

SAGACITY

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

SAINTS ALIVE, GROWING, EVER SERVING



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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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RUDENESS OR KINDESS

Have you noticed that in our world today, more than a few people are downright rude?

Examples of rudeness include people cutting in line, littering the highway, being consistently late for appointments, misusing handicapped parking spaces, driving slowly in the passing lane, using cell phones in movie theaters, and not teaching manners to their children.

Thankfully there are many examples of kindness: Serving at a homeless shelter, picking up litter on the street, giving a stranger a compliment, making dinner for a family in need, paying for a first responder's meal at a restaurant, donating Christmas gifts to an orphanage, holding the door open for other people, and helping the elderly carry groceries to their car.

Last week on Facebook I saw the following piece about rudeness and kindness:

Being rude is easy. It does not take any effort and is a sign of weakness and insecurity.

Kindness shows great self-discipline and strong self-esteem.

Being kind is not always easy when dealing with rude people.

Kindness is a sign of a person who has done a lot of personal work and has come to a great self-understanding and wisdom.

Choose to be kind over being right, and you'll be right every time because kindness is a sign of strength.

These observations about rudeness and kindness prompted recollections of a few biblical references about the virtue of kindness:

- Colossians 3:12: *Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.*
- Galatians 5:22-23: *The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.*
- Titus 3:4-5: *When the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy.*

A suggestion: Use these simple reminders to avoid rudeness and motivate acts of kindness in your daily routine. You'll be blessed. And so will the recipients of your words and actions.

(Reprinted with permission from **PERSPECTIVES** blog authored by [Jerry Kieschnick](#) August 22, 2019)

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**HIS BANNER OVER ME IS LOVE**

(Song of Solomon 2:4)

Little words may have big meanings. "Love" is a monosyllable, only four letters, but is as big as God Himself, who is love personified. (1 John 4:16) Love comes from God (1 John 4:7) and exists among His people only as He gives it. We received His love (expressed primarily in Jesus' death and resurrection) with the hand of faith, return it to Him and share it with others. Please consider:

I. God's Love to Us: as evident in the work of the –

- A. Father – Creator and Preserver (1st Article) who gives up His Son (1John 4:9-10) for our salvation (John 3:16-17) claiming us as His children (1 John 3:1).
- B. Son – Redeemer (2nd Article) who takes our place under the law, assumes our guilt and dies our death that we might live forever. (Rom 5:6-8; 1 John 3:16; Eph 2:4)
- C. Holy Spirit – Sanctifier (3rd Article) through whom God pours out His love into our hearts (Rom 5:5). Paul lists "love" as the very first "fruit of the Spirit" (Gal. 5:22).
- D. God's love never fails – endures forever. (Ps.107:1,8,15,21,31; Ps 118:1-4, 29; Ps 136:1-26)

II. Our Love to God: (Deut.6:5)

- A. always a response to His love for us (1 John 4:19)
- B. includes willing obedience to His Word (cp. Luther's explanation of the commandments – "... fear and love God that we may ..."). See also John 14:15; John 21:15-17; 1 John 5:2-3; 2 John 6; Ex 20:6; Joshua 22:5.

III. Our Love to Our Neighbor: (Lev 19:18; 1 Pet 1:22, 4:8)

- A. always a response to God's love for us (1 John 3:16-18; 4:7-10)
- B. God commands us to love our neighbor (2nd table of the law)
- C. but it is God's love and not His commands which motivates love in Christian hearts (1 John 14:23-25; Phil 9; 1 John 4:19-20).

IV. Misplaced "love": Not all love is god-pleasing. Some inappropriate "loves" are named in the Scriptures. Match the Bible reference with the misplaced "love" listed below.

Job 15:34	Prov 20:13	Hos. 3:1	Matt 6:5
Ps. 4:2	Is. 1:23	Hos. 4:18	Matt 23:6-7
Ps. 11:5	Is. 56:10	Amos 4:4-5	Luke 11:43
Ps. 52:3	Jer. 2:25	Micah 3:2	1 Tim 6:10
Ps. 52:4	Jer. 5:31	Zech 8:17	Heb 13:5
			1 John 2:15

money _____

world _____

‘raisin cakes’* _____ *as used in Canaanite fertility cult worship

hypocritical worship _____

evil _____

shameful ways _____

false swearing _____

places of honor _____

violence _____

harmful words _____

bribes _____

foreign gods _____

delusions _____

sleep _____

lies _____

death _____

If the Bible were being written today, what additional mistaken “loves” might be added to the list above? Which of them cause you the most difficulty as you attempt to live a Christ-like life?

