

Senior Adult Ministry Newsletter

February 2010

— A Note From the Editor —

If any of you have things you want to write for the next news letter, call me at **791-0279** or e-mail me at cowanbetty84@att.net. Just pretend we are still in Fellowship Hall and you are writing things you have done during the month.

Maybe in the coming months something will be worked out so we can meet as we are use to doing. Let's not let LLL die, let's keep it going! — Betty

THE PERKS OF BEING OVER 70

- Kidnappers are not very interested in you.
- In a hostage situation you are likely to be released first.
- No one expects you to run into a burning building.
- People call at 9 p.m. and ask, "Did I wake you?"
- People no longer view you as a hypochondriac.
- There's nothing left to learn the hard way.
- Things you buy now won't wear out.
- You can eat dinner at 4 p.m.
- You enjoy hearing about other people's operations.
- You get into a heated argument about pension plans.
- You have a party and the neighbors don't even realize it.
- You no longer think of speed limits as a challenge.
- You quit trying to hold your stomach in, no matter who walks into the room.
- You sing along with the elevator music.
- Your eyes won't get much worse.
- Your investment in health insurance is finally beginning to pay off.
- Your joints are more accurate meteorologists than the National Weather Service.
- Your supply of brain cells is finally down to a manageable size.

Scripture of the month

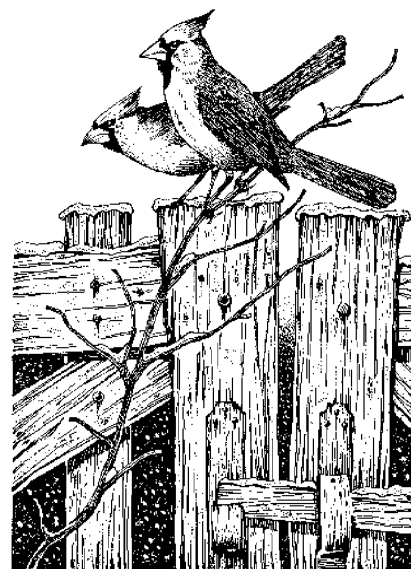
With all that has happened since January 19th we are thinking, "We can't figure things out." God is saying to us:

"Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge Him and He shall direct thy paths." — Proverbs 3: 5,6

The Listening Post

Don and Betty Pizar — Our grandson, Chance Borgeson, will be transferring to Washington, DC in late January this year. He is to be one of the honor guard members from the U.S. Air Force to serve at state functions and funerals.

Thelma Brown writes: Praise, my grandson Brandt Westing is home from his Christmas vacation in Japan. He reported he had a wonderful time. He and his brother, Chase, are coming January 17th to spend the day with me. I am looking forward to spoiling them with attention and food!!



Vicki Elkins: A New Year's resolution is something that goes in one year and out the next.

Taylor Epperson, grandson of **Dick and Dot Epperson**, is to receive his Eagle Award January 24th in Dallas. He is 16 and is a student of Parish Episcopal School in Dallas. Taylor is the son of Donny and Mar Epperson. Donny received his Eagle Rank when he was 16. He was in Troop 101, Temple.

Henrietta has a few more hints for you this month--enjoy!

DISH SOAP: Here are a few quick and easy ways to put liquid soap to work around the house.

HOUSEKEEPING

Dish soap makes a great window cleaner. Mix 1 teaspoon liquid dish soap and 1 teaspoon cornstarch in 1 gallon of water. Wipe it on with a sponge and squeegee it off. This mixture leaves windows and mirrors with streak-free shine. (Yes, cornstarch!)

HOME CARE AND REPAIR

Use liquid dish soap to find a tiny hole in your inflatable mattress. Dip a washcloth into water mixed with a little dish soap. Wipe the cloth over the mattress and look for tiny bubbles. The escaping air creates soap bubbles so you can locate the hole and patch it.

