

We are grateful . . .

This year's theme from Philippians encourages us to press forward on several fronts, all designed to better fulfill our mission and purpose.

The High Ridge House physical plant needs renovation. This idea has been given careful thought and prayer for over a decade. Grants from donors have enabled us to reach out to an architectural firm for a master plan to make necessary upgrades and improvements. This plan is a work in progress.

As we look ahead, we are also grateful for the fruits of current progress. We have a beautiful, new electronic gate with remote control, to enhance security. We made much-needed upgrades to one of the apartments for our Christian Science nurses. These additions came through the generous support of our donors. Further improvements are needed in other apartments, which include new appliances and plumbing upgrades.

Nevertheless, as we move ahead on necessary big-picture steps, both near and long term, we are also making immediate interior changes that benefit our guests and our staff.

The improvement of simple amenities will enhance the experience of all at High Ridge House — from new beds and fresh linens to replacing worn furniture.

Our kitchen, while state-of-the-art when it was built, needs to be updated. We are working with a professional firm to review current kitchen needs and recommend solutions — minimally a new stove, a new oven, and a more efficient approach to refrigeration.

We have been making progress. The sweet partnership we have with all of you is a blessing. The proceeds from the year-end matching fund of \$25,000 will be applied to our program of ongoing upgrades. These improvements benefit High Ridge House and its healing mission. Let us all continue to “press toward the mark . . . of the high calling of God” together.

We are grateful to share the good news that generous donors have offered to match donations to High Ridge House dollar for dollar up to \$25,000 if received by December 31, 2022.

Join Us in Our Healing Ministry

Purpose: To glorify God through Christian healing

Mission: Healing through loving Christian Science nursing care

Vision: To be a beacon of spiritual healing as revealed in Christian Science

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Have you ever planted a friendship garden — sharing plants with friends? As the plants grow they are ever a sweet reminder of Love expressed.

We offer another type of friendship garden — a gratitude gift. One is our TouchStone email, sent the first Friday of every month. It is simply a Bible verse or something from Mrs. Eddy's writings that we have found inspiring, and wish to share.

The other is our “Healing Thoughts” video — roughly a 40-minute talk by either a Journal-listed Christian Science practitioner or a Journal-listed Christian Science nurse — sharing healing thoughts. It airs the third Friday of each month. You have a standing invitation. We hope you join us.

You may find an archive of both programs on our website.



HIGH RIDGE HOUSE

A Christian Science Nursing Facility

www.HighRidgeHouse.org

WINTER 2022



The High Calling of God – The Ultimate Prize

Pressing toward the mark! Where does High Ridge House stand? That is a good question for any end-of-the-year review. We selected Philippians 3:14 as a foundation for our prayers in 2022. It continues to inform what we are doing.

we are conforming to required standards. High Ridge House received a three-year renewal of its accreditation. Joan has included specifics of what she learned in her letter to the field (see page 3).

Early in the year, we, the Trustees, asked everyone to read “Science and Health with Key to the Scriptures” by Mary Baker Eddy through, two pages a day. We gave each employee a copy of the textbook, but it was up to each individual how they chose to participate. For our part, it has been a very fruitful commitment.

“I press toward the mark for the prize of the high calling of God in Christ Jesus.”

Philippians 3:14

As we prepared for The Commission visit, it was clear that there were building improvements that need to be made at High Ridge House. We saw the need and continued to press forward. This includes ambitious plans for capital improvements that will bless both staff and those who turn to us for assistance (see page 4).

Our new administrator, Joan Gaylord, joined HRH in January. She immediately stepped into the demanding preparation for our review by The Commission for Accreditation of Christian Science Nursing Organizations/Facilities, Inc.. This detailed evaluation takes place every three years and makes certain

Lynne Buckley-Quirk, CS, gave the address for our Annual Meeting. It is titled “The High Calling of God: The Ultimate Prize.” If you were unable to attend or would like to replay the Annual Meeting, please visit our website: www.HighRidgeHouse.org

From The Board of Trustees



Never Fallen, Always Intact

After I experienced a fall in my home, I had broken bones set at a hospital. From there, I went to a Christian Science facility for recovery and healing before returning home. At that time, Christian Science nurses helped care for me at my home. (I live alone in a two-story home.) When it became difficult to find Christian Science nurses who could come stay with me in my home, it seemed wise to seek care at a Christian Science facility. We called High Ridge House on a Monday, and I was admitted on a Wednesday. My family and I were very grateful. (My immediate family lives in other parts of the country.)

When I came to High Ridge House, I was in a wheelchair and could walk minimally with a walker. When the Christian Science nurses would walk with me, we

would often sing Hymn 139, "I walk with Love along the way, and O, it is a holy day; No more I suffer cruel fear, I feel God's presence with me here." I constantly stayed with the truth that, in reality, I had never fallen, and that I am always intact, upright, perfect, pure, and free.

