



# PARKVIEW NOBLE FOUNDATION

## Generosity and Commitment Reinvents a Life

Health and Wellness Center supports emotional and physical success for local residents



Joy Krug of Kendallville, has undergone a life-altering journey. Through determination, letting go of the past and savoring the present, Joy has developed what she refers to as the “mind- body connection.” She believes the Center for Healthy Living - Parkview Noble (CFHL) can help other individuals achieve a similar transformation, and generosity makes this journey possible for many Noble County residents.

“The Center provides adjunct services to our community that can help the individual make health connections of depth, has a mission to meet individual needs, [and] has high-caliber, passionate, well-trained staff to guide and support the individual with compassion,” Krug said. “It

has a beautiful natural environment setting, exuding still calmness, and has multiple integrated programs and opportunities for individual choice to seek wellness.”

The mission of the CFHL, is to give individuals a path to a healthier future through a variety of programs, giving all of their patients the chance to maintain a healthy lifestyle. Simple changes in exercise and nutrition, coupled with the support of a caring Parkview staff member who provides continual support, help patients live a healthier, fuller life. This life-altering journey would not be possible without the generosity of Parkview Noble Foundation’s donors.

The Center offers a variety of services, including health, fitness and dietary-related programs. Reduced-cost blood tests and free blood pressure checks are also among the health services offered. Fitness classes including yoga, Tai Chi, energy dance and Zumba, as well as specially designed programs

to help those with Parkinson’s disease or other neurological conditions are available at the center. Cooking demonstrations by professional dietitians and a diabetes support group highlight some of the other special programs available.

Through the generous donations of community members, the Parkview Noble Foundation has been able to invest in new and up to date resources and “scholarships” to cover fees for some of the individuals enrolled in programs at the Center. Because of this support, many people have come to the realization, just as Krug did, that “it was time to reinvent [oneself] – make choices rather than rely on old habits and old conditioning. I have come to respect myself as I assume responsibility for my wellness.”

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[Parkview.com/Foundations](http://Parkview.com/Foundations)

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# The Noble Needle Workers

Volunteers provide hope through handmade gifts.

Generosity has the power to heal both the giver and the receiver. That's certainly the case at Parkview Noble Hospital with a group of women from the community who volunteer their time and talent to produce meaningful items for those in need.

The Parkview Noble Needle Workers have been coming together to provide hope and encouragement for patients since August 2008. They crochet, sew, and knit gifts, which are then given directly to Parkview Noble's patients, patients' families, and the local community. These handmade gifts are created entirely from donated materials and fabrics.



Sally Freed, a member of the Needle Workers for the past three years, says the hope they are able to bring patients is one reason she enjoys being a part of the Needle Workers and supportive of Parkview's mission. She says making these items "brings a little happiness to a lot of people who need something to cheer them up."

Another member of the Needle Workers, Anne Tipple, shares similar feelings. A member since the group's inception, Tipple believes it helps the volunteers working in the group as well as the community. The Needle Workers "are a great way to meet with people who have similar interests," Tipple said.

The Needle Workers have made over 7,600 pieces. When the group began, they produced 654 items in one year. In 2015, with added hands and more donations, that number more than doubled to 1,335 items. The type of items created varies and includes baby caps, red caps for Heart Health Awareness, purple caps for Shaken Baby Prevention, chemotherapy caps, shawls, blankets, walker bags, nursing covers, soft touch inserts for mastectomy patients, red scarves for newly diagnosed heart patients, and pink blankets for newly diagnosed breast cancer patients.

Tipple believes that "Parkview Noble and Parkview Noble Foundation are great for the community. Many communities are missing something like the Needle Workers."

When asked what she'd say to anyone thinking about working with the Needle Workers, Freed said, "Come and join. We are a lot of fun." Acts of generosity provide hope and healing at Parkview Noble.

*To donate materials to the Needle Workers' cause or become involved yourself, please contact Lori VanCamp, at Parkview Noble, (260) 347-8125.*

## Contact Your Parkview Foundation

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The Foundations of Parkview Health support our Regional Medical Center, community hospitals, and specialty facilities by raising funds for innovative programs, professional education, and new technologies that enable Parkview Health to provide exceptional care for our patients.

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## Join Us for Upcoming

### Noble Foundation Connect Events!

Sept. 7, Noon-1:00pm	Oct. 17, 9:15-10:15am
Sept. 19, 9:15-10:15am	Nov. 2, Noon-1:00pm
Oct. 5, Noon-1:00pm	Dec. 7, Noon-1:00pm

An RSVP to Cathy Linsenmayer at 347-8809 is required if you would like to attend a Parkview Noble Foundation Connect event.