

SAGACITY

NEWSLETTER OF S.A.G.E.S.

SAINTS ALIVE, GROWING, EVER SERVING



VOL 29, No. 1

January, 2019

Downloadable information about S.A.G.E.S. and the GATHERING is available at www.mnsdistrict.org under 'News and Events', S.A.G.E.S.' Email address: minnesotasouthsages@gmail.com

SAGACITY, n. [OF, fro, Latin sapiens, fr, sapere to be wise]

Quality of being sagacious; keenness of discernment or judgment.

SAGE, n. [OF, fr. sage, fr. L sapers to be wise]

A profoundly wise man; a person of high repute for wisdom; often someone who is venerated for the store of wisdom that has been accumulated during a long life.

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S.A.G.E.S. MN SO DISTRICT OLDER ADULT MINISTRY



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EXECUTIVE DIRECTOR
ALOA

(ADULT LUTHERANS
ORGANIZED FOR ACTION)

**AS THE FEATURED
PRESENTER**

MAY 6 & 7, 2019

AT

GATHERING XXXI



Navigating Life's Changes

*"Trust in the LORD with all your heart
and lean not on your own understanding;
in all your ways submit to him,
and he will make your paths straight."*

Proverbs 3:5-6

from Mark: The decisions wrapped up in the move from independence to dependence/interdependence in the late stages of life are among the biggest we make in our lifetime. This presentation will explore the various factors that are a part of this important decision phase and will give tools and encouragement to be proactive instead of reactive in the process.

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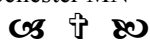
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N. Mankato MN

**SOUTHWEST E/Circuits 21,22
(OPEN)****SOUTHWEST W/Circuits 23,24
(OPEN)****WHITEWATER/Circuits 11,12,13**

*David & Margaret Hohenstein
Redeemer Lutheran
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*Marshall Kunz
Grace Lutheran
Rochester MN



Important Facts to Remember as You Grow Older

by Jerry Kieschnick

A Facebook friend posted the following thoughts, probably not original:

- Death is the number one killer in the world.
- Life is sexually transmitted.
- Good health is merely the slowest possible rate at which one can die.
- Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.
- Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.
- All of us could take a lesson from the weather. It pays no attention to criticism.
- In the 60s, people took acid to make the world weird. Now the world is weird, and people take Prozac to make it normal.
- Don't worry about old age; it doesn't last that long.

Obviously my friend had his tongue at least partially embedded in his cheek. Some of these are more humorous than others. Yet within the humor lies one basic truth. We are mortal, finite human beings. Our human life had a beginning. It will also have an ending.

King David says it like this: "We are here for only a moment, visitors and strangers in the land as our ancestors were before us. Our days on earth are like a passing shadow, gone so soon without a trace." 1 Chron. 29:15

For Christians, that's not the end of the story. At the death of his close friend Lazarus, Jesus said: "I am the resurrection and the life. He who believes in me will live, even though he dies. And whoever who lives and believes in me will never die." John 11:25-26.

To some, that's double talk. How can someone die and yet never die? That's the mystery of death, solved only by the promise of eternal life through faith in Christ. For when a person dies, he/she takes off his/her body and moves to another existence. In that new heaven and new earth (Rev. 21:1) that person's life never ends.

That's a truth worth living for ... a truth worth dying for ... a promise to remember as you grow older.

S.A.G.E.S. 2019 GATHERING information starts on page 10: presenter biographies, the session schedule and workshop summaries plus motel information, the program schedule for May 6 and 7, the GATHERING registration form, and a flyer to use in newsletters, bulletins or post on the bulletin board. **NOTE:** you must call Country Inn and Suites to make your reservation by April 6.

Bible Study: BE ENCOURAGERS!

“Therefore encourage one another and build one another up, just as you are doing.” (1 Thess. 5:11)

The word *encourage* comes from a Greek word meaning “to urge, encourage, comfort, console”. From that same word comes Paraclete–Helper, encourager–the Holy Spirit!

When we meet together in church, we encourage one another as we worship. In our world we encourage one another as we work together.

Think of ways God encourages us.

–He created us. (See Luther’s explanation to the First article)

–He redeemed us. (Titus 2:14)

–He calls us by name. (Isaiah 43:1)

–He forgives us. (1 John 1:9)

–He provides a way to escape temptation. (1 Corinthians 10:13)

Write down 3 other ways God encourages you:

1. _____
2. _____
3. _____

Biblical Encouragers

One encourager is found in the Book of Ruth. Read chapters 2-3 and see Ruth as an encourager to Naomi.

Read Joshua 6:17-25. Who is the encourager here?
_____ She was a helper to the spies.

Read Acts 9:36-41. Who was a good worker in the church? _____ She was a recipient of a miracle!

In Acts 11, 14, 15, we meet Barnabas who traveled with Paul preaching the Gospel. (His name means encouragement.)

