



The Gathering Place Newsletter

Issue 73

July 2018

Mission Statement::

The Gathering Place at Lakewood UMC is a ministry for those who are living with memory loss and the people who love them.



“Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me” – Matthew 25:40



5 Myths about Exercise and Older Adults

Myth 1: There's no point to exercising. I'm going to get old anyway.

Fact: Exercise and strength training helps you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, colon cancer, high blood pressure, and obesity.

Myth 2: Elderly people shouldn't exercise. They should save their strength and rest.

Fact: Research shows that a sedentary lifestyle is unhealthy for the elderly. Period. Inactivity often causes seniors to lose the ability to do things on their own and can lead to more hospitalizations, doctor visits, and use of medicines for illnesses.

Myth 3: Exercise puts me at risk of falling down.

Fact: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually *reducing* your risk of falling.

Myth 4: It's too late. I'm already too old to start exercising

Fact: You're never too old to exercise! If you've never exercised before, or it's been a while, start with light walking and other gentle activities.

Myth 5: I'm disabled. I can't exercise sitting down.

Fact: Chair-bound people face special challenges but can lift light weights, stretch, and do chair aerobics to increase range of motion, improve muscle tone, and promote cardiovascular health.

Blessed In Aging

~Esther Mary Walker

Blessed are they who understand
My faltering step and shaking hand
Blessed, who know my ears today
Must strain to hear the things they say.

Blessed are those who seem to know
My eyes are dim and my mind is slow
Blessed are those who look away
When I spilled tea that weary day.

Blessed are they who, with cheery smile
Stopped to chat for a little while
Blessed are they who know the way
To bring back memories of yesterday.

Blessed are those who never say
"You've told that story twice today"
Blessed are they who make it known
That I am loved, respected and not alone.

And blessed are they who will ease the
days Of my journey home, in loving ways.

This poem, as read by Mary Maxwell in the video "A Reminder That Laughter is the Best Medicine." View the video online at CaregiverStress.com

Want to see what goes on at the Gathering Place? Check out our website to see great pictures, VIP videos, previous newsletters and more.

Go to: <http://lakewoodgathering.org/>

Common Ground Caregiver Conversations

Common Ground is a place and time for caregivers like you to meet, talk, share, learn and receive the support needed to take care of yourselves so you can provide the best care possible to a family member or friend.

Common Ground is a free caregiver assistance program of Interfaith CarePartners® in cooperation with partner congregations in greater Houston. Groups are available for caregivers of persons with dementia and caregivers for persons with other diagnoses and conditions.

Lakewood will be hosting Common Ground on July 9, 2018 from 10:15-11:30 am in the Parlor. For more information, contact Pam Cline at 281.370.2273 or pam.cline@lakewoodumc.org.

**I will walk about in
freedom, for I have sought
out your precepts.
Psalm 119:45 NIV**

Lakewood United Methodist Church
11330 Louetta
Houston, TX 77070
281.370.2273

In partnership with
Interfaith CarePartners®
713.682.5995