

OPUS (Older People Up to Something)

MARCH 2011

An Active Older Adult Community within Grace Lutheran Church of La Grange

Grace Lutheran Church of La Grange
200 North Catherine Ave.
La Grange, Illinois 60525
708-352-0730
www.gracelutheran-lg.org

INAUGURAL NEWSLETTER

Welcome to our first OPUS newsletter. We hope you will enjoy reading it and keeping up to date on all our activities.

We are always looking for information to include, so if you have important news to share, please forward it to n.johnson@gracelutheran-lg.org

and we will see that it is included in our newsletter. Thanks to everyone who is helping run the copies and mailing the newsletter.

Look for our next issue which will include both April and May. Tell us your ideas.

WELCOME!

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VOLUNTEER & FEEL BETTER

People who volunteer have better physical and mental health and a lower mortality rate. Studies show that a common trait among centenarians is they have a sense of purpose and a reason to get out of bed in the morning. Robert N. Butler, Founding Director, National Institute on Aging

Would you like to be of service to our seniors who need transportation or other services to remain independent?

You can take the volunteer training offered by

INTERFAITH COMMUNITY PARTNERS to become a part of the team.

Volunteer training dates are March 13 - 12:15-3:15pm or May 1 - 12:15 -3:15pm.

Call Interfaith offices at (708)579-8929 to find out the locations for these training sessions.

Do you need services such as visitation, grocery shopping, transportation? Call ICP at (708)579-8929.

Cebrating Birthdays!



MARCH

01 Kathleen Fink
02 Meryl Dahlgren,
Brita Oberwetter
04 Rachel Settlage
05 Arthur Gustafson,
Patti Quas
06 Aldo Mungai
08 Dale Machacek

10 Ruth Chilstrom
11 Marvin Pries
12 Nola Gustafson
14 Kenneth Hall
16 Barry Schultz
18 Marlys Purkis
21 Karen Collins,
Lyn Rains
22 Gilbert Jones,
Delma Mundell
24 Deborah Granger
25 Ralph Ouska
26 Arthur Oberwetter
27 Aggie Pfendt
29 Karen Padgen

"GIFT OF YEARS"

On **May 29th** we will celebrate the "*Gift of Years*" Sunday lifting up the older adults at Grace at all three services.

If you would like to help plan this special service or would like to tell your faith journey at one of the services, call Natalie Johnson at the church (708) 352-0730.

We also need people to drive our seniors to this very special service.

JOIN US FOR LUNCH & STAY FOR THE PROGRAM

April 13th noon following the Lenten service,
Program: "Chocolate? Nuts? Coffee? Wine? ...Good for Me!"

Grace member and registered nurse Cindy Nissen gives us a "taste" of the science (in plain English) behind the health benefits of chocolate, nuts, coffee and wine.

May 11th 11:30 am
Program: Wicked Plants

Master Gardener Bob Resch will present the program "**Wicked Plants**" discovering the dangers of cultivated plants commonly found in our gardens.

June 8th 11:30 am
Program: Musical Review
Bass/Baritone, Burt Kettinger, will sing hymns, gospel songs, traditional and mildly contemporary music. Mr. Kettinger can be heard each Sunday

evening as one of the soloists on Songs in the Night from historic Moody Church. He accompanies himself on the piano.

July 13th 11:30am
Program: Christmas in July
Direct from *The Big Apple* the **Rockettes** on the big screen performing their Christmas Review. The grand-daughter of a Grace member performs with the Rockefeller Center troupe.

SMALL GROUP DISCUSSIONS

Watch for the Lenten mailing telling about Small Group Discussion.

The groups are focusing on three books:

* **Turn My Mourning Into Dancing** by Henri Nouwen,

* **Saint Maybe** by Anne Tyler,

* **Faith & Doubt** by John Ortberg.

The Lenten mailing describes each of these books.

At this writing there is one session scheduled for

Plymouth Place—**Saint Maybe** led by Grace Puls and hosted by Bernice Olsson from 10:30-11:30am on Tuesday. A session using **Faith & Doubt** as a basis for discussion will be held Wednesdays at 4:30 in the Bernard Lounge and co-hosted by Pastor Said and Bob Resch.

