



# Open Arms Senior Connection

## May 2017 Newsletter

### **Happiness Challenge**

You do not need to deserve happiness. Happiness is free. There are no conditions.

What was your reaction when you read those first seven words? There are times in our lives when we believe they are true. BUT, the next seven words change the whole concept of those first seven words. So, this month, focus on happiness: your happiness, the happiness of your friends and – if you push yourself out of your comfort zone – the happiness of the people around you.

Your happiness is a gift to you and to others. Think of what happens when you are happy – what happens around you? Seriously, think about it. Think about how the atmosphere changes, how people change, how everything seems to lighten up.

Ask yourself, from 0 to 100% how open am I to happiness? Your challenge this month: What would it take for me to be 100% open to happiness? Start with now as you are reading this issue of the Open Arms May Newsletter. “Today, I am going to be more open to life.” Today, I set my intention. Not only will I be happier, I want to ensure those around me will also be aware of their potential for happiness. I will become a happiness agent.

We begin with only four intentions. In each of them, we are only looking to notice the effect that our intention has on us, on others around us, and on our day as a whole.

**Accepting:** Today I will be 10% more accepting of myself, of others, and of my life.

**Receptive:** Today I will be 10% better at receiving help, love and support from others.

**Grateful:** Today I will be 10% more grateful for everything that is happening in my life right now.

**Present:** Today I will be 10% more open to the idea that I really am in the right place at the right time.

So here is your challenge for the month of May. The challenge does not ask you to change your attitude 100% - simply be open to trying to improve your outlook by 10%. Dare to be happy. Let us know how you do with this experiment in happiness.

<http://www.seniorlivingmag.com/articles/2016/08/happiness-challenge>

First, *think.*

Second, *believe.*

Third, *dream.*

And finally, *dare!*

Walt Disney

### **May Honors Our Open Arms Volunteers!**

We've already had a taste of warm weather, so we know pleasant weather is on the way. And as the weather gets nicer we encourage you to enjoy our outdoor spaces on the church property. Take a leisurely walk outside after lunch. The meditation area next to the church entrance is a lovely place to sit and talk. Arndt's pretty pavilion gives us a nice place for picnics and games. Whatever the weather may bring we encourage you to keep coming to Open Arms!

Each spring, we like to celebrate our Open Arms Volunteers. We believe our volunteers are the biggest reason our program is success-

ful. We couldn't do it without their faithful help and we are so grateful for everything they do. Please remember to show your appreciation for the many volunteers who help at Open Arms – in May and throughout the year!

Also, in May, we are trying to focus on the importance of **gentle exercise**. We all understand how important it is to keep moving (within our own limitations, of course) to keep us strong, healthy and balanced. On May 9<sup>th</sup> we have Jackie Zito coming to do another "Sit & Be Fit" chair exercise session. Jackie is fully certified as an exercise instructor and we love having her come. She makes movement and exercise fun! Perhaps you can add some of the exercises to your daily routine.

**Looking ahead...Open Arms will be closed the week of June 26<sup>th</sup> – 30<sup>th</sup>** for Vacation Bible School. Arndt's will be partnering with St. Paul's III Lutheran Church again. This year VBS will be held at St. Paul's III, but most of the volunteers for Open Arms also volunteer for VBS.

~ Karen & Alice

### **"Senior Chair Exercise – Ease Into Health and Wellness"**



**A few examples of some basic chair exercises you could do at home:**

Warm up

- Seated "jumping jacks - extending and crossing arms and legs, or legs only.
- Arms and legs extended together.
- Trunk rotation by swinging arms from side to side.
- Neck rotation and extension (remember to do all neck exercises gently).

Shoulders, arms and hands

- Arms being stretched out and back and rotated or crossed.
- Arms "punched" out.
- Fist clenching and finger stretching.
- Wrist extension and rotation (use opposite hand to assist).
- Shoulders rotated and lifted.

Legs and feet

- Leg extensions with feet extended and contracted and toes extended and contracted.
- Feet on the floor and heel and toe raises.
- Knee raised and pulled towards the body supported by hands under the knee.
- Legs raised and crossed and uncrossed.
- Ankles rotated and flexed.

