

The Caring Connection

A Smock Senior Ministries Newsletter

Issue Number 213, August/September 2017



Smock Senior Ministries Center, 300 West Wayne Street, Fort Wayne, IN 46802
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A Message from Reverend William R. Haworth:

Hope this edition of *The Caring Connection* finds you enjoying the summer! "There is a time for everything and a season for every activity under Heaven." These words of Proverbs reverberate throughout the summer season of rest, vacations and recreation. Time marches on, and if we are not careful, we miss the gift of The Precious Present. Recently, a friend reminded me of this truth by quoting an old epithet: "Yesterday is history, tomorrow is a mystery, and today is a gift; that is why we call it *the present*." Hopefully, we are enjoying the gift and not spending too much time living in the past or borrowing trouble by worrying about the future.

Maybe this thought gives fresh meaning to: "This is the day the Lord has made; let us rejoice and be glad in it!" I have re-discovered two freebies to help us in enjoying the day—laughing and deep breathing. As we get older, we tend to laugh less and breath more shallow which minimizes, or robs us, of the fullness of each day. New blood cells and energy come from fresh air and laughter. So let laughter return and fill your entire being with full lungs of rejuvenating N₂, O₂, CO₂ and H₂O (air!).

Shalom! God's peace to all of you!

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*This is the day
the Lord has made:
Let us rejoice
and be glad in it.*
Psalm 118:24.

Reminder! No Presby-Day on August 17, 2017

This is due to new flooring being installed in McKay Hall. Over the past few years, several phases of improvements and updates have been done to this multi-purpose room which we enjoy on a weekly and monthly basis for 3B and Presby-Day. Please notice and appreciate the facelift that this area has received!



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SMOCK Services

Below are services presently offered by the SMOCK Senior Ministries Center. **For more information about these services and ministries, call 426-7421, ext. 132.**

PRESBY-DAY:

A monthly gathering of Presbyterian senior adults and their friends for spiritual growth, education, fellowship, lunch and total life enrichment.

CARDS OF ENCOURAGEMENT, CON-ERN & SUPORT:

Call Lou Brickman, coordinator, at 969-7069.

H.E.L.P. (Health Equipment Lending Program):

Basic health care equipment is available for loan to Presbyterians, their families and friends, when needed.

FINANCIAL RESOURCES AND PLAN-NING:

Qualified persons are available to assist middle-aged and older adults with financial planning, government regulations, long-term care, and insurance matters.

TOURS & ENTERTAINMENT:

Periodic day trips, shows, and tours of longer duration for fellowship, education, and entertainment. Call Carolyn Linsenmayer, coordinator, at 434-4484 or the SMOCK office at 426-7421, ext. 132.

HANDYMAN SERVICES:

SMOCK helps Presbyterian seniors with minor maintenance and handyman services. Please call for more information.

EMAIL FOR SENIORS:

We invite all seniors, with all levels of computer experience, to learn how to email. During the class, you will create an email address—unless you already have one—and learn this fun-filled way to communicate with your friends and family. Please contact the SMOCK office at 426-7421 ext. 132 to reserve your spot in a class.

MEDICARE PRESCRIPTION "D" COUNSELING & ASSISTANCE:

We can help you go online to find the best Medicare Prescription "D" plans for your specific needs. We have a trained counselor who will guide you through the process. All you need is your current list of medications. Call the SMOCK office for an appointment. November is always the ideal time for reevaluation of your Medicare Prescription "D" Plan.

3B (Body·Brain·Belief)

A life-time fitness class geared toward flexibility, balance and strengthening of those muscles we use every day. The class meets on Monday, Wednesday and Friday afternoons, at 1:30 p.m. in McKay Hall. Come early and join the Walking Club, which walks from 1:00—1:25 p.m. All senior adults 50

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SMOCK Services, continued

3B (Body·Brain·Belief), continued

years and better are invited and welcome. Please contact the SMOCK office at 426-7421 ext. 132 to sign up.

LIFELONG LEARNING CLASSES

Lifelong learning class sessions are taught by professionals in their fields of expertise and are held over a period of 4 consecutive Tuesdays. Classes run for 1½ hours, begin at 10:30 a.m., and end at 12 noon; lunch is provided. Please contact the SMOCK office at 426-7421 ext. 132 for the schedule of classes and to reserve your spot.

