



Sweetwater SAGES

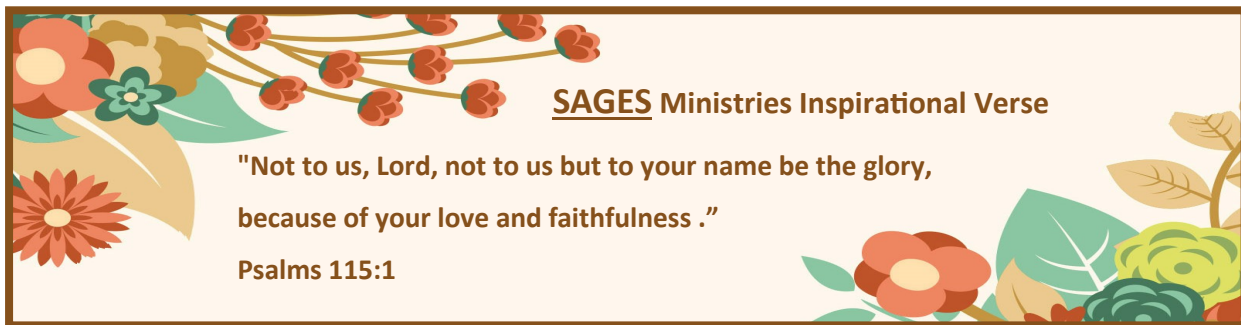
Senior Adults Growing, Exploring and Serving
A Ministry of First Baptist Sweetwater



Newsletter, October, 2019

MISSION STATEMENT: Through participation in **SAGES**, mature adults are stimulated and challenged to:

1. **GROW** daily in their wisdom and faith in relationship to their Creator as part of a caring and spiritually nourishing Christian community.
2. **EXPLORE** and enhance their life experiences through educational enrichment and diverse fellowship opportunities related to their unique life stages.
3. Faithfully **SERVE** others through congregational care, community outreach, and intergenerational connectedness.



SAGES Ministries Inspirational Verse

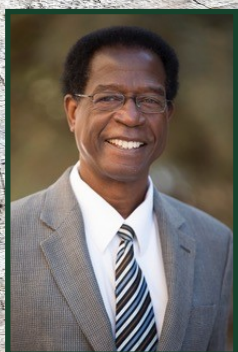
"Not to us, Lord, not to us but to your name be the glory,
because of your love and faithfulness ."

Psalms 115:1

Monday, October 7th, Lunch Bunch—Monthly Covered Dish Luncheon

12:00 noon Fellowship Hall

We know you will be glad to hear that we are bringing back one of your favorites from last year. On the other hand, if you did not have the privilege of hearing Charles Haugabrooks, you will not want to miss him. Bring a friend or neighbor and a covered dish to enjoy a time of Christian fellowship and great entertainment.



Charles Haugabrooks

Charles Haugabrooks, a singing evangelist and recording artist from Mt. Dora, has performed throughout the USA, Canada, and various other parts of the world. As a self-proclaimed "musical ambassador for Jesus Christ," he states his mission is to make Jesus increase in the mind of the listener so that individual character may be transformed into the likeness of Christ.

SAGES "FUN TIMERS"

Social Activities



OCTOBER 18th, 7:00 P.M.
FRIDAY NIGHT AT THE MOVIES!

MOVIE: Same Kind of Different as Me

"SAME KIND OF DIFFERENT AS ME is based on the inspiring true story of international art dealer Ron Hall (Greg Kinnear), who befriends a homeless man (Djimon Hounsou) in hopes of saving his struggling marriage to Debbie (Renee Zellweger), a woman whose dreams will lead all three of them on the most remarkable journey of their lives. Jon Voight plays Hall's father, with whom he reconciles thanks to the revelations of his new life. Based on the New York Times bestseller."

Popcorn,
chips, and
drinks will be
provided in our
FBS concession
stand.



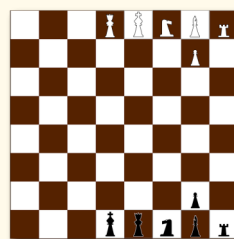
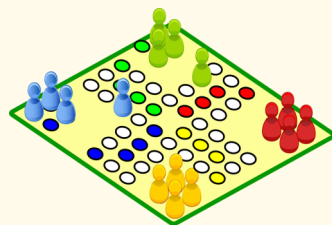
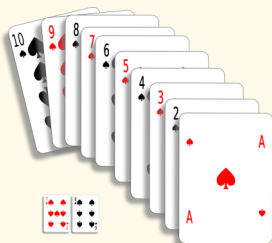
Game Day - Thursday, October 10th, 2019, 1:00 –4:00 PM

South Campus Fellowship Hall

Join us for card and board games and an afternoon of fellowship in a friendly, competitive environment.

