
Bulletin News: stjosephsbulletin@yahoo.com
Website: www.stjosephfrenchst.org

MASS SCHEDULE

Sunday — 10:00 am Tuesday to Friday — 12:10 pm
Saturday Vigil — 5:00 pm Holy days — As announced

**The Church is open for Prayer & Meditation Tuesday—Friday from 11:30 AM to 1:00 PM.
Confessions are heard on Saturday at 4:30 pm and by appointment.**

MARRIAGE:

All couples contemplating marriage are asked to give the Pastor at least one year prior notice in order to satisfy all diocesan requirements for marriage. All couples must attend either Pre-Cana Classes or make an Engaged Encounter.

BAPTISM:

Before a child is Baptized, the parents and Godparents must participate in a Pre-Baptismal program. Please call the Pastoral Center to make arrangements.

NEW PARISHIONERS:

Welcome! We encourage new families moving into the area to stop in or call the Pastoral Center and complete a parish registration form.

CARE OF THE SICK AND

HOMEBOUND: The Pastor, Deacon, and special ministers of Holy Communion will gladly bring Communion to anyone who is ill or otherwise unable to get to Mass. The Pastor and Deacon make regular visits to local hospitals. **Please notify the Parish Office if any parishioner is ill or hospitalized.**

CHANGE OF ADDRESS, EMAIL, TELEPHONE NUMBER: Contact the Parish Office if your personal contact information changes.

July 2, 2017

Thirteenth Sunday in Ordinary Time

- ▶ July 22 ~ KPCLA Monthly Meeting, 10am
- ▶ August 06 ~ **Parish Picnic "Flip Flop Sunday"**
- ▶ August 26 ~ Annual Crab Feast
- ▶ July 24 ~ Wilmington Diocese Gospel Choir

Please Note:

- ◆ Fr. Paul will be unavailable beginning July 3 thru July 10
- ◆ Deacon Bob will be traveling June 30 thru July 9.
- ◆ Loretta Young will be on vacation June 1 and returning to office July 11
- ◆ The parish office will be closed July 1 and will reopen on Tuesday, July 11. Voice mail messages will be checked for any emergency situations.
- ◆ Mass on July 8 and July 9 will be celebrated by Fr. Joe Monahan, TOR



CCD is in recess until the fall. Registration for the Fall classes will begin in August.

Enjoy the Summer!

Weekly Collections

The parish requires a weekly collection of \$4,901 to cover expenses. Amounts below represent last week's collection and the collection for the same week in 2016.

June 25, 2017 — \$2,549

June 26, 2016 — \$2,329

Thank you for your generosity!!!

Mass Intentions
July 01, 2017 — July 09, 2017

Saturday, 07/01	5:00 PM	People of the Parish
Sunday, 07/02	10:00 AM	†Matthew Reynolds Requested by Fr. Paul
Monday, 07/03	—	No Mass
Tuesday, 07/04	—	No Mass
Wednesday, 07/05	—	No Mass
Thursday, 07/06	—	No Mass
Friday, 07/07	—	No Mass
Saturday, 07/08	5:00 PM	People of the Parish
Sunday, 07/09	10:00 AM	

PARISH STAFF	
Pastor:	Rev. Paul M. Williams, OFM
Deacon:	Robert J. Cousar
Parish Secretary:	Loretta L. Young
St. Vincent dePaul Society:	Fayette Jackson
Director Religious Education:	Mary Polk
Bookkeeper:	Jane Putscher

Introduction to the Liturgy

Gathered here at God's invitation, we are disciples awaiting a word from God. So today we will hear more about what it means to be a disciple of Jesus: We are to love Christ above all, and to take up our cross. Yet we do not do this alone. We have our community of faith to support us, even if it is only with a cup of cold water. Let us pray today that our sense of discipleship may be strengthened and deepened.

Fr. Paul

Bring a dish to share **Parish Picnic**
 Sign-up Sheet
 in Vestibule "Flip Flop Sunday"



Sunday August 6, 2017

12 o'clock til 5:00 pm
 Green Acres Swim Club
 Silver Side Road
 Wilmington, DE



Hotdogs, Hamburgers, Rolls
 Beverages & Water Ice
 provided by Parish



On Sunday, July 16, the **Native American Community** will have a Prayer Basket available after Mass for your intentions. These prayers will be carried to the 78th Annual Tekakwitha Conference by DeAnna Cardenas and John and Gail Rando, and will be placed at the Shrine of St. Kateri in Rapid City, SD. We respect your privacy; only God will read your petitions :) Please pray for us and all the Conference attendees.

