

\*\*\*SPECIAL EDITION #3\*\*\*

**SENIOR ADULT MINISTRY**  
**POINT LOMA COMMUNITY PRESBYTERIAN CHURCH**  
**WEEK OF APRIL 20, 2020**

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Dear Precious Friends, Christ is Risen! Truly He is Risen! This is the joyful truth that we know and celebrate throughout the year, under all circumstances. I hope that you all enjoyed a blessed and fulfilling Easter and are staying well and busy within your homes. Let us have hope and joy in the knowledge that we are cared for, loved and forgiven by God who is caring for us and lifting us through each day.

Here in my household, I am trying to keep productive by organizing my house and catching up on hobbies that I have neglected for years. I finished some sewing projects, tried some new recipes, and planted some seeds. My father, a hobby gardener, always told me "A farmer is the ultimate optimist" and I remember this refrain when I am planting. In a few months, things will be different, and we will have flowers and vegetables to enjoy. Being productive in small ways today can make a big difference later.

Thank you to everyone who has written to me or called to tell me how they are doing. I love hearing from you and finding out what you are doing while at home, so keep writing and calling!

With much Love and Care for you,

**News from Our Friends**



**Ruby Bigelow**, 98, is busy making face masks for the neighborhood! When she tires from sewing, she switches to knitting squares for the church knitting group. Keep up the great work, Ruby! Here is a picture of Ruby at her sewing machine.

**Mildred Clack** made masks for my family! I enjoyed a brief visit with her on her porch (with masks on) where we chatted and enjoyed the ocean breeze. Mildred is doing well and is eager to see everyone again.

**Karen Figener** (Table 6) reports that she takes daily walks, spends time reading, and enjoys watching watching "Friends" and "Modern Family."

**Betty Kern** (of Bob & Betty fame) celebrated her 80th birthday on April 16. Happy Birthday to the newest Octogenarian on the block!

I had a FaceTime (video call) with **Fran Styles** the other day. She is living at a residential care facility and is doing well. It was great to “see” Fran who says “Hello” to everyone. She exercises by walking up and down the halls.



### **In Loving Memory:**

Our dear friend, **David Baldwin**, died peacefully on April 18. You may remember David from our Tuesday luncheons, where he loved visiting with the gentlemen at Table 4. David would have been 100 years old in May. Above is a picture of David (center) celebrating his 98th birthday, along with Frank Hoffman (98) and Dottie Searcy (96). *Thank you, Lord, for the gift of knowing David and for his long and blessed life.*



### **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**



### **Exercise with Elke!**

Hello Fitness Enthusiasts:

How is your home exercise program going? Just in case you are running out of ideas, how about this balance exercise?

Hold onto the backrest of a chair with your left hand. Stand with your feet apart, so that the space between them is the same width as your hips. Press both feet into the ground. Then transfer your weight to your left foot and slowly lift your right leg. Hold for 30 seconds. Slowly put your foot back on the ground, walk to the other side of the chair and do the same exercise with the other foot.

And how about this strength exercise?

Stand the distance of an arm's length in front of a wall that doesn't have any windows, doors or decorations hanging on it. Lean forward slightly and put both palms flat on the wall at the height and width of your shoulders. Keep your feet planted and slowly bring your body forward towards the wall. Then gently push yourself back so that your arms are straight again. Go for 20.

Keep moving until we meet again!!!

- *Elke*



**Joe's Special**  
**A delicious and hearty scramble from the classic "Original Joe's" restaurant in San Francisco.**

**Ingredients:**

2 tbsp. olive oil  
5 cloves garlic  
1 medium yellow onion, finely chopped  
8 oz. ground chuck  
1 (10oz.) package frozen chopped spinach, thawed and squeezed dry in paper towels  
6 eggs, lightly beaten  
1/4 C finely grated Parmesan  
Crusty Italian bread for serving  
Kosher salt and freshly ground black pepper to taste

Heat oil in a 12" skillet over medium-high heat. Add garlic and onion; cook until soft, about 5 minutes. Add chuck; cook, stirring, until browned and all moisture evaporates, about 10 minutes. Add spinach, cook until heated through, about 2 minutes. Add eggs; cook until eggs are cooked and mixture is slightly dry, about 4 minutes. Season with salt and pepper; sprinkle with Parmesan. Garnish with Ketchup! Serve with bread. Serves 4.  
Super delicious!



**"What is a Grandparent?"**

**These quotes were taken from a class of 8-year-olds.**

1. Grandparents are a lady and a man who have no little children of their own. They like other people's.
2. A grandfather is a man, and a grandmother is a lady!
3. Grandparents don't have to do anything except be there when we come to see them. They are so old they shouldn't play hard or run. It is good if they drive us to the shops and give us money.
4. When they take us for walks, they slow down past things like pretty leaves and caterpillars.
5. They show us and talk to us about the colors of the flowers and also why we shouldn't step on 'cracks.'
6. They don't say, "Hurry up."
7. Usually, grandmothers are fat but not too fat to tie your shoes.
8. They wear glasses and funny underwear.
9. They can take their teeth and gums out.
10. Grandparents don't have to be smart.
11. They have to answer questions like "Why isn't God married?" and "How come dogs chase cats?"
12. When they read to us, they don't skip. They don't mind if we ask for the same story over again.
13. Everybody should try to have a grandmother, especially if you don't have television because they are the only grownups who like to spend time with us.
14. They know we should have a snack time before bedtime, and they say prayers with us and kiss us even when we've acted bad.
15. Grandpa is the smartest man on earth! He teaches me good things, but I don't get to see him enough to get as smart as him.
16. Grandma, she lives at the airport, and when we want her we just go and get her. Then when she's done having her visit, we take her back to the airport.