Modern Day Encouragers

The role of encourager continues today. The Psalmist says, “Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God.” (Psalm 42.5)

Biblical Ways You Can Encourage

Summarize these passages–note simple ways you can be an encourager to others.

- a. Philippians 4:6 _____
- b. Colossians 4:5,6 _____
- c. James 1:19 _____
- d. 2 Timothy 4:9,10 _____
- e. John 11:35 _____
- f. Romans 16:16a _____
- g. 1 Corinthians 10:23,24 _____
- h. Philippians 4:5 _____
- i. 2 Corinthians 1:4 _____
- j. Galatians 6:2 _____
- k. Galatians 5:13 _____
- l. Ephesians 5:19-20 _____

(Did your answer parallel these? a. pray; b. share the Good News; c. listen; d. be there; e. weep with them; f. touch, hug, holy kiss; g. praise, compliment, build up; h. forgive, be patient; i. comfort them; j. bear one another’s burdens; k. serve one another; l. sing and rejoice with them.) Can you think of other ways?

How Will You Be An Encourager---

1. To someone who drifts away from the Lord, neglecting prayer, Word, and Holy Communion?
2. To someone who sees only doom and gloom in the church and says–“I’m the only one left”?
3. To someone who seeks temporal possessions and status above God?
4. To someone who experiences a great loss and blames God, saying “What good is my faith?”

Recall tough situations you were in and you found yourself offering encouragement–at your church, to a friend, within your family.



Pray that God would use you, His redeemed Child, to be an encourager where you live every day!



UNDER OBSERVATION



Entry one: The “free” information folk have discovered me. So much to learn, so much to investigate – so much to join. Admittedly, I do have some information to absorb as age creeps along but – dancing my way to better health truly comes as a surprise. For someone with two left feet, this sounds hazardous to my health.

Entry two: The snow arrived at the best time for the town winter celebration. As the parade ended the snow began falling lightly and the fireworks rose through the flakes gracefully and provided a colorful smudge in the air. Very satisfying end to a somewhat wintry day.

Entry three: Just finished reading a scholarly study concerning the turning of twist-ties to the left or right. After 5 pages of nonsensical statistics, it was good to discover there is no harm or benefit to turning right or left. Would that our politics could be resolved on that same basis.

Entry four: While making a lengthy journey for LCEF, we listened to the ceremonies for the funeral of President George H.W. Bush. It was a life celebrated with dignity and loving humor – two wonderful concepts missing from so much public life today. And in the framework of liturgy and prayer!

Entry five: The annual what I should and shouldn't eat material arrived. Down with pot pies, Starbuck's venti and condensed soup. Up with sweet potatoes, broccoli, oatmeal and garbanzo beans. Somewhere between those things are most of what we eat.

Entry six: My re-potted African violets all bloomed for Christmas. Hooray!

Entry seven: The celebration of 20 years of the “Feeding the 500 Club” was joyous and reflective. The idea for it was for my congregation but over the years we've added friends from all over and enjoyed it. At the moment I'm glad we just started and let it happen rather than setting goals to meet.

Entry eight: Back to the dentist. Is my life better now that I have proper teeth and a happy smile? Can the dentist retire sooner

that he planned? How much of that new office have I contributed? Is it the fact that I can still chew and maintain a nutritious diet? So many questions and so few answers – again!

Entry nine: The TV died. And, praise be, friends found a replacement and installed it and life goes on. With some refection, though. The short time without TV was actually well-spent and reminded me that there was the rut of sameness to drop into without thinking. These cloudy days are better when I'm out and about and doing!

Entry ten: My car took a dent and there was a feeling of inevitability about it all. We go through life at times expecting the same ideas, the same activities, the same people to be our experience. When there's a bump in the system, it's time to acknowledge that change is happening. It wasn't necessarily good, but refreshing to adjust, to consider to accept and to go forward. And the car did too.

Entry eleven: The new year brings the possibility of a new pastor, changes in lifestyle because of age, a new tooth, some exercises for my quadriceps, and used back side and God truly know what else.

NO ONE HAS DONE HIS BEST UNTIL HE HAS TRAINED SOMEONE ELSE TO TAKE HIS PLACE.

SVEN AND Ole heard so much about ice fishing that they decided to try it. Just before they got to a frozen lake, they stopped at a little bait shop to buy their bait and tackle.

Sven said to Ole, "We're going to need an ice pick."

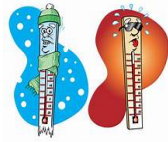
The got it and took off. In about two hours, though, Ole was back at the shop and said, "We're going to need another dozen of ice picks."

The shopkeeper sold Ole the picks, and he left. But after one more hour Sven came back and said, "We will need all the ice picks you've got."

The bait man halted, "How are you fellows doing?"

"Not too good," said Sven. "We haven't got the boat in .

