

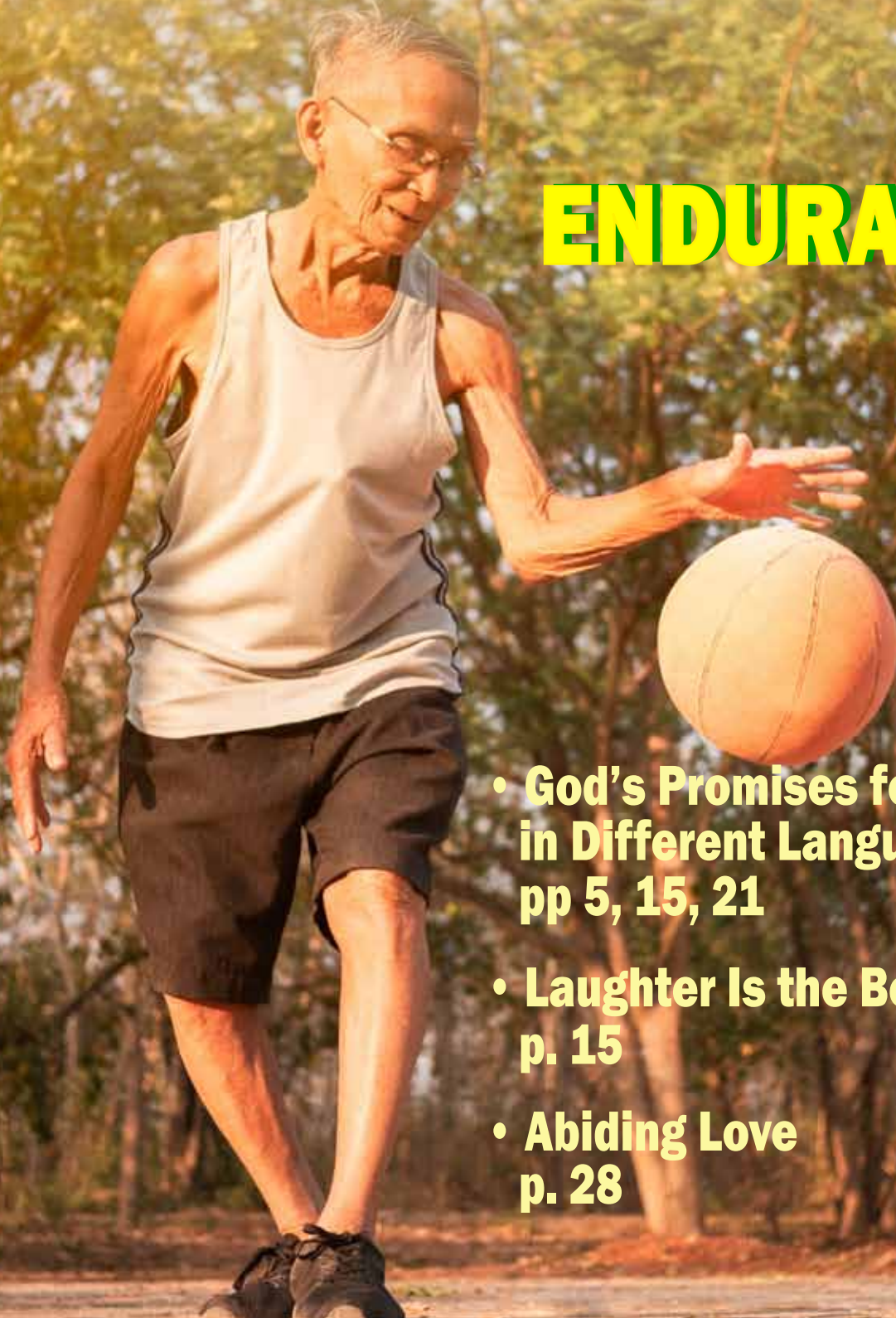


# SENIORS'

# PERSPECTIVES

*Autumn/Winter 2020*

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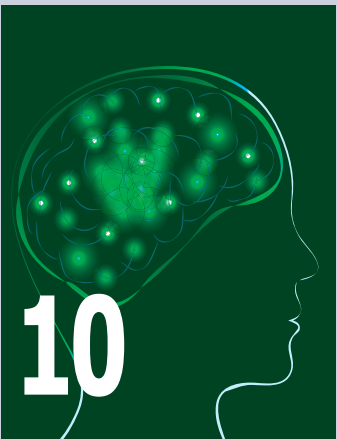
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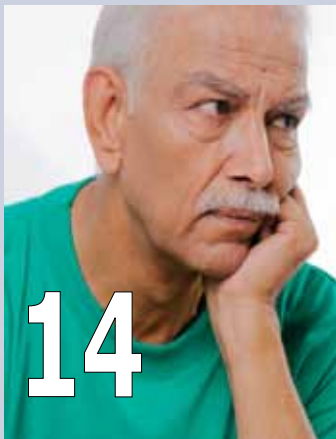
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**Editor: Dr. Mansfield Edwards, President & Seniors' Ministry Director**

**Layout: Sarah Gouda-Maka**

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905-571-1022, ext. 315 - [sgouda@adventistontario.org](mailto:sgouda@adventistontario.org) - [www.AdventistOntario.org](http://www.AdventistOntario.org)

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# Drive Safely!

Senior drivers are more prone to medical conditions that affect their ability to drive safely. Here are the most common issues:

## **DEMENTIA**

In the early stages of the disease, many people can continue to drive safely. But as the condition progresses, it can lead to cognitive and physical changes that make being behind the wheel dangerous. Doctors recommend patients with dementia undergo an assessment by an occupational therapist to determine if they're fit to drive.

## **GLAUCOMA**

Often caused by abnormally high pressure in the eye, it can lead to a loss of peripheral vision. While that can't be reversed, medication, combined with regular checkups, can halt or slow the degradation.

## **MACULAR DEGENERATION**

Common in people over 50, it can reduce central vision. Some types of macular degeneration respond better to treatment than others. Experts recommend regular checks by an eye doctor, who will determine if sufferers can still drive safely.

## **GLARE SENSITIVITY**

As we age, we can become more sensitive to bright light. To counteract that, experts recommend wearing quality sunglasses on especially bright days. (Just remember to take them off as soon as the sun sets.) At night, to avoid being blinded by oncoming cars, look to the right side of the road as vehicles pass, focusing on the lane markings to stay on track. Once the coast is clear, look ahead of you again.

## **HEARING LOSS**

Very common in people over 65, it can make it hard to hear horns, bicycle bells and other sounds critical to safe driving. Doctors recommend senior

drivers have regular hearing tests and, if necessary, invest in hearing aids.

## **ARTHRITIS**

The disease can result in a loss of muscle and range of motion, making it difficult to grasp the steering wheel, apply the brakes and perform blind spot checks. Arthritis can also slow reaction times. People suffering from severe pain and those with a very limited range of motion should not drive, says the Canadian Medical Association. But some of those conditions can be overcome with in-car driving aids. An occupational therapist can also help those with severe arthritis modify and improve their driving technique.

## **EXTEND YOUR RANGE**

As you age, try these tips to stay safe behind the wheel:

## **STAY ACTIVE**

Research shows that seniors who are physically fit are less prone to being in collisions, says Gary Naglie, a Toronto geriatrician.

## **MANAGE YOUR MEDICAL CONDITIONS**

Work with your doctor to manage medical conditions that may affect your driving. Going for regular vision and hearing checks is also key.

## **UNDERSTAND YOUR MEDICATION**

Commonly prescribed drugs, such as tranquilizers, sleeping pills and even over-the-counter antihistamines, can cause everything from blurred vision to drowsiness. Also, while some medications may be safe on their own, they can cause problems when combined with other drugs. Talk to your doctor about how your medications could impact your skills behind the wheel.

# Losing It?

*“Peace I leave with you  
My peace I give you.  
I do not give as the world gives.  
Do not let your hearts be troubled  
and do not be afraid.”  
John 14:27*

**W**e have all had the experience of losing something valuable. Maybe you have lost a watch, a purse, a wallet, a credit card, a key, a cellphone or your eyeglasses. Losing something valuable can be annoying, frustrating or even embarrassing.

