

POINT LOMA COMMUNITY PRESBYTERIAN CHURCH

October 2020

Senior Adult Ministry

2128 Chatsworth Blvd., San Diego, CA 92107

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Dear Friends,

Here we are, in the beginning of Autumn, having made it through a summer like no other. Autumn is my favorite season as it represents the natural ending of things, with the promise of new beginnings. Autumn displays its own unique beauty, and the subtle change in the weather in San Diego. It is a time to pause and reflect on the things in our life that have naturally gone dormant for awhile, only to burst forth in a few months into something fresh, free, and new. Sometimes the wait for new beginnings is long, and all we can do is wait and trust. Nevertheless, thanks be to God for endings and new beginnings!

In His Service,

A handwritten signature in cursive that reads "Elaine" with a small heart above the letter 'i'.

October Birthdays

October 4 Eleanor "Eli" Herberg

October 5 Maggie Rivera

October 24 Gerry Martinez

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 AVAILABLE!

Do you miss exercising with Elke Ertle? Well, now you can get fit from the convenience of your own home with the new Exercise with Elke DVD that we have just produced! Elke's 38-minute, gentle workout set to Greek music is easy to do at home, and she will guide you through every move. DVD is available free by contacting Elaine.

MEET-UP AT THE INTERNATIONAL LEGACY CENTER

Wednesday, October 14, 2020

10:00AM

The Morris Cerullo International Legacy Center is a religious history center that has just opened for visitors! Located in Mission Valley, the center features an interactive globe, 4-D Dome Theater, International Market, Wailing Wall replica and Catacombs. The center is very spacious, capacity is limited, and distancing measures are enforced. Elaine attended with her family a few weeks ago, and the experience was exceptionally safe, clean, and responsibly managed. Meet in the lobby at 10:00am and the staff will split visitors into groups of 10 or fewer. No reservation required, they will be expecting us.

Location: 875 Hotel Circle South, 92108, 619-782-9183

Wear: Mask, comfortable shoes (for moderate standing and walking)

Admission Cost: Current buy one get one free deal results in admission cost of \$7.50 and includes all attractions and theater. Restaurant on-site with outdoor, distanced dining, if you decide to stay for lunch.

Transportation is not provided, but let Elaine know if you plan to attend.





Helpful Resources for People with Dementia and their Care Partners

Alzheimer's San Diego has developed some new, free programs to assist people living at home with memory problems, who may need some extra support.

Weekly Phone Calls

VITALZ (Volunteers in Touch) is a program whereby specially trained volunteers will call those enrolled in the program every week. These phone calls can be purely social, but they can also provide reminders about things like upcoming appointments and food deliveries, or serve to identify a new need the person living with dementia may have.

Free Counseling

Being isolated at home during the pandemic can cause heightened stress, depression, anxiety, and grief, especially for individuals experiencing dementia and their care partners. To combat this, Alzheimer's San Diego is now offering free, short-term counseling. This program is designed specifically for people with dementia and their care partners who are not currently receiving any other counseling services.

To sign up for either of these services, call **Alzheimer's San Diego at 858.492.4400** or email **info@alzsd.org**.



**PENINSULA
SHEPHERD
CENTER**

The Peninsula Shepherd Center has not yet resumed their transportation services to seniors, but they are offering several fun and creative ways to remain connected and have fun!

Zingo – is just like Bingo but is played on Zoom, complete with prizes! Zingo is offered **every Tuesday at 11:00am**. Once you sign up, Bingo cards and stampers will be delivered or mailed to you.

PSC Chats are **every Thursday at 11:00am**. Bring your topics, favorite story or join us just to say "Hi."

To get set up with either of these activities, call the PSC office at 619-223-1640 or email lisa@sdpsc.org. Membership with the Peninsula Shepherd Center is encouraged, but not required for participation. To become a member, go to www.sdpsc.org.



Lara's Famous Lemonade Pie (from Lara the Caterer)

Makes 2 pies

Need 2 Graham Cracker Crusts

Mix together and pour into the crust:

1 can frozen lemonade (undiluted)

1 can (14 oz) sweetened condensed milk

2 tsp. fresh squeezed lemon juice

1 Carton (8 oz.) frozen whipped topping, thawed

Can be refrigerated up to 2 days or freeze to keep longer

Enjoy!

How to Write a Biopoem

A bio poem is a poem that is written to describe a person, living or deceased. Think of someone close to you and give it a try. Here is a template you could use to write one.

(Line 1) First name

(Line 2) Three or four adjectives that describe the person

(Line 3) Important relationship (daughter of . . . , mother of . . . , etc)

(Line 4) Two or three things, people, or ideas that the person loved

(Line 5) Three favorite things

(Line 6) Three things to fear

(Line 7) Accomplishments (one or two)

(Line 8) Two or three things the person has given/made as gifts

(Line 9) Two or three things the person has seen happen or wanted to experience

(Line 10) Nickname

Example - Elaine wrote this one about her mother:

Vivian

Giving, kind and patient

The daughter of Greek immigrants

Always knitting, reading, and making things nicer

Teaching, caring, and living true to her values

Never learned to swim

Matriarch of a loving family

Sweaters for every member

Traveled the world but has yet to see the Grand Canyon

My Mother.



SENIOR MARRIAGE

There were two elderly people living in a Florida retirement home. He was a widower and she a widow. They had known one another for a number of years.

One evening there was a community supper in the dining room. The two were at the same table, across from one another. As the meal went on, he made a few admiring glances at her and finally gathered his courage to ask her, "Will you marry me?"

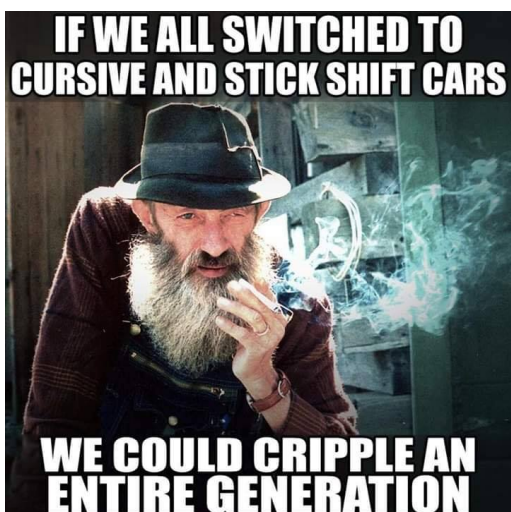
After about six seconds of 'careful consideration,' she answered. "Yes. Yes, I will."

The meal ended and, with a few more pleasant exchanges, they went to their respective places.

The next morning, he was troubled. "Did she say 'yes' or did she say 'no'?" He couldn't remember. Try as he would, he just could not recall. Not even a faint memory. With trepidation, he went to the telephone and called her. First, he explained that he didn't remember as well as he used to. Then he reviewed the lovely evening past.

As he gained a little more courage, he inquired, "When I asked if you would marry me, did you say 'Yes' or did you say 'No'?"

He was delighted to hear her say, "Why, I said, 'Yes, yes I will' and I meant it with all my heart." Then she continued, "I am so glad that you called because I couldn't remember who had asked me."



Prayer of Protection

The light of God surrounds me.
The love and peace of God enfolds me.
The power of God protects me.
The presence Of God watches over me.
Amen! Alleluia!
Where ever I am, God is, and all is well.
Amen