Official Minnesota temperature conversion chart



- 60 above** - New Jerseyites try to turn on the heat.
People in Minnesota plant gardens.
- 50 above** - Californians shiver uncontrollably.
People in Minnesota sunbathe.
- 40 above** - Italian and English cars won't start.
People in Minnesota drive with the windows down.
- 32 above** - Distilled water freezes. Lake Mille Lacs water gets thicker.
- 20 above** - Floridians don coats, thermal underwear, gloves and woolly hats. People in Minnesota throw on a flannel shirt.
- 15 above** - Philadelphia landlords finally turn up the heat. People in Minnesota have the last cookout before it gets too cold.
- Zero** - People in Miami start to expire. Minnesotans lick the flagpole.
- 20 below** - Iowans fly away to Mexico. People in Minnesota get out their winter coats.
- 40 below** - Hollywood disintegrates. Minnesota Girl Scouts are selling cookies door to door.
- 60 below** - Polar bears begin to evacuate the Arctic. Minnesota Boy Scouts postpone "winter survival" classes until it gets cold enough.
- 80 below** - Mount St. Helens freezes. People in Minnesota rent some videos.
- 100 below** - Santa Claus abandons the North Pole. Minnesotans get frustrated because they can't thaw the keg.
- 297 below** - Microbial life no longer survives in dairy products. Cows in Minnesota complain about farmers with cold hands.
- 460 below** - All atomic motion stops (absolute zero on the Kelvin Scale). People in Minnesota start saying, "Cold 'nuff for ya?"
- 500 below** - Hell freezes The Minnesota Vikings win the Super Bowl.



When a country school resumed classes after several snow days, the teacher asked an eight-year-old student if he had used the time off constructively.

"Yes, ma'am," he replied. "I prayed for more snow!"

The Snowman

The white snow stands for purity of souls filled with God's grace.

The circular snowballs represent God's ever lasting love.

The pieces of coal used to make the eyes, mouth and buttons symbolize God's almighty power.

The carrot nose reminds us that God gives us everything we need to live and grow.

The scarf symbolizes the warmth of God's tender care.

The top hat reminds us to keep faith our top priority.

The arms are outstretched to us as God's always are.

May our heart be ever warmed by the good news of God's great love for you



* How do snowmen travel? **By icicle**

* What did Frosty's girlfriend do when she was mad at him? **She gave him the cold shoulder.**

* Why are there only snowmen and no snow women? **Because only men are crazy enough to stand out in the snow all winter.**



A blonde driving a car became lost in a snowstorm. She didn't panic however, because she remembered what her dad had once told her. "If you ever get stuck in a snowstorm, just wait for a snow plow to come by and follow it."

Sure enough, pretty soon a snow plow came by, and she started to follow it. She followed the plow for about forty-five minutes. Finally the driver of the truck got out and asked her what she was doing. And she explained that her dad had told her if she ever got stuck in a snow storm, to follow a plow.

The driver nodded and said, "Well, I'm done with the Wal-Mart parking lot, do you want to follow me over to Best Buy now?"

On cable TV they have a weather channel - 24 hours of weather. We had something like that where I grew up. **We called it a window.**



Disclaimer: In all health issues, consult your personal medical professional for diagnosis and treatment.

Winter health tips from the CDC:

1. **Cold weather puts an extra strain on the heart.** If you have heart disease or high blood pressure, follow your doctor's advice about shoveling snow or performing other hard work in the cold. Otherwise, if you have to do heavy outdoor chores, dress warmly and work slowly. Remember, your body is already working hard just to stay warm, so don't overdo it.
2. Older adults make less body heat because of a slower metabolism. Dress warmly. Check home temperature often.
3. Don't ignore shivering. It's a first sign the body's losing heat
4. Eating well-balanced meals helps you stay warmer. Avoid alcohol or caffeine when trying to stay warm.
5. When cold, your body begins to lose heat faster than it can produce. Pay attention to signs of hypothermia.
6. Hypothermia symptoms include: shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, drowsiness. Pay attention!
7. Protect yourself from frostbite. When outdoors, wear warm clothing, such as hats, gloves and jackets. Avoid staying outside unprotected for long periods. At the first signs of skin redness or pain, get out of the cold and protect any exposed skin. Watch for skin that has turned white or grayish, and feels firm, waxy or numb. Seek immediate medical attention if you have any of these symptoms.
8. Power goes out? - Use battery-powered flashlights or lanterns before candles if possible.
9. Have an emergency kit in your car.

Stomach flu or influenza?

As if colds, influenza and other respiratory infections weren't enough to make Minnesotans ill in winter, this is also the time of year when digestive tract illness caused by a family of germs known as noroviruses tend to increase.

Noroviruses are the most common cause of food-related illness in Minnesota, and reported cases peak during the winter months. Symptoms of a norovirus infection can include nausea, vomiting, diarrhea, abdominal pain, headache, body aches, a general run-down feeling, and a mild fever. People typically become ill 24 to 48 hours after exposure to the virus, and symptoms usually last anywhere from one to three days.

