



PRIME TIME NEWS

Volume 30

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Number 8

Please Pray For These

“And whatever things you ask in prayer, believing, you will receive” Matthew 21:22

At Home Members

*Homebound &
Recovering from Surgeries*

Judy Bulla
Bob Cooper
Debbie Gatlin
Lorene Haywood
Rachel Hilliard
Irene Johnson
Miranda Lane
Darrell Lewis
Henry Loy
Connie Morgan
Hazel McCollum
Joretta McNeill
Richard McNeill
Ben Mobley
Fay Painter
Jim Plott
Teeny Scarborough

Senior Living Facilities/Rehab

Autumn Care, Biscoe—Dot Ivey (mother of Kathy Huggins)
Carillon Alzheimer’s Unit—Zelma King (mother of Carolyn Wooley) and Kathleen Whatley
Clapp’s—Margaret Wright and Rona Trotter
Crossroad Assisted Living—Bobby Menius, and George Lucas
Crossroad Alzheimer’s Unit—Mary Owens and Sara Taul
Mountain Top—Helen White
North Pointe—Virginia Cox (Randy Cox’s mother) and Maxine Fisher
Pine Ridge Rehab Center—Roy Washington
Randolph Health & Rehab—Ken Bauer
Spring Arbor, Thomasville—Virginia White
Thomasville—Harold Strider (Elizabeth Nance’s dad)
Universal Health Care—Randy Bulla, Ruby Marlowe (Jim Marlowe’s mother), Bette Lee Weaver and Cynthia Wilson
Woodland Hill—Linda Roser and Linda Hamilton
Woodland Terrace, Cary—Ellen Wood

**If you know of someone who is not listed, please contact Eulalie at 626-2443.*

*With
Deepest
Sympathy*

Christian Sympathy is extended to...

- Tim & Barbara Childs on the passing of her brother, Hugh Wilson on June 1.

Senior Travelers



Senior Travelers enjoyed each other's company on a day trip, May 17, to Smithfield, NC. This trip to the Ava Gardner Museum was quite a change from our tour at the Billy Graham Library in March. Both Ava and Billy were natives of North Carolina, but their lives took very different directions. Ava Gardner was one of Hollywood's most glamorous leading ladies, appearing in sixty films between 1942 and 1981 with some of Hollywood's leading men: Clark Gable, Burt Lancaster and Gregory Peck. She starred in several films based on books by Ernest Hemingway. Her story was brought to life in the museum through a short film, costumes, photos and awards. We were intrigued with one costume she wore as her waist measured 19 inches! After touring the museum we relaxed and enjoyed lunch at the Holt Lake Bar-B-Que & Seafood Restaurant.



But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Galatians 5:22-23

Next Live Embers Meeting

Thursday, September 27

6:00 pm

Guest speaker from Hospice of Randolph County

Joyful Singers

We will resume mid to late August. Please be on the look out for more information. Remember we always welcome new singers!



Live Embers

Guest speaker at the Live Embers meeting in May was Samantha Allred who is the North Central Regional Director for North Carolina Baptist Aging Ministry (NCBAM.) We enjoyed fellowship with Samantha at the delicious hamburger steak meal prepared for us by Johnny Covington, before she gave her presentation, "Reducing Stress in the Golden Years." Some of the nuggets of wisdom she shared are as follows:

- Acknowledge the stress and how we feel about it
 - Try to identify the area that is causing the stress – look inward
 - Ask "what can I control?"
 - Recognize that you don't have to "do it alone"
 - Maintain a healthy lifestyle
 - Recognize the truth, "worry accomplishes NOTHING!" Philippians 4:6
- Regarding worry she shared that 40 % of our worries never happen, 30% is what is in the past, 22 % we can't control and we only have influence (not control) over 8%. The Bible warns us not to worry 365 times, that's a warning for each day of the year! Matthew 6:25-34

Samantha then gave some suggestions for reducing stress:

- Take quiet time alone with the LORD
- Breathe deeply as this helps lower the heart rate and blood pressure
- Use breath praying – pray scripture for each breath in and then out
- Be present, focus on one behavior, pulling yourself into the present moment
- Reach out to those who can help
- Tune into your body – are you tensing a body part?
- Decompress: use a warm compress on the hurting part of your body- use a tennis ball between your body and the wall to massage the tense area
- Laugh! Give a good belly laugh which starts with a smile
- Crank up the tunes! Play music that brings joy – sing out loud.
- Get moving – exercise. If you don't like to do this, make it social- exercise with friends.
- Be grateful. Keep a gratitude journal with your smile moments.

As young adult, Samantha prayed, "Here I am, Lord, send me." Shortly after her 2014 graduation from Appalachian State University, God sent her to NCBAM where she was a Call Center Specialist before accepting the position of a regional director in September of 2017.

We are blessed to have this vibrant, dedicated young woman who is faithful to God's leading, to serve us senior adults.

