



Senior Moments



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A Good-News-Letter of the Capital City Christian Church Seniors Ministry

Seniors Collect Items for Chelsea House: Faith in Action

Chelsea House is a faith-based home for homeless and hurting women and children in the Tallahassee area. One of the home's sources of income comes from selling clothing and household items donated by the community. Unfortunately, one of the recent Tallahassee rain storms poured down upon all of their yard sale items and ruined them. Beth Burns, Chelsea House manager, put out a plea to the community for help to replace the ruined items.

The CCCC seniors immediately organized a drive to collect items to help Chelsea House and the response was excellent (thanks to all who have so generously contributed). A large amount of clothing and household items has been collected. Tom and Essie Stull have delivered what was collected from the current drive to the Chelsea House "thrift store" at 489 John Knox Road.

According to Mrs. Burns, items are always needed and are greatly appreciated. If you have items to donate or have questions, please see, or call, Ann Putnam (222-1819) or Essie Stull (656-1726).

The continuation of this article, plus much more information regarding the Chelsea House, is continued on page two of this newsletter.



"Acting Up Players" to Perform at Lunch and Learn

The next Lunch and Learn is scheduled for **Thursday, July 29** at 11:00 a.m. A real treat is in store for everyone who attends.

Tallahassee Little Theatre's "Acting Up Players," a group of individuals over the age of 50 who love the theatre and who perform short, entertaining one-act plays with **themes relevant to seniors**, will be performing the play, "Fridays," at the Lunch and Learn. The play is a comedy and deals with a lady who delivers meals on wheels. A discussion on the play's theme will follow the performance.

According to Martha Stewart, the group's artistic director, the players began giving performances in 2005. "We write many of our own plays," she said, "and we are involved in all aspects of the production: acting, costumes, props, scenery and lights. We always have a good time and the seniors in the audience can relate to the themes we present."

Advance registration is required. Sign up in the church foyer or call the office 877-7315.

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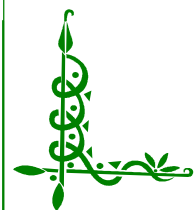
Mark Your Calendar

The Senior Life Resources Center will be hosting a series of excellent concerts from August to December. Make sure you get the following dates on your calendar. More details will come later.

- Aug. 29, 6:00 p.m.—The **Tallahassee Swing Band**: Music of the Big Band Era
- Sept. 2, 11:00 a.m.—**Pam Laws**: Singing the Old Romantic Songs
- Oct. 17, 6:00 p.m.—The **Capital Chordsmen**: Barbershop Gospel Music
- Nov. 14, 6:00 p.m.—**Jeff Robbins**: Authentic Mountain Music and Stories
- Dec. 5, 6:00 p.m.—The **Capital Chordsmen**: A Barbershop Christmas

"For the word of the Lord is right:
and all his works are done in truth."

Psalm 33:4



Like Dunant, Seniors Reach Out to the Community

In 1859, Jean-Henri Dunant, a well-known French banker, began a journey to see Napoleon about a financial transaction. On his way, he climbed to the top of a hill where he watched in horror as Napoleon's troops engaged in a ferocious battle with the Austrians below. Dunant witnessed young soldiers wounded, dying, and crying out in pain. The scene seared into his mind.

As a result, Dunant decided to postpone his trip and stayed to comfort the wounded soldiers. This experience ignited a passion in Dunant and he started a crusade to help those in need. His efforts ignited others to help as well as in 1901 he was awarded the Nobel Peace Prize. The organization he founded, the Red Cross, continues to help millions around the world today.

Like Dunant, we can see the tremendous needs of people all around us. No matter how old we are, we can serve others. Our help is desperately needed. May God ignite us with the same passion as Dunant felt and put our Faith in Action.

Anything we do for others is blessed by God, whether it's donating money, items or our time. It is our hope that the seniors will continue to be an example of giving and serving others. We give thanks to the compassion the seniors have consistently shown for those in need. Jesus said, "Whatever you did for one of the least of these brothers of mine, you did for me." (Matt. 25:40)



Seniors Collect for Chelsea House
(continued from page one)

Items can be dropped off at the "thrift store" at 489 John Knox Road (it's the log cabin building across from the mall) according to the following schedule: Tuesday through Friday, 10:00-6:00 p.m., Saturday, 9:00-2:00 p.m. Also, volunteers are always needed to help sort and organize donated items.

A recent study (Journal of Neurology) revealed some surprising facts about age-related brain disorders. Of 600 studied, 21% had lesions and plaque in their brains characteristic of people with dementia and Alzheimer's, yet they showed no outward signs of the disease. The study suggests: 1. healthy diet—fruits, vegetables, Mediterranean-style food; 2. exercise—plus do brain boosters, e.g. crosswords, memorize books of the Bible, Scriptures, people's names; 3. enjoy creative activities (crafts, art, music); 4. **be positive—laugh a lot!**



(Joanne Steele)

Mentoring Involves Caring and Serving: Faith in Action

According to Beth Burns, Chelsea House manager, one of the ways that women can help her assist the homeless and hurting women who reside at Chelsea House is to serve as mentors. The goal is to reach out to the women's physical, emotional and spiritual needs, help them develop the necessary tools and confidence to turn their lives around and become productive citizens in the community, perhaps filled with hope for the first time in their lives.

Joanne Steele decided to respond to the need and is now serving as a mentor. "The Lord put a burden on my heart," Joanne said, "and I approached Beth and offered myself to her in whatever capacity they needed. I was asked to consider being a mentor. I decided to step out of my comfort zone and make myself available. As a result, God has blessed my efforts."

As a mentor, Joanne serves as a person whom the lady she is mentoring can lean on for advice and encouragement. "One of the blessings has been having my eyes opened to how many wrong paths are in the world that can lead us to destruction," Joanne stated. "This has been made clear to me by hearing the stories of the ladies at Chelsea House. I thank God for allowing me to be there to help ladies find their way to the One Path (the Lord's path) that leads to love, joy, peace and understanding, and ultimately to salvation and eternal joy." Joanne has found mentoring to be a spiritually rewarding experience.

If you have interest in helping with Chelsea House, please see, or call, Ann Putnam, 222-1819.

News You Need to Know

Ed Jordan—Recently, Ed broke his ankle, and while the good news is he doesn't have to have surgery, he will have to wear a boot for several weeks.

If you know of seniors who should be mentioned in this column, call 877-7315 or 656-1726.

We send our best wishes and prayers, hoping his recovery is speedy. Ed and his wife, Le, are very active members of CCCC and the senior group.

