

## SUMMERTIME BLAHS

Have you ever had the summertime blahs? I have. As a matter of record, I think I am experiencing them right now. It is July 1, 2010, and we have already had something like eighteen days with temperatures hovering at 90° or above. I have plenty of work in ministry needing to be done. My yard and my garden require constant attention. And I have a nasty head cold. I am not having fun right now! I think what I am experiencing may be called the summertime blahs. If it is not called the "blahs," it should be.



Now that I have that stream of ugliness out of my system, what about you? How are you doing during this summer of discontent? I hope you are able to stay cool, that you don't have more demands on your time than you can comfortably handle, and that you are healthy and fit. In the event that you are not experiencing life the way I wish you were, take heart; I have a word of encouragement. It is just over eighty days until Fall. And then, about ninety days until winter. It won't be hot any more! The yard won't need mowing. The garden will be gone. If we are lucky, it may snow. Oh, it will also be dark at five p.m. and the sun will not rise until after 7:30 a.m. Are you feeling better yet?

Well, if you are not, what I am about to say probably won't help you either. We just have to get through this together. Summer, Fall, Winter and Spring—these are the seasons of the year. And they come around with regularity. What is left for us is to learn how to deal with what we are given. And a part of that is knowing that we are not alone. Others are going through similar experiences and may be feeling some of the same frustrations. It is not quite like "misery loves company" when we realize we are not alone. It is more like an awareness that we are all having to make some adjustments to accommodate the changes which occur with the different seasons and times in our lives. And if others are having to adjust, we may be able to learn something from them that will help us get through the blahs.

Beyond all that I have said, it is still important to be reminded that God has never promised us a life without difficulty, but He has promised to be with us, even unto the end. I don't know about you, but I hold that promise close to my heart. God is known throughout the Bible and in life for keeping his promises. When I realize what it means for God to be with me even in the blahs, my demeanor begins to change. I not only feel better, I perform better. I get more done. I am more efficient. I have a better attitude and I'm no longer weighted down by the summertime blahs.

Have a good time of relaxation some time this summer. Hope to see you at the Leadership Summit on August 5 and 6, and at the Older Adult Conference at Lake Junaluska the following week (August 9-12).

— Bill Ellison

## "DINNER AND A SPEAKER" A GREAT SUCCESS

The Education Sub-Committee of S.E.N.I.O.R.S. came up with a plan for the 2009-2010 year that would combine aspects of education with good fun and fellowship. We decided on a series of Friday night speakers coupled with "Methodist Punch," visiting time and a good dinner. Committee members felt that if we attracted 20 people, we would have done well. Average attendance was almost 50!! Attendees had fun sharing in good conversation, then hearing an excellent speaker.

The year began with Bill Wilson of the state branch of AARP, talking about health care. Next came popular speaker Belton Joyner, who shared his thoughts about the role of music in worship. Holly Stevens brought accurate and useful information about North Carolina myths and truths for funerals. Howard Covington ended the year telling us about the process he has gone through in writing his many books. All four were interesting and informative.



Because the events were so successful, we will continue the series in the year ahead. The committee is already at work planning next year's season. We are talking with prospective speakers and have selected our dates—four Friday nights—Oct. 1, 2010, Jan. 14, 2011, March 11, 2011, and June 3, 2011. Put the dates on your calendar and plan to join older--and younger--adults for another year in the series.

## WISDOM & GRACE CONFERENCE

August 9th-12th



### "Reaching Up, Reaching Out— Our Call to Spirituality and Mission"

Be energized and inspired by outstanding speakers and workshop leaders, enjoy the beauty of Lake Junaluska, meet folks from all over the southeast, share time with friends, enjoy planned recreation, hum along and tap your feet with virtuoso ragtime pianist, Ethan Uslan, on Wednesday Night, and hear the Junaluska Singers Monday, Tuesday, and Thursday.



## INTERGENERATIONAL SUB-COMMITTEE

Summer finds our members busy and involved. Many of us will be working at the annual Washington Montessori School Christian Summer Enrichment Camp (July 5th-9th), and during the week of July 19-23rd, at West Market's Vacation Bible School.

This year's Bible School program will revolve around the theme, *Camp Edge* (Experience and Discover Everywhere). Come join us. It promises to be lots of fun.

