

# ♥ Young ♥ at ♥ Heart ♥

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SEPTEMBER

## VIAL OF LIFE PROGRAM OPPORTUNITY (Aug.25)

Buckeye Home Health Care is providing a great opportunity for all of us to store important medical information in case of a medical emergency. A representative will assist us with medical forms that we can put in our refrigerators! Join us at 11:30AM Aug. 25 to get your vial and help with the forms. You can even come a little earlier at 11 AM and see what our Exercise Program is like!

LaDawn and Emily will be here to help with the forms.

## AUGUST LUNCHEON

LaDawn Davis gave us an excellent presentation and some good information to help with making decisions on our Medicare plans. It is nearing time to make changes in Medicare provider options and supplement selections. Therefore, this is helpful for these important end-of-year decisions.

LaDawn Davis is also known to some of us as our former exercise lady. She has been promoted and currently represents Buckeye Home Healthcare helping people like us make these important decisions. They also told us about the Vial of Life (see above).

## SEPTEMBER LUNCHEON

Our luncheon this month will feature an old favorite team for our lunches.



Spittin' Image will once again join us to entertain with their music and knee slapping comedy.

Last year they involved some of our people in an Elvis impersonation and my side ached for days from laughing so hard. I know this program will certainly be a good one.

## JULY DAY TRIP

Cincinnati Ducks was a fun little trip. We went down to Newport on the Levee in the morning and rode a 1946 WWII DUK right into the Ohio River. These vehicles are able to operate on both land and water.



Because of the Ducks accident just a month earlier in Pennsylvania, everyone was a bit apprehensive about this trip. Our boat captain was a pro with river barge experience so we felt a little better until we noted, as we were entering the water, that there was a very long barge in the water just ahead of us! We missed it by a long way and really enjoyed the ride. Our captain and guide were very good about describing the sights along the way. There are many more photos on the YAH Blog.

## AUGUST/SEPT. DAY TRIP

We typically don't have a day trip in September. However, as we searched for good ideas for August, we found this fantastic opportunity to see the Brett Family at Bear Creek Farms, early in September. This makes a great Day Trip for both August and September. So we booked it. They do an excellent family routine of music and dance. The trip is sold-out!

## WHAT'S COMING UP?

### October 2010

*Luncheon (Oct.12)*

A couple of years ago we had Burt Kettinger from Chicago, bring his "Songs in the Night" music to our luncheon and he was an instant hit. He has a fantastic tenor voice and you will not want to miss this program. He will sing a lot of your favorite gospel hymns and perhaps a few new ones.

*Day Trip (Oct. 26)*

October we will go to both Hawthorne Hill (home of the Wright Brothers) and to Carillon Park where you can see a replica of the Wright Brothers bicycle shop and also their early airplane. We will eat in Culps on the park property.

### November 2010

*Luncheon (Nov 9)*

Last year we brought in another new performer for our YAH group that I believe everyone really enjoyed. Gary Lare is a Ventriloquist who provided a really enjoyable and fun program.

*Day Trip (Nov 16)*

This month we will do one that I haven't done before but I know many of you have done this trip with Sherm Bowser and enjoyed the experience. So, we thought it is time to revisit Columbus and see the Governors Mansion. Perhaps we can even have lunch with the governor. I'm teasing, of course!

### FALL TRIP

Later this month a good size group of us will be going East. We will be visiting Cape Code and the Plymouth Landing along with Martha's Vineyard. I will try to post a few photos and travelogue of our trip on the YAH Blog. Look for it!

*Find more photos and video content on our Blog.*  
<http://WHBC-YAH.Blogspot.com>

## PEARLY GATES

by Ian Jones



### Are Your Windows Open?

Summer time in Dayton, Ohio is not when you want a car without an air conditioner - especially when you're driving on a long trip. I still remember many trips as a boy and teenager when we had cars without air conditioning. Were there air conditioners in cars way back then? Not many! The car that Nancy and I had when we moved to Dayton from Rapid City, SD was a 1966 Olds 442. That was one very hot car, actually in two ways; it was very fast and it had no air conditioning. In Rapid City, that could be bad in the summer but not nearly as bad as here in Dayton. You see, Rapid City has very low humidity (around 10%) but our humidity here is much higher (70-90%). You all know about that because this year we have had a very hot summer.

We would drive with the windows wide open on the highways, just to get a breeze to keep us a little cooler. That often meant that we would get a car full of bugs and other nasty stuff from passing grain or cattle trucks, etc. Some of that was "Really VERY Nasty"! Phew!!

It's amazing what kinds of stuff can get in a car when the windows are open - stuff you really don't want inside. Maybe that is also what is happening in your life right now; a lot of bad stuff is coming in because you've left the window open!

God gives us some very practical advice to avoid getting stuff we really don't want in our lives. It's brief and to the point. Read Ephesians 4:27; "Neither give place to the devil." Or perhaps we could

paraphrase this and say, "Don't leave any window open that Satan could use to get in." those kinds of feelings get inside again.

We are also given warnings and some specific examples of how that can happen. The verse before the "neither give place" verse talks about anger that you allow to last more than a day. Smoldering anger morphs into more anger, then into resentment and hard feelings, and ultimately into a damaging, broken and hostile relationships. All because you didn't close the window before the devil blew in all of his anger stuff. Whatever the issue is, get over it - fast! The pastor who married us advised Nancy and I to resolve any problems before bedtime, and we've kept to that policy since our marriage began over 46 years ago (our 46<sup>th</sup> anniversary was just a few days ago) and we are aiming for many more years together.

The verses after this "keep the devil out" warning talk about not stealing. It's true that anytime you cheat or take what isn't yours (yes, even little things), you might as well say, "Devil, come on in and mess up my life." Then, the next verses talk about unkind words - which leave wounds that can become something very ugly and divisive. That's the little seed the devil needs to grow some major hurt and destruction. Bitterness is mentioned here, too. Maybe you've let bitterness and hard feelings have a place in your life. You've opened the window to something that will turn you hard, poison innocent people, and it will make you its slave. Forgiving is the only way to get rid of this bitterness poison. So, close the window to your heart and don't let any of

Unresolved conflicts, playing with temptations that you should be avoiding like the plague, letting your passions push you to the moral edge, watching and listening to stuff that opens your heart to things you think you'll never do - those are open windows. Windows that you can't afford to leave open one more day.

An open window is all that Satan needs to corrupt and to ultimately control your life. We must all think about "Where's he been getting in?" It's much easier to close the window than to deal with the mess he will make of everything that you care about.

Of course, the real answer is to let Jesus lead your life; Turn the Air Conditioning On!

Keep in contact with Him through reading His Word and Prayer.

Are you following Jesus Christ's lead and closing your windows to Satan?

### 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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