

The Caring Connection

A Smock Senior Ministries Newsletter

Issue Number 219, October/November 2018



Smock Senior Ministries Center, 300 West Wayne Street, Fort Wayne, IN 46802

260-426-7421 · firstpresfortwayne.org

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A Message from Reverend William R. Haworth:

Americans are bombarded with information concerning health, fitness, quality of life and retirement. Most information is focused upon losing weight, taking the right pills and eating a specific diet. I'm sure you've heard the saying "No pain, no gain." Well, that challenge is totally wrong for us senior adults. The other predominant message is the attitude that we have worked hard all our lives and now deserve to retire—which, for many, means sit back in the Lazy Boy and exercise the remote control! Others think it means playing golf every day, fishing or just doing nothing. Really???

Taking into consideration the best medical, mental health and physical training emphases, Smock Senior Adult Ministries subscribes to and encourages a different focus. We believe it is important to "Use it or Lose It." God has wonderfully designed our bodies, hearts and minds with the ability to stay active using what we have been given in a balanced active lifestyle. When we stop moving, our bodies, hearts and minds begin to degenerate and shut down at a much more rapid pace. If we adopt the belief that for exercise to be of value, it is all about "No pain, no gain", then we could be tempted to give in and believe we have earned the right to do nothing, because, after all "We're retired!"

We now know from a myriad of professional sources that a good balance of activities that keeps us moving is our best "medicine." So, get involved with SMOCK's 3B (Body, Brain and Belief) movement class, walk 20 minutes at a moderate pace 4 or 5 times a week, volunteer in something you believe in, and take the advice of professional experts that going to church is good for your quality and longevity of life.

I hope you find this article helpful and that God will bless your efforts to "Move it or Lose it!"

Shalom...

Reverend Bill Haworth

Inside this issue:

SMOCK SERVICES	2
SMOCK SERVICES, CONTINUED & UPCOMING EVENTS & INFOR-	3
SMOCK SHOWS, TOURS & TRIPS	4
OTOBER PRESBY-DAY PROGRAM	5
NOVEMBER PRESBY-DAY PRO-	6
FALL 3B & FOUNDATION INFO	7

MOVE IT
OR LOSE IT!®

SMOCK Services

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

PRESBY-DAY:

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

CARDS OF ENCOURAGEMENT, CONCERN & SUPPORT:

Call Lou Brickman, coordinator, at 969-7069.

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

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

FINANCIAL RESOURCES AND PLANNING:

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

TOURS & ENTERTAINMENT:

Periodic day trips, shows, and tours of longer duration for fellowship, education, and entertainment. Call Carolyn Linsenmayer, coordinator, at 417-8798 or the SMOCK office at 426-7421, ext. 132.

HANDYMAN SERVICES:

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

EMAIL FOR SENIORS:

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

MEDICARE PRESCRIPTION "D" COUNSELING & ASSISTANCE:

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

3B (Body·Brain·Belief)

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

3B (Body·Brain·Belief), continued

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

LIFELONG LEARNING CLASSES

Lifelong learning class sessions are taught by professionals in

continued on page 3

The Caring Connection

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

Upcoming Events, continued



October 10	"Plain and Fancy" Round Barn Theatre, Amish Acres
October 18	Presby Day 10:00 a.m.–1:00 p.m. in McKay Hall
Thursday November 1	Presby Day Task Force 10:00 a.m.
November 7	Frankenmuth Bavarian Christmas Trip, American Heritage & SMOCK
November 8	Smock Foundation Meeting 1:00 p.m.
November 15	Presby Day 10:00 a.m.–1:00 p.m. in McKay Hall (Thanksgiving Meal)
November 21	Fall 3B Session Ends
Sunday, December 2	Special Presby Day Christmas Program in Berne
December 11	Caroling, Cocoa & Cookies with Dr. Chelsea Vaught, 1:30 p.m. in McKay Hall

Fall 3B (now through November 21)	Monday & Wednesdays 1:30–2:30 p.m. (with Walking Club from 1:00–1:25 p.m.)
Thursday October 4	Presby Day Task Force 10:00 a.m.

This newsletter is also on the website of First Presbyterian Church.
 Log onto www.firstpresfortwayne.org from the menu on the upper right, go to OUTREACH, click on SMOCK SENIOR MINISTRIES, and scroll down to CARING CONNECTION and click on the link for the most recent edition.