V. Consider Improving your Christian “Love-Life” in:

A. Your home and family

1. Do you speak more kindly to strangers than to your spouse, children, parents, siblings?
2. Is “tough love” appropriate Christian behavior? What element keeps “tough love” from deteriorating into “child abuse”? (See also Prov 3:11-12; Heb 12:6)

B. Your congregation and larger Christian family

1. Do you ever have “roast preacher” at your Sunday dinner table? (choir director? usher:, etc?)
2. What is your attitude toward Christians of other synods or denominations?

C. Your relationships in society

1. How loving are you toward those who are “different” from you? (African-Americans, other cultures, chauvinists, feminists, etc.)
2. Can we really “love” our enemies (Matt 5:44)?
3. Did Jesus? Where would we be if He had not? (Rom 5:8-10)

Love binds all virtues together in perfect unity. Memorize **Colossians 3:12-14** and let its message sink deeply into your heart.

Now sing or read the hymn “**When I Survey the Wondrous Cross**” LSB 426, LBW 482, TLH 175

UNDER OBSERVATION



Entry one: Ooh, the golf game is getting worse. However, the extra swings of the golf club must surely count as excellent exercise for the arms, the back, and the legs. And, bending over for the rest of the body. Then searching for errant balls also does wonders for eyes and ears. (The sound of the ball hitting a tree.)

Entry two: The fireflies in the garden brighten evening walks in the neighborhood. They have been absent for some time, so blessings on their sparkling personalities for their return.

Entry three: Finally got the Orphan Grain Train collection packed--by many helping hands --and delivered to Meyer for immediate transfer to Nebraska. I am so grateful to many people who value the work of OGT and come to help every time we have a drive!

Entry four: Sibley County Fair days were blessed by fine weather and happy people. Food stands become gathering places and excellent sources of revenue for hamburgers and homemade pies. Besides, everybody is preparing for eating at the state fair and surviving.

Entry five: A gopher has established residence under the bird feeder and fiercely(?) defends it. What does he possess to run the territory? Not size, not speed, not brains, not voice. Does that describe Minnesota Gophers in general?

Entry six: Winthrop's honey lady made it to the farmers' market in spite of some travel difficulty just in time for me to put in a supply for the winter. Interesting how we depend on people and expect them to be there just for us.

Entry seven: Gracious! Went to the church at Hamburg and learned how to run a fundraiser called "Ribfest." The nation should be operated so well, and with such a good result. Perfect weather, great food, good company, lots to watch and time to do it.

Entry eight: By agreement graciously we decided to quit keeping score on our golf outings. You know, that's not all bad. Everybody relaxed, laughed at the weird

shots, no balls were lost at first, and lunch still tasted great after the exercise. At our age what could be better.

Entry nine: A piece of advice that's a bit strange: sniffing peppermint stimulates the part of the brain responsible for attention and energy (courtesy of the Arthritis Foundation). They also recommend eating frozen spinach rather than fresh. And put foam pipe insulation on handles of everything to help your grip. I'm not advertising, just reporting, but our world is full of remarkable advice even without the neighbors.

Entry ten: When was the last time anyone investigated and/or cleaned kitchen cupboards? Over a year? When the doors don't close tight? When there were mice in the house? When the visitors were coming to stay? Or are they part of the children's legacy?

Entry eleven: The potato crop is buried in the mud and not fun at all to dig. But food to share is good and usually well received. So old clothes, heavy shoes, lots of boxes and the harvest continues

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

A motorist received a receipt from the police clerk for his traffic fine.

"Oh, come on," he complained. "What am I supposed to do with this?"

"Keep it," the clerk replied. "When you collect four, you get a bicycle."

A policeman pulled a female driver over and asked to see her license.

After looking it over, he said to her, "Lady, it stipulates here on your license that you should be wearing glasses."

"Well, I have contacts," the woman replied.

"Look, lady, I don't care who you know," snapped the officer. "You're getting a ticket."

Husband to wife: "Why isn't the house clean since you're home all day?"

Wife to husband: "Why aren't we rich since you work all day?"

A priest, a rabbi, and a vicar walked into a bar. **The bartender says, "Is this some kind of a joke?"**

A WALK DOWN MEMORY LANE:



WHO REMEMBERS?



Ramblings of a Retired OLD Mind

I found this timely, because today I was in a store that sells sunglasses, and only sunglasses. A young lady walks over to

me and asks, "What brings you in today?". I looked at her, and said, "I'm interested in buying a refrigerator." She didn't quite know how to respond. Am I getting to be that age?.