Thank you and God bless!

Question of the Week

In reflecting on the sacrifices and rewards of Christian discipleship, what sacrifice do you think God is asking of you today? What reward do you think will make it worthwhile??



Parish Bus - June Schedule



DATE	DRIVER
Sunday, July 2	Vanel Fluery
Sunday, July 9	Yolanda Mohammed
Sunday, July 16	TBD
Sunday, July 23	TBD
Sunday, July 30	TBD

God Bless Our Bus Drivers!

Saint Joseph Catholic Church
Annual Report FY 2017 (July 1, 2016 thru June 30, 2017)

Revenue:		Expense:	
Total Offertory and Collections	\$ 176,421	Clergy/parish ministers/rectory	\$ 54,220
Parking Space Rental	11,900	Buildings	31,735
Dividends and Interest	15,949	Administration & Support	57,777
Parish Social Ministry & Family Life Income	19,149	Clergy benefits	15,500
Donations and Gifts	28,804	Liturgy	21,065
Miscellaneous Revenue	25,175	Utilities	10,223
Total Revenue	\$277,398	Diocesan Assessments	16,750
		Misc.	151
		Parish Social Ministry & Family Life	24,462
		Capital Expenditures & Equipment	14,577 (incl insurance)
		Total Expenditures	\$ 246,460
Excess Cash Revenue over Expenditures		<u>\$30,998</u>	

Dear Friends,

It is my honor to be your pastor and as such I am required to report to you the financial status of the parish. This report is based on the close of the fiscal year, June 30, 2017. As you see in the figures provided, we finished last year in the black. The surplus of \$30,998 is gratifying, but we are not rolling in money. Part of the surplus is simply due to the timing of paying bills and the majority of it was due to a one-time gift of stocks. Please note that most of the money reported as Parish Social Ministry and Family Life Income is charity expressed in your support of the Saint Vincent de Paul Society

Deacon Bob and Roger Bacon have worked on plumbing leaks and other building maintenance items that would have cost a lot if we had to bring in a plumber or other craftsmen for every leak and building issue we've experienced. This has been a big savings to the parish.

Our attendance at weekend masses is stable and averages 168 in total for the two weekend masses, based on the mandatory October Count from 2016. Seating capacity is 360.

After seeing some decline with our collections, we thank God that with the last two years, we're beginning to realize year-over-year growth. Below are the weekend figures (excluding weekdays and holy days).

2017	\$162,968
2016	\$150,627
2015	\$148,802
2014	\$165,149
2013	\$175,290

We certainly are not close to where we need to be with our weekend collection income, but the two year trend is encouraging. Parishioners need to be aware of the parish's needs when they consider their giving. Collections count for 80% of our revenue. We cannot count on windfall gifts or other one-time donations. Any decrease in collections places extra pressure on the parish to create new sources of income, like Bingo, that requires the support of everyone in the parish. In order to meet all expenses our weekly collection must be at least \$4,901.

The good news is that we continue to receive contributions from the Sustaining Hope Capital Campaign. To date, we have received \$79,650 of the parish designated pledged amount of \$126,211. Because of personal reasons, several families have been forced to cancel their campaign commitment. This means that we will fall short of our goal. But I remain optimistic that we will start the planning process once the campaign is complete. The campaign will close at the end of this year. I'm forever grateful to each family that sacrificed to honor the three year commitment.

I am indebted to the assistance of the Parish Finance Committee. They are the overseers of our fiscal wellbeing. Their names are below. I am also appreciative to our money counters who meticulously count and ensure all monies received are placed into the proper categories for accounting purposes.

Everyone should be proud that Saint Joseph's always pays its way. We pay our bills on time, we are not in debt and we have some savings. There are a number of parishes that cannot claim as much. God has blessed us by meeting our needs and has not given us so much that we are complacent.

God bless you.

Rev. Paul M. Williams, O.F.M.— Pastor

Finance Committee:

Herb Sterling Bertley Wharton Judy Gallagher Dana Crumety Deacon Bob Cousar

Happy Birthday!