When I progressed to walking with minimal aids, I returned home where I have some Christian Science nursing assistance with daily living.

I would like to express my gratitude for the wonderful support from both the Christian Science practitioners and the Christian Science nurses. Everyone at High Ridge House is very loving, and kind, and supportive. Love is, indeed, reflected in love.
- name withheld

TESTIMONY VERIFICATION

It is impossible for me to adequately thank everyone at High Ridge House for all the love, care, prayers, and support my Mom received during her stay. She really felt like part of a family, much like "one Father and His universal family, held in the gospel of Love" (S&H, p. 576:31-4).

Truly, every Christian Science nurse, administrator, cook,

volunteer, housekeeper, and grounds person is indeed an essential worker at High Ridge House. Each one, in his or her own way, made a difference in my Mom's life.

As the only Christian Science family member living 3,000 miles away, I always knew my Mom was receiving excellent care and that was a tremendous support to me.
- name withheld

Camps Help Us Demonstrate God's Goodness


"Every interaction with the campers was enlightening. No matter the challenge, their innocence and eagerness to get back to camp led to quick healing. They had a purpose! To play. To learn. To have fun. Like children, when we choose Christian Science, we should expect prompt healing. In the picture below I am in my camp clothes with Jessica Charlston, the Journal-listed Christian Science nurse (JLCSN) who was my mentor. She shared the practical wisdom necessary and the need to trust God."




Francie Berland (far L)
Jessica Charlston, JLCSN
Camps Newfound
& Owatonna

"Summer camp was a truly wonderful experience where I got to observe a divine family in action. One of the things that stood out to me was the loving patience to understand one another because communication was a vital part for everyone to understand the activities that were going on but also they had to understand one another too since they were from all over the world. Plus, everyone worked together to do activities, no one was left out, which I found to be just heartwarming."





Sharon Strong, JLCSN (L)
Eileen Purdy
Crystal Lake Camps

A Year of Inspired Progress and Joy

Oh, what a year it has been—a wonderful year filled with inspired progress and an abundance of joy. We have much to share with everyone.

We are grateful to say that we are taking further steps to reopen our doors. After abiding by local regulations imposed by world events as well as taking our own wise precautions, it was lovely when we welcomed back patients' family members for in-person visits. This has brought such joy to everyone, but especially our patients and their families.



 Joan Gaylord

Our next step towards fully reopening was to welcome local branch church members as volunteer readers on Wednesdays and Sundays. Having in-person services brings a sense of normalcy that supports healing. Perhaps others would want to consider serving in this way. If you have any questions, contact our administrative associate, Gabby Winkel, who coordinates this program.

Welcoming readers also allows us to invite these friends to join us for lunch which, frankly, might be considered showing off. You see, we have a new kitchen supervisor as well as a new cook and our meals are really off the charts. Everyone who visits comments on this.

We hope to welcome more of our church friends soon for our popular Day Program or as Rest and Study guests. We regularly review our policies so please keep an eye on our website for updates.

An important item to share is the

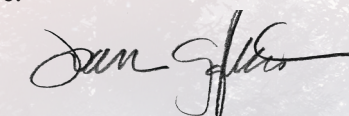
renewal of our accreditation as a Christian Science nursing care facility. This is a process that High Ridge House undergoes every three years and includes an on-site inspection by two representatives from The Commission for Accreditation of Christian Science Nursing Organizations/Facilities, Inc., as well

as their extensive review of our documents and policies. The Commission's goal, of course, is to ensure a standard of excellence throughout the facility.

In their final report, the inspectors noted "the warm and joyous embrace" that they felt when they first arrived. After they met individually with Christian Science nurses as well as the kitchen, maintenance, housekeeping, and administrative personnel – as I said, it is a thorough inspection – they commented on "the keen spirit of teamwork and joy" evident among our staff.

Most importantly, the inspectors affirmed the "close attention" and "proper care" that patients receive while at High Ridge House. We were grateful, too, that they noted "the dedicated support" that patients receive for their reliance upon Christian Science for healing.

How important to have fellow professionals affirm our standards and recognize our dedication to fulfilling our Mission Statement, "Healing through loving Christian Science nursing care."



Joan Gaylord, Administrator
High Ridge House

We are pleased to share that High Ridge House is now recognized by The Mother Church as a Training Site for Christian Science Nursing.

NEW TRAINING SITE

This means that anyone who is interested in pursuing their study can do so from our facility in Riverdale. We arrange coursework via Zoom with one of the Schools of Christian Science nursing. Our on-site Journal-listed CSNs provide mentoring and practical support during the classes as well as in the weeks afterward, both in our classroom as well as on the High Ridge nursing floor. We provide lodging here at High Ridge House and will be happy to work with you to apply for financial aid, if needed.

This might just be the way to explore Christian Science nursing or even achieve your Journal listing. If this opportunity interests you, please call our Christian Science nursing department so that we might answer all your questions.