The inconvenience involved sometimes may have led us to blame ourselves for our forgetfulness.

Then there are some losses we experience for which we are not responsible. We may experience such losses when the real estate market depreciates, or the stock market is not performing as one desires, or losses due to failed governments policies.

Then Covid-19 pandemic reminds us that there are other kinds of losses, such as the loss of health, the loss of congregational gatherings, and the loss of loved ones. Our happiness has much to do with adjusting to our losses as we find peace in Christ.

Let us pray for all families who have lost loved ones and are processing those losses.

Let us pray for those who are sick and uncertain of their recovery, living between fear and hope.

Let us be thankful to God if we are experiencing relatively good health, which is a great blessing.

May our ears be always open to His gracious promise, “Peace I leave with you. My peace I give you.

I do not give as the world gives. Do not let your hearts be troubled and do not be afraid.” John 14:27.



*Pastor Mansfield Edwards  
President and Seniors' Ministry's Director*

# Les promesses de Dieu pour vous

**Ésaïe 46:4** - 4 Jusqu'à votre vieillesse je serai le même, Jusqu'à votre vieillesse je vous soutiendrai; Je l'ai fait, et je veux encore vous porter, Vous soutenir et vous sauver.

**Psaumes 37:25** - 25 J'ai été jeune, j'ai vieilli; Et je n'ai point vu le juste abandonné, Ni sa postérité mendiant son pain.

**Psaumes 92:12-15** - 12 Les justes croissent comme le palmier, Ils s'élèvent comme le cèdre du Liban. 13 Plantés dans la maison de l'Éternel, Ils prospèrent dans les parvis de notre Dieu; 14 Ils portent encore des fruits dans la vieillesse, Ils sont pleins de sève et verdoyants, 15 Pour faire connaître que l'Éternel est juste. Il est mon rocher, et il n'y a point en lui d'iniquité.

**2 Corinthiens 4:16** - 16 C'est pourquoi nous ne perdons pas courage. Et lors même que notre homme extérieur se détruit, notre homme intérieur se renouvelle de jour en jour.

## Las promesas de Dios para ti

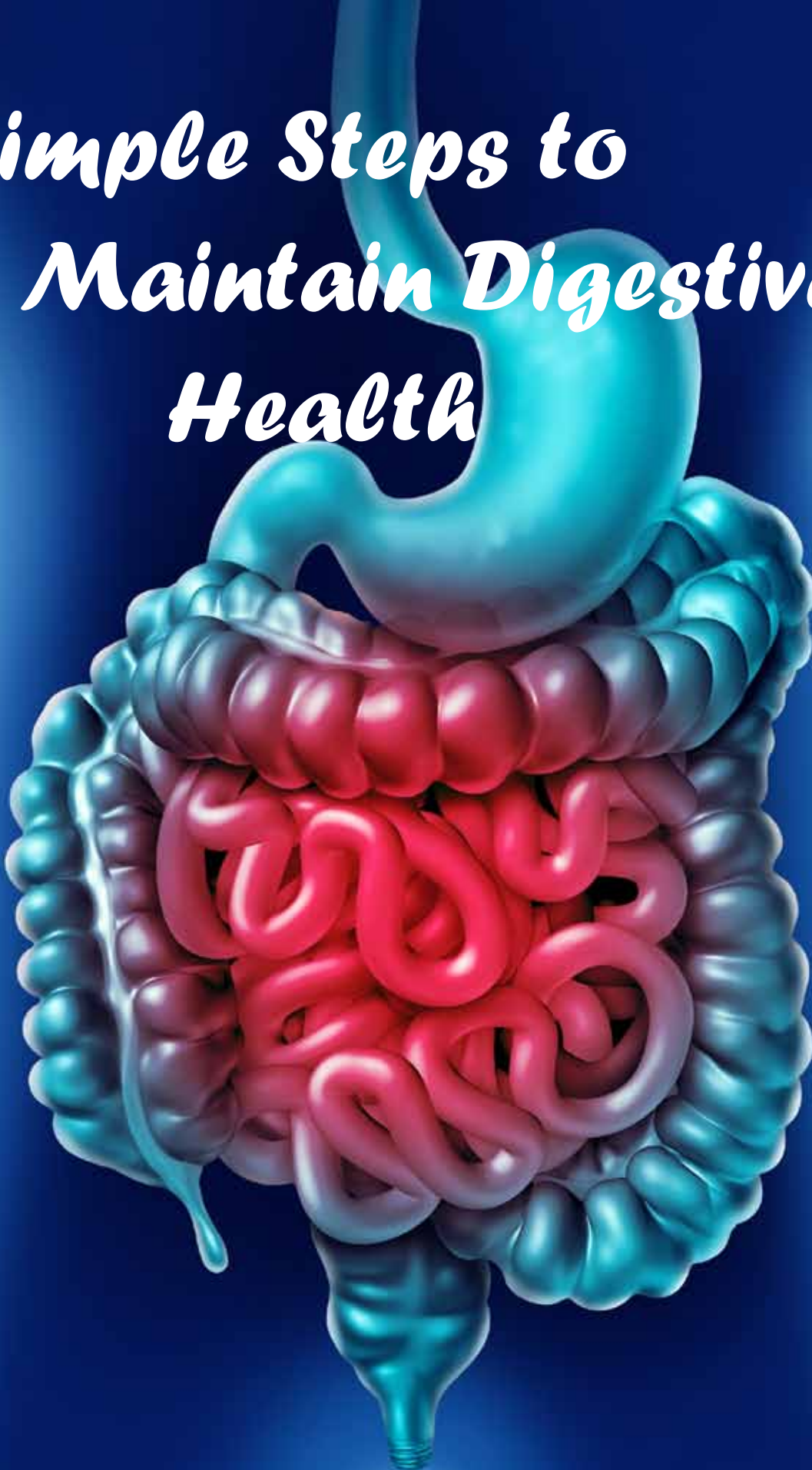
**Isaías 46:4** - 4 Aun en la vejez, cuando ya peinen canas, yo seré el mismo, yo los sostendré. Yo los hice, y cuidaré de ustedes; los sostendré y los libraré.

**Salmos 37:25** - 25 He sido joven y ahora soy viejo, pero nunca he visto justos en la miseria, ni que sus hijos mendiguen pan.

**Salmos 92:12-15** - 12 Como palmeras florecen los justos; como cedros del Líbano crecen. 13 Plantados en la casa del SEÑOR, florecen en los atrios de nuestro Dios. 14 Aun en su vejez, darán fruto; siempre estarán vigorosos y lozanos, 15 para proclamar: «El SEÑOR es justo; él es mi Roca, y en él no hay injusticia».

**2 Corintios 4:16** - 16 Por tanto, no nos desanimamos. Al contrario, aunque por fuera nos vamos desgastando, por dentro nos vamos renovando día tras día.

# *Simple Steps to Maintain Digestive Health*



**T**he digestive system is responsible for breaking down large food molecules into smaller molecules to make nutrients available to all cells and to assist in the elimination of waste. It consists of the gastrointestinal tract and a number of accessory organs. Digestive disorders are common in the elderly. Some symptoms that indicate you may have a digestive disorder include nausea, difficulty swallowing, constipation, diarrhea, blood in your sputum or solid waste, gastric reflux (GERD – gastrointestinal reflux disease), abdominal pain, gas/bloating, indigestion, and loss of appetite. Any combination of these symptoms may be alarming. So if you are interested in maintaining digestive health as you age, you may find it helpful to adhere to the reminders listed below.

### **Maintain Activity**

There are several ways to do this even if you have been diagnosed with arthritis, have other mobility issues, or are wheelchair-bound. Your physician, physiotherapist, kinesiologist, or other skilled health care professional can assist you with safe exercises. In addition to other benefits, exercise promotes the efficient elimination of waste and encourages digestive health. A weakened sphincter muscle, sedentary lifestyle and chronic constipation may contribute to hemorrhoids (swollen veins in the lower gastrointestinal tract) that are common in older adults (Maged Rizk, MD – [health.clevelandclinic.org](http://health.clevelandclinic.org)).

