
POINT LOMA COMMUNITY PRESBYTERIAN CHURCH

Senior Adult Ministry *November 2020*

2128 Chatsworth Blvd., San Diego, CA 92107

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Dear Cherished Friends, As we approach Thanksgiving, my heart is filled with gratitude for knowing you, for working for the church, for our peaceful community, for our many opportunities to grow and learn, for our diverse backgrounds, and for every day being a new beginning. May each of you have a safe and blessed Thanksgiving. You are cared for and loved.

Elaine

In Loving Memory



On October 17, our dear friend, Bob Hull, died peacefully at age 96. Bob was a faithful member of our senior luncheons and was a leader in the group, greeting and welcoming others and leading us in prayer before meals. Bob's cheerful nature was a joy for all of us, and his youthful spirit belied his many years. May we remember Bob with joy and friendship as he goes to be with our Lord. Our deepest sympathies are extended to dear Betty, Bob's loving and attentive companion. A private graveside service is planned.



David (left) with friends



Celebrating David's 98th
Birthday with friends

David Baldwin Gift



Senior Adult Ministry recently received an extraordinarily generous gift from the estate of David Baldwin, faithful attendee of the Red Brick Senior Luncheons.

David started attending the luncheons when suggested by a friend, after the death of his beloved wife. David made new friends his age at the luncheon, enjoyed the music and entertainment, and had great appreciation for the fellowship and love he found there. David died in April at the age of 99. David's generous bequest will be used to sustain senior programs for years to come. With deepest gratitude to David for his thoughtful and generous gift.





VETERANS DAY CELEBRATIONS THIS YEAR WEDNESDAY, NOVEMBER 11, 10:00AM

For the past 4 years, we have observed Veterans Day with a special luncheon, *Honoring Our Veterans*, complete with the finest entertainment and distinguished guest speakers. This year, as we are unable to gather in this way, I encourage you to participate in Veterans Week which is hosted by the Veteran Museum in Balboa Park. Programs include a webinar seminar with the theme "Celebrating the 75th Anniversary of World War II Victories!"

Sign up to participate by going to <https://www.sdveterparade.org>

Also, tune in to online church services on **Sunday, November 8 at 9:30AM and 11:00AM** when a special video slideshow for our Veterans will be shown. Go to www.pointlomachurch.org a few minutes before the service to join in.



Have you been thinking about adopting a pet?

Pet companionship may improve senior health and outlook on life.

Lower blood pressure, stress reduction, regular exercise, and companionship are just some of the benefits.

Two local agencies offer special programs for Senior Adult People to easily adopt a Senior Pet (age 7+):

Frosted Faces

715-574-6320 or frostedfacesfoundation.org (dogs), provides:

- Coverage of lifelong medical expenses for the dog
- Transport to veterinary and grooming appointments
- Delivery of food, treats, and supplies

The San Diego Humane Society

619-299-7012, Press 4 and mention the Senior to Senior Program (dogs or cats)

Animal Adoption fees are waived for people aged 60 and over.

Your furry friend is waiting for you! Contact one of these agencies today!

The Peninsula Shepherd Center Connection Through Technology Program



The Peninsula Shepherd Center, a Mission Partner of PLCPC, recently was awarded a grant from the Mission Beyond Committee which will be used 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. 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@sdpsc.org to get started.

Healing Through The Holidays

Presented by Kristin Anthony, LCSW,
Bereavement Counselor with SHARP Hospice
Tuesday, November 17, 10-11AM



This one-hour online presentation is for those who have lost a loved one and are seeking coping strategies for the holiday season.

To Register, call 1-800-827-4277



November Birthdays

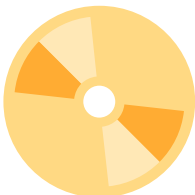
November 4

Al Walter

November 5

Elithe Belofsky

**To all of our October Birthday Friends,
We love you and may God Bless You on your birthday and always!**



EXERCISE WITH ELKE DVD'S STILL AVAILABLE

The 38-minute gentle exercise DVD is still available for free. Exercise in the convenience of your own home while Elke Ertle guides you through a gentle workout.



Contact Elaine for your copy.

Thoughts by Elithe

by Elithe Belofsky



Nature has its own way of continually processing.

*The sea does not judge or understand the storm, it just processes it.
Just like the enraged sea, so is the human mind affected by passing storms.*

You are only a tunnel through which experiences pass.

*When you truly let go – not judge or try to understand –
and accept what is happening, these experiences will process themselves.*

Like the enraged sea, you, too, will settle once your storm is processed.

Gratitude Journaling

Gratitude journaling has been around for decades but it became extremely popular when Oprah Winfrey declared that she keeps a journal of things she is thankful for each day. You may write in your journal each morning when you wake, or at the end of each day, simply writing down at least one thing you are thankful for. Here are some prompts to get you started:



- Write down three things you are thankful for today.
- Who are you thankful for from your childhood?
- What woman in your life are you thankful for?
- What man in your life are you thankful for?
- What simple pleasure are you thankful for?
- What qualities of yourself are you most thankful for?
- What about nature are you most thankful for?
- Write down all your family members that you love and are thankful for.
- Write down all your friends you have loved and are thankful for.

