

SAGACITY

NEWSLETTER OF S.A.G.E.S.

SAINTS ALIVE, GROWING, EVER SERVING



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JANUARY, 2018

S.A.G.E.S. is an auxiliary of Minnesota South District. Downloadable information about S.A.G.E.S. and the GATHERING is available at www.mnsdistrict.org under 'Resources, S.A.G.E.S.'

SAGACITY, n. [OF, fro, Latin *sapiens*, fr, *sapere* to be wise]

Quality of being sagacious; keenness of discernment or judgment.

SAGE, n. [OF, fr. *sage*, fr. L *sapers* to be wise]

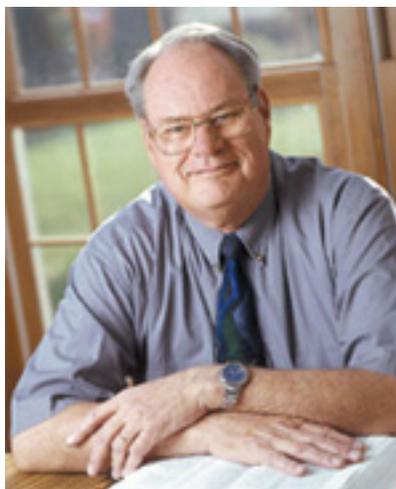
A profoundly wise man; a person of high repute for wisdom; often someone who is venerated for the store of wisdom that has been accumulated during a long life.

S.A.G.E.S. will provide a quarterly newsletter with information about older adult programs and speakers, resources and a forum for anyone who wishes to be heard on older adult issues.

NO ONE HAS DONE HIS BEST UNTIL HE HAS TRAINED SOMEONE ELSE TO TAKE HIS PLACE.

S.A.G.E.S.
MN SO DISTRICT OLDER ADULT
MINISTRY

PRESENTS



*Rev. Ted
Schroeder*

AS THE FEATURED
PRESENTER

MAY 7 & 8, 2018

AT

GATHERING XXX

Due to change in venue, please note

MAKING HOTEL RESERVATIONS FOR THE S.A.G.E.S.

GATHERING MAY 7 AND 8, 2018

RESERVATION DEADLINE: APRIL 7, 2018!

Contact the Country Inn & Suites, 1900 Premier Drive, Mankato, directly by calling 507-388-8555.

The block of rooms is under the name SAGES using this code 1805SAGESL.

The room rates are \$89.00 (non-smoking 2 Queen beds) plus 15% tax and \$94.00 (non-smoking King size bed and sofa) plus 15% tax.

Check in time is 3:00 P.M.

Your room may not be ready to move into until that time!

The hotel is located at the intersection of Highways 14 and 22.

The restaurant, Axel's Bonfire, is on site.

UNDER OBSERVATION



Entry one: I got a double air horn toot and a wave from a semi driver! Absolutely made my day.

Entry two: Henry, my backyard squirrel, has established his superiority at the feeders and consequently is gaining weight exponentially! How do I know it's Henry? One ear is flat and white.

Entry three: The Carol Burnett retro-special; was wonderful – clowning, comedy, satire – all in the hands of real comedians. How does so-called humor measure up to it today?

Entry four: Biographies recently became long (950 pages in the one I'm trying to read) full of minutiae and speculation – always a writer's print of view, but ... really? If these people are interesting there may be a reason, but some of these I'm reading (and may quit soon) really aren't.

Entry five: My view of the moon: a clear night with a temperature of a negative 20 and the full moon shining on a snow-covered earth! What a way to greet a new year! Then, a second full moon coming in January so I'm warming up a rendition of "My Sweetheart's the Man in the Moon."

Entry six: On an LCEF trip to Northrup I was greeted by Marge selling coffee as a fund raiser – "This is Most Certainly Brew" gourmet coffee with a nearly smiling Martin Luther on the label. The school people have a wonderful story to tell!

