



# Open Arms Senior Connection

March 2018

## ***The Healing Power of Friendship***

People who have strong social ties live longer and recover from illness faster than those who don't. Maybe friends are the best medicine.

You feel stressed. Stress happens when you believe that you can't meet the demands you face. Too much stress, for too long a period of time without a break, can hurt. It can weaken you with poor sleep, anxiety and even leave you more vulnerable to illness. Short term, solving the immediate problems can help. Long term? Friendship may be our secret weapon against stress.

### **Friends to the rescue**

One size doesn't fit all when it comes to friends. You may have different friends for different needs. You may have friends that only share one interest or activity in your life or are just for a season of your life. Others may be your lifelong best friends.

Having good friends can have positive effects on your sense of wellbeing. They may help extend your life and may even help you recover from illness. Good friends care about each other. They bring companionship, happiness and comfort. When true relationships have been developed, friends have a deep understanding of each other. They listen and support each other without judgment.

### **What can friends do?**

- Improve your health and reduce stress. Friends in your life can strengthen your immune system, so you get sick less often. Good friends can prevent isolation, which is a factor in depression.
- Help during hard times. Friends who listen and support you can help you weather life's challenges.
- Cheer you up. Your attitude and your mood can get a big boost from friends who make you happy.

- Make you feel loved. Friends allow us to be ourselves and not hide our feelings. They help us gain confidence, see things in new ways and creatively solve problems.
- Make you feel needed. Your friends need you as much as you need them. You feel valued and important when you reach out to a friend and help them survive a hard time.

### **Older adults and friendship**

As we grow older, we often see our circle of friends and family getting smaller. The result can be isolation and loneliness, which may contribute to developing illness and depression. It is important for older adults to stay active and connected to other people.

### **Finding friends – old and new**

Friendships take time and effort, but your investment in good friends will pay off throughout your life. Your work and family demands may have caused you to lose track of old friends. It is never too late to enjoy the company of new friends, or get back in touch with friends from the past. Just make sure that reaching out to an old friend is welcomed by them. And keep in mind that friends you had in your youth may not be a good fit for your current lifestyle.

### **Here are a few tips for finding new friends:**

- Keep it healthy. Friends, even new ones, enjoy each other's company and share easily. If you are uneasy with your new friendship, listen to those feelings. A person who takes advantage of your kindness (including money), is super critical or wants to control you may not be the friend you are looking for.
- Share interests. Friendship is often started because you have something in common. Pursue activities you enjoy and you may find new friends along the way.
- Reach out. Nothing happens unless someone makes the first move. That someone

can be you. Reach out. Nothing happens unless someone makes the first move. That someone can be you. You can start a conversation or ask someone to go to a movie, have a bite to eat or go shopping. Be specific about a time and date or you may find a year goes by and you haven't done anything.

- If they aren't interested or the time you share is flat, don't take it personally. Try again with those friends. It may have been an off day. Also, try again with new people, and soon.

<https://www.aarpmedicareplans.com/aarpoptom/the-healing-power-of-friendship>

## Counting the Days 'til Spring!

Speaking of spring:



**“Spring Ahead”:**  
Remember to set  
your clocks ahead for  
Daylight Saving Time!

Daylight Saving Time begins Sunday, March 11<sup>th</sup> at 2:00 A.M. Before you go to bed on Saturday night, March 10<sup>th</sup>, set your clocks ahead one hour.

We've been talking about the fact that Open Arms has had lower attendance this past winter. Illness and weather have certainly been a big factor. We have a new Open Arms flyer and a brochure and hope that we will begin to see some new faces walk in the door. We so appreciate all of you for being so welcoming when someone new joins us.

You can also help us by inviting someone to come to Open Arms. We all know it's a great place for anyone who would enjoy great company, conversations and perhaps a little more fun in their lives. The more, the merrier!

We have a lot planned for March, so plan to come frequently. On Sunday, March 18<sup>th</sup> we'll have a mini fundraiser for Open Arms – a “Baked Potato Bar Luncheon” – a baked potato with choice of ‘fixings’ makes for a delicious lunch (and donations go to Open Arms).

March also has St. Patrick's Day (everyone is a little Irish on this day so wear your green). And don't forget to



celebrate with us the 1<sup>st</sup> day of Spring on March 20<sup>th</sup> (this is also happens to be our lunch of the month day)!

