



SUMMER NEWSLETTER

July 2010

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*“May angels of love, luck and liberty always smile at you and surround you wherever you go.
If you think you can’t, you really must in God and our soldiers, please keep the trust.
To keep us safe, day and night, to stand in front and faithfully fight.
In the name of freedom and even love, I pray for grace from the stars above.
That soon one day, we can live in peace, when fears subside, world wars will cease.
With hope shining from my eyes, I ask for gifts with the bright sunrise.
May luck and joy be with all who know that what you reap, is what you sow.”*

-Authored by Disabled American Veteran



In **GRATITUDE** for all that have served in the past, and do serve now, and with **HOPE** and many **PRAYERS** for all that work for **PEACE** throughout our world.

ATTENTION VETERANS AND SURVIVING SPOUSES

There are hundreds of thousands that do not know about the AID & ATTENDANCE BENEFITS THROUGH THE VA for \$1,056-\$1,949 per month less any current Disability payments. I attended a presentation, and would refer you to www.WarEraVet.com, or CALL 800- 901-0940 for offices from Oxnard to San Diego. There is NO CHARGE for their services, and they know how to get claims submitted and paid. Many people don’t know about benefits, and others have been paralyzed by process to complete and succeed. This area of interest has been requested by many seniors, so check them out.

If you have a Professional or Vocational Service that you think will benefit a SENIOR; please contact me for opportunity to advertise in our next Newsletter this fall....\$10 for business card size ad. If there are congregational or community events that you think other SENIORS and families might enjoy; let me know to support your advertising.

SHAMROCK CALENDAR LOOKING BACK AND AHEAD!

JUNE-CONGREGATIONAL MEETINGS

Santa Barbara- Now retired, but having been an educator for over 30 years, I have always believed that “knowledge is power.” After yesterday’s meeting of SHAMROCK, I’m changing my slogan to “Knowledge is Empowering.” At 66 (yup, hard to believe it) is not too young to get started in making some very important decisions that will affect my future. Some are simple ones-like make sure my family, doctor and hospital have my Durable Power of Attorney on file. Others have far more reaching consequences-like start thinking seriously about my personality style and whether I would truly be happy staying in my own home (which is what I always thought I would do), or if I would be happier in a more social environment. I also became aware of how important it is that we have opportunities like these meetings to talk about our situations, and share burdens that we face as we age. The tenderness that was expressed as each person shared their input and suggestions was a wonderful experience...we truly experienced being the “Community of Christ.”

Ventura-Key Senior Leaders joined together and had done a lot of personal research on services already in the community, and those still needed. A “Shamrock” Bulletin Board is being designed and Resources provided for those in the congregation and neighbors that have defined needs. One Senior Community event will be co-sponsored by Shamrock Minister and the Congregation by the end of the year.

Gardena-We had a wonderful turn out for discussing the greatest needs of many Seniors-Healthcare needs at home, Nutritional needs, Transportation, Safety, Housing, and Isolation. We talked about Hospital and Home visiting, researched the local newspapers and reviewed Outreach to the Community and partnering/sponsoring events related to Seniors. I think a SHAMROCK bulletin board will be part of their ministry also. Food was provided by Denise and devotional time by Humpo, and everyone was very impressed with all the resource links on the Mission Center website.

Burbank-I was able to join the Property Stewardship Team for their walk around and review “access issues for Seniors” at request of Congregation.

SHAMROCK EVENT...Senior Housing (Home to Hospice), Lunch and Entertainment!

We had “twenty” attend the first Mission Center Event from Santa Barbara to Gardena, and Pacifica at Northridge facility and staff were gracious hosts and resources. All of the evaluations rated the event from “Good to Great”, the Thai BBQ lunch was delicious and plentiful enough to take home for dinner, and the piano player (funded by Mary Lou Ash) added to the delightful visiting. We learned and laughed, and took many resources home along with the SHAMROCK goodie bags. “If each one brings one” to the next event; it will be another great time together. Invite your friends and neighbors!

SHAMROCK REST STOP....we will have a rest and social tent at REUNION 7/10-16 with cots for day campers, water, and resource table for those that want to learn and share more with each other. Join us!

