

ReNEW classes a big hit at Timothy Christian

Park Place residents take part of learning along with students

By Mike Miazga
Correspondent

Part of Timothy Christian's recent ReNEW interim term between semesters featured a series of five classes which involved residents from the nearby Park Place residence.

The classes included "Beyond Texting: The Art of Conversation," "Remembering



all photos provided

This Timothy Christian student chats with a resident at Park Place during the high school's recent Sample Renew classes. The two are discussing "Beyond Texting, The Fine Art of Face-to-Face Communication for Teenagers," a lesson in communication and how sending text messages has broken it down. "We had no idea addressing older people as 'you guys' was so disrespectful," said one student.

World War II," "Lifelong Fitness For Women" and "Divergent: An In-Depth Book Study and Let the Games Begin."

In the conversation class, students read Debra Fine's book "Beyond Texting: The Fine Art of Face-to-Face Communication for Teenagers" and explored how to implement health communication techniques. At the end of the course, students took a trip to Park Place to try out their new communication skills with residents.

"We practiced our conversation skills and they gave us feedback on what was good and bad," said Timothy Christian senior Melanie Ziegler. "I consider myself pretty socially

adept, but I still learned some things about myself and how I can better communicate."

For example, Ziegler said a big 'no-no' is addressing older people with the phrase "you guys."

"I never thought something like that would be disrespectful," she said, "but we found out it is extremely disrespectful."

In another course, Timothy students engaged in a study of the popular "Divergent" book and looked at the connection between the fictional society described in the book and society today.

Just like in the book, nicknames were given and factions were chosen.

Students spent one class period discussing the book with Park Place residents, who agreed to read it with the idea of investigating the viewpoints different generations have about the book through a structured discussion.

"The class was really fun," said TC freshman Ellie Bradley. "We studied the book and went on some field trips to see places where the main character went to."

Bradley said the discussion with Park Place residents was quite insightful.

"A lot of the Park Place residents thought they wouldn't usually read a book like that and they read it and most of them really liked it," she said. "We enjoyed talking with the residents and socializing with them."

Timothy Christian Director of Alumni Relations Jay Evenhouse offered feedback that the teacher had received from students, who stated their interaction with Park Place residents had been "very insightful."

Students also spent a day at the assisted living section at Park Place, engaging in a reader's theater with the residents.

"I would never have read 'Divergent' were it not for this

discussion opportunity," Park Place resident Jo Anne Blackford said. "It gave me understanding into what teens are reading and the choices available to them."

"Park Place residents were honored to work with the ReNEW students," Park Place Life Enrichment Director Lisa Stoik added. "The interaction was inspiring, rewarding and in many cases fun."

In the World War II class, students spent a morning with Park Place residents that had lived through the war. In the interactive games class between Timothy students and Park Place residents, the students were encouraged to focus on relationship building by using popular board games as a vehicle to establish relationships.

In the fitness class, students participated in an exercise class at Park Place that was geared for the age group represented by the residents. Afterward, the students and residents spent time discussing the changes in fitness and the opportunities available for exercise throughout the residents' lifetimes.

Overall, Bradley was impressed with the inaugural ReNEW term.

"I thought it was a really good experience," she said. "I'm glad it started just as I came to Timothy. I liked both my classes (she also took an event-planning class). They were really inspirational and I met a lot of new people."

"I grew to like it," Ziegler added. "It was a cool and fun way to get back into school after the holiday break. I wish I could have taken some of the other classes. I thought it was fun to learn about what the other students did in their classes. This is an awesome idea."

Orthodontic UPDATE



by Jeffrey T. Boland
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AN EATING DISORDER CONSEQUENCE

"Bulimia" is a serious eating disorder that poses a problem for teeth that many may have overlooked. Repeated purging of stomach acids can cause significant loss of tooth enamel. In one such case, a person with a history of bulimia began treatment to correct a "closed bite," characterized by decreased vertical tooth dimension and an abnormal overbite, in which the lower jaw protruded. Due to stomach acid-induced enamel loss, the patient's incisors lost one-third to one-half of their original length. The closed bite was caused by over-eruption of the lower incisors into the space created by eroded teeth. Fortunately, treatment of the eating problem led to correction of the malocclusion that it caused.

Fruit juices and sodas are highly acidic. If you drink these beverages, try using a straw to limit your exposure and rinse your mouth with water afterwards. When you're done, don't brush right away—the acid actually softens your enamel for the next hour or so and makes it easier to damage, even with a toothbrush. To schedule a free orthodontic consultation, please call our practice. Our office hours are by appointment. Straighter Smiles Are Our Specialty!



Pictured are students from Timothy Christian High School who joined in an exercise class at Park Place that was geared for the age group represented by the residents. Afterward, they discussed how fitness has changed over the course of the residents' lives. It was all part of Timothy Christian's "Sample Renew" classes held recently.



Park Place resident Marcia Fleming meets with two students from Timothy Christian High School, who came to share "Sample Renew" classes. Several residents stretched themselves by reading "Divergent," a book about a fictional society. "A lot of the Park Place residents thought they wouldn't usually read a book like that," said TC freshman Ellie Bradley, "but they read it and most of them really liked it."

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