Entry seven: An ad from the "We can make you healthy folks", un-named to protect us, recommends frozen spinach instead of fresh to lower the risk for hypertension. Who in the world tested that? And pumpkin seeds promote healing, in case you care.

Entry eight: Hippocrates said, "Let food be thy medicine and medicine be thy food." A lot of people these days seem to operate on the basis of tautologies like this. That's assuming people think at all. Communication should improve our understating and ability to function at a job or as a citizen. Instead devices multiply and people are divided.

Entry nine: When I cleaned a closet full of books, a copy of Cicero's various orations appeared. Sad to say, reading them is an exercise that leads quickly to the land of Nod. Should have done this when I was young and alert. Actually in a time of news clips and Instagram, orators don't stand a chance.

Entry ten: Two animated movies now in theaters are the best entertainment available. "Ferdinand" is a delightful rendition of the children's story. "Coco" is another Pixar gem, but the experience of seeing it in an audience of primarily Hispanic people was another good thing. They were really pleased by the way people could learn about their culture and how entertaining it was. Small towns are more interesting than some people think.

Entry eleven: On a cold day, a man went into the bakery and his pickup jumped the curb and followed him. The result was astonished staff and patrons, two very large broken windows and a cold business. The driver's name apparently is a well-kept secret, maybe.

Entry twelve: A January thaw early in January is refreshing after two weeks of below zero temperatures. Sort of like a quiet day reading a good book and not dealing with the world's problems or a mouse in the house.



TELL THE NEXT GENERATION Bible Study

What would you want to 'tell the next generation' about your life?

What would you want to tell them about your Christian faith?

What do you glean from these verses about telling the next generation?

Psalm 78:4-7

Psalm 71:17, 18

Deuteronomy 6:4-9

Proverbs 22:6

Acts 2:39

Proverbs 1:8,9

Ephesians 6:4

Are you surprised that St. Paul would tell this to the next generation?

1 Timothy 1:15

Romans 7:15-24

What would you tell the next generation about that in your own life?

What did St. Paul specially want to tell them?

1 Corinthians 15:3-11

Romans 7:25-8:1

What would you tell the next generation about your prayer life?

What does Jesus say about prayer in a Christian's life?

Matthew 6:5-13

What does St. Paul say about prayer in his own life?

Romans 1:8-10a

1 Corinthians 1:4

Ephesians 1:15,16

Philippians 1:3-5

Colossians 1:3

1 Thessalonians 1:2-4

2 Thessalonians 1:3

What does his example say to us?

1 Timothy 2:1-4

What other words of encouragement does St. Paul have for us to tell the next generation?

Galatians 5:16-25

Philippians 3:12-14

Colossians 3:12-17

1 Thessalonians 5:12-25

S.A.G.E.S. Gathering XXX

(Saints Alive, Growing, Ever Serving --
MN South District Older Adult Ministry)

will be held at Country Inn & Suites, Mankato, May 7 and 8, 2018, with presenter Rev. Ted Schroeder. The theme chosen for this year's thirtieth (XXX) GATHERING is

Pearls of Wisdom



ENTRUSTING THE TREASURE TO THE NEXT GENERATION

Theme verses: Psalm 145:4-7 NIV

⁴One generation **commends** your works to another; they **tell** of your mighty acts. ⁵They **speak** of the glorious splendor of your majesty—and I will meditate on your wonderful works. ⁶They **tell** of the power of your awesome works—and I will proclaim your great deeds. ⁷They **celebrate** your abundant goodness and joyfully **sing** of your righteousness.

The **Gathering** is designed to provide information and fellowship, and to demonstrate how older Christians can serve each other as well as have activities or entertainment that they will find enjoyable. Program activities include three presentations by Rev. Schroeder, eight workshop topics, a wine and cheese reception, vendor displays and the Monday evening banquet with entertainment - *Just Friends*. There will be time for music, meet and greet, and fellowship. A poster, workshop descriptions, program outline and registration form, are available at the end of this issue, online at www.mnsdistrict.org, or check at your church office.