### **Check Your Medications**

Multiple medications – both over-the-counter and prescription – may cause a variety of gastrointestinal issues, including constipation, diarrhea, abdominal pain, nausea, and bleeding ulcers. Talk to your doctor about possible side effects and ask for a substitute if you have identified medication on your list that may be causing digestive problems (Rizk).

### **Remember This**

Over time, the diaphragm can sink, causing decreased support where the esophagus joins the stomach, called a hiatal hernia. It typically causes heartburn and reflux. Medication often helps, but surgery is sometimes needed (Rizk).

## **Consume Foods That Are High in Fibre and As Close As Possible to Their Natural State**

A plant-based diet is best because it helps prevent constipation and possibly diverticulosis. Use refined foods sparingly because they have little or no value and can actually deprive the body of essential vitamins and minerals.

### **Drink Enough Fluids to Be Adequately Hydrated**

When you increase fibre in your meal plans, fluids – especially water – help food move through the body and help the digestive system get rid of waste. Do not rely on thirst to trigger your desire for water. Remember that the thirst mechanism becomes less sensitive with age and dehydration and constipation can happen very easily. Without adequate water intake, normal function is impaired and inefficient clearance of body waste occurs. Accumulated waste in the intestines may provide the ideal environment for parasites to thrive. Here, they reproduce rapidly and may result in parasitic infection. Signs of parasitic infection, occurring alone or in combination, include constipation (or diarrhea – depending on the type of parasite present), gas and bloating, abdominal pain, anorexia, chills, joint and muscle aches and pains, chronic fatigue, hives, rashes, eczema, ulcers, sores, muscle spasms, rectal itching, anaemia from blood loss associated with low iron absorption, the presence of blood or mucus in fecal matter, and the presence of a worm (or worms) in stool. According to the CDC ([cdc.gov](http://cdc.gov)), parasites can enter the gastrointestinal tract (GI) through various means.

- Pets can carry them and pass them to people.
- Individuals can acquire them if they accidentally ingest food or water that is contaminated by stool from infected animals. This can happen if people consume unwashed fruits and vegetables, particularly if they were grown near areas with water sources that are close to places where livestock is raised.
- Parasites can enter the GI tract through raw aquatic plants e.g. watercress, raw fruits and vegetables that have been contaminated by human or animal feces, undercooked or raw fish/meat, and from soil that is contaminated with feces from an infected animal. Some foods are contaminated by food service workers who practise poor hygiene or who work in unsanitary facilities.

# WASH YOUR HANDS



Some parasites can be blood-borne – through shared contaminated syringes and needles, and/or blood transfusions.

To minimize the transfer of parasites to your body, particularly your digestive tract, remember to wash your hands with soap and water when they are visibly dirty, and ...

- ✓ as soon as you enter the house
- ✓ before handling food
- ✓ before eating
- ✓ after visiting the restroom (use a paper towel to turn on/off the tap and open the door)
- ✓ after changing a baby's diaper
- ✓ after touching eggs, raw meat, poultry, or fish
- ✓ after handling animals – especially reptiles
- ✓ after cleaning up animal waste
- ✓ after handling garbage
- ✓ before and after treating a cut or wound
- ✓ after visiting the sick

Parasites can be transmitted by insects that may be on their bodies or in their blood and feces.

Avoid eating candy from public areas - including restaurants and medical offices.

Avoid purchasing food from places where attendants handle money and food without washing their hands between serving patrons. Before buying from public vendors, check out their practices re: food preparation, food handling, personal hygiene, sanitation, and methods of food storage.

When using public washrooms, public transportation, computer keyboards, touch screen kiosks, ATM machines, etc., try not to touch surfaces more than necessary. Clean hands after use.

Wash fruits and vegetables before using them. This includes those whose skins are discarded (melons, bananas, pineapples, cantaloupes, etc.) as this will remove most bacteria, viruses, residual pesticides, and other contaminants. Use a light cleanser – not just water. Many safe herbal preparations are available at grocery stores that can be used to wash fruits and vegetables.

Luggage, grocery bags/boxes, or other bags that have been placed on the floor/ground, should not be placed on your bed or kitchen table.

Do not place your bags/handbags on the floor – especially in public bathrooms.

As far as possible, hold doorknobs, rails, and press elevator buttons with a paper towel or something other than your bare hands.

Perfect health in a perfectly balanced environment will be a reality only in heaven and the new earth. In the meantime, however, following the suggestions above should improve your digestive health in particular, and your general health and quality of life significantly. Remember, God's plan for us is that we live '...a rich and satisfying life' (John 10:10 – NLT).



*Maria McClean, Director  
Health and Prayer  
Ministries*



# Safety Tips: Winter Safety Indoors and Out

**W**inter may be cold, but it doesn't have to be dangerous - stay warm and safe and enjoy your winter, inside and out!

## Get informed before going out:

- Check the weather forecast, and stay indoors if there's a severe weather warning.
- Inform family or friends when you're leaving the house.
- Watch out for ice: Slow down and take small steps.
- Take your fully charged cellphone, and if needed, your survival essentials kit.
- Dress in layers and keep your head, ears, and hands covered to prevent frostbite.
- Wear sunglasses to reduce any glare from the snow or ice.
- Footwear should be warm, well-insulated, lightweight, low heel, non-skid soles (natural rubber).
- Use anti-slip devices; they can reduce the rate of falling, but remember to take them off when not needed.
- You may keep with you a small packet of ice melter, such as sand or grit to spread on icy surface if needed.
- Remember to wipe any melted snow.
- Hold on the stair rails when climbing stairs.

## Stay safe indoors

- Winter is a busy season for fires in Canada. That's why it's important to be mindful of fire prevention and safety.
- Make sure you have working smoke alarms.
- Don't leave burning candles unattended, and if a pot catches fire while cooking, put a lid on it.
- Use alarm clock as a reminder to turn off the stove if needed.