July

Bryce Anderson	02
Michael Charles Simmonds, Jr.	02
Sheila Cavin	03
Bowman Thomas Flynn	03
Mavis Woolley	03
Marcela Y. Hill	07
Kaego Enwerem	06
Johnny A. McClain, Jr.	07
Roberto Rivera, Jr.	07
Fayetta Jackson	09
William Harmon, II	09
Elmslie Wharton	10
Grace Obidike	11
Lavern Rae Robinson	11
Melissa Thorpe	11
Michelle Shine	13
Vincent M. Robinson	14
Elliott Scott	14
Joshua Stephen Thorpe	15
Dawn Jolly	16
Patricia Owens	16
Vonda Wright	16
Johnny P. Saunders	19
Mary Joan Thompson	19
Lauren Mahler	21
Comfort Yah	21
Kayla C. Willis	23
Jeffrey Flynn	24
Jasmine MacFarlane	24
Glenda Townsend	24
Phyllis Woolley-Roy	24
Avery Bordley	26
Gwendolyn Cavin	26
Derrick Porter	26
Michelle Robinson	26
William Willis, Sr.	26
Jacqueline Smith	27
Laura Wharton	27
Howard Robbins	28
Marie Anne Wilson-Woolley	28
Isabella E.-Bernini	29
Marc Woolley	29
Eric Owerms	30
Vernon Taylor	31

*Note: Apologies if your name does not appear on the birthday list.
If this is the case, please call the parish office at 302.658.4535 or
email the parish secretary at parishsecretary@stjosephfrenchst.org
Please include your name, birth month, day and year.*

Liturgy Schedule ~ July 2017

Saturday, July 1, 5:00 p.m.

Herb Sterling ~ Lector
Debbie Sterling ~ Eucharistic Minister

Sunday, July 2, 10:00 am

Tia Pulliam ~ Altar Server
Fayetta Jackson ~ Greeter
Stephen Thorpe ~ 1st Lector
Geraldine Cochran ~ 2nd Lector
Stacey Lowery ~ 1st Eucharistic Minister
Barbara Pulliam ~ 2nd Eucharistic Minister

Saturday, July 8, 5:00 p.m.

Vernon Taylor ~ Lector
Gwen Cavin ~ Eucharistic Minister

Sunday, July 9, 2017

Kali Watkins, Altar Server
Sheris Owens, Greeter
Judy Gallagher, Lector 1
Jasmine MacFarlane, Lector 2
Jed Donahue, Eucharistic Minister
Delores Spencer, Eucharistic Minister

Saturday, July 15, 5:00 p.m.

DeAnna Cardenas ~ Lector
Loretta Young ~ Eucharistic Minister

Sunday, July 16, 5:00 pm

Xavier Wycliffe ~ Altar Server
Janice Jolly ~ Greeter
Gail Rando ~ Lector
Stephanie Bolden ~ Lector 2
Denise McIntyre ~ 1st Eucharistic Minister
John Rando ~ 2nd Eucharistic Minister

Saturday, July 22, 5:00 p.m.

Denise Scales ~ Lector
Loretta Young ~ Eucharistic Minister

Sunday, July 23, 10:00 am

Joaquin Ledesma ~ Altar Server
Deidre Ann Robinson ~ Greeter
Herb Sterling ~ 1st Lector
William Ray ~ 2nd Lector
Lorraine Eckrich ~ 1st Eucharistic Minister
Debbie Sterling ~ 2nd Eucharistic Minister

Saturday, July 29, 5:00 p.m.

DeAnna Cardenas ~ Lector
Loretta Young ~ Eucharistic Minister

Sunday, July 23, 10:00 am

Joaquin Ledesma ~ Altar Server
Marissa Ledesma ~ Greeter
Kevin O'Connell ~ 1st Lector
Jed Donahue ~ 2nd Lector
Pat Rafter ~ 1st Eucharistic Minister
Stacey Lowery ~ 2nd Eucharistic Minister

Parish Leadership

Parish Council is advisory to the pastor on matters of the church such as the mass schedule, improvements to the building, parish social life, etc. The Council meets on the third Wednesday of each month at 6:30 pm and all parishioners are invited. **Parish Council does not meet in June, July or August. Next meeting is September 20.**

Fr. Paul Williams, President
Deacon Cousar, Ex Officio
Linda Abili Sheila Cavin
Vincent Caesar Kathy Hodges
Chantal Jackson Derrick Johnson
Deirdre Robinson Damita MacFarlane
Doris Matthews John Rando

The **Finance Committee** is responsible for helping the pastor with creating and managing the budget and to ensure the parish is fiscally sound. Members are appointed by the pastor and meet quarterly. Current committee members are:

Deacon Bob Cousar, Chair
Dana Crumety
Judy Gallagher
Herb Sterling
Bertley Wharton



Parking Lot

During the weekdays, the parking spaces are not available. In addition, please do not park in the pastors' or volunteer parking slots. These slots are available on Sunday, but never during the weekday. If you have a special request, please call the office. Thank you.