Although people commonly refer to norovirus illness as "stomach flu," the illness is not the same as influenza and is not affected by a flu shot. Influenza is primarily a respiratory illness, characterized by symptoms like high fever, body aches, sneezing, a runny nose or a sore throat.

When people think of "stomach flu," they often don't appreciate that they could have gotten their illness from food or that they could pass the virus to others through food. Prevention of norovirus infections is simple in principle, officials say. Just practice good personal hygiene and observe appropriate food-handling procedures.

"People need to remember to wash their hands, **thoroughly**" said Dr. Kirk Smith, who heads the Foodborne Diseases Unit at MDH. "Wash your hands after using the toilet, before consuming food, and before preparing food for yourself or others. If everybody did that, we could prevent a majority of the illness caused by these viruses."

Proper hand washing

1. **Lather with soap for 20 seconds** - about the time it takes to say the alphabet
 - Wash between fingers carefully
 - Use a fingernail brush around nails and cuticles
2. **Rinse** under warm running water
3. **Dry** with a paper towel or a clean hand towel.

(from MN Dept of Health website - health.state.mn.us.)

For God so lo**V**ed the world
th**A**t he gave his
on**L**y
begott**E**n
So**N**,
tha**T** whoever
bel**I**eves
i**N** him should not perish
but hav**E** everlasting life.

(John 3:16, NKJV)



**EPIPHANY BEGINS
SUNDAY, JANUARY
6, AND CONTINUES
TO MARCH 3**

QUESTION: Could you explain

Epiphany?

ANSWER: Epiphany is from a Greek word meaning to "reveal" or "make manifest." The season of Epiphany is our time to focus on the revelation of "who" Jesus is: both true God and man.

On the Festival of Epiphany, January 6, we hear the reading of the visit of the wise men (Matt. 2:1-12). In that event, these foreigners bowed down in acknowledgment that this infant was indeed the Christ, the Son of God.

The Sunday after Epiphany, January 13, we hear the story of the Baptism of Jesus (Matt. 3:13-17). Here, God the Father confirms this man standing in the water is His beloved Son. The following Sunday we hear the story of the changing of water into wine at Cana (John 2:1-11). Through this event, Jesus revealed his glory and his disciples put their faith in him.

According to Jewish law, all males were circumcised on the eighth day — one week after their birth. We don't know the actual birth date of Jesus so we don't know the day of His circumcision either.

But since we have set aside a date for observing His birth, Dec. 25, we then set aside Jan. 1 (eight days later) as the date for the naming and circumcision of Jesus (Luke 2:21). The significance of this day is that our Savior began His long ministry of submitting Himself to the Law in our place.

Also, this was the first shedding of His blood, and points, in a small way, to the ultimate shedding of His blood on the cross.

ARISE AND SHINE IN SPLENDOR

Arise and shine in splendor;
Let night to day surrender.

Your light is drawing near.

Above, the day is beaming,
In matchless beauty gleaming;

The glory of the Lord is here.



**LENT BEGINS WITH ASH
WEDNESDAY, MARCH
6, AND CONTINUES TO
PALM SUNDAY, APRIL 14.**

QUESTION: What is the significance of Lent?

ANSWER: Early in the Church's history, the major events in Christ's life were observed with special observances, such as His birth, baptism, death, resurrection and ascension.

As these observances developed, a period of time was set aside prior to the major events of Jesus' birth and resurrection as a time of preparation. During Lent, the Church's worship assumes a more penitential character. The color for the season is purple, a color often associated with penitence. The "Hymn of Praise" is omitted from the liturgy. The word "Alleluia" is usually omitted as well.

By not using the alleluia — a joyful expression meaning "Praise the Lord" — until Easter, the Lenten season is clearly set apart as a distinct time from the rest of the year.

Additionally, it forms a powerful contrast with the festive celebration of Jesus' resurrection when our alleluias ring loud and clear.

Finally, the penitential character of Lent is not its sole purpose. In the ancient Church, the weeks leading up to Easter were a time of intensive preparation of the candidates who were to be baptized at the Easter vigil on Holy Saturday.

This time in the Church's calendar was seen as an especially appropriate time for Baptism because of the relationship between Christ's death and resurrection and our own in Holy Baptism (see Rom. 6:1-11).

This focus would suggest that the season of Lent serves not only as a time to meditate on the suffering that Christ endured on our behalf but also as an opportunity to reflect upon our own Baptism and what it means to live as a child of God.