Our presenter, Rev. Ted Schroeder has served as a parish pastor, edited Sunday school and Bible study resources for LCMS, was the Associate Director for Education, Director for Resource Production and Director for Christian Education for the ELCA, authored a variety of books,

congregational resources, Bible studies and educational materials for both the LCMS and ELCA, as well as Concordia and Augsburg Publishing houses. He is married to Ellen (Haas) Schroeder for 50 years this year. They are parents of three and grandparents of five. Rev. Schroeder reports he is living “the good life” in retirement in Minnesota.

Welcome to SAGES, Rev. Schroeder!

PEARLS OF WISDOM



God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another.

1 Peter 4:10



A Minnesota man left the snow filled streets of Minneapolis for a vacation in Florida. His wife was on a business trip and was planning to meet him there the next day. When he reached his hotel he decided to send his wife a quick email. Unfortunately when typing her address, he missed one letter, and his note was directed instead to an elderly preacher's wife whose husband had passed away only the day before. When the grieving widow checked her email, she took one look at the monitor, let out a piercing scream, and fell to the floor in a dead faint.

At the sound, her family rushed into the room and saw this note on the screen: Dearest Wife, Just got checked in. Everything prepared for your arrival tomorrow. P.S. Sure is hot down here.

The children of a prominent family chose to give the patriarch a book of their family's history. The biographer they hired was warned of one problem. Uncle Willie, the “Black Sheep,” had gone to Sing Sing's electric chair for murder.

The writer carefully handled the situation in the following way: **“Uncle Willie occupied a chair of applied electronics at one of our nation's leading institutions. He was attached to his position by the strongest of ties. His death came as a true shock.”**

The focus of the website of Dr. Rich Bimler and Dr. Charles Mueller Sr. (richandcharlie.com) is to “*encourage one another through words, reflections, laughter, wondering, wandering, connecting ...and lots more!*” The following is an excerpt from Dr. Mueller . . .

Just Watching – January 2018 By Dr. Charles Mueller

“2017 REMNANTS”

“During the year I collect and pile up items that I think will fit Just Watching and the Rich and Charlie Resources goal of encouraging people/parents/parishes and church leaders. Each month I Review what I’ve gathered and use what seems most appropriate for the moment. But there are always left over “pearls”. In this last issue of 2017 I want to string together some of them and pass them on to our R and C readers. I hope they speak to you. . . .

“As a member of a still sizeable Silent Generation that is composed of those born between about 1925 and 1944 I yearn for the ability to communicate across the Generations that separate me from my sixteen great-grandchildren, . . . More than anything else I want to pass on to them the Good News that is ours in Christ Jesus. What capacity could be more valuable than that?

“I also want to do my best to effectively prepare them for what they will face in the four Life Stages that God has established. However many of Audie (*Mrs. Mueller*) and my sweet sixteen great grandchildren will live into all four of those Life Stages is the Father’s business. Preparing them to do so is Audie and mine together with any of His 21st century community of saints that are on duty during their lifetime. Of course, R and C Resources is also here to do all it can to encourage and support parents, clergy and church leaders as they weigh in with help. May we all do our part in the name of the gift-of-all-gifts, Bethlehem’s Babe.”

(Used by permission. Full text found at richandcharlie.com under Dr. Charlie Mueller “Just Watching Archive”)

Father: Don’t you think our son gets his brains from me?

Mother: Probably, dear. I still have all of mine.

Dan was a single guy living at home with his father and working in the family business. When he found out he was going to inherit a fortune when his sickly father died, he decided he needed a wife with whom to share his fortune.

One evening at an investment meeting, he spotted the most beautiful woman he had ever seen. Her natural beauty took his breath away.

“I may look like just an ordinary man,” he said to her, “but in a few years, my father will die, and I’ll inherit 20 million dollars.”

Impressed, the woman obtained his business card and three days later, she became his stepmother.

Women are so much better at estate planning than men!

