

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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Bruce Talso

INTRODUCTION - We would like to introduce our new Minnesota SAM director to you! Pastor Bruce Talso has been appointed by our District to direct our ministry to seniors. Bruce has served on our SAM Committee for the past five years and has been editing our newsletter during that time. Bruce & his wife Yvonne served as pastors of the Crystal A/G from 1982 - 1995 and have served as interim pastors in a number of churches since that time. Bruce has also served in a number of local ministries including; police and prison chaplaincy, Director of Midwest Hebrew Ministries, GMAE (Transform Minnesota) and Wings Outreach; a ministry to the physically challenged. Bruce & Yvonne are parents to three married children, eight grandchildren and reside in Brooklyn Park; a suburb of Minneapolis. Bruce has a vision to expand the Senior Adult Ministries in Minnesota. We welcome his vision!

We wish to thank Wes and Nancy Vagle for their dedication in serving as our Directors for the past two years. Their leadership has been appreciated and we wish them on-going blessings as they continue to serve as Regional Coordinators for the North Central RV MAPS program. Nancy will continue to serve on the SAM Committee. - **The Minnesota District**

A Note From Wes and Nancy Vagle – "We have resigned our position as Directors of Minnesota Senior Adult Ministries (SAM) due to added responsibilities caring for Nancy's 96 year old mother. It has been a privilege to serve you for the past two years. We have been invited to continue our involvement by working on the SAM Committee and we look forward to working with the new Director, Bruce Talso, as he expands this ministry. Blessings to all." - **Wes and Nancy Vagle**

MINNESOTA SENIOR ADULT MINISTRY SPRING LUNCHEON

We enjoyed our luncheon on March 28 at the Cedar Valley Church in Bloomington, and what a delightful day we had! As people arrived they saw the beautifully decorated tables; the decorations being provided by Dawn McPherson with a crew of ladies helping her. Our caterer Ronda Amundson did another great job of feeding us; with our Teen Challenge friends serving us as usual. Rich and Lynette Scherber, the Directors of MN Adult and Teen Challenge were our speakers and we enjoyed the testimonies and musical selections from the choir. It was a very inspirational event! It was good to see so many enjoying the warm fellowship with each other. There were about 250 in attendance. We are especially thankful for the offering that was received for this ministry in the amount of **\$2,946** from those in attendance! Praise the Lord! - **Myrna Gunderson, Coordinator**



Another Inspirational Gathering



Happy Diners!



Rich Scherber and the Choir

"Our prayers may be awkward. Our attempts may be feeble, but since the power of prayer is in the One who hears it and not the one who says it, our prayers do make a difference." - Max Lucado

Please remember in your praying:

- ✓ The expansion of our senior's ministry throughout Minnesota!
- ✓ Retired pastors and missionaries – Widows and widowers of our Minnesota clergy
- ✓ Release of American Pastor Saeed Abedini being held in an Iranian prison



PLAN TO JOIN US FOR OUR SENIORS' LUNCHEON AT FAMILY CAMP Tuesday, June 30 at Noon

Our Speaker: Gordon Anderson, President, North Central University
Music by the Buschow family

Pick up your tickets at the camp office when you arrive or
From the SAM table in the back of the worship Center

Cost of the meal: \$8.00





Rev. Dan Betzer

Minnesota Senior Adult Fall Retreat

Lake Geneva Christian Center - Alexandria, MN

Thursday - Sunday, September 11 - 13

We are looking forward to another exciting retreat this year!
We invite you to join us for these days of inspiration and blessing!

Our Special Speaker: Rev. Dan Betzer!
Pastor and Musician

See enclosed brochure for registration information

Registration begins May 15th

Retreat schedule and further information in our next Newsletter

BUS TO SENIORS RETREAT – We have had several requests for bussing to our fall retreat from those in the Minneapolis / St Paul area. We are investigating this possibly and will update you in our next newsletter.

7 Secrets to Living to 100 in Good Health

When the first U.S. Census was conducted in 1790, only 2 percent of the population was over 65. In 1900, the average American lifespan was only 47. Today, people with a three-digit age are common. There are more than 100,000 of them in the United States, and the number is accelerating rapidly. "If you are reading this article there is a very real change that you will live to be 100 because of medical advances," says Stephen Jones, M.D., board-certified geriatric medicine specialist and director for Healthy Aging at Greenwich Hospital in Greenwich, Conn. Dr. Jones believes that merely making it to 100 is setting the bar too low. "Everyone's goal should be to live longer – but also healthier. We are living longer, but we are not necessarily living healthier," Here are 7 ways Dr. Jones says that will increase our chances to make it to 100 in good health:

1. **Take control of stress.** When you're under stress, your body releases cortisol, known as "the stress hormone." Cortisol accelerates your bodily processes, speeding up aging. Focus on relaxation in your daily life. Events themselves are not stressful – it is your response that makes you tense. For example, if you're stuck in traffic, don't spend the time whipping yourself into road rage. Instead, listen to the radio, meditate, or pray – you'll get there in the same amount of time, but you won't be stressed out.
2. **Get plenty of sleep.** There is a myth that older people need less sleep. But adults need seven or eight hours, no matter their age. However, as you age, deep, restorative sleep becomes more elusive. A few hours before bedtime, avoid caffeine or alcohol, relax quietly, and avoid activities that are stressful or require high alertness. Investing in a good-quality mattress and bed linens can also make a difference.
3. **Laugh a lot.** A good belly laugh reduces blood pressure, clears the lungs, and produces endorphins, the so-called "happy" hormone that reduces pain. The average child laughs 300 times a day. Adults: 17 times. Research shows that keeping laughter alive keeps you alive. Make it priority to look for humor in life. ("A merry heart doeth good like a medicine – Proverbs 17:22)
4. **Exercise daily.** Your body craves movement. The worst thing you can do for your health is sit around and do nothing. Even if you're 80, it's never too late to start exercising, research shows. In fact, exercise benefits "late bloomers," even more than people who have been active their entire lives. That's why someone who is 80 and starts a conditioning program can suddenly put on some muscle. The mistake people make is in treating exercise like its torture. The key is finding an activity you enjoy and making it part of your routine.
5. **Find a companion.** Studies show that people live longer if they are married, part of a couple, have close friends, or have pets. Make it a goal to meet people. Volunteer at church or community groups. Don't be afraid to be alone, but beware of social isolation.
6. **Use your brain.** Years ago, doctors believed that unlike other organs, the brain could not regenerate. Now we know this is not true. Important connections between brain cells can be re-established. When your brain is stimulated, more connections are made, no matter your age. Stimulate your brain by learning new things. Take up a new hobby, learn a new language, or just break out of your routine. Take a different route home, explore a different neighborhood, and try eating with your left hand instead of your right.
7. **Live in the moment.** No matter how perfectly you live your life, you are not going to live forever. So pay attention to what is happening in the moment, and don't waste valuable time mourning the past or worrying about the future. No matter what you're doing, whether it's spending time with your friends, being with your co-workers, or even just getting ready to go to sleep, relish every moment. Treat every day as a gift – that's why it's called the "present!"

Submitted by Sharon Erion, SAM Committee Member