Upcoming Events, continued

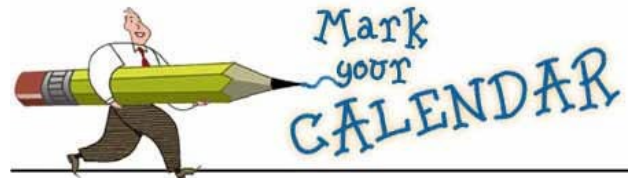
October 12	<i>Sister Act</i> Amish Acres in Nappanee
November 1	Christmas in Paradise Show at the Shipshewana Blue Gate Theater
Fall 3B (September 6 - November 17)	Monday, Wednesday & Friday 1:30—2:30 p.m. (with Walking Club from 1:00—1:25 p.m.).
Coming this Fall—watch for more information!	A new Lifelong Learning Session at First Presbyterian Church



August 1	TinCaps 12:05 p.m. game; \$9.00
August 15	Forks of the Wabash Trip
No August Presby-Day	Due to flooring replacement in McKay Hall
August 26	CANDLES Holocaust Museum and Education Center—Terre Haute—with Eva Kor; 8:00—7:00 p.m.

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Beginning with our September Presby-Day program, our monthly gatherings will include singing a few of our favorite hymns from a complete notebook which has been compiled! The July Presby-Day program, which was presented by Dr. Chelsea Vaught, included stories of many of these hymns that we love to sing. Please come and enjoy this joyful addition to our programming!



2017 Smock Shows, Tours & Trips

Money is to be turned in 1 month before each trip; please make checks payable to **FIRST PRESBYTERIAN CHURCH and notate Smock Senior Ministries on the memo line.** For more information and to make a reservation, please contact 426-7421 ext. 132.

- Tuesday, August 1 – TINCAPS - \$9.00 - Game begins at 12:05 - SMOCK-30 total; meet at First Pres at 11:00 a.m. —Dave Bash, driver
- Wednesday, August 15 - Forks of the Wabash SMOCK-30 total \$6.00 – Carolyn – Lunch at Nick’s in Huntington—John Current & Bill Sark, drivers
- Saturday, August 26 - CANDLES Holocaust Museum & Education Center, Terre Haute, with Eva Kor, speaking from 1 - 3:00 p.m. - \$5.00; lunch on own. SMOCK-30 total; (leave from First Pres parking lot at 8:00 a.m. and return by 7:00 p.m.) John Current & Rev. Haworth, drivers.
- Wednesday, September 13 – Sechler’s Pickles and Spangler candy - \$10 SMOCK-30 total; (leave at 9:00 a.m. and return at 4:00 p.m.; John Current & Bill Sark, drivers)
- Thursday, October 12 – Sister Act - Amish Acres, Nappanee - \$45.00 – SMOCK-30 total; (leave at 10:30 a.m., lunch at noon, show at 2:00 p.m.— John Current & Bill Sark, drivers)
- Wednesday, November 1 – Christmas in Paradise – Shipshewana Blue Gate Theater - \$55.00 – SMOCK-30 total; (leave at 9:30 a.m., lunch at 11:00 a.m., show at 1:00 p.m.—John Current & Dave Bash, drivers)

SMOCK SPONSORED TRIPS

For the following trips, you will need to contact the individual travel groups directly to make your own reservations and payment arrangements:

S & S Travel 1-888-262-4423

- December 9 – Yuletide celebration – Indianapolis

American Heritage 260-493-4124

- October 13 – Friday the 13th Mystery Tour - \$79.00 - Find yourself in a place where the old becomes new. A well-kept secret is the focus of this tour. Your four leaf clover is not needed for the day! (lunch included)
- Wednesday, December 13 – Christmas at Beef & Boards in Indianapolis - \$79.00 - The holiday season is celebrated with the theatre’s original production featuring beautiful costumes, heartwarming songs, dancing and Santa. (An all you can eat lunch buffet is included).



We welcome and encourage all who receive *The Caring Connection* to

submit constructive input on areas of interest or information to include in each issue. Also, if there is someone that you would like to add to the mailing list for *The Caring Connection*, please call the Smock Office at 426-7421 ext. 132.