(Ramblings, cont)

I was thinking about how a status symbol of today is those cell phones that everyone has clipped onto their belt or purse. I can't afford one. So I'm wearing my garage door opener.

+

You know, I spent a fortune on deodorant before I realized that people didn't like me anyway.

++

I was thinking that women should put pictures of missing husbands on beer cans!

+++

I was thinking about old age and decided that old age is when you still have something on the ball but you are just too tired to bounce it.

++++

I thought about making a fitness movie for folks my age and call it 'Pumping Rust'.

+++++

When people see a cat's litter box they always say, 'Oh, have you got a cat?' Just once I want to say, 'No, it's for company!'

++++++

Employment application blanks always ask who is to be called in case of an emergency. I think you should write, 'An ambulance.'

++++++

I was thinking about how people seem to read the Bible a whole lot more as they get older. Then it dawned on me. They were cramming for their finals. As for me, I'm just hoping God grades on the curve.

++++++

Birds of a feather flock together . . . and then crap on your car.

++++++

The older you get the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends.

++++++

The easiest way to find something lost around the house is to buy a replacement.

++++++

Did you ever notice: The Roman Numerals for forty (40) are XL.

++++++

The sole purpose of a child's middle name is so he can tell when he's really in trouble.

++++++

Did you ever notice: When you put the 2 words 'The' and 'IRS' together it spells 'Theirs...'

++++++

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

++++++

Some people try to turn back their "odometers." Not me. I want people to know 'why' I look this way. I've traveled a long way and some of the roads weren't paved.

++++++

You know you are getting old when everything either dries up or leaks.

++++++

Ah! Being young is beautiful but being old is comfortable.

++++++

Lord, Keep your arm around my shoulder and your hand over my mouth

**A Thanksgiving Prayer**

Lord, behold our family here assembled. We thank Thee for this place in which we dwell; for the love that unites us; for the peace accorded us this day; for the hope which we expect the morrow; for the health, the work, the food, and the bright skies that make our lives delightful; for our friends in all parts of the earth, and our friendly helpers in this foreign isle.

Let peace abound in our small company. Purge out of every heart the lurking grudge. Give us grace and strength to forbear and to persevere. Offenders ourselves, give us the grace to accept and to forgive offenders. Forgetful ourselves, help us to bear cheerfully the forgetfulness of others.

Give us courage and gaiety and the quiet mind. Spare to us our friends; soften to us our enemies. Bless us, if it may be, in all our innocent endeavors. If it may not, give us the strength to encounter that which is to come, that we be brave in peril, constant in tribulation, temperate in wrath, and in all changes of fortune, and down to the gates of death, loyal and loving one to another.

As the clay to the potter, as the windmill to the wind, as children of their sires, we beseech of Thee this help and mercy for Christ's sake. Amen.

--Robert Louis Stevenson

Lutherans for Life Quotes:

“As Christians, we know that God loves all His children, even if they are unaware of their redemption in Jesus Christ. As advocates for life, we affirm the preciousness of human life as the key to virtually everything that matters, foundational to who we are and what we do as beings created in God’s image.” *Rev. Dr. Gregory P. Seltz, executive director of the Lutheran Center for Religious Liberty in Washington, D.C. – A Life Quote from Lutherans For Life •*
www.lutheransforlife.org

“This is the best restaurant in town,” a man told his friend. “If you order a fresh egg, you get the freshest egg in the world. If you order hot coffee, you get the hottest coffee in the world.”

“I believe you” replied the friend. “I ordered a small steak.”

What do you get if you divide the circumference of a jack-o-lantern by its diameter? **Pumpkin Pi.**

Cruising the Caribbean, a ship’s captain spied smoke coming from one of three huts on an uncharted island. When the crew went ashore to investigate, they were met by a shipwreck survivor.

“I’m so glad you’re here!” he yelled. “I’ve been alone on this island for five years.”

“If you’re alone,” the captain said, “then why are there three huts!”

“Well, I live in one and go to church in another,” said the shipwreck survivor.

“What about the third hut?” asked the ship’s captain.

“Oh,” the man replied. “That’s where I used to go to church.”

Christmas Cookie**Rules...

- *1. If you eat a Christmas cookie fresh out of the oven, it has no calories because everyone knows that the first cookie is the test and thus calorie free.
- *2. If you drink a diet soda after eating your second cookie, it also has no calories because the diet soda cancels out the cookie calories.
- *3. If a friend comes over while you're making your Christmas cookies and needs to sample, you must

sample with your friend. Because your friend's first cookie is calories free, (rule #1) yours is also. It would be rude to let your friend sample alone and, being the friend that you are, that makes your cookie calorie free.*

4. Any cookie calories consumed while walking around will fall to your feet and eventually fall off as you move. This is due to gravity and the density of the caloric mass.