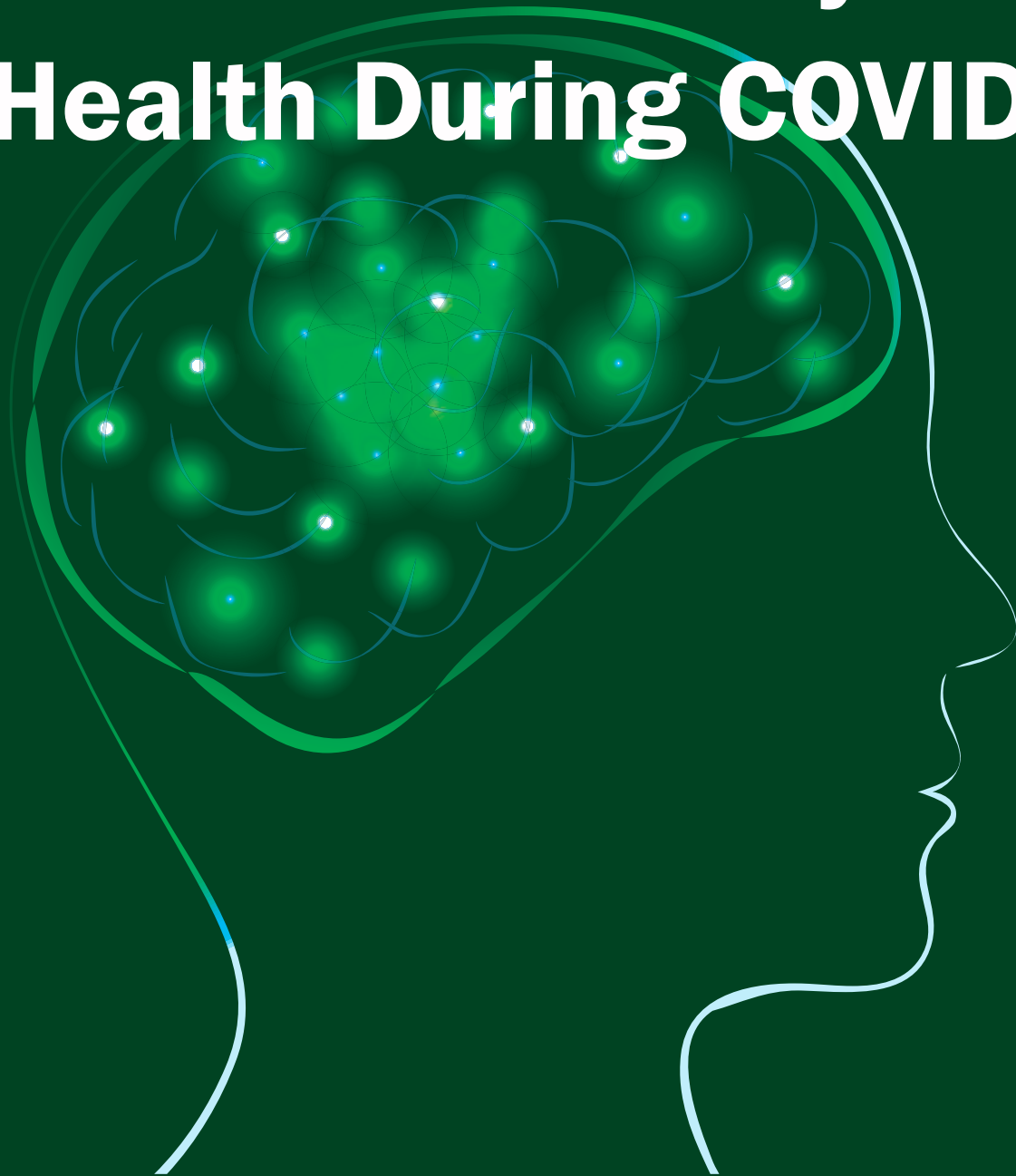
## Check your family emergency kit

- You likely have some basic emergency kit items already in your home, such as a flashlight, battery-operated radio, food, water, and blankets. Make sure they are organized, easy to find and easy to carry, in case you need to evacuate your home.
- Keep a kit in your vehicle.
- Remember to refresh the supplies for winter, especially the food items.

*Public Safety Canada*



# **Taking Care of Your Mental and Physical Health During COVID-19**



**F**ear, stress and worry are normal in a crisis. The COVID-19 pandemic has resulted in many changes. You might feel like you're no longer in control of things.

It is normal to feel sad, stressed, confused, scared or worried. People react in different ways. Some common feelings include:

- A sense of being socially excluded or judged
- Concern about your family's well-being
- Fear of getting sick with COVID-19 or of making others sick
- Worry about losing your job or finances
- Fear of being apart from loved ones due to isolation or physical distancing
- Helplessness, boredom, loneliness and depression due to isolation or physical distancing

## Positive Mental Health

- Prevents the onset of some mental health problems
- Decreases the number of people who have poor mental health, experience symptoms of mental illness, and commit suicide
- Supports people who suffer from mental health issues
- Strengthens individuals and communities
- Improves your physical health because dealing with stress in a useful way can boost your immune system
- Helps to reduce the stigma of mental health. Stigma is the negative associations made about certain people, qualities, or circumstances.

## Taking Care of Yourself

- Stay informed, but take breaks from social media and the news.
- Practise physical distancing, but stay socially connected to friends and family through:
  - ✓ email
  - ✓ phone calls
  - ✓ video chats
  - ✓ social media
- Practise mindfulness by stretching and taking deep breaths
- Eat healthy meals, exercise regularly, and get plenty of sleep
- Follow safe food handling and cooking practices to keep you and your family safe by killing the virus and lowering your risk of infection.
- Think about how to use any unexpected flexibility in your daily routine.
- Focus on the positive aspects of your life and things you can control.
- Be kind and compassionate to yourself and to others.

## What Is Positive Mental Health?

### Positive mental health is:

- Feeling in control of your life and personal decisions
- Being able to cope with life's challenges and stresses
- Functioning and focusing well mentally
- Being generally optimistic about life events. This means having hope that good things can, do, and will happen in your life
- Feeling physically healthy
- Feeling like you belong to your community, such as your church, neighbourhood and workplace.

*Continued on page 14*



When you have positive mental health, you are able to handle problems and challenges more easily; it is called resilience, and if you are resilient, you have:

- The ability to learn new skills, ideas, and concepts
- The ability to adapt to change and new situations
- Healthy self-esteem: This means having a positive attitude about yourself
- Confidence when managing conflict
- Personal support from family and friends
- Good ways of coping with stress, such as knowing how to:
  - ◇ Relax - practise positive self-talk to think through situations before acting and to prevent negative thoughts
  - ◇ Avoid stressful social relationships, such as interacting with people who make you feel bad about yourself or uncomfortable
  - ◇ Plan pleasant events for yourself, and keep those plans

## Keep Positive Mental Health in Your Daily Life

- Help people feel included in the community by planning or getting involved in community events; organize reading, walking, or arts and crafts programs.
- Participate in physical activities and encourage participation of family members, work colleagues, friends, and neighbours.
- Take ownership of your life experiences and don't blame your situation on events beyond your control
- Eat and sleep well
- Accept changes in your environment
- Identify and realize your goals (self-efficacy)
- Participate in:
  - ◇ Classes and programs that teach self-efficacy, problem-solving, and optimistic thinking
  - ◇ Seniors' walking, swimming and social groups
  - ◇ Bereavement groups if you have experienced a death in your life
  - ◇ Counselling for help if you need it

# Mga Pangako ng Dios Para sa Yo

**Isaias 46:4** Ako ang inyong Dios. Iingatan ko kayo hanggang sa pumuti ang inyong buhok at kayo'y tumanda. Kayo'y nilikha ko kaya tungkulin ko na kayo'y iligtas at tulungan.

**Salmo 37:25** Ako'y naging bata at ngayo'y matanda na, ngunit hindi ko pa nakita kahit kailan na ang matuwid ay pinabayaan ng Panginoon o ang kanya mang mga anak ay namalimos ng pagkain.

**Salmo 92:12-15** Uunlad ang buhay ng mga matuwid gaya ng mga palma, at tatatag na parang puno ng sedro na tumutubo sa Lebanon. 13 Para silang mga punong itinanim sa templo ng Panginoon na ating Dios, 14 lumalago at namumunga kahit matanda na, berdeng-berde ang mga dahon at nananatiling matatag. 15 Ipinapakita lamang nito na ang Panginoon, ang aking Bato na kanlungan ay matuwid. Sa kanya'y walang anumang kalikuan na matatagpuan.

**2 Corinto 4:16** Iyan ang dahilan kung bakit hindi kami pinanghihinaan ng loob. Kahit na unti-unting humihina ang aming katawan, patuloy namang lumalakas ang aming espiritu.

## 당신을 위한 하나님의 약속

“너희가 노년에 이르기까지 내가 그리하겠고 백발이 되기까지 내가 너희를 품을 것이라 내가 지었은즉 안을 것이요 품을 것이요 구하여 내리라” 이사야 46:4

“내가 어려서부터 늙기까지 의인이 버림을 당하거나 그 자손이 결식함을 보지 못하였도” 시편 37:25

“의인은 종려나무 같이 번성하며 레바논의 백향목 같이 발육하리로다 여호와의 집에 심겼음이여 우리 하나님의 궁정에서 흥왕하리로다 늙어도 결실하며 진액이 풍족하고 빛이 청청하여 여호와의 정직하심을 나타내리로다 여호와는 나의 바위시라 그에게는 불의가 없도다” 시편 92:12-15

“그러므로 우리가 낙심하지 아니하노니 겉사람은 후패하나 우리의 속은 날로 새롭도다” 고린도후서 4:16



# Don't Be a Victim

## **Covid-19 Scams**

There are a number of reported scams related to Covid-19. Beware and stay cyber-healthy during Covid-19 and the false claims to prevent, treat or cure Covid-19.

