

How to Stay Young

Sometimes we get sound advice from unexpected places. Comedian George Carlin is not necessarily known for his Christian mentoring skills. He once gave advice on how to stay young, however, that seems worthy to be passed along:

- Throw out nonessential numbers. This includes age, weight and height. Leave these numbers for the doctors to worry about.
- Keep only cheerful friends. The grouches pull you down. (Of course, Sesame Street theology says to also find joy in your contacts with Oscar. He can make life fun if you don't let him bring you down.)
- Keep learning. Never let the brain idle. Learn more about computers, gardening, history, crafts, whatever you find interest in. (P.S.—See our article on Lifelong Learning courses starting soon!)
- Laugh often, long and loud. Laugh until you gasp for breath.
- Enjoy the simple things.
- The tears happen. Endure, grieve and move on. Be ALIVE while you are alive.
- Surround yourself with what you love—pets, family, keepsakes, music, hobbies. (We can also add: surround yourself with the Word of God daily. Fill your home with praise and thanksgiving.)
- Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help. (We will add: If the help tells you there is no hope, remember that God offers eternal hope.)
- Don't take guilt trips. Take a trip to the mall, the mountains or the movies, but not to where unhealthy guilt resides.
- Tell the people you love that you love them at every opportunity you have.

Remember: Life is not measured by the numbers of breaths we take, but by the moments that take our breaths away.

(Remember, too, that we should look for the moments when God's joy and love can take our breath away in simple and unexpected ways.)

We cannot truly stay young by the world's standards, nor should we try. Maybe the title should read, how to stay sane and joyful and thriving in a world that often just sees us as old. We cannot let the world and our culture define us. Age never stopped God from working through a life for His purposes. Age does not define

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Mission: To provide collaborative faith-based services that meet the health and wellness needs of the whole person.

Summer 2007

Get your Kicks on Wellness 66

On September 13, 2007, a complimentary educational opportunity focusing on healthy living for the whole person (spiritual, physical, intellectual, social and emotional health) will be offered in the Harpeth Hills Church of Christ Community Room. The event will be hosted by the Resource Center on Aging at Harpeth Hills Church of Christ, Parthenon Pavilion Hospital and the Center for Healthy Living at Centennial Medical Center.

You are invited to travel along on this journey as participants explore a senior's map to healthy living. This senior workshop will focus on the enhancement of healthy living and include workshops on exercise and nutrition, medication education, communicating with healthcare providers, overview of major diseases, depression, stress management, family conversations, legacy, and faith formation. Experts in each field will present information useful to senior adults, their caregivers, social workers and healthcare professionals.

The program will run from 8 a.m. until 3:30 p.m. Lunch is included with registration, but seating is limited, so please make your reservation early by going to our website at www.resourcecenteronaging.org and clicking on the event registration or calling Jane Travis at 615.373.0601 ext. 100.

Don't miss the chance to get your kicks on Wellness 66.

Visit us at our new website!
www.resourcecenteronaging.org



Little bit of trivia:

"Get your kicks on Route 66!" was once a popular slogan.

For the years between 1926 and 1985, Route 66, from Lake Michigan in Chicago to the Pacific Ocean in Los Angeles, was a main interstate route that passed through eight states.

While newer routes have now become more popular, Route 66 has not been forgotten and is still intact.

It is featured in the recent Disney Pixar movie, Cars.

A Poetic Journey

Lisa Williams lives with chronic illness. She is a reminder that one can face health issues at any stage of life. She is an even greater example of how one can cope with illness as well as use it to develop new skills and find ways to bless the lives of others. Lisa uses pen and paper to encourage and minister. Hundreds of notes, greeting cards, pen pal relationships, etc. come from her. A more lengthy work, a book entitled *A Poetic Journey*, was authored in 2006. Proceeds from the sale of this inspiring collection go to support the Prison Ministry of which Harpeth Hills is a part. In the Introduction, Lisa writes:

"Joy flooded my soul as I wrote each page of this book. Initially my intention was to put

together a small collection of poetry only. However, as I began to open my heart to the leadings of the Spirit, I realized that there was also a story that needed to be told. Mine is a story of God's great faithfulness, His perfect provision, His immeasurable love, and the many marvelous displays of His splendor. It is also a testimony of God's willingness to make a way for us to serve Him even in extreme circumstances.

