

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

E-mail: brucetalso@comcast.net

Web Site: www.mnaog.org

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Hello! I trust that you are enjoying your summer! As I begin my ministry to seniors in our state, I am looking with anticipation for ways to expand sectional and local church senior's activities. Later this summer our SAM Committee will be discussing this expansion with a goal of involving YOU in YOUR part of the state. We will be meeting with sectional leaders this fall to secure local SAM field representatives who will begin to coordinate sectional activities for our seniors. We have a growing list of local church SAM Reps that we will be working with in the months to come. If you are a senior ministry coordinator in your church, I would like to hear from you. Contact me at the above email address or call me at 763-427-7162 to let me know of your availability. We enjoyed the Seniors Luncheon at Family Camp and now look forward to our fall retreat in September. Do plan to join us! It appears that it will be a large gathering, so get your reservation in as soon as possible. Also, please note our new "Seniors on the Go" section in our newsletter. Hopefully, you will be able to attend some of the outings. May God's richest blessings be yours!

Bruce Talso, Minnesota SAM Director

SENIOR ADULT FALL RETREAT

LAKE GENEVA CHRISTIAN CENTER - ALEXANDRIA, MN
FRIDAY - SATURDAY - SUNDAY, SEPTEMBER 11 - 13, 2015

OUR SPECIAL GUEST SPEAKER AND MUSICIAN
REV. DAN BETZER!

- We invite you to join us for these special days of inspiration and blessing!
- Registration is still open - Contact the camp directly to register and secure your housing by using the retreat folder mailed with our last newsletter or by calling the camp directly at 320-763-3680.



FRIDAY

- 1:00 - 4:00 pm Registration at the camp office
(All campers are required to register)
- 3:30 pm Orientation / Singspiration - Worship Center
- 5:00 pm Supper
- 7:00 pm Evening Service
 - Patriotic Tableau / Recognition of Veterans
 - Musical Concert - Dan Betzer
- 9:00 pm Afterglow

SATURDAY

- 7:30 am Walking for Health with Sherm Buschow
- 8:00 am Breakfast
- 10:00 am Morning Service - Dan Betzer
- Noon Dinner
- 1:30 - 2:30 pm Workshops
- 2:30 - 5:00 pm Leisure Time
 - Pontoon Boat rides
 - Geneva Java Coffee Shop
 - Bridge Shop - 20% discount
- 5:00 pm Dinner
- 7:00 pm Evening Service - Dan Betzer
- 9:00 pm Afterglow

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

BUS TO SENIORS RETREAT - We have had a number of requests for bussing to our fall retreat in Alexandria from the Twin Cities area. We need to know how many people might use this service before we reserve transportation. If you are seriously interested, I am asking that you contact me at 763-427-7162 or email me at brucetalso@comcast.net. I will contact you individually for further information on this venture.
Bruce Talso, SAM Director



MISSIONS MOMENT Introducing Gary & Faith Fry Heal Our Land Ministries

Gary and Faith minister to the elected officials of the State of Minnesota Legislature praying and encouraging them in the Word of God. They also have an opportunity to share their incredible testimony of God's grace in their lives. Gary and Faith will join us at our fall retreat and share their ministry with us during the Sunday morning "Missions Moment" at the 9:30 am hour. Please refer to the **Heal Our Land Ministry** folder enclosed for more information.

"TIME IS NOT MEASURED BY THE YEARS
THAT WE LIVE, BUT BY THE DEEDS THAT
WE DO AND THE JOYS THAT WE GIVE."



PRESERVING BRAIN HEALTH THROUGH GOOD NUTRITION

Although research is not yet definitive, there is growing evidence that eating certain foods can help reduce the risk of Alzheimer's disease and dementia, or delay the onset of symptoms. In an analysis published in *Annals of Neurology*, researchers who reviewed the diets of more than 2,000 older adults discovered that those with diets rich in antioxidants were about 40% less likely to develop Alzheimer's or some other type of dementia than those who ate less of those brain-boosting goods. While maintaining an antioxidant-rich diet may sound downright challenging, it's actually a lot easier than you might think. Here are some of the key brain-boosting ingredients you can easily incorporate into your diet.

- **Leafy green and yellow vegetables:** Kale – Broccoli – Spinach – Winter squash – Brussels sprouts
 - **Spices and Herbs:** Cinnamon – Oregano – Turmeric – Thyme – Cloves – Rosemary
 - **Certain Fruits and Their Juices:** Blueberries – Raspberries – Grapes – Cherries - Blackberries – Apples – Acai Fruit – Pomegranates
 - **Believe it or not** – One teaspoon of cinnamon has more antioxidants than one serving of vegetables!
- The Alzheimer's Prevention Cookbook

SENIORS GO ON THE GO



JOIN US FOR OUR ST CROIX RIVER LUNCHEON CRUISE SATURDAY, AUGUST 15 11:30 AM - 1:30 PM

- Rain or Shine! Indoor/Outdoor decks
- Arrive early for FREE dockside parking.
- Handicap accessible / Ramped walkways.
- St Croix Boat & Packet Company 525 Main Street, in Stillwater
- **COST:** Cruise and buffet meal: **\$22.15**
- Beverages available for extra \$1.75
- **Make checks payable to "St Croix Boat and Packet Company. Then call Myrna to secure your ticket.**



IMPORTANT: Reservations **MUST** be made with payment by **AUGUST 6** by calling **MYRNA GUNDERSON @ 763-533-2278**. Your reservation is not secured until payment is received. Boat capacity is 200. First come- first served. Reserve your place **NOW!**
DON'T MISS THE BOAT! BE ON TIME!

SENIORS' LUNCHEON AT FAMILY CAMP

June 30, 2015

We enjoyed a delicious meal, great fellowship, music by the Buschow Family and a message from Dr. Gordon Anderson, President of North Central University. We also enjoyed the



spacious new dining center! What a beautiful addition to our Minnesota campground! The ribbon cutting for the new dining center was completed later that same afternoon with Kevin and Kathy Gunion, Camp Administrators cutting the ribbon!



Pictured above:
Bruce Talso, MNSAM Director
Dr. Gordon Anderson, Pres. NCU
Chris Fleck, Advancement NCU

The Buschow Family Singers

Our next 'Seniors on the Go' Outing FALL FOLIAGE BUS TOUR TO DULUTH & THE NORTH SHORE

Monday - Wednesday, October 12-14

- Summit Church / St Paul Departure
- Private deluxe motor coach
- 2 Night Stay in Duluth
- Canal Zone Restaurants & Gift Shops
- Fall Color Scenic Drive /Gooseberry Falls
- Split Rock Lighthouse / Betty's Pies
- Full itinerary and reservation information in our next newsletter



TRIVIA – All of us have heard of George Washington's false teeth, but he apparently had a sweet tooth as well. According to the International Dairy Foods Association the records of a New York merchant show that Founding Father Washington spent almost \$200 on ice cream during the summer of 1790. Now you know!