IN THE KITCHEN

To remove stains in the microwave, pour 1 cup of water into a microwave-safe bowl and add 1 tablespoon of white vinegar and a few drops of dish soap. Run the microwave on high for 5 minutes, then let sit for 10 more minutes. When the time is up, wipe away stains and build up.

IN THE GARDEN

Get rid of pests that have been munching on plant leaves by adding a few drops of dish soap to a spray bottle of room-temperature water and spraying the plants each week with the mixture. Bugs don't like the soap and will leave the protected plant leaves alone.

DISHWASHER DETERGENT:

Powdered automatic dishwasher detergent is an indispensable cleanser--even if you don't have a dishwasher!

HOME CARE & REPAIR

Mix 1/4 cup of detergent in 1 gallon of hot water to make the perfect cleanser for painted walls and woodwork.

(Remember when you're washing walls, work from the bottom up so you don't get streaks.)

STAIN REMOVAL

A little detergent on a damp sponge will clean crayon and pencil marks off walls, too.

A box in the bathroom will help you cut through tough grout, hard-water or soap scum stains in tubs and showers easily. It also puts a nice shine on your sinks and toilet bowls: just sprinkle some detergent in the bowl and let it sit for a few minutes. Then scrub away the stains.

Keep some handy to use for stain removal in the laundry room. Wet a stain, dab some dishwasher detergent onto it and launder as usual.

I found this about Vicks Vapor Rub and thought it would be worth a try.

VICKS VAPOR RUB

The miracle of Vicks Vapor Rub, or as it is often called Vicks.

To stop night coughing rub Vicks on the soles of your feet and cover your feet with socks. The coughing will stop within about 5 minutes and will stay stopped for many many hours of relief. This works 100% of the time. It works in children, too, and is more effective in children than even very strong prescription cough medicines. In addition it's very soothing and comforting. (Next time you have a cough, try this. I wonder if Mentholatum will work the same? B.)

We are still dealing with some issues concerning our access to the church's database, and because of that are unable to publish this month's birthdays. Sorry folks! But be patient, hopefully we'll be getting all the "kinks" out over the next few days!

*This is the thought for the month,
think about what it says.*

— ATTITUDES —

We mutter and stutter,
We fume and we spurt.
We don't understand things,
Our feelings get hurt.

We mumble and grumble
Our vision grows dim.
When all that we need
Is a moment with Him.

*These are actual comments made by 16
Police Officers. The comments were taken
off actual police car videos
around the country:*

“You know, stop lights don't come any redder
than the one you just went through.”

“Relax, the handcuffs are tight because they're
new. They'll stretch after you wear them a
while.”

“If you take your hands off the car, I'll make
your birth certificate a worthless document.”

“If you run, you'll only go to jail tired.”

“Can you run faster than 1200 feet per second?
Because that's the speed of the bullet that'll be
chasing you.”

“You don't know how fast you were going? I
guess that means I can write anything I want
to on the ticket, huh?”

“Yes, sir, you can talk to the shift supervisor,
but I don't think it will help. Oh, did I
mention that I'm the shift supervisor?”

PILLS, PILLS, PILLS

When we are sick the doctor gives us pills,
Pills to kill the pain and
some to cure our ills.
Pills to make us go and pills to make us stop.
Pills to help us walk
when we're going hippty-hop.

We get up each morning
and count out the pills.
Then we get our check book
and add up the bills.
After adding them up and find it's
more than we can pay,
We have to take another pill
to get through the day.

We take another pill to help us go to sleep.
We kneel and pray to God
that our soul He will keep.
Then when the morning light
begins to flicker,
Again, I know it's pill time for this old ticker.

There's a pill to speed it up,
a pill to slow it down,
A pill to fix the rhythm,
and quiet the humming sound,
Buying and taking all these pills
seems like quite a battle.
If I take many more pills my body may
begin to rattle.

— *Manerva Herrington, Belton, TX*

*(Some of you may know Manerva and her
husband Red. They play and sing for nursing
homes and church functions.)*