(Both explanations taken from LCMS website, "Church Year FAQs")

(Arise and Shine in Splendor - Lutheran Service Book, p. 396 - Is. 60:1)

Refocus on Lent :

- † give up pettiness – become mature
- † give up discouragement – be full of hope
- † give up worrying – trust God to provide
- † give up harsh judgments – think kind thoughts
- † give up complaining – focus on gratitude
- † give up bitterness – turn to forgiveness
- † give up hatred – return good for evil.
- † give up anger – be more patient
- † give up jealousy – pray for trust

Lutherans for Life:

“The first truth of life is that every life is the handiwork of God. The Psalmist says that God ‘knitted’ (Psalm 139:13 ESV) each of us together in our mother’s womb. Job and Isaiah talk about God shaping and forming us in the womb. Yes, the truth of life is, every life is the work of God’s hands.” *Rev. Dr. James I. Lamb, former executive director of Lutherans For Life*

FYI: Pastor Jon Vollrath, Our Savior’s Lutheran, Eyota MN, is the author of the devotions for March in the current **PORTALS OF PRAYER**.

A bad attitude is like a flat tire. You can’t go anywhere until you change it.

Never take a sleeping pill and a laxative on the same night.

The trouble with getting to work on time is that it makes the day so long.

Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.

The car’s weakest part is the nut holding the steering wheel.

100 YEARS AGO -

Congress passed An Act to Establish the Grand Canyon National Park in the State of Arizona. Grand Canyon National Park was finally established as the 17th U.S. National Park by an Act of Congress signed into law by President Woodrow Wilson on February 26, 1919.

Happy Birthday, Grand Canyon National Park!!

Senior LinkAge Line

1-800-333-2433

Free information and assistance service of the Minnesota Board on Aging – a State Agency

Helpful Telephone Numbers

Social Security Administration

1-800-772-1213

Service available from 7 a.m. to 7 p.m. on business days. Call to provide notification of death or to inquire about survivor benefits.

U. S. Dept. of Veterans Affairs (VA)

1-800-827-1000

Call for survivor benefits, burial benefits or to provide notification of death

A dollar bill met a \$20 bill and said, “Hey, what’s up? I haven’t seen you around here lately.”

The \$20 bill replied. “I’ve been hanging out at the casinos, went on a cruise, came back to America, saw a couple of baseball games, visited the mall, that kind of stuff. How about you?”

The dollar bill said, “You know, the same old thing - church, church, church.”

A school bus full of elementary students pulled over to allow a fire truck to zoom past.

The children began discussing the role of the Dalmation dog in fighting fires.

“They use him to keep the crowd back, said one boy.

Another boy said, “He’s for good luck.”

Certain she would end the debate, a girl spoke up and said, “The dog is used to find the fire hydrant.”

The local weatherman was wrong so often that his predictions had become a standing joke, much to the sensitive forecaster’s annoyance. Finally, in despair of ever living down his reputation, he asked his company for a transfer.

“Why do you want a transfer?” his boss asked.

“Well,” the weatherman replied, “the climate doesn’t agree with me.”

What is one of the next fees that airlines will charge passengers?

In the unlikely event of loss of cabin pressure, oxygen masks will drop down. To start the flow of oxygen, simply insert your credit card.



Tired of Receiving Unwanted Credit Card Offers?

From the Office of Minnesota Attorney General Keith Ellison

Have you received unwanted offers in the mail stating that you have been “preapproved” for credit or insurance? Ever wonder how those companies get your name or how to stop them from contacting you?

Unfortunately, federal law allows national credit bureaus to sell so-called “prescreened lists” to creditors and insurance companies, who then use the information to make unsolicited offers to consumers. The solicitation often uses just enough personal information to make the consumer believe that the sender knows something about the consumer’s credit rating and ability to repay a loan. But such solicitations are made without regard to any real assessment of whether the consumer can afford the “new” loan or whether the loan’s terms are favorable.

Keep reading to learn how to “opt out” of receiving such offers and having your information sold by the credit bureaus.

HOW TO STOP PRESCREENED OFFERS

FCRA allows consumers the right to “opt out” of receiving prescreened offers of credit and insurance for either five years or permanently by using a toll-free number or making the request in writing.

TO OPT OUT BY PHONE:

To opt out by telephone, consumers may call (888) 5-OPTOUT ((888) 567-8688). You will be asked to provide certain personal information, including your home telephone number, name, Social Security number, and date of birth. Federal law provides that the information you provide is confidential and may only be used to process your request.

TO OPT OUT ONLINE:

Consumers may also opt out of prescreened offers online at www.optoutprescreen.com. When registering online, consumers do *not* have to provide their Social Security number or date of birth (although the online service encourages supplying such information to assist processing the request). Requests to opt out made by telephone or online are effective as to the four major credit reporting agencies and expire five years after notification.