## **Personal Financial Information**

Many frauds and scams attempt to mimic real federal government services to gain access to your personal and financial information. The Financial Consumer Agency of Canada (FCAC) is warning Canadians to be very cautious when receiving emails or text messages that appear to be from a financial institution asking for personal or financial information. Government and/or the CRA will not reach out by text, email or phone.

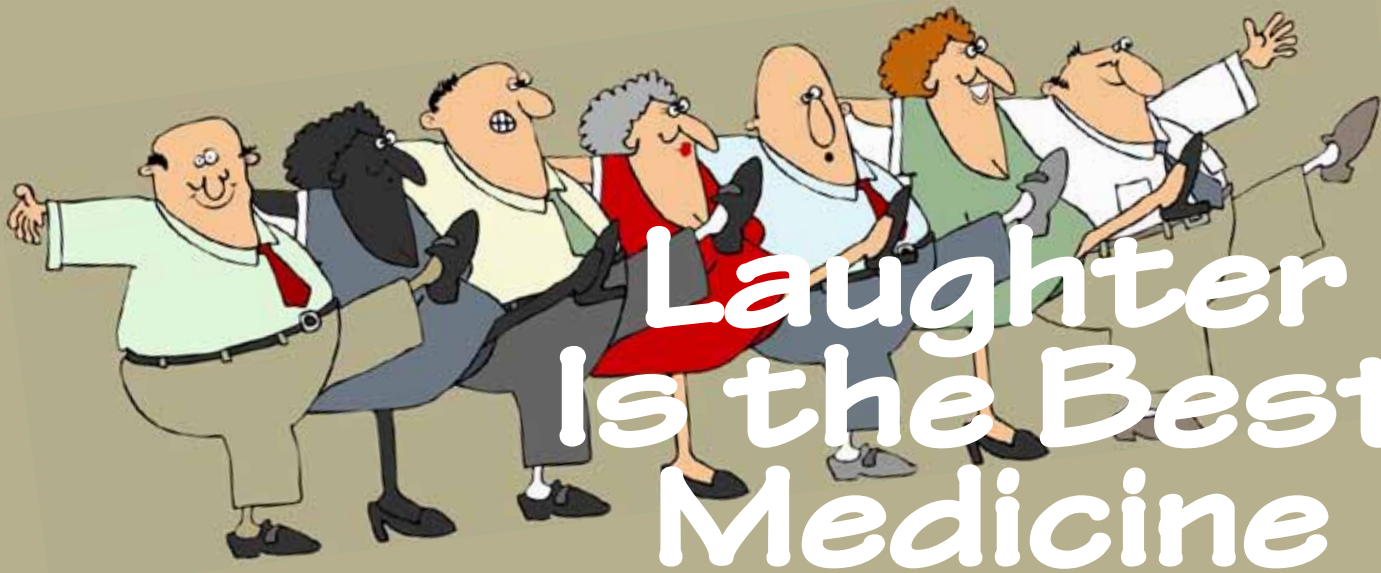
Report fraud to the Canadian Anti-Fraud Centre if you're a victim of fraud.

## **Warning or Threatening Calls**

If you receive warning or threatening calls, hang up, and call someone you trust to verify and assist.

## *Beware...*

- of malicious apps asking for more permission to your device
- of website links that you do not trust
- of video calls from person you don't know
- of giveaways and contests... nothing is for free
- of internet/facebook romance. And do not send money to someone you do not know or you have not met in person
- electronic holiday greeting card links. Make sure you know the sender before clicking the link to view the card
- do not trust network that does not require a password
- do not overshare your info. on social media
- always check your banking and credit card accounts activities
- shop on websites that you trust



# Laughter Is the Best Medicine

- My first job was working in an orange juice factory, but I got canned and couldn't concentrate.
- After that, I tried being a tailor, but wasn't suited for it -- mainly because it was a sew-sew job.
- Next, I tried working in a muffler factory, but that was too exhausting.
- Then, tried being a chef – figured it would add a little spice to my life, but just didn't have the thyme.
- My best job was a musician, but eventually found I wasn't noteworthy.
- I studied a long time to become a doctor, but didn't have any patience.
- Next, was a job in a shoe factory. Tried hard but just didn't fit in.
- I became a professional fisherman, but discovered I couldn't live on my net income.
- Managed to get a good job working for a pool maintenance company, but the work was just too draining.
- After many years of trying to find steady work, I finally got a job as a historian – until I realized there was no future in it.
- My last job was working in Starbucks, but had to quit because it was the same old grind.

**SO, I TRIED RETIREMENT AND I FOUND I'M PERFECT FOR THE JOB!**



**Due to Covid-19 quarantine, I'm only telling inside jokes.**

**Finland has just closed their borders due to Covid-19. No one will be crossing the finish line.**

## Seniors' Legacy in Ministry



# PD Solomon

I have been a dedicated member of the Cambridge Adventist Church for over 50 years. I was born into an Adventist family in October 1940 in a small village named Gopavaram in South India. I grew up as the youngest of six children and attended a one-room Adventist primary school before attending the Narsapur Seventh-day Adventist Secondary boarding school, Flaiz Memorial.

While I was in high school, I gave my life to Jesus and got baptized, along with my close boarding school friends. I then attended nursing school at the Giffard Adventist Memorial hospital in Nuzvid. Once graduated, in 1960, I began working as a staff nurse and thoroughly enjoyed conducting branch Sabbath Schools in the local communities.

It was at Giffard Adventist Hospital that life got even better as I met my incredible wife, Rosalind, who had the same passion for nursing and following Jesus. We got married in 1964.

Together, we took a leap of faith and applied for nursing positions in Canada.

In 1966, we immigrated to Canada to work at the South Waterloo Memorial Hospital (now called Cambridge Memorial) in Galt.

We joined a small, dedicated Adventist church with just 33 members. They welcomed us with open arms and made us feel right at home.

With such a small membership, each and every person had an active role, which kept

this church dynamic and a true blessing to its community.

In the following few years, we were blessed with two children, Melinda and Steven. They say it takes a village to raise a child, and with God's guidance and our wonderful church family, we were well-supported as parents. As our children grew up, we spent part of every summer travelling across North America in our station wagon visiting churches of all sizes, meeting many Adventists across the continent.

My mentor was Elder Don Blacker, an elder, builder, preacher, organist, teacher, and worship leader. Elder Blacker was instrumental in my spiritual walk with my Lord Jesus.

A few years after his passing, I was asked to take on the eldership mantle, and I accepted this honour without hesitation. I thoroughly enjoyed and continue to enjoy the company and dedication of our close-knit church family.

My wife, Rosalind, and I truly enjoy serving our Cambridge Church membership and community, having worked in various church departments for more than 50 years. I have had the privilege of being an elder for about 40+ years. Our daughter and her children now belong to the Willowdale Church in Toronto, while our son and his family belong to the Abbotsford Church in British Columbia. But, as they grew up in Cambridge, this will always be our family home church. There is no place like Home...that is the Cambridge Church family.



# Sue Nestor

## *Footprints in Our Lives*



**A**fter retiring from 12 years of Children's Ministry, I was sitting one Sabbath afternoon listening to the announcements and activities being planned for the church families. They were going to try family camping, hiking, and some new bike trails. I looked around the congregation and saw some seniors' heads drop, indicating to me that those activities were out of their physical range.

How do we, as seniors, take part in these times together and continue to leave our footprints in our church and in our community, if we can't join in.

For a few weeks, I prayed and asked God to send someone who could lead us to serve and fit in with our church and the community.

Then, God began to impress on my heart that He wanted to commission me to be that person to lead the seniors' to a greater purpose in their lives.

Our pastor, Francis Douville, was excited when I shared what I felt God had called me to do and asked if I were willing lead the Seniors' Ministry. I accepted, trusting God in qualifying me to minister to my fellow seniors.

We started our meeting with a small number, but excitement spread, and the number grew with seniors on fire for God and ministry. Three years have gone by, and Really Living Seniors' Ministry has taken part in many church and community events and activities. We realized we don't have to be "pew-fillers" every Sabbath anymore!

