

MINNESOTA SENIOR ADULT MINISTRIES NEWSLETTER

"I was young and now I am old, yet I have never seen the Lord forsake the righteous...." Psalm 37:25

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Fall 2015



The arrival of the Minnesota State Fair reminds us again that fall is here! How quickly the summer sped by! Family Camp and our Seniors' Cruise on the St Croix river were enjoyable events. Now we are ready for our fall retreat, September 11-14. Our speaker and musician this year is Dan Betzer from Fort Myers, Florida. I hope you are making plans to join us. Registration is still open. Check out the schedule below and join us for all or part of the retreat. In October we are scheduling our Fall Foliage Tour; "Up North." I hope you will take advantage of our beautiful fall weather to join us. A separate flyer is included with this newsletter. As we endeavor to expand our senior's ministry throughout Minnesota, we will be looking for both sectional and local church friends who will step up to become SAM "Field Representatives." These representatives will be called upon to coordinate SAM events in their sections and local churches. Many of our churches do not have a senior's ministry and we hope to assist our churches in starting one if they do not already have one. We are developing our web page to not only give you ideas how to begin a senior's ministry, but to give you ideas for implementing an on-going ministry. Our web site is listed above. When you get to the web site, click on SAM; follow the prompts and gather the information needed. If you need further information or want to add your ideas, e-mail or write to me. **Bruce Talso, Minnesota SAM Director**

THERE IS STILL TIME TO JOIN US FOR OUR SENIOR ADULT FALL RETREAT!
LAKE GENEVA CHRISTIAN CENTER, ALEXANDRIA, MN FRIDAY - SUNDAY, SEPTEMBER 11-13, 2015
REGISTRATION IS STILL OPEN - CONTACT LGCC AT 320-763-3680



SPECIAL GUEST SPEAKER / MUSICIAN - REV. DAN BETZER



FRIDAY



1:00 - 4:00 pm Registration at the camp office
(All campers are required to register)
3:30 pm Orientation / Singspiration - Worship Center
5:15 pm Supper
7:00 pm Patriotic Rally honoring our vets
(Vets - Dress in uniform (If possible!))
Plus a musical concert by Dan Betzer
9:00 pm Afterglow / 'Pickin' & Singin' Bonfire



SATURDAY

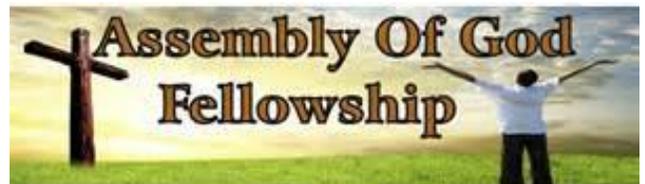
7:30 am Walking for Your health
8:00 am Breakfast
9:30 am A Call to Prayer
10:00 am Morning Service - Dan Betzer
Noon Dinner
1:30 - 3:30 pm Workshops
3:30 - 5:00 pm Leisure Time
5:15 pm Supper
7:00 PM Evening Service - Dan Betzer
9:00 pm Afterglow - Snack 'n Yak



SUNDAY



8:00 am Breakfast
9:30 am Missions Moment
Gary & Faith Fry / Heal Our Land Ministry
10:00 am Morning Service - Dan Betzer
Communion
Noon Dinner / Dismissal



NationChangers Banquet

Hosted by Oasis World Ministries
6:00 PM, September 24th
Maple Grove Community Center
12951 Weaver Lake Rd



Complimentary Dinner Provided

Train | Travel | Tell

FOR FURTHER INFORMATION CALL OASIS WORLD MINISTRIES AT 763-425-9355



THE IMPORTANCE OF SLEEP

Sufficient sleep aids in memory formation, concentration, learning, healing, heart health, weight management and immune system function. Lack of sleep not only causes daytime sleepiness, but it also increases the risk of fall, behaviors, depression, and sensitivity to pain. Older adults naturally have a tendency to wake more frequently during the night due to frequent bathroom visits, pain and other neurological conditions. Because of this, elders experience less sleep which is critical for both mental and physical health.

IMPROVING YOUR SLEEP

- Get 7.5 – 8 hours of sleep per night
- Limit naps to one 30 minute nap a day
- Limit fluid intake after supper
- Limit caffeine during the day
- Sleep environment should be dark and quiet/65 degrees
- Exercise your mind and body each day
- Expose yourself to 30 minutes of direct sunlight, 60 minutes of indirect sunlight each day.
- Maintain a consistent schedule each day (Consistency helps set your body's internal clock or circadian rhythm.
- Limit exposure to blue light (TV, fluorescent bulbs) two hours prior to bedtime – consider amber light as an alternative.
- Avoid big meals or spicy foods just before bedtime
- Calcium helps the brain use tryptophan to manufacture melatonin, which is why dairy products are one of the top sleep-inducing foods.
- Certain foods may get you to sleep faster, thanks to tryptophan, an amino acid used by the body to produce sleep-inducing melatonin. These include; warm milk, cottage cheese, whole grain bread, peanut butter, bananas, soy milk, eggs, oatmeal, sesame seeds, jasmine rice, almonds, pumpkin seeds, cherries, ice cream and chamomile tea. It takes about one hour for the tryptophan in the foods to reach the brain, so don't wait until just before bedtime to have the snack.
- Slang words for sleep: Call it a night – get some z's – crash – get 40 winks – hit the sack – hit the hay – saw wood – shut eye – sleep like a log – sleep like a baby.
- So whatever you call it – Have a good night's sleep!

SENIOR RESOURCES

A one stop for Minnesota seniors
1-800-333-2433
www.MinnesotaHelp.info



In 18th century England, women wore wigs that measured over four feet high! They were often dusted with flour and decorated with plumes,

curls, stuffed birds, artificial fruits, flowers and even model ships. The aristocratic women who wore them had to sleep on special pillows, wearing wire caps to keep the mice out!

Bulletproof vests, fire escapes, windshield wipers, and laser printers were all invented by women.

SENIORS GO
ON THE GO



FALL FOLIAGE BUS TOUR TO DULUTH & THE NORTH SHORE

Monday - Wednesday, October 12-14

- October 1 registration deadline
- Tour limited to 56 persons/ Register early!
- **See enclosed folder for more information and registration.**

OUR NEXT ACTIVITY



SONGS OF THE SEASON DINNER/CONCERT

At North Central University
Saturday, December 5, 2015
5:30 pm Dinner / 7:00 pm Concert
Keep the date open!

More information in our next newsletter

Cruisin' Down the River!

50 seniors enjoyed a delightful St Croix River Luncheon Cruise on Saturday, August 15th. We were treated to a sunny 90 degree day, a delicious meal, beautiful scenery and wonderful fellowship!