TO OPT OUT IN WRITING:

Consumers may also opt out of prescreened offers by writing to the individual consumer reporting agencies at the following addresses:

| | |
|---|---|
| Equifax Options P.O. Box 740123 Atlanta, GA 30374 | Experian Opt Out P.O. Box 919 Allen, TX 75013 |
| Innovis Consumer Assistance P.O. Box 1640 Pittsburgh, PA 15230 | TransUnion Name Removal Option P.O. Box 505 Woodlyn, PA 19094 |

When mailing your written request, you should include the following information:

- (a) complete name, (b) full address,
- (c) previous address (if you’ve moved in the last six months), (d) Social Security number,
- (e) date of birth, and (f) signature.

PERMANENT OPT OUT:

Consumers may also permanently opt out from receiving prescreened offers by mailing in a signed Permanent Opt-Out Election form, which is available online at www.optoutprescreen.com. You may also send a written request to each consumer reporting agency for its Permanent Opt-Out Election form at the above-addresses.

Opt-out requests must be processed within five business days, although it may take up to 60 days before the consumer stops receiving prescreened offers.

If you have questions, contact:

www.ag.state.mn.us

Office of Minnesota Attorney General

Keith Ellison

445 Minnesota Street, Suite 1400

St. Paul, MN 55101

(651) 296-3353 (Twin Cities Calling Area)

(800) 657-3787 (Outside the Twin Cities)

(This is an edited version of a document from the MN Attorney General’s office. Call or write for printed documents.)

2019 GATHERING Presenter biographies:

Featured presenter: Mark Schoepp served the church as a Director of Christian Education for more than 30 years in four congregations. Mark and his wife, Becky, also toured with their children full time for 12 years as Fitz Family Ministries, a unique family ministry and entertainment/juggling troupe. Late in his career Mark worked for Wheat Ridge Ministries as full time Director of Congregation Engagement, where he developed a series of health and wellness workshops that he led in various venues across the country. Mark now works two half time positions: 1) as Executive Director of ALOA, Adult Lutherans Organized for Action, focused on encouraging and equipping congregations for older adult ministry; and 2) with his wife in a health and wellness company, NeoLife.

Dr. Chris Falert is from St. Paul, Minnesota, and has benefited greatly from Lutheran education: East St. Paul Lutheran grade school, Concordia Academy, and Valparaiso University. He graduated from the University of Minnesota Medical School and is a specialist in Family Medicine. He currently is in practice with and teaches Resident Physicians at the Bethesda Clinic and St. Josephs and Woodwinds Hospitals, and also teaches at the University of Minnesota Medical School.

Paul Melchert graduated from Valparaiso University School of Law. He has practiced law in Waconia since 1959. His career includes serving on the Board of Governors of the Minnesota State Bar Association, designated a "Minnesota Attorney of the Year" in 2009, and attained the rank of Colonel in the Minnesota National Guard. He practices law in the areas of Estate Planning, Elder Law, Probate and Trust Administration, and Real Estate.

Dr. Tiffany Young Klockziem is an Associate Professor in the Exercise Science department at Bethany Lutheran College, Mankato, MN, and has taught there since 2003. Dr. Young Klockziem obtained her Ph.D. in Public Health from Walden University, her M.A. from Minnesota State University, her B.A. in Athletic Training from

Huron University, and her A.A. from Bethany Lutheran College.

Tom Kuseske graduated from CSP in '68 after which he and his wife taught at Lutheran schools in Kansas and Minnesota. His last years before retirement were at Concordia Academy in Roseville and a few courses taught at Concordia University in St. Paul. Most of his classroom work was in Social Studies much of which was in history. Recently he has been making history presentations to various groups most of which are senior citizens.

Karen Gensmore is a registered dietitian who is employed part time at Hutchinson Health where she works with hospitalized patients and with the facility's food service. Karen began her career as a home economics teacher before entering the field of dietetics and loves to work in the field of community nutrition. She lives on a dairy farm with her family and loves to bake and cook in her spare time.

Kathy Woods, OTR/L, CDRS, LDI is the Manager of Courage Kenny Rehabilitation Institute's Driver Assessment and Training. She is an Occupational Therapist, Certified Driver Rehabilitation Specialist and a MN state licensed driver instructor. Kathy had 7 years' experience working in the vehicle modification industry before joining the team at Courage Kenny (formerly Courage Center) in 2006. In addition to her role in providing oversight and management of the day-to-day operations of the service, Kathy provides clinical testing, behind the wheel assessments and lessons. Kathy has given presentations at the local, state and national level on driver assessments and vehicle modifications.

David Christensen, Jamie Kunst, Sylvia Hasara Ombudsmen are under the MN Department of Human Services which provides Minnesotans with a variety of services intended to help people live as independently as possible. Our speakers are Regional Ombudsmen for Long Term Care: David Christensen- South Central MN; Jamie Kunst - South East MN; Sylvia Hasara - South West MN

S. A. G. E. S. W O R K S H O P S

May 6 & 7, 2019 -- Country Inn & Suites – Mankato MN

Monday, May 6, S.A.G.E.S. WORKSHOP I, 3:20-4:20 p.m.