In January 2020, we formed a Seniors' Walking Club, under the direction of Ontario Conference President, Pastor Mansfield Edwards. We invited the community seniors to join us, and at our very first event, we had 12 seniors walking around the gym in our new church, getting fit, twice a week!

We added some chair aerobics as a warm-up to the walking sessions, and God sent more seniors.

Then, God put on my heart to add our Bible study session to our Thursday walking club so our community seniors would get to know God. We opened the invitation to stay or leave.

Well, God knew what He was doing because not one of them left. They all stayed for the Bible study each week!!

As the Seniors' Walking Club came to a halt because of the Covid-19, I was reflecting on the ministry from the time God put it on my heart to where we are today. He has re-purposed my life, along with that of some very happy and fulfilled seniors. He has shown us that no matter what age you are, God can still use you to show His love and share with others what a better life we can have with Him!

It doesn't always have to be physical. He knows the abilities He gave us.

We continue to have telephone Bible study, and I call each of them every week to remind them of the study, pray with them, and ask how they are doing! I also encourage them to call each other.

This ministry has increased my passion and God's love for these seniors. He's still carrying them through their remaining years. Our physical abilities may be limited, but our love for God has grown more over the years as we see Him moving in our lives!

Our passion for others and our life experience are tools we can use to continue sharing the love of God.

My life has been enriched beyond what I could imagine, as God pours out blessings I don't even deserve. Just when I thought my life couldn't get any fuller with being a mom, grandmother, great grandmother, and a caregiver, God commissioned me to lead His Seniors' Ministry in Really Living Seventh-day Adventist Church and blessed me even more abundantly! Be careful what you pray for - God hears them all! He has given me a passion to show the seniors that He has not forgotten them.

It is His footprints we see in our lives, as He still carries us, in this world of turmoil, until Jesus comes again to take us to our real HOME with Him!

## 50 Years!

"A great wedding is not when the perfect couple comes together. It is when an imperfect couple learns to enjoy their differences." *Dave Maurer*

Brent and Shirley Johnson have been epitomizing this over the past 50 years.

On June 14, 2020, family, friends and church members came together to celebrate Shirley and Brent's 50<sup>th</sup> wedding anniversary.

Pastor Alex Golovenko hosted the celebration on Zoom from Windsor Church, where they got married.

Dr. Mansfield Edwards, president of Ontario Conference of, shared in their moment, as he congratulated them on their significant milestone .

Pastor Neville Walters, who pastors the North Shore Church where they currently worship, presented them a congratulatory plaque from the Ontario Conference president.

The occasion was a very joyful and nostalgic one for them. And all who were 'there' were glad to be a part of it. We pray that God will continue to bless them with many more happy years together.

*Neville Walters, Pastor*



## 95<sup>th</sup> Birthday

The afternoon of July 16, 2020, Kingsview Village Church seniors hosted a virtual celebration party for the 95<sup>th</sup> birthday of Sister Veronica King.

There was a lot of fun and laughter as her fellow seniors and members of her family showered her with tributes and birthday greetings, including singing a special song in her honour.

Each attendee had prepared a drink and together toasted her while all sang the birthday song.

Sister King thoroughly enjoyed her party. In fact, she said it was a memorable occasion because she had never had a "Zoom" birthday party before. Over the years, Sister King has served her church in various capacities and still drives to church on Sabbaths. She credits her strength and wellbeing to the goodness and grace of God. We pray that God will continue to keep her in His loving care.

*Sylvia Shields*

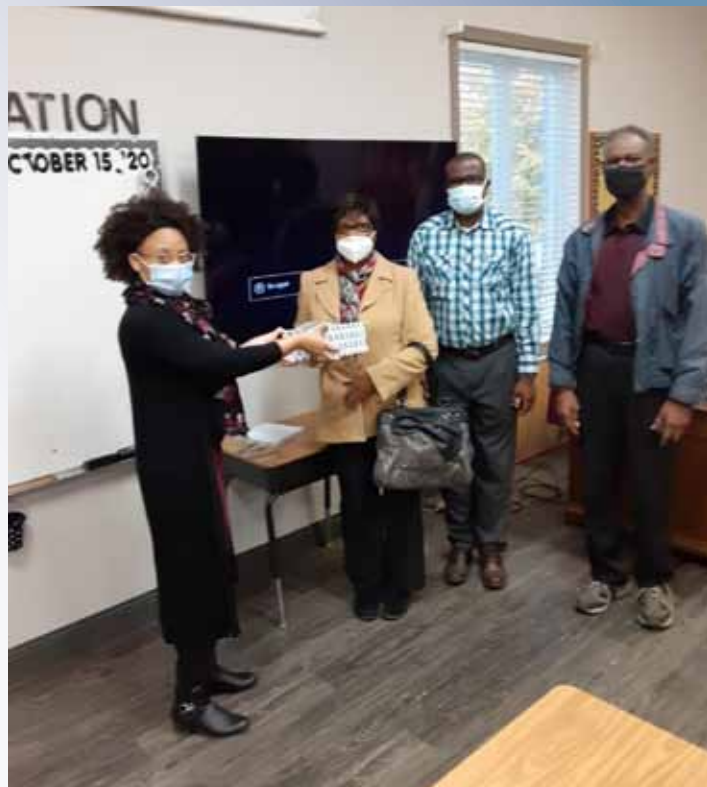


# Forever Young

During Covid-19 pandemic, the Forever Young Seniors Group - from North London Church decided to take some action to continue their program. Since the end of March, we got a conference call number and distributed to all members of the Seniors Group and whoever wanted to join us. Every Wednesday morning, we have prayer meeting at 10:30 a.m. and Friday lesson study at 7:00 p.m. I must say it is very interesting and we never stop praying. In this time that we are living in, prayer is very essential. We've decided to help those in need. We went to two schools: Adventist Christian Elementary School and East Carling Public School. We also visited Regional HIV/AIDS Connection. We distributed almost 160 masks. Hebrews 4:16 tells us, "Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need."

In the picture, members of the Forever Seniors Group and Pastor Charles Skeete are distributing masks.

*Cynthia James*



# Sequestered but "Soon-to-Be-Spunky-Again"

Change has always been a natural part of life; some are voluntary, and some are forced. We have all now entered into an era where Covid-19 has dictated the way we are able to go about our daily lives. It seems like forever since we've seen those Hamilton Mountainview Seniors swinging their arms while in-step with their Walking Club treks, kneeling in small groups during their prayer breakfasts, being spiritually lifted by messages from speakers, such as Pastors Halsey Peat, Vernon Langdon and Pastor Nerval Myrie during their Senior's Day services, bouncing around together on a yellow school bus on their way to the Niagara lights or St. Jacobs Market, catching some Z's on the tour bus with the other Seniors Clubs on their yearly trip to Sights and Sounds, or simply just hanging out and getting their grub on at their senior's luncheons and picnics.

Yes, the mandate of physical distancing has obviously put a halt on what would have been another eventful and fun-filled year thus far. However, under the leadership of Reta Leslie (leader), Sonia Wellington (assistant leader), and Paulette Parks (secretary/treasurer), the Hamilton Mountainview Seniors have stayed continually connected by phone to close the gap of social distancing.

Following the initiative of Dr. Mansfield Edwards' vision and action for caring for the seniors in our Conference, this crew is committed to ensuring that no one is left lonely or forgotten during these strange times. The Hamilton Mountainview Seniors thank Dr. Edwards and the ever hard-working Sarah Gouda-Maka for setting a high standard of love for all the Seniors Ministry clubs across our province, and, while we may be physically apart for the moment, we are still spiritually connected and united by the Holy Spirit.

We WILL get through this, so let's lean on God's Word and trust what He tells us in Philippians 4:6-7, "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus".

