



September 2022

Senior Newsletter

Re-Connecting

By Rev. Lee Anderson-Harris

This month's edition is all about re-connecting with others. In my sermon on July 31 titled "Re-Emerging," I spoke about the process of coming out of a period in life that is defined by being in a slump, or valley, or just not the normal way of life. Covid is still among us and precautions are wise, and the economic and social impacts of the pandemic are still present. Yet, generally speaking, people are getting back to doing activities, coming to church more, connecting socially, even building new connections.

I also spoke about the importance of social connection for our physical, mental, emotional, and spiritual well-being. Many of us have formed new habits of staying home more. There is nothing wrong with this in itself, but if it means you are not living fully, or are deprived of social contact, this habit might need to change somewhat. You don't have to make big changes, just take small steps toward more social connection. Call a friend to run errands with you; ask a neighbor to go for a walk; if you live in an assisted or senior living center, encourage yourself to participate in one of the activities if you find yourself staying in your apartment too much. Small steps make a difference and can ease you back to a healthy social life.

In addition to what's going on at FUMC, there are other ways to connect with people in the Loveland community. The Chilson Senior Center is buzzing with activity. Find more information by going to <https://www.lovgov.org/services/parks-recreation/chilson-senior-center> or call 970-962-2783. You'll also find a link to the Fall 2022 Activity Guide there. UHealth Aspen Club provides free classes that cover a variety of topics pertinent to aging and well-being. For a list of classes and to register, go to https://www.uhealth.org/events/?category=10&action=search_events.



Looking for ways to connect more with others in the community? In addition to FUMC activities and volunteering, check out the Chilson Senior Center, Loveland Public Library events, and UHealth Aspen Club classes.

Have something to share?

Contact Pastor Lee at lee@fumcloveland.com or (970) 667-0876 to be included in this newsletter!

Connecting with Neighbors

By Kay Neckel

Wow, after years of thinking about it I finally DID something. Two neighbor girls, Josie 7 and Jema 11 years old walked around the neighborhood with me delivering a flier about a block party. We visited all the houses on Roosevelt from 5th to 7th streets and all the houses on the east side of Sheridan (back yard neighbors). We talked to available people and taped the flier to a door if no one seemed to be home. Each family was asked to bring a snack and a lawn chair. I got 4 RSVP's including two saying sorry. It was going to be a lonely party!

The day arrived and with the guests came the rain. Oops. I invited all into the house, but instead we clustered on the patio being well protected by the trees. Karl, who lives on the corner, came early and helped me set up tables. No one brought chairs and no one sat! We needed one of the small tables for the overload of food. Finally, some of the oldsters (like me!) did sit to munch and talk. The younger guests with their endless energy stood, moved about, ate, drank and seemed to enjoy themselves. They don't waste time with RSVPs, but they come. Strange, isn't it?

We bought this house 32 years ago and we were among the younger people on the block. In 2020 my husband and I had a block party, and it was enjoyable, etc. Nine families attended. Of that group only two are still living here. Now the age group is different, I'm one of the oldest (hey, wait... how did that happen?) One person was celebrating his 34th birthday yesterday and came to the party. These people have responsible jobs, take care of their property and are alive, not just living.

Last night was totally different in so many ways. We had 34 people, two families with babies we could all hold and spoil. It was wonderful meeting people, learning about their families, jobs, and hobbies. My dog Appy has never had so much petting and enjoyed every minute of it (well, except for the two-year-old who was enchanted by the dog's tail). This is a friendly neighborhood. We wave or stop to talk when we're walking but the new friendships which started last night will take this to a new level. I'll make a roster of names, addresses and contact numbers so we can keep in touch. By the way, I asked for names, addresses and phone numbers and the young people added email info. My bad? I know this is a duke's mixture of people and how wonderful that can be.

Before the guests left each of them thanked me for putting this together. The new generation is just like the older generation, just a little (or a lot) younger. The guests put away the tables, they collected the trash, cleared the area and when they left all I needed to do was sit and talk with God. How blessed I am.

I encourage you to do something for yourself and your neighborhood. Isn't it time for you to reach out to new people and establish new friendships? I was sure this would be a world class flop but the neighbors made sure it worked!

Don't be a tumbleweed blowing in the wind.
Be firmly planted --
reaching up to God, and out to others.
(Submitted by Betty Balderson)

Moment of Reflection...

"Now, people look for people who will take the time to do what society really needs to have done. They look for people who are involved in something because it is worth doing, not because it pays well....A person who is needed—really needed—is never lonely, never isolated, never without purpose in life. All we need to do is go out and do something. The world is waiting for us with open arms."

~Joan Chittister, *The Gift of Years: Growing Older Gracefully*, p.188
(2008, published by BlueBridge)

"There is a time for everything, and a season for every activity under the heavens."
Ecclesiastes 3:1 (NIV)



Women's Fellowship

Our FUMC Women's Fellowship will meet Thursday, September 22nd at NOON in West Coy Hall. We will visit, get to know each other better, and Phyllis Wehrle will share stories about her life and family. Our project this month is to bring small square boxes of Kleenex for our church to use. All women are welcome. Any questions or comments, please contact Darlene Lowe at aldarlowe@gmail.com

Save the date! The next *Primetimers* luncheon will be October 7! Watch The Window for more information.

Loneliness Book Study

Many people feel lonely, and this experience can be exacerbated by aging. Alan Wolfelt, Ph.D., well-known author and teacher on grief and loss, has written a short book called *If You're Lonely: Finding Your Way*. This book explores the causes of loneliness, the grief that comes with it, and strategies to manage loneliness in your life. Participants in this 4-week study will work through the book on their own and come together for discussion. You have the option to meet in-person at FUMC, Good Samaritan Village (for Good Sam residents), or online via Zoom.

When: October 5, 12, 19, 26 from 2:00-3:15pm

Cost: \$10 to purchase book

Contact: Pastor Lee to register and purchase book; 970-667-0876 or lee@fumccleveland.com

September Birthdays

September 1

Luann Ball

September 8

Virginia Tanner

September 20

Leslie Markow

September 26

Royal Ryser

September 2

Lee Green

Kenneth Quick

September 11

Tim Anderson

September 21

Iris Matney

September 30

Bill Guddeck

Marilyn Ratschkowsky

Chris White

September 13

Marilyn Hagan

Robert Monroe

September 22

Rick Bradley

September 3

Ron Griesse

Karen Horn

Marjorie Swett

September 14

Susan Kuhling

September 24

Pat Mathena

September 4

Delores Pancoast

Donald Smith

September 18

Cindy Lewandowski

September 25

Dorothy Bush

Lew Graff

Kathy Prevost

Resource for Aging Well

As fall is approaching, are you wondering how you will manage raking leaves? Do you need help with transportation? **A Little Help** is a nationwide program that is still somewhat new to Northern Colorado. Volunteers help with indoor and outdoor chores, transportation, technology assistance, and more.

970-412-9396

alittlehelp.org/NorthernColorado

Contact Us

Pastor Leslie:

leslie@fumcloveland.com

Office: (970) 667-0876

Cell: (719) 650-9449

Pastor Lee:

lee@fumcloveland.com

Office: (970) 667-0876

Cell: (303) 506-6724