

**SENIOR ADULT MINISTRY**  
**POINT LOMA COMMUNITY PRESBYTERIAN CHURCH**  
**WEEK OF APRIL 6, 2020**

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Warm greetings to you as we enter the month of April and Holy Week. I have been thinking of all of you and praying that you are well and staying safe. Our family is now in a routine of online school & work in the morning, lunch together in the backyard, followed by walking the dog in the afternoon. The highlight of our day is a nice wholesome meal for dinner. Let's just say, I have been busy cooking for my three boys!! I am so grateful for them, because they are always keeping me laughing!

Have you settled into a daily routine at home? **What is the highlight of YOUR day?** Write to me and let me know!



Holy Week services continue online. If you have access to a computer, all you need to do is to go the church website at [www.pointlomachurch.org](http://www.pointlomachurch.org) and view the following services:

**Mauudy Thursday: 7pm on Thursday, April 9**  
**Good Friday: Noon on Friday, April 10**

Thank you to everyone who has written me notes or left messages on my voicemail. I love hearing from you! Here are a few updates:

**Messages from Our Friends**

**Mildred Clack** says *"Hang in there! We just have to not worry too much and trust that God will get us out of this mess!"*

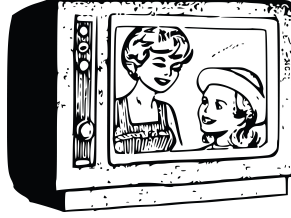
**Bob & Betty Hull** have these words of encouragement: *"We are thinking about everyone and hope that we can be together again soon. Don't give up!"*

**Elithe Belofsky** reports: *"Music is for everyone. Listen to music to uplift your spirit!"*

**In Loving Memory:** Our tall, strong and caring friend, **Virginia Davis** died in early March after a brief illness. Many of us knew Virginia from Forever Fit and the senior luncheons. We will miss her lovely smile and her vibrant spirit! I will let you know if and when a service is planned. *May you rest in peace, our dear friend Virginia!*



## New Things to Try



Do you subscribe to **Cox Cable TV**? What are you watching these days?  
I have discovered a channel that has some wholesome, feel-good programming. Here is the lineup:

### **METV on Channel 808 on Cox Cable:**

The Waltons - Weekdays at Noon  
Bonanza - Weekdays at 2:00pm  
I Love Lucy - Weekdays at 6:30AM

### **COZI TV on Channel 807 on Cox Cable:**

Little House on the Prairie - Weekdays at 4pm &  
5pm



**OASIS San Diego** - Lifelong Learning for Mature Adults now offers classes online, some of them are free! Some examples include:

- Pre-Socratic Philosophers: Scientists of the Ancient World
- 40th Anniversary: The Explosion of Mt St. Helens
- How Disneyland Imagineers Brought Animals and People to Life

Check it out at: <https://san-diego.oasisnet.org>

### **WAYS TO STAY CONNECTED**

**Call the Daily Inspiration Telephone Line - 619-223-1633, Ext. 214.**

Church staff (including Yours Truly) will be selecting and speaking a new message daily. You can even leave a prayer request if you like! Give it a try.

**Got internet?** Go to the church website at [www.pointlomachurch.org](http://www.pointlomachurch.org) and click on the picture of the front doors of the church to watch the most recent online church service.  
It's easy and it doesn't require any special computer program.

**Send a letter to me, or to a friend.**

The U.S. Mail still works just fine! I would love to hear from you.  
Send a note to 2128 Chatsworth Blvd. San Diego, CA 92107

**Feeling Lonely?**

Social distancing can lead to feelings of sadness and depression.  
The Institute on Aging has a Friendship Line that is open 24/7.  
**1-800-971-0016**



### **The Restaurant**

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen.

The two gentlemen were talking, and one said, "Last night we went out to a new restaurant and it was really great, I would recommend it very highly."

The other man said, "What is the name of the restaurant?"

The first man thought and thought and finally said, "What is the name of that flower you give to someone you love? You know, the one that's red and has thorns?"

"Do you mean a rose?"

"Yes, that's the one," replied the man.

He then turned toward the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"



## Advice from a Submarine Captain by Charles MacVean, USN, Retired

I have been asked so many times: “How did you do that; how was it to be isolated for 30, 60 or even 90 days?”

Well, now we are all experiencing some of those sensations as our days revolve around meals and movies, just as it did during the routine times on a submarine. But there are some hints gained from those experiences that I am happy to pass on.

1. Sanitize; wash those hands and clean with vigor those surfaces which are involved in food preparation. Can you imagine what an intestinal bug would do to a submarine with 130 folks and only 5 toilets?
2. Establish a routine; get out of bed on time, get out of those PJs before Noon. Shave or put on your cosmetics just as if you were “out bound”.
3. Get Dressed; and I don't mean slipping into a lounge suit or sweat suit. Get dressed up to meet your best friend or a respected guest.
4. Hydrate; submarine atmospheres are kept at a low humidity – on purpose. But it causes a human to become prune-like. So, drink plenty of water, lots and often, as it will help your immune system stay tuned up.
5. Exercise; spend at least 20 to 30 minutes a day in exercise. Walk or use light weights or use a Versa Tube or a Swiss Ball. We all think about exercise, now it is imperative that we do it. You can imagine the challenge it was to get some exercise on a submarine; no space and the need to remain silent drove everything.
6. Moderate your food and drink; as we all have become less active, be mindful of the need to decrease your caloric intake. You won't be as hungry, so if you concentrate on minor decreases, you will find your clothes fit better. And, resist that temptation to have an extra glass of wine or an additional cocktail. It is too easy to fall into this bad habit.
7. Plan on measurable projects; each day you should lay out projects or tasks that are measurable and not overwhelming. It may be to clean out a drawer, or get 6 items ready to go to Goodwill, or to write/email 4 college or high school friends. Don't try to clean your garage in a day but accomplishing even the smallest of preplanned tasks will improve your sense of well-being.
8. Limit your time in front of a screen; whether it be a computer or the TV, get control of your time in front of a screen. Be selective with regard to what you are watching. It will not help if you OD on depressing movies or news. Give yourself a break – find a comedy.
9. Stay connected; we are all wired to be social in nature and we thrive at being able to reach out and touch friends, families and even strangers. On a submarine, it is true that communications with our families were very limited, but we were never more than 4 feet from one of 120 shipmates. So, make it a point to reach out and communicate with a given number of folks each day. Today's electronics makes that easier in some ways, but you should take the initiative to “check in” with a certain number of acquaintances each day. This will take some discipline.
10. Don't forget the Bible; no matter what speed or depth or which ocean, operating a submarine was full of surprises, unanticipated challenges, upheavals in the routine and anxious moments as you dealt with almost constant change. But the Bible has not changed, so when you are feeling tossed about, reach out and touch the Bible – it is as solid as a rock.

*May God bless and protect you today and always, my precious friends!*

*With Love and Care, Elaine*