If you would like another session at Plymouth Place or Bethlehem Woods, please call Natalie Johnson, (708)352-0730.

THIS & THAT

Thanks to everyone who agreed to be a secret pal. You will be receiving your information soon about your secret pal.

Opus will be hosting a simple soup and bread lunch in the Fellowship Hall following the Ash Wednesday morning service on March 9th. The service begins at 11:15am.

If you would like to come to the service and need a ride, contact Natalie Johnson, 708-352-0730.

You can further support **Interfaith Community Partners** by eating at Alex and Aldo's Ristorante, 720 E. 31st Street, LaGrange Park the first Thursday of each month.

If you don't want to go out, you can order in by calling (708)354-1390. Alex and Aldo's donates a portion of their proceeds to Interfaith Community Partners.

QUIZ: HOW OLD ARE YOU REALLY?

From the following list of 26 items, count all the ones that you remember -- not the ones you were told about! See scoring below.

- | | |
|--|----------------------------------|
| 1. Blackjack chewing gum | 14. 45-RPM records |
| 2. Wax Coke-shaped bottles with colored sugar-water | 15. 78-RPM records |
| 3. Candy cigarettes | 16. S&H Green Stamps |
| 4. Soda-pop machines that dispensed bottles | 17. Hi-fi systems |
| 5. Coffee shops with tableside jukeboxes | 18. Metal ice trays with a lever |
| 6. Home milk delivery in glass bottles with cardboard stoppers | 19. Mimeograph paper |
| 7. Party lines | 20. Blue flashbulb |
| 8. Newsreels before the movie | 21. Packard's |
| 9. P. F. Flyers | 22. Roller-skate keys |
| 10. Butch wax | 23. Cork popguns |
| 11. Telephone numbers with a word prefix (e.g., Olive - 6933) | 24. Drive-in theaters |
| 12. Peashooters | 25. Studebakers |
| 13. Howdy Doody | 26. Washtub wringers |

SCORING

If you remembered!

0 - 5 = You're still young

6 - 10 = You are getting older

11 - 15 = Don't tell your age

16 - 26 = You're older than you think!

Be sure to pass this along -- especially to friends with really good memories.

WE ARE TAKING IT ON THE ROAD!

Join us on our interesting trips? Here are our offerings for March through June.

It is not too late to sign up for the March & April trips.

There is still time to sign up for the

Tuesday, March 8th

Flower and Garden Show at Navy Pier leaving

church at 10am by bus.

There will be more than 30 gardens to inspire, educate and motivate.

You will even be able to sample the "Garden Gourmet," culinary demonstrations featuring 30 top chefs at 11:30am. The cost is \$60, which includes the cost of admission, the bus and lunch at Berghoff's Restaurant.

Thursday, April 7th

Program: Tour the birthplace of the **Swedish Lutheran Church in Illinois in Andover, IL**, in honor of the 125th anniversary of Grace. We will leave Grace at 8:30am and return by 5:30pm.

Tour Highlights

* **Jenny Lind Chapel**, named after the famous Swedish nightingale singer who made a sizable contribution to the construction of the chapel.

* **American Woman's League Chapter House**, which is on the national register of historic sites.

* **Andover Historical Museum and Grounds**

* **Augustana Lutheran Church**, called the Cathedral of the Prairie. We will have lunch at the Andover Café housed in the Historical Inn. The cost for the trip is \$55 which includes the bus, the tours, lunch and snacks. Sign up today for this trip back in history.

Wednesday, May 18th

Program: Opera in Focus.

The opera is presented with unique articulated rod puppets. We will see and hear Igor's Monologue from Prince Igor, The Prison scene (Act IV, Scene II) from IL Traviatore, and various songs from The Student Prince featuring the legendary tenor Mario Lanza. The opera begins at 4pm, but we will leave Grace in time to have a late lunch before the opera.

Cost to be determined.