5. Any calories consumed during the frosting of the Christmas cookies will be used up because it takes many calories to lick excess frosting from a knife without cutting your tongue.

6. Cookies colored red or green have very few calories. Red ones have three and green ones have five - one calorie for each letter. Make more red ones!

7. Cookies eaten while watching "Miracle on 34th Street" have no calories because they are part of the entertainment package and not part of one's personal fuel.

8. As always, cookie pieces contain no calories because the process of breaking causes calorie leakage...

*9. Any cookies consumed from someone else's plate have no calories since the calories rightfully belong to the other person and will cling to their plate.

****We all know how calories like to CLING!***

10. Any cookies consumed while feeling stressed have no calories because cookies used for medicinal purposes NEVER have calories. It's a rule!

So, go out and enjoy those Christmas Cookies - we only get them this time of year!

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



Vikings vs Packers

Once upon a time long, long, ago, there was a season when neither the Packers nor the Vikings made the post-season

playoffs. It seemed so unusual that the management of both teams got together and decided that there should be some sort of competition between the two teams because of their great rivalry.

So, they decided on a week-long ice fishing competition. The team that catches the most fish at the end of the week wins.

So, on a cold northern Minnesota lake they began their contest. The first day after eight hours of fishing, the Vikings caught 100 fish and the Packers had zero. At the end of the second day, the Vikings had caught 200 fish and the Packers had zero.

That evening the Packers coach got his team together and said, "I suspect some kind of cheating is taking place." So the next morning he dressed one of his players in purple and gold and sent him over to the Viking camp to act as a spy. At the end of the day, he came back to report to the coach.

The coach asked, "Well, how about it, are they cheating?"

"They sure are" the player reported. "They're cutting holes in the ice!!"

S.A.G.E.S.

(Saints Alive, Growing, Ever Serving)
~MN South District Older Adult Ministry~

Gathering XXXII

will be held May 4 and 5, 2020, at Country Inn & Suites, Mankato.

The **GATHERING** is designed to provide information and fellowship, and to demonstrate how older Christians can serve each other as well as have activities or entertainment that they will find enjoyable.

The S.A.G.E.S. Governing Board will meet in October and December to finalize details of the program and speaker. The January SAGACITY will contain information about the speaker, workshop descriptions and program, registration form, and motel information.



NOTICE: There are openings for board representatives in the southwest part of the state. Please pray that hearts will be open to this opportunity. All board members are volunteers who enjoy serving together.

The print edition of SAGACITY is in black and white. The online edition will have some color graphics or print. Go to: mnsdistrict.org, in the top bar, click on News and Events to get a dropdown box, click SAGES, scroll down to find the online version of SAGACITY to download.

Two men were talking in the bar on a Saturday night.

"I was born in St. Peter," said the first man.

"That's funny," answered the second man. "I was born in St. Peter too."

"I went to St. Peter High School and graduated in 1978," continued the first man.

"That's amazing!" replied the second man. "I also went to St. Peter High School and graduated in 1978!"

"My birthday is May 15", commented the first man.

"That's incredible!" the second man answered. "I was born on May 15 too!"

While the conversation continued, a patron walked into the bar and ordered a drink.

"What's new?" he asked the bartender.

"Nothing much," replied the bartender.

"The O'Malley twins are drunk again!"

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

Riding on a bus, a commuter was reading a newspaper article about life expectancy statistics. Turning to the man sitting beside her, she asked, "Do you know that every time I breathe, someone dies?"

"That's interesting," the man answered.

"Have you ever tried mouth wash?"

Americans spend billions of dollars a year on games of chance - and that doesn't include weddings and elections.

FAMILY TREE OF VINCENT VAN GOGH

His dizzy aunt ----- Verti Gogh
 The brother who ate prunes ----- Gotta Gogh
 The brother who worked at a convenience store ----- Stop N Gogh
 The grandfather from Yugoslavia ----- U Gogh
 His magician uncle ----- Where-diddy Gogh
 His Mexican cousin ----- A Mee Gogh
 The Mexican cousin's American half-brother ----- Gring Gogh
 The nephew who drove a stage coach ----- Wells-far Gogh
 The constipated uncle ----- Can't Gogh
 The ballroom dancing aunt ----- Tang Gogh
 The bird lover uncle ----- Flamin Gogh
 An aunt who taught positive thinking ----- Way-to-Gogh
 The little bouncy nephew ----- Poe Gogh
 A sister who loved disco ----- Go Gogh

 The brother with low back pain ----- Lum Bay Gogh
 And his niece who travels the country in an RV --- Winnie Bay Gogh

I saw you smiling . . . there ya Gogh

A rebus, or pictogram, is a puzzle in which words are represented by combinations of pictures and individual letters. Can you solve these?