Sunday Morning Fellowship

We've been blessed to have the coffee and pastries donated on each Sunday of the month as indicated below.

- ◆ **1st Sunday - Ladies Sodality**
- ◆ **2nd Sunday - Knights of Peter Claver and Ladies Auxiliary**
- ◆ **3rd Sunday - Loretta & Leonard Young**
- ◆ **4th Sunday - Krispy Kreme donuts hosted by Kathy Hodges**
- ◆ **5th Sunday - Paul & Kathy Fahey and Jed & Sandra Donahue**



Thank You!
Lpsuk Yoni

THANKS FOR BEING HERE!

If you would like to become an **ACTIVE** member of Saint Joseph's Parish we invite you to complete the Parish Registration form below and place the completed form in the Offertory basket or send to the Parish Office. Someone from the Parish Office will contact you.

Saint Joseph Catholic Church Parish Registration Form

Last Name: _____

Full Name: _____

Birthdate: (month, date, year) _____

Church of Baptism: _____

List all resident family members you wish to register at Saint Joseph's and the relationship of all.

Email Address: _____

Mailing Address: _____

Cellular Phone: _____

Home Telephone: _____

TRIP TO THE BATHROOM

Little people sometimes find it necessary to make a bathroom visit during mass to relieve boredom if nothing else. Fellowship hall and the bathrooms are unsupervised and accessible to outsiders. For the safety of our little ones, their grown-up should accompany them when they take a break. Nothing has happened and we want to be sure it doesn't.

ST. JOSEPH'S PARISH LIFE AND NEWS



The Sodality honors the Blessed Mother

through prayer. These ladies faithfully pray the rosary each Sunday before mass and they pray continuously for the parish, the city and for individuals in need of the intercession of the Blessed Mother. If you would like to join this ministry, please contact Denise

Scales on 302.368.9881.

JUNIOR SODALITY

The Jr. Sodality mission statement includes:

having a deeper appreciation and understanding of others by enriching values of respect, responsibility and sharing with the guidance and example of St. Joseph Senior Sodality. Making a difference by bringing joy, love and refreshments to brighten the lives of others including St. Joseph community and the shut-in, hosting a luncheon for those less fortunate, sharing in the ministries of the church and participating in the Angel Tree Adopt A Child Program. ALL YOUNG LADIES, 6 TO 14, IN THE DIOCESE ARE INVITED TO ATTEND. PLEASE CONTACT

Jean Toy, 302.658.2218,

Margaret Levesque, 302-656-0813, or Lorenza Hinds, 302-574-0057. FOR INFORMATION. THANK YOU.

Buy gift/ pre-paid cards for a good cause.

Please consider buying gift/ pre-paid cards for everyday items & gifts. Proceeds are used to support the mission of the Knights of Peter Claver, such as service to the Church, assistance to the needy and youth scholarship. Order forms are in the back of the church or online. For information, phone 302 598 0448; Email:

kpc.scrip@stjosephfrenchst.org

Web: http://kpc.stjosephfrenchst.org.KPC_ScripFundRaisingInfo.pdf

BAYLOR PRISON MINISTRY: Every Friday morning, parishioners and friends brighten the lives of women who are incarcerated. On the first and third Friday, Fr. Paul celebrates mass. For additional information, please contact Rose Henderson, 302-762-9044.

Stock the Pantry - Catholic Charities

Non-Perishable Food Donations

A barrel for non-perishable foods is located in the vestibule of the church. Please help to replenish their food closets by contributing non-perishable food items as well as personal hygiene items such as soap, toothpaste, tooth brushes, etc. To make a cash donation online, visit <https://www.cdow.org/ccdonation.html>.

Knights of Peter Claver and Ladies' Auxiliary is comprised of over 18,000 Catholic family members. We continue our expansion efforts welcoming all Catholics to join. Our purpose is to render service to God and His Holy Church. If you would like to join our organization please see Grand Knight Vincent Robinson or Grand Lady Brenda Burns.