Tuesday, June 28th

Program: Emperor's Private Paradise: at the Milwaukee Art Museum to view the Treasures from China's Forbidden City. The Milwaukee Museum of Art is one of only three museums to host this exhibit before it returns to China, never to leave again. *This is an outing not to be missed.* We are planning to have lunch at Mader's in Milwaukee. Approximate cost of the trip is \$60 which includes bus, entrance to the museum and lunch. We plan to leave about 9am.

Watch for more information on these trips and further opportunities.

IS THERE A PLACE YOU ENJOYED THAT YOU WOULD LIKE TO REVISIT WITH OPUS?

TELL NATALIE

Women of Grace

The **Women of Grace luncheon and program** are coming up quickly, **March 3** at **12:30** in **Fellowship Hall**.

You won't want to miss the Chicken-a-la-king served by Miriam Circle followed by the program "From our Hands with Love." **Lutheran World Relief (LWF)** videos show what happens to the kits and quilts we donate. The cost is \$5.00 at the door. There will also be a table offering for LWR's shipping and delivering these items.

EVERYONE IS WELCOME!

Bring a friend!

Circles will meet on the **third Thursday, March 17, 9:15am, 1:00pm and 7:30pm** Watch the Sunday bulletins for program information and location.

Projects Day meets the fourth **Thursday, March 24**, between 9am and 3pm. Help is needed completing quilts with the quilt tops made at home. Help is also needed making tote bags for **Lutheran Social Ser-**

vices. These can be put together at Projects Day or kits may be completed at home. Come for all day or stay for only an hour. Coffee break is provided. Those staying through the lunch hour bring their own lunches.

There will be **no Women of Grace** event in April. This is usually the month of our **annual retreat** at **Lutheran Outdoor Ministries Center (LOMC)** in Oregon, Illinois. Due to the late date of Easter this year, the retreat at LOMC will be **May 6-7**, with Pastor Gerow.

While we are looking at May, mark your calendar now and save the date **May 5** for the **Parent/child** special evening event.

Older Adults with Asthma Study

A current medical study at University of Illinois at Chicago (UIC) un-

der Dr. Sharmilee Nyenhuis is looking for older adults with asthma.

Some of the basic criteria along with the general information on the study visits and compensations is found below.

Contact UIC by phone at **312-996-2937** or by email at ccts_crc@uic.edu if you would be interested in being a part of the study.

Inclusion Criteria:

1. Age between 18-40 OR 55-75
2. Asthma classified as mild to moderate
3. Use of inhaled corticosteroids

Exclusion Criteria:

1. Severe asthma-History of COPD
2. diabetes
3. Inflammatory bowel disease
4. HIV
5. Smoking history more than 5 pack years or smoking within past year
6. Currently taking beta blockers

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Thank you for your interest in the Asthma study. The study has up to four visits. The first visit you review and sign the consent and perform baseline breathing (spirometry) tests (if you have not had these done at UIC).

The second visit we collect sputum (phlegm), blood, swab the inside of your nose, and perform a brief physical exam. For females, a urine pregnancy test is performed.

Allergy skin testing will be done at this visit if it has not already been done at UIC.

You will be given a peak flow meter and asked to record your peak flows for approximately two weeks.

When you experience a flare in your symptoms or a drop in your peak flow, we would ask you to contact us for the third visit. At that time, we will perform the same procedures for collecting the sputum, blood, nasal swab, pregnancy test for females, physical exam. The allergy skin testing is

only done once and only if you have not had it done here at UIC.

There is another potential visit which is only needed in some circumstances. That visit is to help us characterize your asthma. If this visit is needed, it occurs after your first visit and before we collect any samples.

You will be compensated for your time. If you complete the visit where you sign the consent and perform the Spirometry you will receive \$20.

The visits where you are asked to provide sputum, blood, the nasal swab, and the physical exam, you will be paid \$40. If the optional test is needed to characterize your asthma, you will be paid \$20.

If you need all of the visits, you may be compensated up to \$120. If the additional test to characterize your asthma is not needed, you will be compensated \$100.

It Has Been Said...

If on leaving a meeting, a young man cannot remember where he has left his hat, it is nothing.

But when an old man forgets, everyone says,

“Ah, his memory is going.”

Samuel Johnson

Old age is like everything else. To make a success of it, you've got to start young.

