

*****SPECIAL EDITION*****

**SENIOR ADULT MINISTRY
POINT LOMA COMMUNITY PRESBYTERIAN CHURCH
WEEK OF MARCH 25, 2020**

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Greetings to each of you from PLCPC! By now you all are probably aware that the church will not be hosting group events through May 10, including senior events. I know we are all disappointed in the sudden loss of our in-person fellowship and social activities – including hair appointments! – but I assure you, our activities will be rescheduled as soon as it is safe to start gathering again. Right now the most important thing is to stay home and stay safe, and to maintain our hope and faith in God, our Forever Caretaker. God has a plan to get us through this period of separation and uncertainty, so we must hang on tightly with optimism until that day comes.

Until then, I will be reaching out to you in new ways. You will receive a newsletter like this one every-other-week with information, inspiration, and humor. I will be calling you occasionally to check in. And as always, I will be praying for your health and well-being.

♥♥♥ *You are precious to me and I am here for you!* ♥♥♥

Are you in need of basic necessities? Prayer? A friendly voice?
Please see below on how to reach me and how we can stay in touch.

WAYS TO STAY CONNECTED

Call the Daily Inspiration Telephone Line - 619-223-1633, Ext. 214.

Church staff (including Yours Truly) will be selecting and speaking a new message daily. You can even leave a prayer request if you like! Give it a try.

Got internet? Go to the church website at www.pointlomachurch.org and click on the picture of the front doors of the church to watch the most recent online church service.

It's easy and it doesn't require any special computer program.

Leave a message on my voicemail.

Even though I am not in the office, I will be checking my phone messages daily. Leave a message at **619-223-1633, Ext. 210** and I will call you back within 24 hours!

Send a letter to me, or to a friend.

The U.S. Mail still works just fine! I would love to hear from you.
Send a note to 2128 Chatsworth Blvd. San Diego, CA 92107

Feeling Lonely?

Social distancing can lead to feelings of sadness and depression.
The Institute on Aging has a Friendship Line that is open 24/7.

1-800-971-0016

WEEKLY CHALLENGE

Each week I will challenge you with a question I would like to you to think about and share your answer with me via phone message or a note in the mail.



This week's question:

What are some of the ways you are occupying your time while you are home? Have you discovered any new hobbies? Favorite TV shows? Reading a good book?

Send me your answer and I will share it in the next newsletter.



A message from **Elke Ertle**, Forever Fit Instructor



To all of my Forever Fit friends:

Since we can't meet on Wednesdays for Forever Fit, do the second best thing: Exercise on your own. Work on your balance by holding on to the backrest of a chair. Grab a couple of water bottles and let them be your weights. Sit on the front edge of your chair and lean back to the count of 15 to strengthen your core. And for sure, do some stretches. I want to see all of you back at the Life Center when this is all over. For now, stay active and stay healthy! I am thinking of you.

Elke

A LITTLE HUMOR

EXERCISES FOR SENIORS

You know how important exercise is, as we grow older. Here are a few suggestions. I start by standing outside behind the house and, with a five-pound potato sack in each hand, extend my arms straight out to my sides and hold them there as long as I can. After a few weeks, I moved up to 10-pound potato sacks, then 50-pound potato sacks and finally I got to where I could lift a 100-pound potato sack in each hand and hold my arms straight out for more than a full minute!

Next, I started putting a few potatoes IN the sacks, but I would caution you not to overdo it at this level.



*May God bless and protect you today and always!
With Love and Care, Elaine*