*Reta Leslie*



# "JOY" Just Older Youth

No one prepared me to be a senior; it just happened, one day at a time. I read books about it, went to seminars preparing for retirement, and thought all that should have prepared me for the golden years, but the reality is that I was not prepared. Then when Covid-19 hit us, it really struck me that old age and Covid-19 don't go well together. To stop the spread of Covid-19, we have to live with the rules. We miss in-person interaction, the hugs, the handshakes, and fellowship. Before Covid-19, I did not like seeing people constantly with their eyes fixed on their cellphones, but now it's a necessity to keep in touch with loved ones and friends. Technology has taken over our lives as a necessity, but it's not a good thing, especially for us seniors. It's not the golden years; it's the technology years. We have to hug our cellphones, touch our computers, and let our hands hold the TV remote as we livestream our church services. We are, however, thankful for technology during this pandemic.

Now we have to find ways to bring **JOY** into our lives. Our church seniors team started phoning seniors on a regular basis, which helped us keep

in touch, then as summer approached, we started meeting in small groups outside to enjoy fellowship. We took our lawn chairs, folding tables, a snack, and found a suitable place to meet. We all had to adapt to the new normal.

What a **JOY** to see each other in person. Now that the weather is cooling down, and winter is creeping up on us, we have to find innovative ways to fellowship and draw closer to God. We had the blessing of meeting together for a seniors' service at our church on Sabbath, October 31. It was organized and conducted by our seniors and well-attended as we complied with the social distancing rules and wearing of masks.

May the Holy Spirit continue to show us how to find **JOY** in these trying times. Our greatest **JOY** is knowing that these events are reminding us that Jesus is coming again soon, when we won't have to rely on technology. We will see our Saviour, Jesus, face to face, as we meet Him in the air, and be with our faithful loved ones in that place He is preparing for us in heaven.

*Gloria Joshua*

# God's Promises for You

Even to your old age and grey hairs, I am He. I am He who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you. Isaiah 46:4

I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread. Psalms 37:25

The righteous will flourish like a palm tree; they will grow like a cedar of Lebanon; planted in the house of the LORD, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green, proclaiming, "The LORD is upright; He is my Rock, and there is no wickedness in Him". Psalm 92:12-15

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. 2 Corinthians 4:16

## Windsor Seniors' Thanksgiving Dinner

A small group of seniors had to think of an innovative way of celebrating Thanksgiving dinner this year, 2020, during the Covid-19 pandemic as we do not have families close by. We wanted to keep safe and still enjoy being together with friends, as we have been meeting outdoors during the summer months. We decided on, "dinner in the park on the waterfront," with a plan B, just in case the weather did not cooperate. We participated in organising a delicious Thanksgiving dinner and prayed for good weather. It was a little on the cool side in the morning, but by the time we met for lunch, the sun came out, and we enjoyed a beautiful afternoon in nature. People were amazed how we were celebrating outdoors and commented on how good the food smelled as they passed by. We enjoyed Thanksgiving dinner and fellowship as we have much to be thankful for. God has protected us, not only from Covid-19 but has blessed us seniors with health and strength to cope with the new normal to which we have been so



abruptly introduced. We will remember the pleasant memories of Thanksgiving 2020 and pray for God's continued protection and loving care.

*Gloria Joshua*



When Covid-19 reached Canada, I was scared. I was busy at work, and the news reported that the risk was low. How quickly that changed! When schools closed for March break, I realized the magnitude of Covid-19 in our country. Churches were soon closed, and my family members were far away. I did not have enough food stored. Supermarkets were overwhelmed with people.

But my panic gave way to hope when I prayed earnestly to God. He reminded me of many instances in the Bible when God took care of His people. I remembered the promises in Psalm 121 that my help comes from the Lord. I also remembered how He took care of the sparrows and the lilies. I put my trust in God, knowing that He would take care of me. As I began connecting with local church members by telephone, I started feeling less anxious. I received calls from the Conference president's secretary as well, to see how I was doing and to pray with me. I thank God for making me feel connected with the Conference as well as my church during these unprecedented times. I enjoyed tuning into the weekly Zoom meetings, led by the conference, at 8:00 a.m. on Sabbath mornings. Although I missed attending church physically, I thank God for technology that I can still listen to sermons and Zoom sessions online during the Covid-19 pandemic.

*Judy Williams*

# Your Testimonies of Endurance



Since nobody from outside was allowed to come into our building in the early stage of Covid-19, I tried to help others as God's servant:

I wanted to help in any way so I started delivering the newspapers in my building to those who have subscribed. I also did grocery shopping for three of the tenants here, at Heritage Green Home, and I did laundry for two of the tenants. God is good to us and by His grace, helping others is a blessing to me as much as to others.

*Vicky Pepito*

The last few months were unprecedented as I lived through the experience of Covid-19. Initially, I experienced some fear as I listened to the daily updates from the government - gloves, masks, hand sanitizer - frightening! The isolation from family and friends was depressing - I love to socialize. Every person was seen as a suspect or presumptive carrier - scary! Family and friends died, and I could not be there to support - devastating!



But, as I experienced God's presence through the 100 days of prayer, as I shared with church family and friends on Zoom, in addition, the love and care extended by many from far and near, was tremendous! Gradually, my fear disappeared. Most of all, my personal time with God is richer as we spent more time together. He said to me in Deuteronomy 31:8, "It is the Lord who goes before you; He will be with you. He will not fail you or abandon you. Do not fear or be dismayed." My outreach to others grew wide and through this effort, I am now engaged in more Bible studies and prayer by phone - praise God!

*Sonia Kennedy-Brown*

# During the Pandemic

GOD has blessed us in so many ways, not enough space here to put it all in. We have a roof over our heads and food in the fridge. GOD has blessed us in the past, in ways that we didn't even realize at the time. We miss hugging our kids and grand kids and all the hugs and kisses from our church family every Sabbath morning. I can't imagine going through all of this without the LORD JESUS to talk to every day. He is alive and coming soon.



*Stan & Lorna Calhoun*



I can testify that God is so loving, gracious, kind and faithful. His amazing grace is with us always. He has brought me out from the jaws of death more than once. In the past year and a half, He has gotten me through cancer and some really bad side effects from treatments. God provided for me everything I needed, from rides to and from treatments to many of my church family bringing me food everyday. I thank God for Who He Is, for guiding me to His church and for my church family. God is so good.

*Cathy Cunningham*



Although this pandemic is raging, our God is faithful. I had to stop working because I can't wear a mask. I wasn't on EI from June, and I still returned our tithes and offerings. In July, our mortgage was up for renewal. They needed a recent pay stub. I told them that I didn't have any. I asked if they could use my EI, and they said no. We prayed to God. The next morning, I got a call that she spoke to the bank manager, and he gave the O.K. to use it. So we got through at a way lower percentage than what we were told in the beginning. We say, thank You, Jesus, for Your deliverance and victory. God says that before we call, He answers and while we speak, He hears. This is the God we serve.

*Sonia & Durham Salmon*



To God be the glory, great things He has done. One day, in May, during Covid-19, I experienced excruciating pain in my back, was sweating profusely, feeling cold, vomiting and felt light-headed. I cried out, "Jesus, Jesus, please help me, I do not want to die". I called 911 and the paramedics informed me that I'd had a heart attack. At Centenary Hospital, the medical staff unblocked my coronary arteries and inserted three stents to allow blood flow. I thank God for saving my life. The experience made my faith stronger, and I thank my church family for their intercessory prayers.

*Carol Holder*



Covid-19 pandemic has been quite a challenge for most seniors. At times, it has been sad, lonely, and scary. It's so good to be a part of the family of God. The church family was very encouraging: Their many calls, emails and prayers gave me the strength to go on. The Seniors' Department reached out to many. The adventure group called me, read poems, and sang praises which brought joy to my soul. We thank all those who reached out to a senior during this difficult time. To God be the glory.

*Monica Dennie*



Covid-19 and the ongoing global, political, and social issues have contributed to this stressful time in history. Over the past months, I have been forced to slow down, taking more time to study God's Word and talk to Him. This has brought me an inner peace and joy that I find fulfilling. Just being alive and maintaining my independence prove my God is loving and merciful to me.