The past decade of my life has

been a journey that I would never have asked for, yet would not trade for all the riches in this world because it is through this journey of illness that I have drawn closer to my Lord and learned so much more about Him. During this time, God gave me a ministry of encouragement to women in prison that would give me a true purpose in my pain. For many years I have

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been homebound with multiple chronic illnesses that leave me with little energy, fevers, pain and an inability to stand for more than a few minutes without feeling faint. Those who live with a chronic illness will probably relate to the feelings expressed in the pages of this book. If someone you love is sick, maybe this will offer you some insight into what your loved one may be going through and how best to help him or her. I hope that everyone who reads this book will be able to gain strength and

hope and maybe a little inspiration for your own journey. In the middle of a wilderness experience, God has planted my feet on the mountaintop. He has shown me that as long as I lean on Him, He can and will turn my trials into triumphs.

Very early on in this journey, God amazingly began to fill my heart with poetry; a gift I assure you had never been mine before. I kept a pencil and paper within reach almost every moment for quite some time. The words flowed from me in a way that utterly shocked me. Writing down the thoughts and feelings that God so often put on my heart has been an incredible form of therapy. Often these writings were simply my conversations with the Lord and expressions of the comfort I felt He was

giving me. The poetry ranges from overwhelming feelings of praise for my Father to the desperate pleadings of a weary child. If you are going through a difficult time in your life, I pray that you will draw strength from this story of God's great faithfulness. To Him be all praise, honor and glory, for He alone is worthy!"

NOTE:

The book sells for \$10 and may be obtained from the author (615-665-3507).

Lifelong Learning @ Lipscomb University
Thursdays Sept. 6—Oct. 4
Visit lifelonglearning.lipscomb.edu or call 966.5733 for more.

Lipscomb University encourages lifelong learning

Lipscomb University knows that learning never ends. "The Lifelong Learning Program at Lipscomb University is an opportunity for all people of retirement or semiretirement age to engage in the ongoing work of learning," says Patty Dugger, program director. "Our courses cover a variety of topics, and our courses are open to anyone in the community."

The fall sessions are beginning soon. Participants can learn the history of country music from musician John Bridges or study the critical decisions of World War II from Dr. Tim Johnson. Dr. Harvey Floyd will guide class participants through a study on the Holy Spirit, and Al Austelle teaches a computer course. Other course offerings include: Eccentric but Creative Concord Writers led by Dr. Dennis Loyd; Staying in Touch with God: The Discipline of Prayer led by Dr. Carl McKelvey; Modern China in Historical Context led by Guy Vanderpool; and Just the Facts Ma'am, only the Facts! led by FBI Special Agent Starley Carr and ATF Special Agent Dick Garner. Brochures are available with complete class descriptions.

Family Conversations will be led by James Vandiver. Topics which will be explored are: Reinventing the Family, The Importance of Seeing the Big Picture, Legacy and Memorializing Your Wishes, Decision Making Dilemmas, and Caring for Yourself and Others. This class will be held on Thursdays from 2:30 until 4:00 p.m. in the Ezell building during the first session starting in September.

A one-week series on the lost civilizations of the world will be hosted by Dr. David Lawrence. This study will run January 7-11 from 2:30-4:00 p.m. The class will study several civilizations of the past which no longer exist in any way.

The fall 2007 sessions run from September 3 through October 7 and from October 15 through November 16. Each course has five afternoon sessions.

The cost is \$50 per person for each class. Individuals may take two classes during the same session for \$75. For two people living at the same address enrolled for classes in the same five-week session, the cost is \$75 for the two. Some classes may require the purchase of a textbook. All suggested and required textbooks may be purchased in the university bookstore or at registration. To learn more about the program visit lifelonglearning.lipscomb.edu or call the program office at 966.5733 or toll-free at 800.333.4358.

Vandiver Receives New Certification

James Vandiver recently completed a comprehensive course through the Society of Certified Senior Advisors (SCSA) and earned the designation of Certified Senior Advisor (CSA). SCSA, an international organization, trains professionals to meet the needs of a growing senior population.

By 2030, one in five Americans will be a senior aged 65 or older. Vandiver sees the importance of responding to the ever-changing challenges and opportunities faced by the aging population. "SCSA keeps professionals abreast of the health, financial and social needs of seniors by providing education, training, support and communication resources to those of us dedicated to serving seniors," he states.

As a CSA, Vandiver will participate in continuing education that emphasizes ethical selling and business practices and volunteer service specific to seniors.

Visit the new Harpeth Hills website at:

www.harpethhills.org