PEARLS OF WISDOM



“It is every man’s obligation to put back into the world at least the equivalent of what he takes out of it.”
Albert Einstein

Don’t knock the weather. Do you realize how many people couldn’t start a conversation if it didn’t change once in a while

Two guys, one old, one young, are pushing their carts around WalMart when they collide.

The old guy says to the young guy, “Sorry about that. I’m looking for my wife, and I guess I wasn’t paying attention to where I was going.”

The young guy says, “That’s OK, it’s a coincidence. I’m looking for my wife, too. I can’t find her and I’m getting a little desperate.”

The old guy says, “Well, maybe I can help you find her . . . what does she look like?”

The young guy says, “Well, she is 27 years old, tall, with red hair, blue eyes, is buxom .. wearing no bra, long legs, and is wearing short shorts. What does your wife look like?”

To which the old guy says, “Doesn’t matter, let’s look for yours.”

All I Need to Know I Learned from Noah's Ark

1. Plan ahead. It wasn't raining when Noah built the ark.
2. Stay fit. When you're 600 years old, someone might ask you to do something REALLY big.
3. Don't listen to critics; do what has to be done.
4. Build on high ground.
5. If mosquitoes are important enough to be saved, you are too!
6. For safety's sake, travel in pairs.
7. Speed is not always an advantage. The cheetahs were on board, but so were the snails.
8. If you can't fight or flee . . . float!
9. Be trusting and patient; the high waters always subside.
10. When the storms of life toss you about, let God do the steering.
11. Remember that the ark was built by amateurs and the Titanic was built by professionals.
12. If you have to start over, have your family by your side.
13. Learn some basic carpentry skills. You never know when they'll come in handy.
14. Remember that the woodpeckers inside are often a bigger threat than the storm outside.
15. No matter how bleak the situation may appear, there's always a rainbow to follow.

PEARLS OF WISDOM



Faith is confidence in what we hope for and assurance about what we do not see. Hebrews 11:1

A teacher asked a student, "Do you really think people can predict the future with cards?"

He quickly replied, "My mother can. She takes one look at my report card and tells me what will happen to me when my father gets home."

Little girl: "My baby brother is only one year old but he has been walking now for six months"

Little boy: "My goodness...isn't he awful tired?"



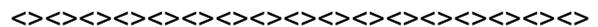
OLDER ADULT MINISTRY GROUPS
ACTIVE IN MINNESOTA SOUTH DISTRICT.

At Redeemer Lutheran Church in Rochester MN, Elderberries is a ministry for those who are 50 or older, though as our leader once wrote, we don't check IDs at the door. We gather for a catered meal, Christian fellowship, and an education program. Elderberries meet five times a year: February, April, June, September and November.

The November presenter was a local gentleman who shared how his mom is coping with Alzheimers in a way that makes life as good as it can be. His presentation was well received - a wonderfully uplifting story, generating a lot of discussion.

Previous topics: City of Rochester update by City Council president; helping the homeless in Rochester by Central City Housing speaker; security from scams by a local law enforcement official; weather information from a local TV meteorologist.

(Editor's Note: This is a new feature that can only continue if readers would share the details of their particular older adult group activities. A write-up can be sent via email to sages@mnsdistrict.org or sent through regular mail to SAGES, Redeemer Lutheran Church 869 7th Ave SE, Rochester MN 55904. Please be sure to include a contact name, address, phone number)



Some people are like Slinkies . . . not really good for anything, but you can't help smiling when you see one tumble down the stairs.

Children: You spend the first two years of their life teaching them to walk and talk. Then you spend the next 16 years telling them to sit down and shut up.

PEARLS OF WISDOM



Whatever your hand finds to do, do it with all your might. Ephesians 9:10

Every Saturday morning Grandpa Walt found himself babysitting his three grandchildren, all boys. The kids always wanted to pay 'war' and Grandpa somehow always got coaxed into the game.

