

**SENIOR ADULT MINISTRY
POINT LOMA COMMUNITY PRESBYTERIAN CHURCH
WEEK OF MAY 3, 2020**

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Dear Friends,

I have been missing you very much for the past seven weeks. I miss our gatherings, our hugs, the good times we shared with our wonderful entertainers, enjoying a delicious meal together, laughing, and catching up on all that is new in our lives. I have been browsing my photos so I can see your faces and remind myself of all the fun we have shared. I'd like to share these pictures with you below. Whenever you need a pick-me-up, take a browse at these pictures and remember how much fun we have together. And hold faith that we will enjoy times like these again, even more joyfully than ever!

With Love and Faith,



Soul Collage



Steel Drumming



Halloween

Ventriloquist Joe Gandleman & Friend with Elaine



Mildred and her Handsome Sons



Resilience

What is “Resilience”? Many of you have been blessed with a long life and have survived all sorts of adversity and change. Why do some of us cope better than others? What does it mean to be resilient and how can we develop skills of resilience in ourselves during this time? Here’s what I found out (adapted from various sources):

Psychologists define resilience as the process of **adapting well** in the face of adversity, trauma, tragedy, threats or significant sources of stress. Being resilient doesn’t mean that a person won’t experience difficulty or distress. On the contrary, resilience involves behaviors, thoughts and actions that **anyone can learn and develop**. Focusing on four core components — connection, wellness, healthy thinking and meaning — can empower you to withstand and learn from difficult experiences.

Prioritize relationships. Connecting with empathetic and understanding people can remind you that you’re not alone in the midst of difficulties. Focus on finding trustworthy and compassionate individuals who validate your feelings, which will support the skill of resilience.

Foster wellness. Take care of your body. Practice positive lifestyle factors like proper nutrition, ample sleep, hydration and regular exercise which can strengthen your body to adapt to stress and reduce the toll of emotions like anxiety or depression.

Find purpose. Help others. Whether you volunteer with a local homeless shelter or simply support a friend in their own time of need, you can garner a sense of purpose, foster self-worth, connect with other people and tangibly help others, all of which can empower you to grow in resilience.

Be proactive. It’s helpful to acknowledge and accept your emotions during hard times, but it’s also important to help you foster self-discovery by asking yourself, “What can I do about a problem in my life?” If the problems seem too big to tackle, break them down into manageable pieces. Ask yourself, “What’s one thing I know I can accomplish today that helps me move in the direction I want to go?”

Embrace healthy thoughts. Try to identify areas of irrational thinking, such as a tendency to catastrophize difficulties or assume the world is out to get you, and adopt a more balanced and realistic thinking pattern. You may not be able to change a highly stressful event, but you can change how you interpret and respond to it.

Accept change. Accept that change is a part of life. Certain goals or ideals may no longer be attainable as a result of adverse situations in your life. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

Maintain a hopeful outlook. It’s hard to be positive when life isn’t going your way. An optimistic outlook empowers you to expect that good things will happen to you. Try visualizing what you want, rather than worrying about what you fear. Along the way, note any subtle ways in which you start to feel better as you deal with difficult situations.

Learn from your past. By looking back at who or what was helpful in previous times of distress, you may discover how you can respond effectively to new difficult situations. Remind yourself of where you’ve been able to find strength and ask yourself what you’ve learned from those experiences. While you may not be able to control all of your circumstances, you can grow by focusing on the aspects of life’s challenges you can manage with the support of loved ones and trusted professionals.

News from Our Friends

From Janet Bernhardt: I am sending a little note to all of my friends at Red Brick Seniors and to our special leader Elaine Burrell. I truly miss you all and know that we will all meet here again one day. Mark 10:49 Take heart, get up, He is calling you. All of us have God's love with us. We will survive this test together. I think of you all and pray for you, too.

Some humor from **Joyce Quinn:** Do you know what one blade of grass said to another in time of drought? We have to make dew! 😊

Thoughts from **Elithe Belofsky:** Don't develop A.N.T.S.: Automatic Negative Thought(S). Spend your energy on healthy, positive thoughts and behaviors.



May 5 Helen Ashmore

May 8 Leona Sharp

May 12 Lillian Griebel

May 13 Ann Simoneau

May 15 Donna Peterson

May 16 Elaine Burrell

May 22 Dorothy Searcy

May 26 John Stephens

Enjoy your special day!! We love you!!



® The YMCA is offering a fantastic array of free resources and virtual classes on their new platform, "Virtual YMCA." Classes include specific groups for "Y's Active Adults (YAA)". Examples of classes include:

Senior Social Time

Self Care & Beauty Tips

Move & Stretch

Book Club

Movie Madness

Check it out at: www.ymcasd.org/virtual-ymca

Evan Gratz, Director of Community Life,
is available to help you with computer problems!



Inspirational Short Story: The Scottish Farmer

His name was Fleming, and he was a poor Scottish farmer. One day, while trying to make a living for his family, he heard a cry for help coming from a nearby bog. He dropped his tools and ran to the bog.

There, mired to his waist in black muck, was a terrified boy, screaming and struggling to free himself. Farmer Fleming saved the lad from what could have been a slow and terrifying death.

The next day, a fancy carriage pulled up to the Scotsman's sparse surroundings. An elegantly dressed nobleman stepped out and introduced himself as the father of the boy Farmer Fleming had saved.

'I want to repay you,' said the nobleman. 'You saved my son's life.'

'No, I can't accept payment for what I did,' the Scottish farmer replied waving off the offer. At that moment, the farmer's own son came to the door of the family hovel.

'Is that your son?' the nobleman asked.

'Yes,' the farmer replied proudly.

'I'll make you a deal. Let me provide him with the level of education my own son will enjoy. If the lad is anything like his father, he'll no doubt grow to be a man we both will be proud of.' And that he did.

Farmer Fleming's son attended the very best schools and in time, graduated from St. Mary's Hospital Medical School in London, and went on to become known throughout the world as the noted Sir Alexander Fleming, responsible for the discovery of Penicillin.

Years afterward, the same nobleman's son who was saved from the bog was stricken with pneumonia.

What saved his life this time? Penicillin! The name of the nobleman was Lord Randolph Churchill and the boy saved by farmer Fleming was Sir Winston Churchill.



**Lord, please give me a sign if
you think I'm eating too much**



**My new social distancing outfit just
arrived from amazon**