JULY CONGREGATIONAL MEETINGS

21st at Simi Valley

22nd **PRESIDENT BECKY SAVAGE WILL BE IN THE COMMUNITY WITH DENISE...**
stay tuned for more details for visiting in greater Long Beach area.

25th at Hemet

AUGUST CONGREGATIONAL VISITS

15th Burbank

29th Orange

The Mission Center has purchased a “*SHAMROCK MINISTRY VEHICLE*” from the World Church Pool of available vehicles. It is a real blessing for the mileage costs...just not green; it's a 2005 Burgundy Toyota Camry (we'll have to add a Green Shamrock logo decal) THANK'S for being able to be on the road a lot!!!!



Please let me know if there are any “milestone” events in your lives to celebrate, prayerfully support, and share with others (Anniversaries, Birthdays, Honors, Travels, Superannuations)!

Don't count the days....make your days count at every age!

WHO has been a member of the church for greater than 60 years?

Let's develop an honor roll of the faithful, and share some of your significant memories and blessings in the next Newsletter. Need your notes to start coming in now!



“SENIOR SAFETY”

**(Abuse, Financial, Fraud & Scams, Internet,
Driving, Homes, Reverse Mortgages)**

August 20th at Temple City

LUNCH PROVIDED

ENTERTAINMENT

“Unbelievable Blind Piano Player”

You will not want to miss Dick at the keyboard!

Cost \$8.00

RSVP by 8/12/10 to DeniseLeichter@cofchristla.org

(818) 996-4709 🍀 Cell (310) 403-9973

***SHAMROCK MINISTRIES-BRIDGE BUILDERS
FALL FIESTA-OCTOBER 27th - 28th IN ANAHEIM
PLAN AHEAD NOW TO ATTEND!***

WEDNESDAY

9:45AM..... Registration
10:00-4PM Program
6:30PM..... Banquet Registration
Dinner & Entertainment with
"Orange Praise Band"
Local Hotel information to follow soon

THURSDAY

9:45AM..... Registration
10:00AM..... Worship & Sharing Time
12:00PM..... Light Lunch

Discount for Early Registration & Deposit. Cost and program details to follow soon.

WOW!

The one piece of humor in last Newsletter generated a lot more to share... laughter is one of the best medicines for the aches and pains in life!

TRUE Medical Record charting...(I love my profession!)

- Rectal Examination revealed a normal size thyroid.
- She stated she had been constipated for most of her life until she got a divorce.
- Patient had waffles for breakfast and anorexia for lunch.
- The patient has been depressed since she began seeing me in 1993.
- Patient has two teenage children, but no other abnormalities
- When she fainted, her eyes rolled around the room.



At a Nursing Home in Victoria, a group of Senior Citizens were sitting around talking about their ailments:

"My arms are so weak I can hardly lift this cup of coffee," said one.

"Yes, I know. My cataracts are so bad I can't even see my coffee," replied another.

"I can't turn my head because of the arthritis in my neck," said a third, to which several nodded weakly in agreement.

"My blood pressure pills make me dizzy," another went on.

"I guess that's the price we pay for getting old," winced an old man as he slowly shook his head.

Then there was a short moment of silence.

"Well, it's not that bad," said one woman cheerfully. "Thank God we can still drive!"

Y I K E S . . .

The Automobile Club of America (www.calif.aaa.com) has Senior Driving Safety classes!

HOW TO CALL THE POLICE WHEN YOU'RE OLD AND DON'T MOVE FAST ANYMORE



George Phillips, an elderly man, from Meridian, Mississippi, was going to bed, when his wife told him that he'd left the light on in the garden shed, which she could see from the back bedroom window. George opened the back door to go turn off the light, but saw that there were people in the shed stealing things.

He phoned the police, who asked "Is someone in your house?" He said "No, but some people are breaking into my shed and stealing from me."

Then the police dispatcher said "All patrols are busy. You should lock your doors and an officer will be along when one is available."

George said, "OK."

He hung up the phone and counted to 30. Then he phoned the police again.

"Hello, I just called you a few seconds ago because there were people stealing from my shed. Well, you don't have to worry about them now because I shot and killed them both, and the dogs are eating them right now." And, he hung up.