If you have a favorite game, feel free to bring it. Games are available, and friendly folks will teach you a game you've never played.

Bring a snack to share and invite a friend or neighbor to join you!



October Feature Seminar: A Deeper Look at Dementia: The Elements of Thought

TUESDAY, October 22nd, 3:00 p.m.—Classroom Building A

Following our April seminar, many of you asked for more information on dementia, and we have responded. Edith Gendron returns to FBS to share more in-depth information on dementia. This workshop explains in more detail what happens within the domains of thought in the various forms of dementia and offers strategies to work with the changes in those domains.

PRESENTER: Edith Gendron, COO, Alzheimer's & Dementia Resource Center

For Over 30 years, the Alzheimer's & Dementia Resource Center (ADRC) has served as a Central Florida based grassroots non-profit and community resource center dedicated to providing support and hope for families and individuals caring for a loved one with some form of dementia. Edith Gendron, their Chief Operations Officer, has expertise built over a long history of work with older adults and teaches this subject as part of their Caregiving Matters workshops.

TO SIGN UP: REGISTER IN ADULT BIBLE STUDY, OR ON THE CONNECTION CARD, OR CALLING CHURCH OFFICE, OR VISITING THE SAGES SPOTLIGHT TABLE IN THE FOYER.

An important part of our focus on Congregational Care is our emphasis on preventative health care, and appropriate VACCINATIONS are an essential component of prevention.

October is the perfect month to remind you of the FLU VACCINE so that antibodies can work the best to protect each of us for the November - March Flu season. Flu is more dangerous to those 65 and older and those with certain health conditions.



Please talk to your own physician or pharmacist about getting your flu vaccine today. There may be shortages so do not delay. This year the World Health Organization and the CDC have offered two different Flu vaccines to protect against the viruses likely to cause disease in the upcoming season. Your health care provider will determine which one is best for you. Also the CDC states that the following people are cautioned to first discuss the vaccine with their doctor: those with egg allergies or severe life-threatening allergies, those with a history of Guillain-Barre, those with autoimmune illnesses, and who are not feeling well.

If you cannot get to the doctor, pharmacy, or another advertised location for your flu vaccine, please contact Kathy Parrish at 706.410.6775. Watch for future information on the importance of other vaccines, such as Pneumonia and Shingles vaccines.

October 15 - December 7 is OPEN ENROLLMENT for Medicare.

We have a wonderful resource here at FBS for helping you review or potentially change your existing Medicare or Prescription Drug (Part D) coverage. Kathy Parrish is knowledgeable about the program and the process and now is volunteering under the Florida SHINE (Serving the Health Insurance Needs of Elders) program to share her expertise to assist folks in our community with this type of review. This Florida Department of Elder Affairs program provides health insurance information and free, unbiased, and confidential counseling assistance to Medicare beneficiaries, their families, and caregivers.

You can take advantage of this free unbiased review by setting an appointment directly with Kathy at 706.410.6775 or on line at kathy.parrish@psa7.Shine.org. Kathy will also be stationed at the church **each Monday** from 1:00 p.m – 4:00 p.m. during the Open Enrollment (October 15 – December 7) in the Outreach Office in Building A.

Friendly Visits - We have organized congregational care visitation teams to provide socialization and spiritual nourishment to the homebound and those in declining health. If you are interested in visiting shut-ins at home or in nursing homes, or if you know of someone in our congregation who could benefit from friendly visits at home or a nursing home or an assisted living facility, please contact Matt and CeCe Payne at 602.430.4624 or email: m_cpayne@yahoo.com.

Hands On or Direct Service Care - If you know of someone in our congregation who has a need for direct service such as errands or transportation or care management contact Kathy Parrish at 706.410.6775 or email Kathy Parrish at parrishkathy@gmail.com.

CONTACT INFORMATION

If you have suggestions for senior ministry or would like to help with activities, please utilize the following information:

Overall Senior Ministry - Bill and Cathy Edwards
407.493.5871

or 407.865.3730 or Email: cathyaedwards@gmail.com

Social - Fun-Timers - Connie Frye 407.739.3739

Email: kani.frye@yahoo.com

Lunch Bunch - Bill and Mabel Minshall 407.862.2985 or
407.621.1709 or Email: wminshall@juno.com

Education - Learn and Grow - Terry Rock 407.889.5130 or
407.756.7625 Email: papiukat@gmail.com

Care and Serve-Congregational Care for All Ages

Visitation - Matt and CeCe Payne 602.430.4624

Email: m_cpayne@yahoo.com

Direct Service and Medical Assessment - Kathy Parrish
706.410.6775 or Email: parrishkathy@gmail.com

