

Young at Heart

Newsletter

APRIL

MARCH LUNCHEON

This was the second time Charlie Pagnard has performed a trumpet concert for us. Charlie is an outstanding trumpet player and is known the world over. He has performed in Europe, Australia and here in the USA. In addition to his trumpet, he is a very good speaker and story teller. Charlie was accompanied by Dr. Charles Clevenger at the piano. Our people were truly wowed by this wonderful hearing experience.



I heard many great comments about the March program and the food too. If you missed this one, ask someone about their Grass Hopper Pie!

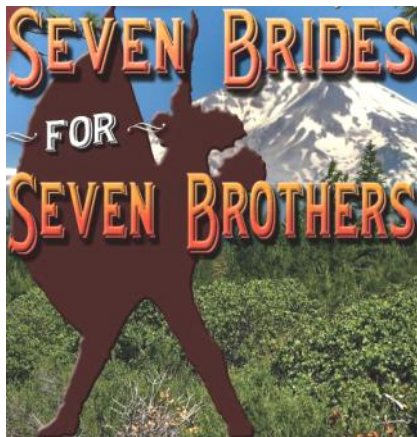
APRIL 5 LUNCHEON

NOTE: This is one week earlier than we normally do this. Be sure to add this date to your calendar!

Our April 5th Luncheon will be a missions theme. We have invited a couple of our missionary families to come and share with us. This will be both entertaining and informative. One family is from our church and serve in the Middle East. They will include their children. I had this family do a presentation for our Adult Bible Fellowship and they did a great job. You will enjoy this program. Don't miss it.

MARCH DAY TRIP

Normally, we have our largest Day trip participation when we do something at La Comedia. This month our participation was down because of the slow sign-up with the bad weather in January and February. Hence, we cut back our reservations to avoid paying for seats we didn't occupy.



We enjoyed a great performance of "Seven Brides for Seven Brothers" and of course, the food was very good.

APRIL 26 DAY TRIP

Our day trip for April is a double feature with two mini trips together. We will start off at the Neil Armstrong Space Museum in Wapakoneta then move a little south for the Bicycle Museum of America in New Bremen. We will also have a nice lunch in New Bremen. This promises to be a good educational trip with great fellowship over a nice lunch.

Be sure to sign up for this one.

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COMING UP!

MAY 2011

Luncheon (MAY 10)

In May we will feature a choir from the Dayton Christian Schools, led by Tracy Miller.

Day Trip (May 24)

Our May trip will be delicious! We will tour the Velvet Ice Cream factory and have a nice meal.

JUNE 2011

Luncheon (June 7)

We've had Chris Thompson here for a vocal concert in the past. You will want to hear and see his multimedia performance.

Day Trip (June 28)

Our June day trip will be another of your favorites that we haven't done for a couple of years. We will be driving down to Kentucky where we will board the B&B Riverboat for a paddlewheel trip on the Ohio River. This trip include a great meal at the onboard buffet with a great view of the city and countryside. There will also be onboard entertainment. Seats on the bus will go fast, so be sure to sign up. Be sure to bring your camera and an appetite as we enjoy this great river trip.

JULY 2011

Luncheon (July 12)

Stan the Magic Man will be back with us. We had him here last year and had a lot of fun with him. He does some neat tricks and does a great job of involving our people. So, come to this one ready for some good laughs.

Day Trip (July 28)

Cincinnati Reds Game. We will be going down to Cincinnati to enjoy a good game against the NY Mets. The game starts at 12:30, so we will get there in time for lunch (on your own) in the ball park. We haven't done this for several years, and the last time it was earlier. This time we'll be warm.

Many more photos in the Blog. <http://WHBC-YAH.Blogspot.com>

NANCY'S PAGE

Yes, this is Nancy (47 years ago)



I've been writing this newsletter for over three years; but, I've never given Nancy a chance to say anything! Alright, I heard that! :-) Anyway, I think it is time to let her say what's on her mind. I do this with fear and trepidation, but I think I know what she will have to say. So here she is:

First, let me explain the photo. That was Roger's idea, not mine. That was me at the time I officially became a nurse way back in 1964 (shortly before our marriage).