His daughter came to pick up the kids early one Saturday and witnessed Grandpa take a fake shot as Jason pointed a toy gun and yelled, "Bang!" Grandpa slumped to the floor and stayed there motionless. The daughter rushed over to see if he was all right.

Grandpa opened one eye and whispered, "Sh-h-h, I always do this. It's the only chance I get to rest."

Satan walked up to the man and said, "Do you not know who I am?"

The man replied, "Yep, sure do."

Satan asked, "Aren't you afraid of me?"

"Nope, sure ain't." said the man.

Satan was a little perturbed at this and queried. "Why aren't you afraid of me?"

The man calmly replied, "Been married to your sister for over 31 years."

A couple was returning to their seats after a trip to the movie theater concession stand.

"Did I step on your toes on the way out?" the guy asked the man at the end of the row.

"You certainly did," the man responded angrily.

"All right," the husband said to his wife, "this is our row."

A young man comes home after being issued a driver's license. To celebrate, his entire family gets in the car for his inaugural drive. The father immediately heads for the back seat, directly behind the new driver.

"I bet you're back there to get a change of scenery after all those months of sitting in the front teaching me how to drive," the teen says.

"Nope," the father replies. "I'm gonna sit here and kick the back of your seat while you drive just like you've been doing to me for sixteen years."

Prevent truth decay. Brush up on your Bible.

A lot of kneeling will keep you in good standing.

PEARLS OF WISDOM



I have found that among its other benefits, giving liberates the soul of the giver. Maya Angelou

Great Truth About Life That Little Children Have Learned

No matter how hard you try, you can't baptize cats.

When your mom is mad at your dad, don't let her brush your hair.

If your sister hits you, don't hit her back. They always catch the second person.

Never ask your 3-year old brother to hold a tomato.

You can't trust dogs to watch your food.

Don't sneeze when someone is cutting your hair.

Puppies still have bad breath even after eating a tic tac.

Never hold a dust buster and a cat at the same time.

School lunches stick to the wall.

You can't hide a piece of broccoli in a glass of milk.

Don't wear polka-dot underwear under white shorts.

The best place to be when you are sad is in Grandma's lap.

A lawyer was reading out the will of a rich man to the people mentioned in the will.

"To you, my loving wife Rose, who stood by me in rough times, as well as good, I leave her the house and \$2 million."

The lawyer continue, "To my daughter Jessica, who looked after me in sickness and kept the business going, I leave her the yacht, the business and \$1 million."

The lawyer concluded, "And, to my cousin, Dan, who hated me, argued with me, and thought that I would never mention him in my will - well, you are wrong. Hi Dan!"

Best vitamin for a Christian is B1.



Disclaimer: In all health issues, consult your personal medical professional for diagnosis and treatment.

Tips for staying safe in cold weather

With winter's return, the colder temperatures bring some particular risks for older adults and people with chronic conditions. Older adults can lose body heat faster than when they were younger, and changes in their bodies can make it more difficult to be aware of a drop in body temperature. The result can be a dangerous condition called hypothermia.

Hypothermia occurs when a person's core body temperature drops to 95 degrees Fahrenheit or lower. Even a small drop in temperature and short exposure to cold weather can develop into hypothermia. Some warning signs of hypothermia include slowed or slurred speech; sleepiness or confusion; shivering or stiffness in the arms and legs; poor control over body movements; slow reactions, or a weak pulse.

Older adults are especially vulnerable to hypothermia because their bodies' response to cold can be diminished by chronic medical conditions and by use of some medicines, including over-the-counter cold remedies. If you suspect hypothermia, or if you observe these symptoms, call 911.

Is There Help for My Heating Bills?

If you are having a hard time paying your heating bills, there are some resources that might help. Contact the National Energy Assistance Referral service at **1-866-674-6327** (toll-free; TTY, **1-866-367-6228**) or email energyassistance@ncat.org to get information about the Low Income Home Energy Assistance Program.

