

# POINT LOMA COMMUNITY PRESBYTERIAN CHURCH

## Senior Adult Ministry | January 2021

2128 Chatsworth Blvd., San Diego, CA 92107

Elaine Burrell, MSW, Director of Senior Adult Ministry

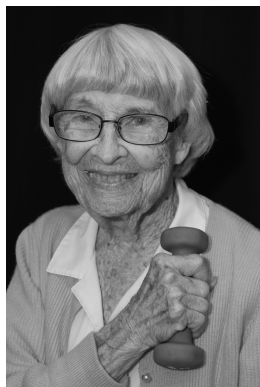
619-223-1633, Ext. 210 or [elaine@pointlomachurch.org](mailto:elaine@pointlomachurch.org)



*Happy New Year, Friends!*

*By the Grace of God, we have survived 2020 and are blessed to turn the page into 2021. We have so much to be hopeful for! This is the year when we will likely gather again, free to do what we please with confidence that we will be safe and well. But, haven't we always had that confidence? As Christians we know we will be cared for, in this life and the next. May our faith remain strong in the New Year and may we be able to greet each other with warm hugs and joy in renewed appreciation for this life! In the words of the worship song: "In Christ alone my hope is found!"*

With Continued Hope and Faith, *Elaine*



*In Loving Memory of Fran Styles*



On the morning of Tuesday, December 15, the indomitable Fran Styles died peacefully at the age of 93. Fran was an example of strength, perseverance, good health, and citizenship – to all people, especially women and girls – throughout her life. A retired Marine, P.E. teacher, Girl Scout archery instructor and Senior Olympian, Fran was also a leader in the Forever Fit senior exercise classes. Our lives were enriched by knowing this extraordinary woman. Interment will take place at Fort Rosecrans in January and a service will be held at a later date.

### *"Elaine and Friends" Daily Message*

Call in daily starting January 1 for a fun, inspiring, or educational message from Elaine or guest speakers, on topics of interest to senior adults. The message will be updated each morning by 9am.

Call 619-223-1633, Ext. 214, Monday through Friday



### **Exercise with Elke – A Few DVD's Still Available!**

Free 38-minute gentle exercise DVDs are still available so you can "Exercise with Elke" in the comfort of your own home.

Stay active and keep your New Years resolutions by contacting Elaine for your copy today!

# Friendly Helpers



Do you have a small but bothersome outdoor project that needs to be taken care of? Some friendly young men from the church may be able to help. Call Elaine and describe the task and she will coordinate the free assistance for you. Tasks are limited to outdoors only at this time; all safety measures will be observed.

*Is one of your New Year's resolutions to become more tech savvy?*

[Join the Peninsula Shepherd Center](#)

[Connections Through Technology Program](#)



The Peninsula Shepherd Center, a Mission Partner of PLCPC, recently was awarded a grant from the Mission Beyond Committee to purchase and distribute electronic tablets to seniors. Each participant will be trained on how to use the tablet, and the functions of the device will be simplified for ease of use and customized for each senior. For example, your tablet may be set up for quick and easy links to your Sunday church service, websites of interest to you, or email to your family. Ongoing technical support and training is provided. Participants must be members of the Peninsula Shepherd Center in order to participate in this loaner program. It's easy to join! Call the PSC office at 619-223-1640 or email [lisa@spsc.org](mailto:lisa@spsc.org) to get started.

**JIGSAW PUZZLES AVAILABLE TO BORROW  
ELAINE WILL DELIVER TO YOUR PORCH**



## # of Pieces

115

300

300

300

499

500

500

500

500

550

1000

1000

1000

1000

Unknown

## Theme

Flower (wooden, round puzzle)

Georgetown Floral (bouquets)

World Landmarks Map

Grandpa's Garage (large format)

General Store

Birds of a Feather

Garden Stairway

Cherry Blossoms

Canned Veggies

Travel the World - Travel Posters

Colorful Hot Air Balloons

Best Places in America

To the Lighthouse

Play that Beat (Album Covers)

Wooden Mystery Puzzles (2)

# The Importance of New Year's Resolutions

Welcoming in the New Year is an opportunity to start fresh with new habits and set personal goals for self-improvement. Setting resolutions can be an important and helpful tool to keep looking toward the future with hope, fulfilling our greatest potential at any age, and continuing to learn new things. How can we be more successful at fulfilling our resolutions? Here are a few tips:

**Start small** - Set goals that you can keep. For example, if your goal is to exercise more regularly, start by walking around the block three days a week.

**Write it down** - Place encouraging reminders of your goals in places you will see them throughout the day (bathroom mirror, refrigerator, etc.)

**Tell others** – Say out loud to others what your personal goal is. This is the first step to making it true and holding yourself accountable to the goal.

**Track your progress** – Consider keeping a journal of your progress or keeping a chart of your activity.

**Forgive yourself for mistakes** - If you slip up, don't punish yourself with negative self-talk; just get back on track and keep heading toward your goal. View your setbacks as a learning experience that will help strengthen your commitment to your goal and work through any barriers.



## Black Eyed Pea Soup Recipe

Ring in the new year by serving this traditional soup for good luck and good health!

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|--|---|
| 1 T olive oil                                  | 1 onion, diced  |
| 1 rib of celery, diced                         | 2 carrots, diced  |
| 1 clove garlic, finely chopped                 | 1.5 C ham, cubed, or leftover ham bone                    |
| 1 lb. dried black eyed peas (soaked overnight) | 6 C chicken or vegetable broth                            |
| 1 T paprika                                    | 1 bay leaf  |
| 1 T fresh or dried thyme                       | 15 oz. can of fire roasted (or regular)<br>diced tomatoes |
| 2 C collard greens, packed                     |   |
| Black pepper to taste                          |   |

Soak the beans overnight in plenty of water with 1 T Kosher salt. Drain and rinse well.

Sauté the onions, carrots, and celery in olive oil in a large pot. Add garlic and ham. Add remaining ingredients except for the canned tomatoes, greens, salt and pepper. Bring mixture to a boil, cover and simmer on low for 2-3 hours, or until black eyed peas are tender. Add the tomatoes and greens, season with salt and pepper, and continue simmering until greens are cooked through but still bright. Enjoy!

Thoughts by Elithe  
New Year, New Beginnings



*God's E-mail*

One day God was looking down at Earth and saw all of the rascally behavior that was going on. He decided to send an angel down to Earth to check it out. So he called one of His angels and sent the angel to Earth for a time.

When the angel returned, he told God, "Yes, it is bad on Earth; 95% are misbehaving and 5% are not." God thought for a moment and said, "Maybe I had better send down a second angel to get another opinion."

So God called another angel and sent him to Earth for a time too. When the angel returned he went to God and said, "Yes, it's true—the Earth is in decline; 95% are misbehaving and 5% are being good."

God was not pleased. So He decided to E-mail the 5% that were good, because He wanted to encourage them. Give them a little something to help them keep going. Do you know what that E-mail said? No?

I didn't get one either.