FOR THE SAKE OF GOD'S CHILDREN

Reporting Allegations of Child Abuse to Authorities

1. Division of Family Services at 1-800-292-9582
2. State Attorney General's Office 302-577-8310
3. Report to Fr. Paul, Deacon Cousar or Loretta Young
4. Report to Diocese: Vicar General 302-573-3118

St. Joseph's Book Club Meets in the Parish Center. Bring your book, a friend, snack, and your insights to this lively Discussion. The next meeting is in June and the book for discussion is *The 12 Tribes of Hatie* by Ayana Mathis. **Book Club meets on Monday June 26, 7:00PM.** Please see Geraldine Purnell for additional information..



Emergency contact == To contact the pastor after hours, call the parish number. The messages are checked every few hours, the first thing in the morning and the last thing at night. When the pastor is away, the parish secretary checks the phone frequently and will notify the pastor if there is a grave situation.

RCIA (Rite of Christian Initiation for Adults)

The journey of faith is a process that takes time. Please contact the pastor about taking steps leading to initiation as a Catholic Christian. If you know someone who needs special invitation, please inform the pastor. The whole church is built up when an adult embraces the faith. We need to embrace those called by Christ.



The St. Joseph Choir is Recruiting

If you would like to help us celebrate the Mass and get extra credit, (because you know when you sing you are praying twice), please come and join the St. Joseph Choir. We rehearse and sing every Sunday, except 4th Sunday, in the Parish Center Conference Room at 9:15 AM. If you are interested, please see DeAnna Cardenas after Mass or call the Parish Center and leave a message. Thank you!

WILMINGTON DIOCESE GOSPEL CHOIR

WDGC sings at St. Joseph on the fourth Sunday and throughout the Diocese during the year. For information, call Brenda Burns at 302-322-6899.

THROUGHOUT THE DIOCESE



In the Gospel this week Jesus says “And whoever gives only a cup of cold water to one of these little ones to drink because the little one is a disciple — amen, I say to you, he will surely not lose his reward”. Bring It Home this week by discussing how we can help the less fortunate among us. Continue to pray for vocations each night this week.



Office for Marriage and Family Life

by Susan Vogt, www.SusanVogt.net

MARRIAGE MOMENTS

Independence is an important step on the journey to adulthood, but marriage also requires dependence. I depend on you to keep your word, to be there when I'm feeling hurt, to watch the kids so I can have a break. How do you depend on one another?

PARENTING POINTERS

The weather this summer has been confusing at best. Whether it's been wetter or dryer, hotter or colder, in your part of this vast world, take advantage of whatever weather you have. Do silly things like walk in the rain, make mud pies, build sand castles, bundle up in blankets... Unusual experiences are memories that stick.

Save Energy with Catholic Charities

Catholic Charities has a new program available for individuals who may be struggling with energy costs. As the Energize Delaware Community Energy Center in New Castle County, Catholic Charities can provide households with free energy education, budget counseling, and program referrals. At your appointment, your energy counselor will review your utility bills and discuss ways to reduce your energy usage. They'll also determine what assistance programs are available to help you keep the power on and get back on track. To schedule an appointment, contact Catholic Charities Main Office at 302-655-9624, between 8:30 am and 4:30 pm.



Listen to Catholic Forum every Sunday morning at 10:05 a.m. on WDEL 101.7 FM, 1150 AM and www.wdel.com. Next Sunday, July 9th, Kevin Lowry, author of the book, “How God Hauled Me Kicking and Screaming into the Catholic Church” will be interviewed. For photos, information regarding upcoming guests, podcasts and more, “Like” Catholic Forum on Facebook at www.facebook.com/catholicforum. Listen to past episodes of Catholic Forum online at cdow.org/communications or search “Catholic Forum” on Apple Podcasts or iHeartRadio podcasts.

Retrouvaille

Retrouvaille may be the way to rediscover and rekindle the loving relationship in your marriage. Tens of thousands of couples have successfully saved their marriages by attending a Retrouvaille weekend and the six post sessions that follow it. **The next program begins the weekend of August 11-13 at the Family Life Center in Malvern, PA.** For more information, or to register for one of our weekends, visit our web site at: www.HelpOurMarriage.com or call 1-800-470-2230. All

Vocations

In today's Gospel, Jesus says to his apostles “Whoever finds his life will lose it, and whoever loses his life for my sake will find it.” In every generation, God calls some people to leave behind the lives they're used to and to follow Him along a different path. Might He be calling you to embark upon the road to priesthood or religious life? If you think so, please call or write Father Norm Carroll, Diocesan Director of Priestly and Religious Vocations (302-573-3113 or vocations@cdow.org). Be sure to visit our website: www.cdow.org/vocations!