Fred Astaire

Sunsets are just as beautiful as the sunrise.

Japanese proverb

When an old person in the tribe dies, a whole library disappears.

African proverb

Ask God for the wisdom to know what is right, what God wants done, and the will to do it.

Arthur Ashe

If you laugh a lot when you get older, your wrinkles will be in the right places.

Unknown

March

02/28/2011

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 27	28	01	02	03	04	05
		Bible Study with Pr. Soren: 6:45AM - 7:45AM Grace-ettes Rehearsal: 9:15AM - 10:00AM Archive Committee Meeting: 1:00PM - 3:00PM Adult Exercise: 1:15PM - 2:15PM	Bible Study with Pr. Said: 10:00AM - 11:00AM Yoga : 1:30PM - 3:00PM Gaudeamus Ringers: 7:00PM - 8:00PM	Tai Chi: 8:00AM - 9:00AM Women's Small Group: 9:00AM - 10:00AM ROMEO Luncheon: 11:45AM - 1:00PM Women of Grace Luncheon: 12:30PM - 2:30PM TOPS: 6:30PM - 7:00PM Stephen Ministry Training: 7:00PM - 9:00PM	Care Givers Meeting: 10:00AM - 11:00AM Bulletin Volunteers: 1:00PM - 3:00PM Exercise Class: 1:15PM - 2:15PM Alcoholics Anonymous: 7:00PM - 9:00PM	Dinner for 8 (or 9?): 6:00PM - 10:00PM
March 06	07	08	09	10	11	12
Worship w/ Communion: 7:45AM - 8:30AM Worship with Communion: 8:45AM - 9:45AM Children's Church 11:00AM - 12:30PM Worship Service: 11:00AM - 11:45AM	COD class - Victorian Paradox: 9:30AM - 11:30AM Financial Peace University: 7:00PM - 9:00PM Bible Study with Pr. Said: 7:00PM - 8:00PM	Bible Study with Pr. Soren: 6:45AM - 7:45AM Grace-ettes Rehearsal: 9:15AM - 10:00AM Adult Exercise: 1:15PM - 2:15PM	Bible Study with Pr. Said: 10:00AM - 11:00AM Ash Wednesday Worship: 11:15AM - 12:15PM Opus Luncheon: 11:30AM - 1:00PM Yoga : 1:30PM - 3:00PM Gaudeamus Ringers: 7:00PM - 8:00PM Ash Wednesday Worship: 7:30PM - 8:30PM	Tai Chi: 8:00AM - 9:00AM IWELCA Board Meeting: 9:15AM - 10:15AM Plymouth Place Holy Communion: 2:00PM - 3:00PM TOPS: 6:30PM - 7:30PM Congregation Council 7:00PM - 9:00PM Stephen Ministry Training: 7:00PM - 9:00PM Prayer Shawl: 7:30PM - 9:00PM	Bulletin Volunteers: 1:00PM - 3:00PM Exercise Class: 1:15PM - 2:15PM Alcoholics Anonymous: 7:00PM - 9:00PM	Council Retreat 8:00AM - 9:00AM
March 13	14	15	16	17	18	19
Worship w/ Communion: 7:45AM - 8:30AM Worship with Communion: 8:45AM - 9:45AM Children's Church 11:00AM - 12:30PM Worship Service: 11:00AM - 11:45AM Sacred Texts Conference: 1:00PM - 4:00PM	Centennial Quilters: 9:00AM - 11:30AM COD class - Victorian Paradox: 9:30AM - 11:30AM Financial Peace University: 7:00PM - 9:00PM Bible Study with Pr. Said: 7:00PM - 8:00PM	Bible Study with Pr. Soren: 6:45AM - 7:45AM Grace-ettes Rehearsal: 9:15AM - 10:00AM Lent Group - Saint Mayke: 10:30AM - 11:30AM Adult Exercise: 1:15PM - 2:15PM Older Adult Committee Meeting: 2:15PM - 3:15PM	Bible Study with Pr. Said: 10:00AM - 11:00AM Lenten Midweek Worship: 11:15AM - 12:00PM Yoga : 1:30PM - 3:00PM Lenten Midweek Worship: 6:45PM - 7:30PM Gaudeamus Ringers: 7:00PM - 8:00PM	Tai Chi: 8:00AM - 9:00AM TOPS: 6:30PM - 7:30PM Stephen Ministry Training: 7:00PM - 9:00PM Youth Committee Meeting: 7:00PM - 8:00PM Martha Circle: 7:30PM - 9:00PM	Bulletin Volunteers: 1:00PM - 3:00PM Exercise Class: 1:15PM - 2:15PM Alcoholics Anonymous: 7:00PM - 9:00PM	