2018 Smock Shows, Tours & Trips

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

- Wednesday, October 10 - "*Plain and Fancy*" This Broadway musical finds a New Yorker and his sophisticated girlfriend in Lancaster, Pennsylvania amongst an Amish community. This quaint musical comedy combines the clash of cultures in an entertaining and fun way! - The Round Barn Theatre at Amish Acres - \$45.00 (lunch included) - SMOCK-30 total; (show at 2:00 p.m.)—John Current & Bill Sark, drivers (leave church at 10:30 a.m.)
- Wednesday, November 7 - Frankenmuth Bavarian Christmas - \$39.00 - American Heritage-15 total (lunch on your own) - south pick up 6:30 a.m.; north at 7:00 a.m.
- **DECEMBER PRESBY DAY EVENT:** Sunday, December 2 - Handel's Messiah - First Mennonite Church of Berne, Indiana—3:00 p.m. (free) - SMOCK-30 total; John Current & Bill Sark, drivers (leave church at 1:00 p.m.)
- Wednesday, December 12 - "*Elf the Musical*" - Beef and Boards Dinner Theatre, Indianapolis - \$80.00 - American Heritage & SMOCK-15 total; (dinner included)—south pick up 8:00 a.m.; north at 8:30 a.m.



Editorial

The following editorial was submitted to the Fort Wayne Newspapers by a local Presbyterian:

"There is a lot of inaccurate or 'fake' news in today's newspapers. But there is a lot of factual news. I think newspapers bring important policies and subjects to our attention.

The first thing dictators take is newspapers and other media. The best protection of our liberty is an active newspaper; long live our active newspapers.

ART BRICKMAN
Fort Wayne

SPECIAL DECEMBER PRESBY DAY

Sunday, December 2
Handel's Messiah
First Mennonite Church of Berne
Leave First Presbyterian,
Fort Wayne
at 1:00 p.m.



Please note:

The Smock Office email addresses have changed.

Rev. Haworth's email address is smockoffice@firstpresforwayne.org, and Mary Lynn's address is smock@firstpresfortwayne.org.

The old email addresses will continue to work for several months, but eventually they will expire.

Smock Senior Ministries Presents:

"PRESBY-DAY"

Thursday, October 18, 2018

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

First Presbyterian Church, Fort Wayne



Presented by

Rev. Bill Lane, Associate Pastor
for Children, Youth and Families at
First Presbyterian Church, Fort Wayne

Call 260-426-7421 ext. 132

with your reservation by 10/15/2018

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

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

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Smock Senior Ministries Presents:

"PRESBY-DAY"

Thursday, November 15, 2018

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

First Presbyterian Church, Fort Wayne

"Music as Therapy to the Mind and Soul"

*Including a delicious
Thanksgiving dinner for lunch!*

Call 260-426-7421 ext. 132

with your reservation by 11/12/2018

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

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

The Fall Session of 3B **continues through Wednesday, November 21.** Class sessions meet on Mondays and Wednesdays in McKay Hall at First Presbyterian Church of Fort Wayne and are from 1:30 to 2:30 p.m. with the Walking Club meeting immediately before from 1:00—1:25 p.m. Classes consist of both men and women, (varied in age), and are full of fun, fellowship, fitness and balance exercises and an occasional refreshment celebration. Our focus is holistic in that we use tried and true physical therapy movement exercises, healthy brain exercises and encouraging spiritual, emotional and social experiences in each class gathering.

Our class size is limited to 30, so please **call** the SMOCK office (426-7421 ext. 132) and reserve your spot in the class. There is no charge for the class and materials are provided, but if you wish to purchase your own equipment: balls are \$6.00 and ropes are \$1.00. ****Please see box on back page regarding the upcoming 3B training class!**



The Smock Foundation which was created in 1953 as a result of the legacy that Frank and Laura Smock bequeathed "...for such benevolent, charitable, religious, educational or any allied public purpose as in the judgement of the Smock Trust Advisory Distribution Committee and Trustee that will promote the health, welfare and happiness of ailing or needy or crippled or blind or elderly and aged men and women of the Presbyterian faith throughout the State of Indiana"... is also the sole provider of funds for the Smock Senior Ministries Program.

The Smock Senior Ministries Center began in 1994 under the vision and leadership of two Presbyterian ministers, Rev. Richard Hutchison and Rev. Richard "Dick" Craig. Dick served as the first Executive Director of the Smock Center and put into place several services and resources for seniors in the Fort Wayne area. He helped to create a ministry which continues to address the very wishes of Laura Smock. Recently, Rev. Harworth and Mary Lynn were able to visit and catch up with Dick Craig. He is now a resident at Greencroft Communities in Goshen, IN, and is doing very well! It was delightful visit for Bill and Mary Lynn, and Dick treated them to a delicious lunch in the Greencroft dining area!

Dick Craig began with a vision and created the Smock Center along with the talents of several other Presbyterian seniors, and he is a senior who is certifiable proof that if you "Use it, you WON'T lose it!"

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SMOCK SENIOR MINISTRIES
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Fort Wayne, IN 46802

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October/November 2018



3B Training Offered!

October 12 – 13

Fort Wayne, IN

There will be a weekend training class held in Fort Wayne at First Presbyterian Church, October 12 –13. This training weekend will enable you to teach the 3B program! The class is limited to 10 – 15 new trainee participants.

The first 15 to sign up are granted full payment for training, all materials, and room and board at the Downtown Hilton Grand Wayne Center!

For more information and to sign up, please call 426-7421, ext. 132!