I connect with family through social media, church members by phone calls and share *Steps to Christ* with people I meet. Listening to music and hymns of praise, watching the sunrise, and enjoying nature give me a renewed appreciation of God's watch and care over all of us.

I encourage all of us who are in our 'sunset years' to be steadfast. In times of loneliness, please reach out and maintain contact with others. Keep on walking - spiritually and physically. Keep the faith. Be hopeful. Be helpful. Keep looking up. Keep marching on.

*Letitia Ince-Osborne*

Praise the Lord for the debt He paid for me. He raised me up from the dead over the past five years of my illness. There was no change in my routine during Covid-19. I had no fear of the virus. Thank you, Lord, for the Church family who have been praying for, visiting and phoning me. May God bless you all.

*Joyce Brown*

While isolating, I spent time rearranging my closet, which was challenging, reading books that had been sitting on my shelf for years gathering dust, and of course, I knitted a mask just in case this pandemic lasts until winter. But the highlight of my isolation was prayer that kept me sane throughout this ordeal. I thank God for always being there for me.

*Mertie Wynter*

During this pandemic and isolation, I extend my gratitude to God for His loving kindness and tender mercies towards me, which are renewed every morning. I am thankful for His protection through these trying times. It is comforting to know that His mercies are everlasting, even though some days can be difficult and depressing, as a result of the isolation. But I trust God; He is my Rock. I study His Word, which gives me courage, knowing that He will see me through. I am grateful to my church family for the support, the phone calls, the prayers, the gifts and the opportunity to see one another's faces on our online worship sessions.

Today, more than ever, I am looking forward to His soon return, to see Him face to face.

God is good all the time, so I trust in Him always.

I encourage you all to remember Psalm 62:8, "Trust in Him at all times ye people, pour out your heart before Him, God is a refuge for us."

*Gwendoline Allen*





Alicea Hutchinson

During Covid -19, God has miraculously kept me. I read my Bible a lot more. I contacted current and former Adventist members and nonmembers to see how they're doing, prayed with them and stayed connected. I also enjoyed word-search puzzles and went for short walks. I still bake weekly and share with my family and friends. I love gardening, so I manage to engage my daughter's help in planting flowers and vegetables. I attend Monday and Wednesday evenings online prayer meetings and any other prayer meetings available. I look forward to Sabbaths when I can go online with my daughter for various church services, including my own church. I try to do missionary work by inviting nonmembers to listen to the online programs. I thank God for technology. I praise God for patience, wisdom and understanding during these challenging times. To Him be the glory. Trust Him, love Him, praise Him, and share Him with others.

*Alicea Hutchinson*



Kathleen Miller

In spite of the Covid-19 lockdown and heightened isolation, some seniors have remained active in their communities.

Kathleen Miller, who resides in Oshawa, Ontario, walks in her neighbourhood and prays for each home. During her prayer walks, she joyfully and prayerfully offers *Steps to Christ* to those whom she meets. She declares that she enjoys witnessing for Jesus and will continue as long as God gives her the strength.



Monica Phillips

Monica Phillips, Prayer Ministry co-ordinator conducts a prayer session every evening at 6:00 p.m. She continues to engage in Bible studies by telephone. She reports that one of the individuals has decided to give her heart to the Lord and is anxiously awaiting the reopening of the church to be baptized.



Norman Howe

Last but not least is Norm Howe who is very active in the Food Bank Ministry, serving the urgent need of the community for food and other supplies. Norman's heart is focussed on serving God's children in any and every way he can.

We praise God for the working of the Holy Spirit in the lives of His people. Nothing can prevent the gospel from going forth, not even Covid 19.

*Jean Stewart*



"I will bless the Lord at all times: His praise shall continually be in my mouth."

I was baptized as an Adventist at the age of 16. The Lord promised that He would never leave me nor forsake me, and He kept His promise all these years. Through all my struggles, He has given me threescore and ten

years, and by reason and strength, both spiritual and physical, allowed me to make it to four, and still going. I ask the Lord daily for discernment, compassion, mercy, and kindness that people with whom I come in contact will be blessed. Covid-19 pandemic has been the most challenging for me. One day, after some heavy showers of rain, I saw a bright and beautiful rainbow spanning the eastern sky. I thanked God in prayer that day for reminding us of His promise not to destroy the earth by flood again.

He has helped me to be a blessing to my neighbours, church family, and relatives during these difficult days. I praise God every day. During this dark time, I remember His word in 1 Corinthians 13:12-13, "For now we see through a glass darkly; but then face to face: now I know in part; but then shall I know even as also I am known. And now abideth faith hope charity these three but the greatest of these is charity".

*Ethel McLean*

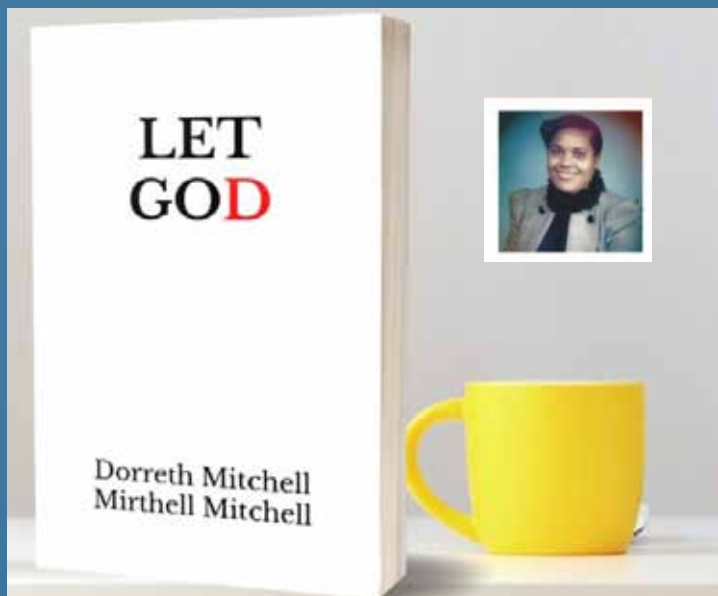
I am a senior who lives alone in a senior's apartment. My building has activities and programs for the seniors, of which I used to participate. I made a few friends, one of whom I would sometimes visit. Since the Covid-19 pandemic outbreak, the residents of my building were in isolation, the programs ceased, and visitors were not allowed to come into the building. The restrictions left me feeling alone and out of touch with the world around me. I'm a new member of the Adventist Church, and thank God for a few friends, my church brothers and sisters who kept in touch and assisted me with filling my needs, both physically and spiritually. I look forward to the day when I can socialize with them again.

*Monica Clarke*

The Bible tells us in Romans 8: 15, "For we have not received the spirit of bondage again to fear, but we have received the spirit of adoption, whereby we cry Abba, Father."

Therefore, during this time of fear and uncertainty, we have continued to trust in the Lord, depend on Him as our Protector and Provider, and we know He will not fail us. We pray that our faith will remain strong in Him.

*Neville and Doriene Shakes*



I am grateful for this opportunity to share God's faithfulness during Covid-19. I had started a book entitled *Let God* a few years ago, about the loss of my daughter Rosia . It was delayed due to my son and daughter-in law's busy schedule; however, Covid-19 pandemic gave us more time to communicate back and forth. This book is now completed and can be found in Amazon.ca . I thank God that even in difficult and trying times, He is faithful in helping us accomplish things for His glory, even those things that may seem impossible . May God help us to stay faithful as we await His soon return .

*Dorreth Mitchell*

# *Abiding Love*

God's abiding love is ever near  
In times of stress brought on by fear  
His presence is like a soothing balm  
When chaos reigns, let our soul be calm



Uncertain the times in which we live  
Frail minds and bodies to You we give  
From pestilence, Lord, keep us free  
O Refuge and Strength! We trust in Thee

Your infinite love is ever constant, Lord  
We daily read it in Your Holy Word  
From answered prayers, fresh courage we take  
Your vulnerable ones You will never forsake

So, we worry not what may come our way  
But live life to the fullest every day  
Knowing that our great God still reigns above  
And we can safely abide in His eternal love.

*Vera Hurlock*