The Seniors' Special

We recently went to breakfast at a restaurant where the seniors' special was two eggs, bacon, hash browns, and toast for \$2.99.

"Sounds good," I said. "But I don't want the eggs. I'm watching my cholesterol."

"Then, I'll have to charge you \$3.49 because you're ordering a la carte," the waitress warned me.

Then, Roger responded, "You mean we'd have to pay for not taking the eggs?"

"YES!" stated the waitress.

"I'll take the special then," I said.

"How do you want your eggs?" the waitress asked.

"Raw and in the shell," I replied.

I took the two eggs home and baked a cake!

DON'T MESS WITH US SENIORS! WE'VE been around the block more than once!

More About Me

Let me start by telling a little more about myself.

As a nurse, I have had many wonderful opportunities to serve others. My first nursing job, after

completing my training and marrying Roger, was in a Dermatologist office in Rapid City, South Dakota. There, I learned about skin and auto-immune diseases. Next, after moving here to Dayton, I worked in a Pediatric office for eight years. There, I learned to work with the kids and helped parents address children's health issues.

After a period of my own illness, I returned to my nursing career as a Utilization Review Nurse in a hospital. This was the only time I worked in a hospital after my training in Illinois. I also worked at the same time for Dayton Christian Schools as a part-time School Nurse.

In 1979, I was invited to go to Haiti with a short-term Medical Missions team, where I assisted with surgery. Roger also joined me on several of those trips and assisted in various ways around the hospital. This was an amazing experience and gave me the opportunity to observe a third world country and many of the overwhelming needs of people who live in poverty, both physical and spiritual poverty. Because of that experience God gave me the desire to serve with several other mission teams either as a surgical nurse or as the nurse for a work team. These included trips to Haiti (including one with our Youth Group), the Dominican Republic (with Dayton Christian Schools) and a WHBC construction team to Papua New Guinea.

I believe God used these experiences to prepare me for a job as a nurse manager in an OB/GYN practice, where I worked for 25 years, until the last physician had a severe stroke and I stayed long enough to close the practice. This experience gave me the experience and passion for the troubled young women I now serve through the Miami Valley Women's Center.

As I look back, I can see how God was preparing me to stand for life.

My life verses are Proverbs 3:5,6; *"Trust in the Lord with all your heart and lean not on your own understanding. In all your*

ways acknowledge Him and He will direct your path."

Volunteering and then joining the staff of the Miami Valley Women's Center has been my most challenging and rewarding nursing job. In 1998, when Dr. Stalter and I began planning for a medical clinic at the center, we had to write policies, define procedures and obtain medical equipment. An ultrasound machine was the most critical and the most expensive item needed. Our church purchased the first ultrasound for the center, and in 1999 we did our first scan. The MVWC is a non-profit organization that values life, supports families and demonstrates Christ's love. Beginning Medical Services in 1999 gave the center another means of accomplishing its goal of saving babies while reaching mothers and fathers for Christ.

In the future, I hope to be able to share more of the Center's Ministries. For now, I would like to share one of the ways the center raises funds to provide services to our own community. Since we want to share the gospel with our clients, we do not accept funding or grants that would prohibit us from sharing Christ. The MVWC is supported by churches and individual donors. We also have two fund raising events each year. In May, the supporters of the pro-life community ask businesses, churches and individuals to donate money to the center by sponsoring a two mile "Walk 4 Life".

In the Fall of each year, a fund raising Gala Dinner is held where people donate funds for operating expenses of the centers.

This May, I will be walking in the "Walk 4 Life" with many other individuals and groups. If you would like to sponsor me, I would be happy to walk on your behalf. Just look me up in the April Luncheon and I will be happy to sign you up. God has graciously provided funds so that the center can offer all of our services to clients free of any charge. Most of all, we need and covet your prayers, as we are in a spiritual battle for life.