— Sallie Ward

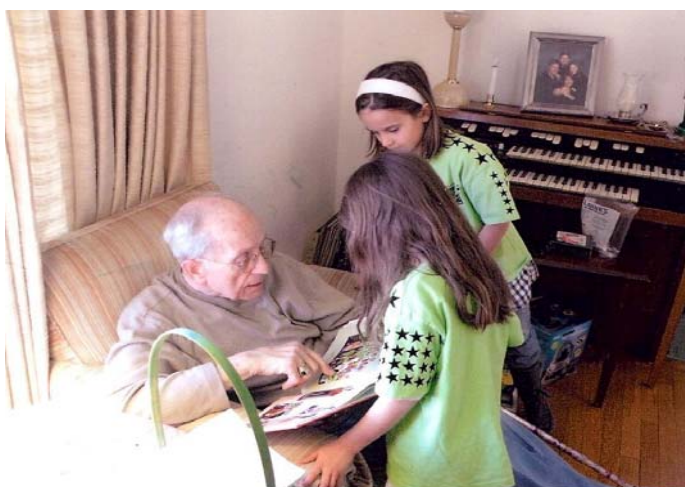
## MISSION POSSIBLE KIDS VISIT THEIR OLDER ADULT FRIENDS

Mission Possible Kids (MP Kids) is a group of kindergarten through 5th grade kids at WMSUMC. They meet at the church every Wednesday afternoon during the school year. Their goal is to serve God through mission while having fun. MP Kids earn mission stars for every mission they complete and place those stars on their bright green MP Kids shirts. Their missions vary widely, including all types of people in need.



One of the highlights of the MP Kids 2009-2010 year was developing relationships with some of the church's older adults who can no longer attend church regularly. Rev. Bill Ellison identified the individuals, and the

MP Kids took it from there. In October, the children dressed in Halloween costumes and took treats to Marguerite Burgess, Rose Hailey, Billie & Leslie Ricketts, Mary Ehrlich, Charlie Martin, Bill and Helen Ray, and Ann Wendt. The "Kids" continued to nurture these relationships through cards during holidays and return visits. In March, the MP Kids took Easter baskets to their older adult friends and shared more special time together.



*Visiting Mr. Bill Ray during the holidays*

Another highlight of the year involved learning a special skill from Betty Betts. Betty taught the children how to make Christmas ornaments. With Mrs. Betts' help and a generous donation from the Deuteran Law Group, MP Kids provided Christmas trees with all the trimmings to four families in need.

Some other significant missions accomplished in their 2009-2010 year include the following:

- 200 books donated to the Christmas Store through MP Kids Read-A-Thon
- 300 cans of food collected for Urban Ministries by ransoming Dave Melton
- Over 200 acts of kindness accomplished in one afternoon through booths around town challenging people to "Take the Kindness Challenge"
- \$70 in laundry money raised and meals packed for WE!
- 60 UMCOR Health Kits packed for Haiti
- Almost \$1400 raised for the church's effort to build a well in Africa through the MP Kids Water Carnival

If you have a special talent that you could share to help the MPKids accomplish a mission, or if you have ideas for how we can make a difference in the lives of older adults at WMSUMC, contact Ginger Shields.

— Natalie Sanders

Editor: Beverly Murrelle Bevmurrelle@triad.rr.com

## HEAT STRESS

Those lazy days of summer also mean days of blistering heat. Heat stress can lead to heat exhaustion, heart failure and strokes. It is particularly dangerous for people 65 years of age and older. Older adults do not adjust as well to the heat. They perspire less, and they are more likely to have health problems requiring medications that work against the body's natural thermometer. An increase in temperatures can place a strain on the heart and blood vessels before the body can acclimate itself.



When the temperatures begin to creep up, take action. The following tips from Dr. Robert Luchi, Professor of Medicine-Geriatrics, can help:

- Keep as cool as possible. Air conditioning can be a lifesaver, especially if you have heart disease.
- Cool baths or showers can provide relief. Ice bags and wet towels are also helpful.
- Beware of dehydration; drink plenty of water even if you are not thirsty.
- Curtail physical activity during extremely hot weather. Activity adds to heart strain. Avoid heavy meals and alcohol. Alcohol acts as a diuretic, causing your body to lose water.
- Limit salt use.
- Wear loose fitting, lightweight clothing. Don't forget to wear a hat or carry an umbrella to protect your head and neck when you are outdoors.
- Take the heat seriously. Dizziness, rapid heartbeat, diarrhea, nausea, headache, chest pain, mental changes or breathing problems are warning signs that you should seek immediate medical attention.

## SENIORS' SOCIAL: TRAIN TRIP TO THE STATE FAIR



We are planning a train trip to the State Fair on Tuesday, Oct 19 and will have to confirm our reservations in very early August. If you are interested in going, please sign up with Jeanne Shepherd at 275-4587 by Friday, July 30<sup>th</sup>. Also, please provide Jeanne your phone number and email address so that we can keep you informed about additional details. The train fare will be \$20 round trip. We leave the Greensboro train station about 9:00 am and return around 7:00 pm. The train will drop us off near the gate to the fairgrounds. Admission to the fairgrounds is free for seniors.

We will have a limited number of tickets and your non-refundable payment must be made by Tuesday, August 10.

— Mary Belle Gilbert

## RECREATION OPPORTUNITY

Shepherd's Center is sponsoring **Table Games** the **first Monday** of each month at **Friends Homes West**, from 9:30 a.m. to 2:00 p.m. Lunch is included for a fee of \$8.00.



A variety of games are available — Scrabble, Bridge, Cribbage, Rummy Que, etc. Reservations are required by the Thursday before the first Monday. Call Christel Bullock 292-9224 to register. (Note: Reservations will not be accepted at the Shepherd's Center office.) Come join the group for fun, fellowship, and good mental exercise.

— Betsy Holder