If your home doesn't have enough insulation, contact your state or local energy agency or the local power or gas company. They may be able to give you information about weatherizing your home. This can help keep heating bills down. These agencies and companies may also have special programs for people who have a limited

income and qualify for help paying the heating bill. Your local Area Agency on Aging, senior center, or social service agency may have information on these programs.

Exercise and Physical Activity: Getting Fit for Life

Exercise and physical activity are good for you, no matter how old you are. In fact, staying active can help you:

- Keep and improve your strength so you can stay independent
- Have more energy to do the things you want to do
- Improve your balance
- Prevent or delay some diseases like heart disease, diabetes, and osteoporosis
- Perk up your mood and reduce depression

You don't need to buy special clothes or belong to a gym to become more active. Physical activity can and should be part of your everyday life. Find things you like to do. Go for brisk walks. Ride a bike. Dance. Work around the house. Garden. Climb stairs. Swim. Rake leaves. Try different kinds of activities that keep you moving. Look for new ways to build physical activity into your daily routine.

Four Ways to Be Active

To get all of the benefits of physical activity, try all four types of exercise— (1) endurance, (2) strength, (3) balance, and (4) flexibility.

1. Try to build up to at least 30 minutes of activity that makes you breathe hard on most or all days of the week. Every day is best. That's called an **endurance** activity because it builds your energy or "staying power." You don't have to be active for 30 minutes all at once. Ten minutes at a time is fine.
2. Keep using your muscles. **Strength** exercises build muscles. When you have strong muscles, you can get up from a chair by yourself, lift your grandchildren, and walk through the park.
3. Keeping your muscles in shape helps prevent falls that cause problems like broken hips. You are less likely to fall when your leg and hip muscles are strong.
4. Do things to help your **balance**. Try standing on one foot, then the other. If you can, don't hold on to anything for support. Get up from a chair without using your hands or arms. Every

now and then walk heel-to-toe. As you walk, put the heel of one foot just in front of the toes of your other foot. Your heel and toes should touch or almost touch.

5. Stretching can improve your **flexibility**. Moving more freely will make it easier for you to reach down to tie your shoes or look over

your shoulder when you back the car out of your driveway. Stretch when your muscles are warmed up. Don't stretch so far that it hurts.

*For tools and tips to help you be active every day
Visit www.nia.nih.gov/Go4Life*

Millions of Americans will be navigating icy roads and sidewalks for days to come. Even heavy snow boots may not keep you upright on frozen walkways and stairs.

There is good news: If you find yourself slipping, remember “tuck and roll.” If you feel yourself losing balance, tuck into a ball, make yourself as small as possible and keep your head and face away from the fall, experts say. Don't put out your hands to catch yourself, or you'll risk breaking your arms or wrists. Try to land on the fleshy part of your body rather than your knees or spine.



Or try this proven way avoid a painful splat on the ice: Walk like a penguin. The waddle keeps your center of gravity over your front leg and will help keep you upright. Spread your feet out slightly, to increase your center of gravity, and take small steps.

Also, keep your hands out of your pockets while walking — that decreases your center of gravity and balance, according to the Centers for Disease Control and Prevention. You need your arms for balance.



S.A.G.E.S.

SAINTS ALIVE! GROWING, EVER SERVING

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NOTICE: There are openings for board representatives in the southwest part of the state. Please pray that hearts will be open to this opportunity.

All board members are volunteers who enjoy serving together.

The print edition of SAGACITY is in black and white. The online edition will have color. Go to: mnsdistrict.org, in the top bar, click on News and Events to get a dropdown box, click SAGES, scroll down to find the online version of SAGACITY.

MINNESOTA SOUTH DISTRICT LCMS OLDER ADULT MINISTRY



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PRESENTS

GATHERING XXX

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PSALM 145:4-7

FEATURED PRESENTER

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ENTERTAINMENT

"Just Friends"

MAY 7 & 8, 2018

COUNTRY INN AND SUITES
1900 PREMIER DRIVE, MANKATO MN 56001
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