The Heart Truth: Exercise for a Healthy Heart

Early Warning Signs of a Heart Attack:

- Pressure in center of chest
- Pain in shoulders, neck or arms
- Chest discomfort with fainting, sweating or nausea

The health of the heart is extremely important. Heart disease is the #1 cause of death in the United States, according to Center for Disease Control (CDC). A sedentary (inactive) lifestyle is the biggest cause of heart disease. *Fortunately, this is something we can change.*

Regular exercise can:

- Strengthen your heart and cardiovascular system
- Lower blood pressure
- Improve muscle tone and strength
- Strengthen bones
- Improve oxygen circulation in the body
- Increase your stamina, so you can do more without being fatigued or short of breath
- Help control your weight and aid in weight loss
- Reduce stress, tension, anxiety and depression
- Improve sleep
- Make you feel more relaxed and rested

There is not a single pill in the world that can give you all these benefits. Regular exercise can help you dodge a dangerous bullet - a heart attack and potentially save your life

A structured, supervised exercise program can improve your health and the quality of your life. ALWAYS check with your doctor before you start exercising, especially if you have any medical conditions and / or take prescription medications.

Do's & Don'ts of Safe Exercise

Generally speaking, we recommend doing aerobic exercise gradually working up to 20-30 minutes, at least 3-4 times/week. The American Heart Association recommends that you work your way up to a

point where you can exercise most days of the week.

Call our clinic and we'll get you started on the right exercise plan for you and help you work your way up to a safe, effective exercise program.

Be sure to include a warm-up and a cool-down to your exercise routine.

- **Warm-up.** This helps your body to raise its core temperature to "get ready" to exercise. As a result, your heart can function more effectively and muscles are more pliable and contract better. This decreases your chances of injury. When warming up, try stretching or starting out with 5-10 minutes at a lower intensity.

- **Begin your exercise.** For best results, monitor your heart rate and intensity. Don't overdo it. If you're not sure how to monitor these factors and pace yourself, call your health professional.

- **Cool-down.** End your exercise with 5-10 minutes of decreased intensity of exercise (like walking). It helps your body and heart recover from the workout. It also helps bring your heart rate and blood pressure back down to resting levels.

Supervision & Precautions

If you've experienced heart trouble or have had symptoms of heart failure, it's CRITICAL for you to take some precautions when you exercise. In addition to getting exercise clearance from your doctor (who may want to run some tests to make sure you are a good candidate for exercise), you should exercise under the supervision of a physical therapist to maximize safety and effectiveness.

- Remember to PACE yourself and rest when needed.

- AVOID isometric exercises (like push-ups, sit-ups). Isometrics are generally associated with breath holding and excessive straining, also known as the *Valsalva Maneuver*. This can instantaneously shoot up your blood pressure! So listen to your body and let it dictate your breathing - **NEVER hold your breath.**

- If it's too cold, hot, or humid outdoors, it's best to exercise in-

doors. Extreme temperature can affect circulation and make you tired (or short of breath) fairly quickly.

- Avoid extreme hot and cold showers, or sauna baths, especially after exercise. These extreme temperatures increase the workload on the heart.

- Steer clear of exercise in hilly areas. If you must walk in steep areas, make sure you slow down when going uphill to avoid working too hard. Monitor your heart rate closely.

- If your exercise program has been interrupted for more than a few days (illness, vacation or bad weather), make sure you ease back into the routine. Start with a reduced level of activity, and gradually increase it until you get back in the groove.

Word of Caution

Stop exercise if you experience any of the following symptoms of overload:

- Chest pain
- Weakness
- Dizziness
- Unexplained weight gain or swelling (call your doctor right away)
- Pressure or pain in your chest, neck, arm, jaw or shoulder
- Anything else that concerns you

If you continue to exercise despite these warning signs, you may be causing too much stress on your heart. If your symptoms persist, call your doctor.