If you or a loved one has restricted movement, flexibility and cannot take on a vigorous exercise regime then seriously consider senior chair exercise...it's excellent for general health and an invigorating feeling of wellness.

<http://www.successful-retirement.com/senior-chair-exercise.html>

### **Special thanks to:**

- **Everyone who donated, helped and/or came** to our 7<sup>th</sup> Anniversary Luncheon and Cake and Punch celebration!
- **Chief of Police, – Greg Dorney, Forks Police Dept.** for his interesting and informative program: "Safety for Seniors"
- **Everyone** for your continuous donations to our donation jar – those donations warm our hearts and keep our doors open – thank you all!
- **Give our volunteers** a round of applause for their faithful service!



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### **You won't want to miss:**

- **Thursday, May 4<sup>th</sup> – 10:30 a.m.** – "Health Check" – Country Meadows
- **Tuesday, May 9<sup>th</sup> – 10:00 a.m.** – "Sit & Be Fit" with Jackie – gentle chair exercise
- **Thursday, May 18<sup>th</sup> – 11:15 a.m.** – "MacBriggs and the Polar Bears" slide presentation by Mac MacBriggs
- **Thursday, May 25<sup>th</sup> – NOON** – Lunch provided
- **Tuesday, May 30<sup>th</sup> – 12:30 p.m.** – May Birthdays are celebrated

Open Arms Senior Connection  
A Ministry of Arndt's Lutheran Church  
1851 Arndt Road  
Easton, PA 18040

***OPEN ARMS SENIOR CONNECTIONS Celebrated its 7<sup>th</sup> Anniversary in April!  
Let's celebrate the volunteers who make this possible!***

The success of this wonderful mission of Arndt's Lutheran Church is due to the overwhelming time, efforts and donations given by its many volunteers. At this time, we would like to thank our wonderful Open Arms volunteers.

***How did these volunteers help?*** Our volunteers are truly the heart and soul of the program. They help with the general set-up and daily clean-up, transport participants, help serve beverages, snacks and lunches, sit and converse, play cards, do puzzles and games, help with crafts, participate in our music sessions, take photos, bring food and other donations, do presentations, and share their talents. Essentially, the volunteers do whatever needs to be done, but their most important contribution is laughing, loving and building relationships! We are family!

***And...they must have fun because they keep coming back!*** Our volunteers logged well over 2000 hours per year since we began April 13, 2010. That's more than 14,000 volunteer hours these past 7 years! Open Arms Senior Connection meets twice weekly for 50 weeks a year!

Thank you, volunteers – we couldn't do it without you!



# May 2017 Arndt's Open Arms Senior Connection

SUN.	MON.	TUESDAY	WED.	THURSDAY	FRI.	SAT.
	1	2 10:00 AM – “Gathering” 10:30 AM - * 1:00 PM – Cards, games, socializing	3	4 10:00 AM – “Gathering” 10:30 AM - Health Check - Country Meadows 1:30 PM – Cards, games, socializing	5 	6
7	8	9 10:00 AM – “Sit & Be Fit” with Jackie 10:30 AM - 1:00 PM – Cards, games, socializing	10 	11 10:00 AM – “I Remember Mama” – sharing memories of our mothers 10:30 AM – Cards, games, socializing 1:00 PM – Entertainment & Snacks	12	13
14 Mother's Day 	15	16 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 1:30 PM – Cards, games, socializing	17	18 10:00 AM – “Gathering” 11:15 AM – “MacBriggs and the Polar Bears” – slide presentation by Mac MacBriggs 1:00 PM – Cards, games, socializing	19	20 Arndt's Spaghetti Dinner 
21	22 	23 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 1:00 PM – Merchandise Bingo (bring a small prize to share)	24	25 10:00 AM – “Gathering” 10:30 AM – Patriotic Sing-Along NOON – Lunch provided 1:00 PM – Wii games	26 	27
28	29 	30 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 12:30 PM – May Birthday Celebration	31	<i>Thank you, Open Arms volunteers!</i>		

**\*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.

**Need transportation?** Call Karen at 610-392-2840

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