

Senior Ministries Newsletter

January 2026



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 or 217-793-9760 x111.

“See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.” (Isaiah 43:19)



BRENDEN GARDENS
SENIOR LIVING

A TUTERA SENIOR LIVING COMMUNITY

Senior Field Trip to Brenden Gardens: Facility Tour and Seminar on Avoiding Scams

Wednesday, Jan. 14

Meet in the Atrium by 1pm to carpool.

Independent retirement-living community Brenden Gardens has invited us for a visit. After a brief tour, we'll stay for a presentation on preventing scams and crimes, including securing your identity. Topics include:

- how to recognize common scams,
- ways to protect yourself,
- tips to safeguard your financial information.

Reservations are requested. Please leave a message for Terri Hempstead at 217-793-9760 x111. We will return to church by 3:30.

Senior Fellowship

Thursday, Jan. 8, 9:30am

Enjoy coffee and breakfast snacks followed by morning table games. A new dice game, Left-Center-Right, will be offered in addition to old favorites Hand and Foot, Golf, and Dominoes.

Dorothy has planned a hearty lunch of Chicken Gnocchi Soup, Italian Chopped Salad, Dinner Roll, and Boston Cream Poke Cake. Due to the increase in food prices, please consider donating \$8 for lunch. RSVP by Jan. 2.

- Leave a message at 217-793-9760 x111
- Email thempstead@springfieldfirst.org
- Register at springfieldfirst.org/seniors and click on **Senior Fellowship**.



Senior Services
of Central Illinois

The **Information and Assistance Specialist** helps people who need some kind of assistance and don't know where to start.

Senior Health Assistance Program helps sort through the puzzle of Medicare, Medicaid, pharmaceutical programs, and supplemental insurance.

Comprehensive Care's case managers help people who have a variety of self-care needs stay in their own homes as long as possible.

Adult Protective Services staff investigate reports of abuse and neglect.

The **Caregiver Specialist** provides information and resources to caregivers of any age who care for a person who is 60 or older.

Savvy Caregiver is a six-week course designed to provide skills and strategies to family caregivers to help them deal with the demands of dementia caregiving.

Nutrition: Daily Bread provides both congregate and home-delivered meals to persons on a standard diet. **Springfield Specialty Meals on Wheels** delivers to people with special dietary needs.

Senior Transport provides rides to and from doctor appointments, and to other destinations if availability allows.

Many other programs are offered. For more information: centralilseniors.org.

Senior Speaker Series

Cremation: An Affordable and Convenient Option

Monday, Jan. 26, 1pm
Atrium 4

Brett Zerfowski from Central Cremation Center will present information on cremation services, including special programs available for veterans, first responders, and pets.

Prayer Shawls Available in Senior Ministries

Do you know someone who would appreciate a hand-knit or hand-crocheted prayer shawl? The crafters who made them prayed for the recipient while they were making these shawls.



Would you like to have one, or gift one to a person who would be warmed in body and soul by the shawl and the prayer?

Contact Terri Hempstead,
thempstead@springfieldfirst.org

Monthly Church History Class

Topic: Martin Luther, Part 3
Thursday, Jan. 8, 1pm
Choir Room

DEATHS

Please hold in prayer the families of:

Marilyn Franklin 11/23
Donna Hovermale 11/28
Mike McHugh 12/6
Nancy Phillips 12/10

What's Your Resolution?

Did you hear about the dog who went to the movies? A fellow movie goer, who sat nearby, was surprised! At times, when happy, the canine wagged his tail; when sad, he drooped his head and even put his paws over his eyes when he was afraid. The man finally whispered, "Wow! I'm amazed at how much your dog enjoys this movie!" The owner replied, "I am too, because he hated the book!"



Whenever we visit our daughter's home in New Mexico, we have movie nights on the king bed! Our grands, and sometimes the dogs, join us for these



family-friendly features. It is always amusing to see their intelligent Golden Doodle, Sophie, watching the shows along with us!

Do you make New Year resolutions? I just completed reading the Bible through in 2025. Over the years, I have used several different approaches, but the reading plan most satisfying is the chronological reading of the Bible. I like it because it flows just like reading a historic novel.

I encourage you to make this prayerful request, "Teach me your decrees, O Lord; I will keep them to the end. Give me understanding and I will obey your instructions; I will put them into practice with all my heart" (Psalm 119:33-34, NLT).

"He hated the book?!" That cute dog story should never be told of us! Here's what I predict: when you get into God's Word, you will fall in love with it and in love with the One who inspired it! Let's resolve to read the Bible every day in the New Year!

- Mike Keppler, Care Pastor

Follow Mike's weekly blog called "Serve by Design" at mjkministries.com.



Springfield First

A UNITED METHODIST FAITH COMMUNITY

FIRST UNITED METHODIST CHURCH

2941 South Koke Mill Road · Springfield, IL 62711

WEEKEND WORSHIP EXPERIENCES

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