Your heart is critical to your long term health. You owe it to yourself and your loved ones to **seek the expert supervision of a physical therapist to create or modify your exercise program.** This will allow your heart to function more effectively and improve the quality of your life.

Thank you to John Porter, Porter Physical Therapy, for this article. If you have questions or would like to contact John, he can be reached at: 937-718-3999.

Laughs & Giggles

Pearly Gates
by Ian Jones



FALL TRIP—SAVANNAH, GEORGIA

We will be going to Savannah, Georgia for the week of September 18 through 24, 2011. Currently this trip is full with a good number of people on the waiting list. However, we could add a second bus if there is enough interest (about 20 more people). If you are interested and want to have your name(s) added to the waiting list, please contact Lisa at (937)434-4676 x118.

The cost of the trip is \$600 per person (double occupancy) or \$750 (single). We also recommend optional trip insurance at \$45 additional.

The payment schedule will be:

- \$75 on signing (plus the additional \$45, if you want insurance)
- April—\$150
- May—\$150
- June—\$150
- July—\$75

We will tour Savannah, Jekyll Island, Beaufort, SC and Parris Island Marine Base. This should be a fun trip, even more fun with two buses!

OPTIMISTS HUNTING DOG

Two friends, one an optimist and the other a pessimist could never quite agree on any topic of discussion.

One day the optimist decided he had found a good way to pull his friend out of his continually pessimistic way of thinking - the optimist owned a huntin' dog that could walk on water.

His plan? Take the pessimist and the dog out duck hunting in a boat. They got out into the middle of the lake, and the optimist shot down a duck. The dog immediately walked out across the water, retrieved the duck, and walked back to the boat.

The optimist looked at his pessimistic friend and said, "What do you think about that?"

The pessimist replied, "Your dog can't swim, can he?"

TRUST

IN THE LORD WITH ALL YOUR HEART

Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much.
Luke 16:10

Are you Trustworthy? I think most of us would readily say, "Of course I am!" Hopefully, this is always true. Most of us can be trusted when we make a promise, or when there are serious consequences at stake. Unfortunately, that is often not so true with small things.

Can we all be trusted in the little things? When we tell someone we will call them, do we? If we say we will meet someone at a certain time, do we show up late? I know many of us have forgetful spells (myself included, just ask Nancy) and that is not what I'm talking about here. I mean just not caring enough to be punctual or keep our word.

As a side note, I keep my reminders in a calendar application in my phone. This rings to give me a reminder before I have an activity that is due at a certain time. I also keep notes in my phone of others things that don't have specific due times. Maybe you don't have this capability but you could use sticky notes, etc.

One of our new Birthday Gifts for YAH will be a special Sticky Note Pad. This should be great for those little reminders.

We prove our real trustworthiness when we follow through with the little things, not just the big ones. Always keep in mind that the little things could be opportunities God uses to prepare you for something more. Also, being someone who cannot be trusted is certainly not a good testimony.

When someone asks you to help with something small, remember that the little things matter. Be someone your friends and associates can trust with even the smallest things. Then, see how it can lead you to being "trusted with much."

Prayer

Dear Lord, Please help me to be trustworthy in all areas of my life, small things and large. Please reveal to me areas that need improvement in my life so that I can be trusted with even more. In Jesus' name I pray, Amen

KINDNESS

Do you realize how little it takes sometimes to brighten someone's day? Just a little kindness can go a long way in cheering someone who may be discouraged. Are you an encourager? As Christians, being an encourager is one of the characteristics that should be part of our life.

Psalm 145:17, "The LORD is righteous in everything he does; he is filled with kindness," and that kindness should rub off on us. Gal. 5:22, "But when the Holy Spirit controls our lives, he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness,"

Who Are We?

"Young at Heart" is the Senior Adult Ministry of Washington Heights Baptist Church.

Roger Jensen is the Pastor of Senior Adult Ministries. Our goal is to provide opportunities for meaningful fellowship in a Christian environment.

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