Within five minutes, six Police cars, SWAT Team, Helicopter, two Fire Trucks, Paramedic, and an Ambulance showed up at the Phillips' residence and caught the burglars red-handed.

One of the Policemen said to George, "I thought you said you shot them!"

George said, "I thought you said there was nobody available!"

TRUE STORY.....Don't mess with old people!

As I return from my Outreach International Board Meetings; I always fly home with the blessings of great staff, stories and contributors that make all the GOOD and SUSTAINABLE things happen.

The demographics are changing for new and younger socially responsible contributors, but what we are most blessed by are the SUSTAINABLE SENIORS & Congregations that just keep on giving.

THANK YOU...IT IS MAKING SUCH AN INCREDIBLE, and sometimes miraculous DIFFERENCE!

Here are some **EVERYDAY ITEMS** to help you have your own.

BIBLE STUDY TIME



TOOTHPICK-to remind you to pick out the good qualities in others.

Matthew 7:1 Do not judge, or you too will be judged.

RUBBER BAND-to remind you to be flexible. Things might not always go the way you want, but it will work out.

Romans 8:28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

BAND AID-to remind you to heal hurt feelings, yours or someone else's and restore relationships.

Colossians 3:12-14 Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

PENCIL-to remind you to list your blessings everyday.

Ephesians 1:3 Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.

CHEWING GUM-to remind you to stick with it, and you can accomplish anything.

Philippians 4:13 I can do anything through him you gives me strength.

MINT-to remind you that you are worth a mint.

John 3:16-17 For God so loved the world that he gave his only Son, that whosoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world but to save the world through him.

CANDY KISS- to remind you that everyone needs a kiss or a hug everyday.

1st John 4:7 Dear Friends, let us love one another, for loves comes from God. Everyone who loves has been born of God and knows God.

ERASER-to remind you that everyone makes mistakes, and it's okay.

Philippians 3:13 Brothers and Sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead.

TEA BAG- to remind you to relax daily and go over your list of blessings.

1 Thessalonians 5:18 Give thanks in all circumstances, for this is God's will for you in Christ Jesus.

Many people are enjoying “Shamrock Buddies,” and here is a special story:

FROM JAIME GREEN:

In May 2010, my Pastor Denise, asked me to send an email out to a few members of our Mission Center. I wrote an email introducing myself and my family’s history in the church. Coming from a family that has been firmly planted in New England for several generations; I definitely did not expect anyone to know who I was talking about. I was absolutely thrilled when, soon after, I got an email from Diane Shiota. As soon as I read the part where she said she was surprised that I was Eugene Carter Sr.’s granddaughter, I got goose bumps! As I read on, I found out that our families had a very close relationship and history together. In fact, her summer cottage during her childhood was right next to my father’s! Her father and my grandfather were good friends. My childhood friends now summer in Diane’s old cottage on the church’s Muddy Cove campgrounds in Onset, MA. We have shared photographs of our families, and she and my father have also exchanged emails. This has truly been a blessing. I have never been so far from “home” in my life, and connecting with Diane has brought a warmth to my heart that I never thought I would find all the way out in California.



FROM DIANE SHIROTA:

I received a special blessing in May and it came as an email! Jaime Green, who attends the Santa Barbara Congregation with her family, had moved from Connecticut last fall. Having no relatives here she found an opportunity through “Shamrock” to connect with several older adults in our Mission Center. As one of the older adults I received her email and couldn’t believe it. We had close connections from our church life in New England! In fact her grandfather and my dad had been close buddies in ministry in the Boston area in the 1950s. I was in Sunday School with her Uncle Gene and we are distantly related through our Maine relatives. We have been communicating and she’s brought me up to date on many of the children I spent summers with at the Onset Reunion grounds. It is not a coincidence that we connected, but a blessing for both of us from God.

***CHECK OUT THE WEBSITE REGULARLY FOR AN ASSORTMENT
OF NEWS & RESOURCES www.Seniors@CofChristLA.org
(Ask your children or grandchildren to help)***

HEALTH

- ☺ **Drink PLENTY of water, dehydration is the start of many health issues.**
- ☺ **Use Sunscreen often, and wear hats outside for extended periods.**
- ☺ **Call your County Area Agency on Aging (see our website) for “Cooling Centers”**