Annual St. Joseph Parish Carnival -Middletown

Tuesday, July 18 thru Saturday, July 22, 2017. Exciting rides, games and nightly entertainment under the big top! Special children's game area. Nightly raffles. Delicious meals in our air-conditioned Parish Hall beginning at 5:30 pm Tues.-Friday. Outdoor dining, rides and games begin at 6:00 pm nightly. FREE admission and parking. More information—call Parish Office 302-378-5800 or www.stjosephmiddletown.com.

IN OUR THOUGHTS AND PRAYERS

PLEASE REMEMBER AND PRAY FOR OUR SICK AND SHUT-IN, AND THOSE WHO SERVE IN THE MILITARY

Adia Bracy	Donald Evans	Serafim Bairos	Nellie Lawrence	Rose Henderson	Alice Harris
Ronald Toy	Joanna Warren	Adele & Fred Reed	Kendra Denhardt	Jessica Fullman	
Leta Johnson	Frances Reed	Octavia Manlove	James Thomas	Donna Scott May	
Tanya Wilson	Mark Gallagher	Leonard J. Young, Jr.	Barbara Stacey	Gordon Sanders	
Jeffrey Britton	Tony Dash	Jane McDonald	Giuseppina Fazzino	Arlene Watson	
James Henderson	Doris Gallagher	Mary Joan Thompson	Jemison Asante	Jolene Tyson	
Ethel Barrett	Gerry Reybold	London Louise Simmonds	Vivian Priest	Delores Tuller	
Sean Willis	Jean Toy	Charlie Anderson	John Thompson		

2017 Quo Vadis Days for High School and College students will be **Thursday, July 27 to Saturday, July 29** in Malvern, PA. This event offers a time of prayer, fraternity, sports, and recreation focused on the life and ministry of the Priesthood. You will spend three days with other young men who have the same interest and aspiration in life. Is God calling me to be a Priest? For more info and to register online: cdow.org/vocations. Registration deadline is

Parish Business Manager

St. Joseph Parish in Middletown, Delaware is seeking an experienced Full-Time Business Manager to direct the management of the parish office and staff and manage the financial and human resources affairs of the parish.

Qualifications:

Bachelor's degree in Business Administration, Accounting, or related field and at least three years of experience including staff supervision and financial management or the equivalent combination of education and experience;

- The ability to work well with the public and staff in a busy office environment;
- The ability to multi-task with accuracy and professionalism;
- Knowledge of state and federal regulatory requirements;
- Excellent written/oral communication and interpersonal skills;
- A detail oriented candidate with a strong aptitude for numbers;
- The ability to maintain confidentiality of sensitive information;
- Strong working knowledge of computer systems.

Benefits include:

- Medical, Dental and Prescription Coverage
- 403(b) with match

Flexible Schedule

To apply send resume and letter of interest with salary requirements to dkelley@stjosephmiddletown.com.

Christiana Care—Health Workshops

Freedom from Fractures

Free Bone Health Screening and Consultation

July 8, 10 a.m. – 2 p.m.

Christiana Hospital campus, John H. Ammon Medical Education Center

Two million preventable fractures occur each year, and 50% of all Americans over age 50 will have a life-altering fracture. Join us for this free screening event.

- Learn how to reduce your risk of having a fracture.
- Learn your risk level – based on your personal clinical factors.
- Talk with peer educators on next steps for taking control of your bone health.

Registration is required.

Finding a Living Donor

Fast Track to Getting a Kidney

Christiana Hospital campus, Medical Arts Pavilion 2, Suite 2115

These interactive sessions will help you learn more about living donation, how to find a living donor, and effective ways to ask about being a living donor. Call 302-623-3866 to register for one of the four events.

July 10: 10 a.m. and 5 p.m.

July 13: 10 a.m. and 5 p.m.

A Matter of Balance

July 24 - Sept. 25, 12-2 p.m.

Wilmington Hospital

Christiana Care Health System is offering a free, 8-week class every Tuesday, designed to reduce the risk of falls and increase physical activity among older adults. "A Matter of Balance" is an evidence-based program that uses volunteer coaches to teach participants how to overcome their fear of falling, increase their strength and balance and improve their environment.

To register, email [Susan Fox](mailto:Susan.Fox) or call 302-255-9690.