It's hard to believe Open Arms has been in existence for nearly eight years. In April, we'll celebrate our anniversary with some special fun. Stay tuned - you won't want to miss any of it. ~ Alice and Karen

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## Winter weather could still come!

In the event of an unforeseen closing for Open Arms, please check your local weather related closings. If the Easton Area School District has determined the schools need to close because of bad weather, Open Arms will be closed as well. *(If the school buses aren't running and roads are not considered to be safe – we will not encourage people to travel either!)*

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## Special thanks to:

- **All of you** for helping make valentines for Arndt's Preschool and the 5<sup>th</sup> Floor at Gracedale
- **All** who helped with our February lunch – thanks to Carol for making her barbecue, Pat & Larry for the creamed cabbage, Joyce for her sunshine cake and all who brought the extra ‘trimmings’ –it was comfort food on a rainy day!
- **You won't want to miss:**
- **Thursday, March 8<sup>th</sup> – 10:00 a.m. – “Sit & Be Fit” with Jackie** – gentle chair exercise
- **Sunday, March 11<sup>th</sup> – Daylight Saving Time begins** - set your clocks one hour ahead
- **Sunday, March 18<sup>th</sup> –Potato Bar Luncheon”** – following our 10:30 a.m. worship service (around 11:45 a.m.) – Please join us! (fundraiser for Open Arms)
- **Tuesday, March 20<sup>th</sup> – Lunch provided** – Join us and bring a friend!
- **RESCHEDULED: Thursday, March 22<sup>nd</sup> – 10:30 a.m. – Special Music** with Bill Frey
- **Tuesday, March 27<sup>th</sup> – 1:00 p.m. – “Merchandise Bingo”** – bring a small prize to share.
- **Thursday, March 29<sup>th</sup> – 12:30 p.m. – March Birthdays** celebrated







## Good Advice to Live By

- If you want your dreams to come true, don't oversleep.
- Of all the things you wear, your expression is the most important.
- The best vitamin for making friends...B1.
- Minds are like parachutes...they function only when they're open.
- Age is an issue of mind over matter, If you don't mind, it doesn't matter.
- The happiness of your life depends on the quality of your thoughts.
- The heaviest thing to carry is a grudge.
- One thing you can give and still keep...your word.
- The smallest good deed is better than the grandest intention.



# March 2018

# Arndt's Open Arms Senior Connection

SUN.	MON.	TUESDAY	WED.	THURSDAY	FRI.	SAT.
				1 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 1:00 PM – Cards, games, socializing	2	3
4	5	6 10:00 AM – “Gathering” 10:30 AM – * 1:00 PM – Cards, games, socializing 	7	8 10:00 AM – “Sit & Be Fit” with Jackie 10:30 AM – Cards, games, socializing 1:00 PM – Cards, games, socializing	9 	10 Daylight Savings Time (begins 2:00 a.m. Sunday)
11	12	13 10:00 AM – “Gathering” 10:30 AM – Cards, games & socializing 1:00 PM – Cards, games & socializing	14	15 10:00 AM – “St. Patrick’s Day – wear your green!” 10:30 AM – Cards, games, socializing 1:00 PM – Cards, games, socializing	16 	17
18 11:45 a.m. Potato Bar Luncheon (benefits Open Arms)	19	20 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing NOON – Lunch provided 1:00 PM – Cards, games, socializing	21	22 10:00 AM – “Gathering” 10:30 AM – Special Music by Bill Frey (rescheduled from February) 1:00 PM – Cards, games & socializing	23 	24
25	26	27 10:00 AM – “Gathering” 10:30 AM - Cards, games, socializing 1:00 PM – Merchandise Bingo – bring a small prize to share 	28	29 10:00 AM – “Gathering” 10:30 AM - Cards, games, socializing 12:30 – March Birthdays Celebrated	30 	31

**\*Optional Worship Service** – an optional worship service with communion is offered the 1<sup>st</sup> Tuesday of the month

**PLEASE BRING A BAG LUNCH** unless the calendar says that lunch is provided.

**Bad weather?** Check your local TV or radio station for Easton Area School Districts closing.

**Questions?** Call Karen at 610-252-2338 (home) or Karen at 610-392-2840 (cell phone), or the church office at 610-253-3732.