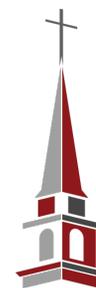


SENIOR ADULT MINISTRY
POINT LOMA COMMUNITY PRESBYTERIAN CHURCH
WEEK OF MAY 18, 2020

2128 Chatsworth Blvd., San Diego, CA 92107
Elaine Burrell, MSW, Director of Senior Adult Ministry
619-223-1633, Ext. 210 or elaine@pointlomachurch.org



Dear Precious Friends,

As we enter another week apart from each other, I am encouraged by the news that some restrictions are easing and a few businesses are beginning to re-open. Last week I took George & James for a walk on the beach for the first time in many months. It felt wonderful to feel the sand between our toes and the cool ocean breeze in our hair. Seeing families playing together in the water was a beautiful sight! Stay strong and hopeful as we emerge from this time of separation into a time of new insight and different routines.

The church campus is still closed for group activities, but there is much going on through online services, groups and classes. In this newsletter, you will find new ways we can stay connected to each other through the computer and otherwise.

Missing You, 

Several important events have been cancelled due to the shutdown. Here are some updates:



Your Life is a Work of Art: A Celebration of People in their 80's & 90's Photography Exhibit (originally scheduled for May 5): This art show & reception will be rescheduled for September in the church Chapel. Details to follow.



AARP Safe Driver Renewal Course (originally scheduled for June 3): All in-classroom AARP courses have been cancelled through June 30. However, you can still take the online course anytime from the convenience of your home computer, at a discounted price. To do this, go to: www.aarpdriversafety.org.

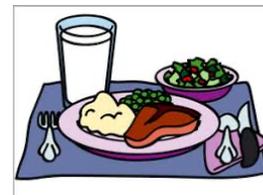


PENINSULA
SHEPHERD
CENTER

Peninsula Shepherd Center Summer Celebration (originally scheduled for June 26): Unfortunately, the annual fundraiser luncheon for the PSC has been cancelled. Activities at the Shepherd Center are currently on hold but Lisa & Larisa are busy setting up the beautiful new Senior Lounge. Current telephone hours at the Shepherd Center are generally Mon-Friday 9-Noon, 619-223-1640.

A NEW MEAL SERVICE FOR SENIORS: GREAT PLATES

Great Plates is a new, temporary program for qualifying senior citizens initiated by Governor Newsom which provides three daily meals from a local restaurant delivered to you. Once you register, your assigned restaurant will reach out to you with menu options and delivery schedule. The program currently runs through June 10. Call the Aging & Independence Services Call Center at (800) 339-4661 and select option 7. A representative will be available to assist you during regular business hours: 8 a.m.-5 p.m., Monday through Friday or apply online at www.sandiegocounty.gov.



STAYING FIT AND HEALTHY



A Message from Elke Ertle, Fitness Instructor:

Hi everybody! How are you all doing? Have you re-organized every drawer by now? Well, then it is time to put some exercise back on your schedule. Make it a routine because sticking to a routine helps maintain a sense of normalcy. So, take a walk around the block, putter in the garden, stand on one foot while brushing your teeth in the morning, and include some of those exercises we did every Wednesday morning. As Joseph Addison said, "Exercise is to the body what reading is to the mind." Hope to see you again very soon. Miss you all. In the meantime, keep up the good work. - Elke



EXERCISE CLASSES ON TV!

Feeling Fit Club is on County News Center TV, Monday through Friday at 8am, 1pm & 4pm
Cox channels 19 & 24
Spectrum channels 24 & 85
AT&T U-Verse channel 99

Silver Age Yoga classes are offered Monday through Friday at 9am and 2pm
Cox channels 19 & 24
Spectrum channels 24 & 85
AT&T U-Verse channel 99



Mission Trip Bean Soup by Judy Pritchett

Ingredients

1 bag dry 15 bean soup mix
Diced ham
1 10 oz. can of Rotel original
3 ribs of celery diced
1 14.5 oz can of diced tomatoes
{You can also add diced onions and garlic if you want to }

Directions

Soak beans overnight, rinse in the morning. Add all the other ingredients and cook on low heat for 4-6 hours until the beans are tender keeping 1- 2 inches of water over the beans at all times.
It can also be cooked in a crock pot on high for the same amount of time with the same amount of water.

WAYS TO STAY CONNECTED

WATCH CHURCH ON SUNDAYS and VIEW THE LATEST SERMON ANYTIME

Go to www.pointlomachurch.org

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

Feeling Lonely?

Social distancing can lead to feelings of sadness and depression.

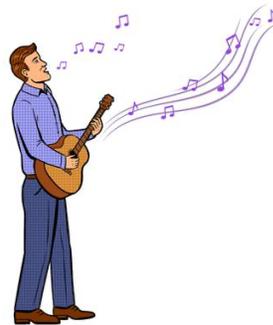
The Institute on Aging has a Friendship Line that is open 24/7.

1-800-971-0016



*Elaine on a walk with her sons,
John (17), James (12) & George (12) and dog,
Oreo!*

I miss you all! ❤️



Music for Life: Music on your Driveway

Meet Adam Thompson,
Music Assistant at Point
Loma Community
Presbyterian Church. Adam
is a lifelong musician who
has offered to bring joy to
you by serenading you for 20
minutes from a safe distance
– such as your driveway –
while wearing a mask.

Selections include favorites in the style of Folk, Gospel,
Americana, Patriotic & Popular. If you would like Adam to
serenade you, call me on my cellphone and I will coordinate.
Elaine, 619-838-2028 (cellphone)

The best way to show my gratitude to God is to accept everything, even my problems, with joy.

- Mother Teresa



*Write a poem about your experience during the shelter-in-place.
Send it to me and I will include in the next newsletter.*



The Two Doilies

There once was a man and a woman who had been married for more than 60 years. They talked about everything. They kept no secrets from each other... except the old woman had a shoebox in the top of her closet that she cautioned her husband never to open or ask about.

For all these years he had never thought about the box, but one day the old woman got very sick and the doctor said she would not recover.

In trying to sort out their affairs, the old man took down the shoebox and took it to his wife's bedside.

She agreed it was time that he should know what was in the box.

When he opened it, he found 2 beautifully crocheted doilies and a stack of money totaling over \$25,000.

He asked her about the unusual contents.

"When we were married," she said, " my grandmother told me the secret of a happy marriage was to never argue.

She told me that if I ever got angry with you, I should just keep quiet and crochet a doily."

The little old man was so moved, he had to fight back tears. Only two precious doilies were in the box.

She had only been angry with him two times in all the years of living and loving.

He almost burst with joy and happiness.

"Sweetheart," he said..."that explains the doilies, but what about all this money?

Where did it all come from?"

Oh," she said, " that's the money I made from selling the doilies."



**Monday, May 25, 2020
9-10:00am**

Fort Rosecrans National Cemetery will host a virtual simulcast commemoration streamed live from four of San Diego's most iconic locations:

- USS Midway Museum
- Fort Rosecrans National Cemetery
- Miramar National Cemetery
- Mount Soledad National Veterans Memorial

Join this historic joint effort to honor our military heroes

www.sandiegomemorialdaylive.com