



# Senior Ministries Newsletter

May/June 2025



For information regarding Senior Ministries events or trips, or if a loved one is moving to a care facility, please contact Terri Hempstead at [thempstead@springfieldfirst.org](mailto:thempstead@springfieldfirst.org) or 217-793-9760 x111.

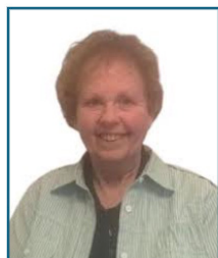
My sheep listen to my voice; I know them,  
and they follow me. (John 10:27)

## Senior Speaker Series presented by Senior Ministries

Adults of all ages are welcome (Meet in Choir Room)

### Tai Chi Demonstration -- Monday, May 12, 2pm

Dennis Afeld will demonstrate Tai Chi, an exercise program that increases muscle strength, flexibility, and balance, and is particularly suited for older adults. It can be practiced by people in nearly any state of health or physical condition.

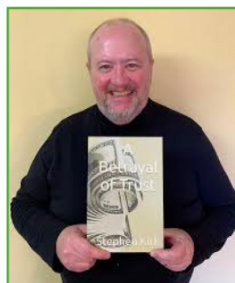


### Words Matter: How to Talk to Grieving People Monday, June 16, 2pm

Dee Stern has published three books about talking with survivors and loved ones of the deceased, and she facilitates three grief groups at St. John's Hospital. Dee holds a master's degree in psychology and pastoral studies, and doctorate in psychology with a focus on bereavement. She formerly taught courses about death and dying at Benedictine University.

### Investment Scams -- Monday, June 30, 2pm

Our church member Steve Kirk will talk about investment scams that are perpetrated on seniors. He helped uncover many of these scams in his previous career as an auditor for the State Securities Department. Steve has a degree in economics and has had a 37-year career in various audit capacities. He currently serves as an internal auditor for the Illinois Department of Transportation.



### Demonstrate Your Purposeful Hospitality! ...And your stellar safe-driving record

Substitute car-parking volunteers are needed for occasional Sunday mornings, 15 minutes before and after service, at the Atrium East door. It's not hard! You know how to smile and you know how to drive! Our members and guests with mobility limitations are relieved and pleased to be greeted by a helpful, welcoming person who will park the car for them. This only happens when volunteers are available. Contact Terri Hempstead or Ray Ogden for information.

### Senior Fellowship (Ages 55+) Monthly on the second Thursday at 9:30am May 8 and June 12

Meet at 9:30am, in Room 5/6 for an inspiring devotion, yummy breakfast snacks, and a morning of cards and table games. Your lunch will be prepared and served by Dorothy Gayton.

**Thursday, May 8:** Fried Pork Tenderloin Sandwiches, Baked Beans, Coleslaw, and Cherry Ripple Cheesecake. Your hosts in May are John and Margaret Whitworth.

**Thursday, June 12:** Beef Kebab, Baked Potato, Garden Salad, Peachy King Pound Cake. Your hosts in June are Sandy Meyer and Janice Spears.

Suggested donation \$7. Senior Fellowship takes a break in July and August. See you in September!

### Hospital Volunteers Needed

Springfield Memorial Hospital seeks volunteers for various roles. Call 217-788-3352 or visit [memorial.health/volunteer](http://memorial.health/volunteer) for information, or see Jan Ogden. Training is provided.

## What's happening in our community?

### Central Illinois Senior Celebration

9am-2pm, Wednesday,  
May 21  
Orr Building, Illinois  
State Fairgrounds

This resource fair for seniors features dozens of exhibitors representing businesses and nonprofit organizations that serve adults of all ages. Free health screenings, entertainment, and door prizes are offered.

### Annual Caregiver Conference

8am - 1pm, Saturday,  
June 28  
The Crowne Plaza,  
Registration required.

Family caregivers of older adult relatives or friends, and older adult relatives raising minor kin, are invited. \$20 registration required; this fee will be totally refunded at attendance. Lunch is included at no cost. Meet exhibitors and hear from knowledgeable speakers. Sen. Doris Turner, keynote speaker. A registration form and information about additional speakers is available outside Terri's office.

### "I Told You, Buddy!"

We have a special time in our house when everything stops as we watch the game shows - *Jeopardy* and *Wheel of Fortune*! It seems like our entire day of entertainment revolves around 3:30 and 6:30 pm! The other afternoon, our resident teacher, a.k.a. Monique, offered unsolicited advice to one of the *Jeopardy* contestants who had quickly responded to the clue, "What is gnash?" (as in gnashing of teeth!).



The contestant was surprised when the host, Ken Jennings, told him "No. I'm sorry!" Immediately, Monique couldn't hold back and began shouting aloud, "Gnashed! Gnashed!" in the past tense to correct him. While the frustrated man was surely "gnashing his teeth" with disappointment, Monique blurted out her game-show counsel one final time, "I told you, buddy! But you wouldn't listen to me!"

Many times, in recorded Scripture, you will read about how God rebuked and warned His children, "I told you, but you wouldn't listen to me!" Depending on your translation, the number of Bible references for the word "listen" or "hear" varies between 265 (ESV) and 550 (KJV) times. God often reminds us in His Word to listen, pay close attention, give ear, hearken and obey His instruction.

We need to revisit the story of how Eli, the priest, advised young Samuel to simply reply to God's promptings in this way, "Speak, Lord, your servant is listening." (1 Samuel 3:1-10). I don't think any of us want to hear God's scolding, "I told you... but you wouldn't listen!" Sometime during these beautiful spring days, try to go out in nature or find that special place and time for quiet reflection. Make this your opening prayer, "Speak, Lord. I'm listening."

- Mike Keppler, Care Pastor

Follow Mike's weekly blog called "Serve by Design" at [mjkministries.com](http://mjkministries.com).

### Low Vision Technology Fair

9am-2pm, Wednesday,  
June 4  
Christ the King Church Parish Hall

Meet vendors, medical experts, and social service agencies who can share information and resources for those who experience vision loss, their families, friends, and caregivers.

## DEATHS

Please hold in prayer the families of:

Gordon Brown 4/19/2025  
Carol Guinn 4/19/2025



**Springfield First**

A UNITED METHODIST FAITH COMMUNITY

FIRST UNITED METHODIST CHURCH  
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## WEEKEND WORSHIP EXPERIENCES

**Sunday** 9:00am Contemporary (CLC) 10:30am Contemporary (CLC) 10:30am Traditional (Sanctuary)