Smock Senior Ministries Presents:

"PRESBY-DAY"

Thursday, September 21, 2017

(10:00 - 1:00 p.m.)

First Presbyterian Church, Fort Wayne

"Presbyterian Disaster Assistance (PDA)"

Presented by Bill Patterson, Property Manager,
First Presbyterian Church and appointee to
the Presbyterian Disaster Assistance (PDA)
National Response Team (NRT)



**PRESBYTERIAN
DISASTER ASSISTANCE**

OUT OF CHAOS, HOPE

Call 260-426-7421 ext. 132

with your reservation by 9/18/2017

*Presby-Day is a monthly gathering
for spiritual growth, education, fellowship,
lunch and total life enrichment.*

*All Presbyterians over "50" and
their friends are invited.*

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Smock Senior Ministries Presents:

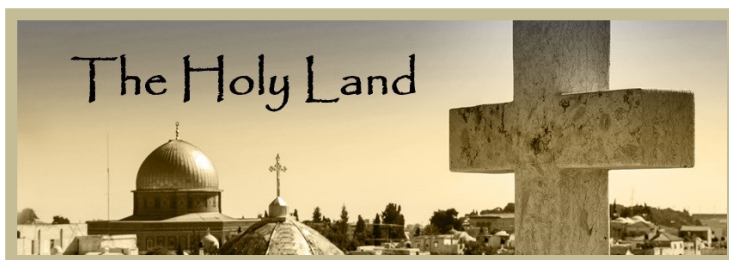
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"PRESBY-DAY"

Thursday, October 19, 2017
(10:00 - 1:00 p.m.)

First Presbyterian Church, Fort Wayne

"Come and See!
Go and Tell!"



Presentation on the Holy Land
by

Rev. Ann Pitman, Interim Pastor,
Grace Presbyterian Church,
Fort Wayne, Indiana

Call 260-426-7421 ext. 132

with your reservation by 10/16/2017

*Presby-Day is a monthly gathering
for spiritual growth, education, fellowship,
lunch and total life enrichment.*

*All Presbyterians over "50" and
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Information Regarding the Fall 3B Program

The Fall Session of 3B begins on **Wednesday, September 6 and runs through Friday, November 17**. Class sessions meet in McKay Hall at First Presbyterian Church of Fort Wayne and are from 1:30 to 2:30 p.m. with the Walking Club meeting immediately before from 1:00—1:25 p.m. Classes consist of both men and women, (varied in age), and are full of fun, fellowship, fitness and balance exercises and an occasional refreshment celebration. Our focus is holistic in that we use tried and true physical therapy movement exercises, healthy brain exercises and encouraging spiritual, emotional and social experiences in each class gathering.

Our class size is limited to 30, so please **call** the SMOCK office (426-7421 ext. 132) and reserve your spot in the class. There is no charge for the class and materials are provided, but if you wish to purchase your own equipment: balls are \$6.00 and ropes are \$1.00.

All of the services and programs which are available through SMOCK Senior Ministries are made possible due to the legacy that Frank and Laura Smock bequeathed for Presbyterian Seniors who live in the State of Indiana.



Regarding payments for SMOCK Tours and 3B Materials: Due to tightened banking regulations, all checks **MUST** be made out exactly to "**First Presbyterian Church**" or "**FPC**". No other variations will be accepted. The memo line should have the description of Smock Senior Ministries. When mailing checks for Smock events to the church, please address the envelope "Attn: Smock Senior Ministries Center". If you have any questions, please contact the SMOCK office at 426-7421, ext. 132.

This newsletter is also on the website of First Presbyterian Church.

Log onto www.firstpres-fw.org

select the EDUCATION and FELLOWSHIP tab, click on SENIORS, scroll down to CARING CONNECTION and click on the link.

The Caring Connection

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SMOCK SENIOR MINISTRIES
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Fort Wayne, IN 46802

NON-PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 217
FORT WAYNE, IN

ADDRESS SERVICE REQUESTED

August/September 2017

Smock Lifelong Learning Institute

Attention all Presbyterians 50 and Better

SMOCK Senior Ministries will be offering, to all Presbyterians over 50, another opportunity this fall for lifelong learning through classes taught by professionals in their fields of expertise. Please watch for more information and updates in the coming months!

