

# Senior Ministries Newsletter

July/Aug. 2026



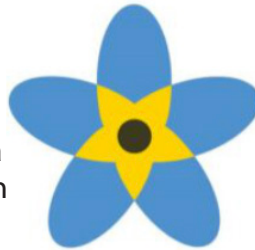
For information regarding Senior Ministries events or trips, or if a loved one is moving to a care facility, please contact Terri Hempstead at [thempstead@springfieldfirst.org](mailto:thempstead@springfieldfirst.org) or 217-793-9760 x111.

Love is patient, love is kind.  
It does not envy, it does not boast, it is not proud.  
1 Corinthians 13:4

## Be a Dementia Friend

Join the discussion!  
Monday, Aug. 10, 1-2pm  
Choir Room

Illinois is a certified Dementia Friendly state, and Springfield is a Dementia Friendly community. You can become a Dementia Friend by attending a one-hour discussion in our Choir Room. You'll learn small things you can do that can make a big difference in your family and in our community. The conversation will be led by a Certified Dementia Friend Champion from Senior Services of Central Illinois. The program is helpful both for family caregivers and for people who work or volunteer in public-facing positions. Adults of all ages are welcome.



**Registration is required.** To register, email Terri Hempstead, [thempstead@springfieldfirst.org](mailto:thempstead@springfieldfirst.org), or scan the QR Code. Seating is limited to the first 50 registrants.

## Senior Tech Class

On April 29, members of the Beta Club at Lincoln Magnet School provided one-on-one iPhone assistance for our members. Participants learned how to set up security features and optimize their apps.



## Upcoming Events:

### Tour Montvale Senior Living

*Independent living with all meals provided*

Monday, July 20, 1pm  
Meet at 2601 Montvale Drive at 12:55pm

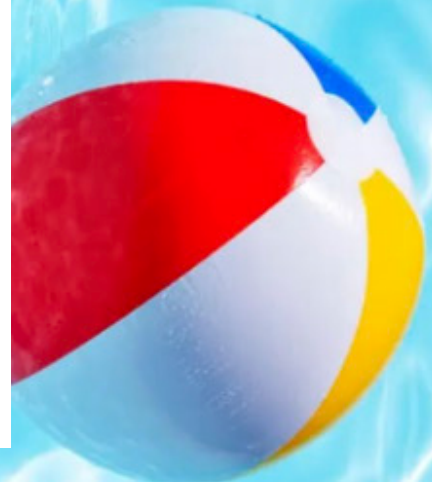
Smart-designed studio, 1 bedroom, and 2 bedroom apartments. Amenities include library, fitness center, housekeeping, and linen service. WiFi and cable included. Right across the street from Schnuck's.

### My Care Mentors, a New Service in Springfield

Monday, September 14, 1pm  
Atrium 4

Solo Agers, this one's for you! An estimated 22 million adults age 55+ live in the US, and only one in four has someone they can count on if they need help. If you don't have kids or a trusted care partner nearby, who will help manage your healthcare? A Care Mentor is a medical professional who will help you understand your doctor's lingo, recommendations, and treatment plan.

**Senior Fellowship  
takes the summer  
off! See you in  
September.**



## Do you crochet or knit?

A prayer shawl is more than just a wrap. It is a warm hug that conveys our prayers and concern for someone who is grieving. Will you please create and donate a shawl? Contact Terri if you'd like to pick out a pattern, or use your own.



## Monthly Church History Class

Topic: TBD  
Thursday, July 9 and Aug. 13,  
1pm  
Choir Room

## DEATHS

*Please hold in prayer the families of:*  
Dale Schumacher 5/27  
Linda Oxford 6/2

## Don't Hit Snooze!

Sometime ago, we were dispatched to our daughter's house to join other family members in bidding farewell to her twin sister (our other daughter!) and her family as they headed home to New Mexico. When we arrived, everyone was up and moving around awaiting the final departure. They were bathed, dressed, and waiting for the pics to document the occasion. Yes, some were a little blurry eyed, but not our youngest grandson, Dawson!

This boy is always good with his words. Because of his propensity for storytelling, some are already speculating that he may have a future in a talking profession like his Poppi! As Dawson explained to me why he was up so early, this adorable child reasoned, "I got up at 5:30am, but two minutes later, it was nine o'clock!" I laughed because he sounded a lot like my peer group droning on rather than what we expect from a ten-year-old!



We regularly lament that "time flies" during these days of advancing age. It seems like we just get the medicine pills all sorted and contained and then "two minutes later," it's time to do it all over again! The Wednesday mowing, the Thursday trash out, the Saturday washing, and the

Sunday church services are only a day or two apart! Wow! How does a week of seven days go by so fast? We have learned that an active senior lifestyle has no time for hitting a snooze button!

The Apostle Paul spoke plainly when he counseled the Thessalonian believers who were idle in their Christian lives. He instructed them, "Try your best to live quietly, to mind your own business, and to work hard, just as we taught you to do." (1 Thessalonians 4:11, CEV)

- Mike Keppler, Care Pastor

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



**Springfield First**

A UNITED METHODIST FAITH COMMUNITY

FIRST UNITED METHODIST CHURCH  
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## WEEKEND WORSHIP EXPERIENCES

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