



September 2023

Senior Newsletter



Letting Go

By Rev. Lee Anderson-Harris

Jeremiah and I have been having many conversations about stuff. Accumulated stuff. As we are helping his mother with a big move into a smaller home, we are aware of all this accumulated stuff not just in her home but in ours. I thought we were pretty aware already, but we are both looking at our things with new eyes and asking questions about what is most important.

For those of you who have already downsized or who are thinking about that in the near future, you know that this process is about letting go of much more than tangible objects. You sort through memories. You let go of old ideas. You re-evaluate what is most important. This is what Sister Joan Chittister talks about in the chapter entitled "Letting Go" of her book *The Gift of Years: Growing Older Gracefully*, which I have quoted from often. With the trees preparing to let go of their leaves again, this theme seems even more timely.

Chittister writes "'When physical eyesight declines,' Plato said, 'spiritual eyesight increases.' It is this spiritual eyesight, the ability to see into the inner meaning of things, the spiritual value of things, the essential core of things, that must carry us from this point on. And it is the spiritual essence of a person that emerges from the natural divestment that comes with old age. Life, it seems, follows a relentless cycle: in our early years we accumulate, but in our later years we divest. Both of them have a place in life. Both of them are a struggle. Both of them are liberating." She goes on to say that the milestone markers of our earlier life are no longer that important, and in this part of life we learn what is. Now, our true self emerges. "We have a chance to become what all the living has enabled us to be....But only if we can let go of the past," she says. Are you being called to let go of something? May you find freedom in letting that fall away like the turning leaves.



Reference: Chittister, J. (2008). *The gift of years: Growing older gracefully*. BlueBridge.

Caring Ministries: A Network of Hearts and Hands

FUMC is in need of additional caring hearts to help people feel supported during a difficult time, such as surgery or treatment, or loss of a loved one. If you are feeling called to be of support to others, there are a couple of ways you can get involved. The Care Team meets every other week in person with Pastor Lee to talk about care needs and updates, and sends cards, makes phone calls or visits, and hold people in prayer. More members of this team are welcome and needed. But, you can be a part of this network even if you are unable to attend meetings. Prayers and phone calls are easy to do from home, and can be a blessing to you as well as the person in need of prayer! You don't have to have special skills, just a willingness to be a caring presence to someone and hold confidentiality. Pastor Lee will provide brief training on how to be of support to all who are interested.

For more information, contact Pastor Lee at lee@fumccleveland.com or 970-667-0876.

Game Days!

Joyce & Harvey Hirning open their home to adults of all ages the last Wednesday of the month from 1-3pm to play games of all kinds. Guests are asked to bring a snack to share but games and drinks are provided (or you can bring your own).

To learn more and to RSVP, contact Joyce at embroiderjoy@yahoo.com or 218-205-4777.

Women's Fellowship

FUMC Women's Fellowship will meet Thursday, September 28th at NOON in West Coy Hall. Sarah Dill will share her story. Any questions or comments, please contact Darlene Lowe at aldarlowe@gmail.com.

Betty Balderson shares this beautiful poem, written by a dear friend of hers who experienced failing eyesight:

My Eyes

My eyes have served me well
For all the years I've been here
The beauties of Old Nature
Have been to me most clear.

The faces of my loved ones
I never can forget,
The scenes of distant places
And people I have met.

The many books I've read,
And schooling I have had;
My eyes did this service
Which made my life so glad.

And so I thank my Father
For the blessing of my sight
And hope I can retain it
Till life shall take its flight.

And in the blessed world to come
I know I can see then
My savior and my loved ones
I'll bless my eyes again!

Katharine Schill

Picking up PACE

By Rev. Lee Anderson-Harris

Over the summer, I met with the Community Partnerships liaison for a program called PACE...twice. Why twice? Because I am skeptical when someone reaches out to me to talk about their program. I want to know what the catch is, or how money is being made from folks. If I am to share a resource with people, I want to feel as confident as I can about it. And now I can share this resource with confidence, and ask that you help others learn about it too.

PACE stands for Program for All-Inclusive Care for the Elderly. It was first developed in 1973 in San Francisco and is now a nation-wide program under Medicare. It provides services to low-income seniors who qualify for nursing home-level care but who want to remain in their home. Services include medical care, but go beyond that to provide social, spiritual and emotional care as well. This includes transportation to the Loveland InnovAge center for social and recreational activities.

So what is the catch? Well, not everyone qualifies. You have to meet the state's income requirements for Medicaid, and you have to be eligible for nursing home care. Fortunately, there are people on staff who will help people determine if they are eligible or not. If they are, the costs for this program are covered, and while some services might come at an additional cost, they commonly come at no cost to the participant.

I have "picked up PACE" as an addition to my resource list so that I can try and help folks in our church who could benefit from this. As we look out for each other, I hope you'll tuck this away somewhere handy so you can do the same. Here is more information directly from that *patient* Community Partnerships liaison:

Resource for First United Methodist Church Families

The PACE program is a community resource that helps families who may be struggling with the wellbeing of their aging parents or grandparents. It is a government program that InnovAge administers in Colorado. PACE stands for Program of All-inclusive Care for the Elderly. It helps families by supporting aging adults who wish to stay living at home independently by providing coordinated healthcare, transportation, in-home care, social and recreational activities at local PACE centers, and much more – commonly at no cost to them. Learn more by visiting InnovAge.com or contacting Nichole Norman by email at nnorman@innovage.com or by phone at (970) 902-3612.

You can also learn more on Medicaid's website by going to www.medicaid.gov/medicaid/long-term-services-supports/program-all-inclusive-care-elderly. I have read articles on the program in the New York Times and Harvard Business Review as well, but since you only get a certain number of free articles for these publications, I won't include the links here. You can probably find them by searching online if you're interested. Lastly, you can pick up information at the Ask Me Desk.

September/Early October Birthdays

September 1

Luann Ball

September 2

Kenneth Quick

September 3

Ron Griese

Marjorie Swett

September 4

Dolores Pancoast

Donald Smith

September 8

Virginia Tanner

September 11

Tim Anderson

September 13

Marilyn Hagan

Robert Monroe

September 14

Susan Kuhling

September 18

Cindy Lewandowski

September 20

Juliana Hoch

September 22

Rick Bradley

September 24

Pat Mathena

September 25

Dorothy Bush

Lew Graff

Kathy Prevost

September 26

Royal Ryser

September 30

Bill Guddeck

October 1

Shirley Beaver

October 2

Bobbie Douthit

Celia Frey

Rick West

Resource for Aging Well

Did you know that you can call the police non-emergency line at 970-667-2151 and they will send a firetruck to change smoke detector batteries so you don't have to climb a ladder? Well, now you do!

[Contact Us]

Pastor Leslie:

leslie@fumcleveland.com

Office: (970) 667-0876

Cell: (719) 650-9449

Pastor Lee:

lee@fumcleveland.com

Office: (970) 667-0876

Cell: (303) 506-6724