- A. “MAKE THE MOST OF YOUR DOCTORS VISIT”**
Dr. Chris Fallert will share practical tips to help you get the most from your visit to the doctor’s office. These suggestions should help you to partner with your doctor to optimize your care. The presentation will also give you greater insight into how physicians think and work.
- B. “IT’S NEVER TOO LATE TO . . .”**
 - Powers of Attorney and other Documents You Need
 - Avoidance of Probate
 - Long Term Care Insurance Yes or No
 - Nursing Home Dilemma

Presenter Paul Melchert practices law in the areas of Estate Planning, Elder Law, Probate and Trust Administration, and Real Estate.
- C. “SuperSAGE”: NAVIGATING WELLNESS, HEALTH AND FITNESS”**
The focus will be on navigating for wellness, health and fitness when armed with knowledge, motivation, and opportunity. Participants will be able to try (or observe if they prefer) several low-impact senior fitness/balance tests, be shown examples of senior health and fitness role models, and describe what being a "SuperSage" looks like for them individually. The session will be concluded with the opportunity to pass on their wisdom about wellness, health and fitness to future generations.
- D. “HELP!! WHAT DO SENIOR GROUPS DO?”**
“My church has no group ministry for seniors. How do we start one? What does a successful group do? What if we have members of a rural community? What if we are a small congregation in the metro area? What are the “not to dos”? What are the resources? Should we open this up to the community or neighborhood?” A panel of three individuals who currently are part of senior ministry in their own congregations will present the structure and content of their older adult groups followed by open discussion.

Tuesday, May 7, S.A.G.E.S. WORKSHOP II, 9:55 -10:55 a.m.

- E. “EAT WELL, AGE WELL”**
Karen Gensmer RDN, LD will share some healthy eating tips that will assist with making the aging process a more enjoyable journey. An investigation of the newly revised Nutrition Facts Food label will also be included in the presentation. Of course recipes will be shared!
- F. “FAMOUS AND NOT-SO-FAMOUS MINNESOTANS IN HISTORY”**
Tom Kuseske, retired teacher from Concordia Academy, creatively shares the lives of Minnesota men and women who made an impact on the lives of Minnesotans and/or all of America in the days before color, before cell phones, before TV, and before most of us
- G. “DRIVING INTO OUR GOLDEN YEARS”**
Presenter Kathy Woods, Courage Kenny Rehabilitation Institute specialist, leads this session with the goal of introducing participants to strategies drivers can use that may boost safer driving. Driving requires a complex set of responses and decisions. A driver’s ability to respond

quickly and decisively may be improved by mental and physical exercise, and other healthy living habits. Included in the discussion - how the aging process may impact driving performance and how a driver assessment may be useful in exploring independence in community mobility.

H. “REGIONAL RESOURCES ON SENIOR ISSUES ”

Three regional ombudsmen for Long Term Care in southern MN will give presentations on--

- ◆ What is the ombudsmen program
- ◆ What is the MN Nursing Home report card and how to use it.
- ◆ Things to consider when choosing an assisted living
- ◆ Any and all questions regarding issues facing seniors

Tuesday, May 7, S.A.G.E.S. WORKSHOP III, 11:00 - 11:55 a.m.

E1. “EAT WELL, AGE WELL”

F1. “FAMOUS AND NOT-SO-FAMOUS MINNESOTANS IN HISTORY”

G1. “DRIVING INTO OUR GOLDEN YEARS”

H1. “REGIONAL RESOURCES ON SENIOR ISSUES”

COUNTRY INN AND SUITES

The hotel is located at the intersection of Highways 14 and 22

MAKING HOTEL RESERVATIONS FOR THE GATHERING:

Contact the Country Inn & Suites, 1900 Premier Drive, Mankato by calling 507-388-8555.

The block of rooms is under the name SAGES using the code 1905SAGESL.

DEADLINE FOR RESERVATIONS IS SATURDAY, APRIL 6, 2019

The room rates are:

\$89.00 (non-smoking 2 Queen beds) plus 15% tax

\$94.00 (non-smoking King size bed and sofa) plus 15% tax.

Check in time is 3:00 P.M.

Your room may not be ready to move into until that time!

MEAL INFORMATION

COUNTRY INN AND SUITES restaurant, Axel's Bonfire, has notified us that there will be a buffet lunch available Monday for attendees as they arrive.

Monday evening Banquet will feature “Champagne Chicken”

Herb crusted chicken breast topped with a champagne sauce, Wild rice pilaf and green beans

Tuesday morning: The hotel serves a complimentary breakfast from 6 - 9:30 a.m.

Tuesday lunch: Our boxed lunch is turkey or ham served on a croissant with lettuce, tomato, onion and mayonnaise; served with pasta salad, chips and a cookie.



S.A.G.E.S.