March 20	21	22	23	24	25	26
Worship w/ Communion: 7:45AM - 8:30AM Worship with Communion: 8:45AM - 9:45AM Children's Church 11:00AM - 12:30PM Grace Cafe Worship: 11:00AM - 12:00PM Worship w/ Communion: 11:00AM - 12:00PM Faith & Film: 12:15PM - 3:00PM	COD class - Victorian Paradox: 9:30AM - 11:30AM Bible Study with Pr. Said: 7:00PM - 8:00PM Financial Peace University: 7:00PM - 9:00PM	Bible Study with Pr. Soren: 6:45AM - 7:45AM Lent Group - Saint Mayke: 10:30AM - 11:30AM Adult Exercise: 1:15PM - 2:15PM Stephen Ministers Potluck: 6:30PM - 9:00PM	Bible Study with Pr. Said: 10:00AM - 11:00AM Lenten Midweek Worship: 11:15AM - 12:00PM Yoga : 1:30PM - 3:00PM Lenten Midweek Worship: 6:45PM - 7:30PM Gaudeamus Ringers: 7:00PM - 8:00PM	Tai Chi: 8:00AM - 9:00AM Project Day: 9:00AM - 3:00PM TOPS: 6:30PM - 7:30PM Mission Trip Meeting: 7:00PM - 8:00PM Prayer Shawl Ministry: 7:30PM - 9:00PM	Bulletin Volunteers: 1:00PM - 3:00PM Exercise Class: 1:15PM - 2:15PM Alcoholics Anonymous: 7:00PM - 9:00PM	
March 27	28	29	30	31	01	02
Worship w/ Communion: 7:45AM - 8:30AM Worship with Communion: 8:45AM - 9:45AM Children's Church 11:00AM - 12:30PM Worship Service: 11:00AM - 11:45AM	Centennial Quilters: 9:00AM - 11:30AM COD class - Victorian Paradox: 9:30AM - 11:30AM Financial Peace University: 7:00PM - 9:00PM Bible Study with Pr. Said:	Bible Study with Pr. Soren: 6:45AM - 7:45AM Grace-ettes Rehearsal: 9:15AM - 10:00AM Lent Group - Saint Mayke: 10:30AM - 11:30AM Adult Exercise: 1:15PM - 2:15PM	Bible Study with Pr. Said: 10:00AM - 11:00AM Lenten Midweek Worship: 11:15AM - 12:00PM Yoga : 1:30PM - 3:00PM Lenten Midweek Worship: 6:45PM - 7:30PM Gaudeamus Ringers: 7:00PM - 8:00PM	Tai Chi: 8:00AM - 9:00AM TOPS: 6:30PM - 7:30PM		

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La Grange, Illinois 60525



OPUS Newsletter

COLLEGE OF DUPAGE CLASS "VICTORIAN PARADOX"

The College of DuPage class held at Grace for the spring semester will be held from **Monday, March 7 until Monday, April 25** from 9:30am to 11:30am in the Kensington Room.

The class is entitled "Victorian Paradox" which will explore the growth and change during Queen Victoria's reign.

To register for the class or for more information,

phone the college at (630) 942-2208 and request course HUMNT-0004-003.

The cost is \$154 with the senior fee \$114. Sign up today.

What a great way to take a college course with no exams or papers to write.

WORDS OF WISDOM AND JOY

People who feel their life is a part of a larger plan and are guided by their spiritual values have stronger immune systems, lower blood pressure, a lower risk of heart attack and cancer, and heal faster and live longer.

Harold G. Koenig, MD Professor of Psychiatry & Behavioral Sciences, Duke University