(S.A.G.E.S. = Saints Alive, Growing, Ever Serving)

PROGRAM FOR GATHERING XXXI MAY 6 & 7, 2019

FACING THE FUTURE WITH CONFIDENCE: TRANSITIONING FROM
TOTAL INDEPENDENCE TO COMPLETE DEPENDENCE

MONDAY, MAY 6

| | |
|-------------------|---|
| 12:00 – 1:15 p.m. | Registration |
| 1:00 – 1:20 p.m. | Vocal Exercise |
| 1:20 – 1:30 p.m. | Welcome and Opening Prayer Rev. James Vehling, S.A.G.E.S. President |
| 1:30 – 2:30 p.m. | <u>Navigating Life's Changes</u> Mark Schoepp |
| 2:30 – 2:40 P.M. | Physical Exercise Rev. Kurt Lehmkuhl |
| 2:40 - 3:15 p.m. | Refreshments Visit Displays |
| 3:20 – 4:20 p.m. | Sages WORKSHOP I |
| 4:30 – 5:45 p.m. | Wine and Cheese Reception – LCEF and CSP |
| 6:00 p.m. | SAGES Evening Dinner Entertainment: <i>Jeff Burkhardt</i> Closing devotion – Rev. Dr. Lucas Woodford President, MN So District Choir rehearsal |

TUESDAY, MAY 7

| | |
|--------------------|--|
| 6:30 – 8:00 a.m. | Breakfast – complimentary for Hotel Guests only |
| 7:30 – 8:00 a.m. | Choir rehearsal |
| 8:00 – 8:15 a.m. | Vocal Exercise |
| 8:15 – 8:30 a.m. | Business meeting |
| 8:30 – 9:15 a.m. | <u>Navigating Life's Changes</u> Mark Schoepp |
| 9:15 – 9:25 a.m. | Physical exercise Rev. Kurt Lehmkuhl |
| 9:25 – 9:50 a.m. | Refreshments Visit Displays |
| 9:55 – 10:55 a.m. | Sages WORKSHOP II |
| 11:00 – 11:55 a.m. | Sages WORKSHOP III |
| 12:00 – 12:45 p.m. | Lunch |
| 1:00 – 2:00 p.m. | <u>Navigating Life's Changes</u> Mark Schoepp |
| 2:00 – 2:15 p.m. | Installation of officers Rev. David Preuss, Chaplain |
| 2:15 p.m. | Closing Devotion Rev. Vance Becker, Good Shepherd Lutheran, N. Mankato |

S.A.G.E.S OLDER ADULT GATHERING XXXI
 (Saints Alive! Growing, Ever Serving)
 May 6 and 7, 2019
 Country Inn & Suites, 1900 Premier Dr., Mankato, MN.
REGISTRATION DEADLINE – APRIL 17, 2019

PRINT NAME(S) _____

ADDRESS _____ CITY _____ ZIP _____

TELEPHONE (____) _____ EMAIL _____

CONGREGATION _____ LOCATION _____

| | | |
|--|------------------------------------|---------------------------------|
| REGISTRATION – Monday & Tuesday Includes Banquet | Individual \$55.00 _____ | Couple \$110.00 _____ |
| REGISTRATION – Monday only Includes Banquet | \$40.00 _____ | \$80.00 _____ |
| REGISTRATION – Monday Banquet only | \$30.00 _____ | \$60.00 _____ |
| REGISTRATION - Tuesday only Includes Lunch | \$35.00 _____ | \$70.00 _____ |
| ANNUAL MEMBERSHIP | \$5.00 _____ | \$10.00 _____ |
| VOLUNTARY CONTRIBUTION | \$ _____ | \$ _____ |
| TOTAL REMITTED | \$ _____ | \$ _____ |

Make checks payable to S.A.G.E.S. and send to Joyce Swedean
 1535A Clemson Drive, Eagan, MN. 55122

____ I WOULD LIKE TO SHARE A HOTEL ROOM WITH SOMEONE

Pre-Registration for Workshops

NAME _____

NAME _____

Workshop I Monday May 6
 Circle A B C D
 Workshop II Tuesday May 7
 Circle E F G H
 Workshop III Tuesday May 7
 Circle E1 F1 G1 H1

Workshop I Monday May 6
 Circle A B C D
 Workshop II Tuesday May 7
 Circle E F G H
 Workshop III Tuesday May 7
 Circle E1 F1 G1 H1



(Saints Alive! Growing, Ever Serving)

MINNESOTA SOUTH DISTRICT LCMS

S.A.G.E.S. OLDER ADULT GATHERING XXXI



“Trust in the Lord with all your heart
and lean not on your own understanding;
in all your ways submit to him,
and he will make your paths straight.”

Proverbs 3:5-6

FEATURED SPEAKER

Mark Schoepp

ENTERTAINMENT

Jeff Burkhardt

MAY 6 & 7, 2019

COUNTRY INN AND SUITES

1900 PREMIER DRIVE, MANKATO MN 56001

507-388-8555