DASHOTRK	ri poorch	I'M you
----------	--------------	---------





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

Hearing loss is a common problem caused by noise, aging, disease, and heredity. People with hearing loss may find it hard to have conversations with friends and family. They may also have trouble understanding a doctor's advice, responding to warnings, and hearing doorbells and alarms.

Hearing problems that are ignored or untreated can get worse. If you have a hearing problem, see your doctor. Hearing aids, special training, certain medicines, and surgery are some of the treatments that can help.

Studies have shown that older adults with hearing loss have a greater risk of developing dementia than older adults with normal hearing. Cognitive abilities (including memory and concentration) decline faster in older adults with hearing loss than in older adults with normal hearing. Treating hearing problems may be important for cognitive health.

Signs of Hearing Loss

Some people have a hearing problem and don't realize it. You should see your doctor if you:

- Have trouble hearing over the telephone
- Find it hard to follow conversations when two or more people are talking
- Often ask people to repeat what they are saying
- Need to turn up the TV volume so loud that others complain
- Have a problem hearing because of background noise

- Think that others seem to mumble
- Can't understand when women and children speak to you

Tips: How to Talk with Someone with Hearing Loss

Here are some tips you can use when talking with someone who has a hearing problem:

- In a group, include people with hearing loss in the conversation.
- Find a quiet place to talk to help reduce background noise, especially in restaurants and at social gatherings.
- Stand in good lighting and use facial expressions or gestures to give clues.
- Face the person and speak clearly. Maintain eye contact.
- Speak a little more loudly than normal, but don't shout. Try to speak slowly, but naturally.
- Speak at a reasonable speed.
- Do not hide your mouth, eat, or chew gum while speaking.
- Repeat yourself if necessary, using different words.
- Try to make sure only one person talks at a time.
- Be patient. Stay positive and relaxed.
- Ask how you can help.

For More Information About Hearing Loss **National Institute on Deafness and Other Communication Disorders**

1-800-241-1044 (toll-free)

1-800-241-1055 (TTY/toll-free)

nidcdinfo@nidcd.nih.gov www.nidcd.nih.gov

Rebus answers: shot in the dark, take from the rich and give to the poor, I'm bigger than you.

MARK YOUR CALENDAR: GATHERING XXXII, MAY 4 AND 5, 2020

Adults 65 and Older Need a Flu Shot

FIGHT FLU**Information for adults 65 years and older**

Influenza (the flu) can be a serious illness, especially for older adults.

FACT: People 65 years and older are at high risk of serious flu complications.

People's immune systems become weaker with age placing people 65 years and older at high risk of serious flu complications compared with young, healthy adults. During most seasons, people 65 years and older bear the greatest burden of severe flu disease. Between about 70 percent and 85 percent of seasonal flu-related deaths in the United States occur among people 65 years and older. And people 65 and older account for between about 50 percent and 70 percent of the flu-related hospitalizations.

An annual flu vaccine is the best way to reduce your risk of flu and its potentially serious consequences.

FACT: While flu vaccine can vary in how well it works, vaccination is the best way to prevent flu and its potentially serious complications.

Flu vaccination has been shown to reduce the risk of flu illness and more serious flu outcomes that can result in hospitalization or even death in older people. While some people who get vaccinated may still get sick, flu vaccination has been shown in several studies to reduce severity of illness in those people.

People **65 years and older** can get any flu shot approved for use in that age group with no preference for any one vaccine over others. There are regular-dose flu shots that are approved for use in people 65 and older and there are also two vaccines designed specifically for people 65 and older.

1. **A high dose flu vaccine** (Fluzone® High-Dose) contains 4 times the amount of antigen as a regular flu shot. The additional antigen creates a stronger immune response (more antibody) in the person getting vaccinated.
2. **An adjuvanted vaccine** (FLUAD™) is a standard dose flu vaccine with an adjuvant added. An adjuvant is an ingredient added to a vaccine to help create a stronger immune response to vaccination.



For more information, visit:

www.cdc.gov/flu

or call **1-800-CDC-INFO**



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention

S.A.G.E.S.
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Burnsville MN 55306-5707

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AUTUMN – LOVE IT OR LEAF IT!

“All the trees are losing their leaves, and not one of them is worried.” (Donald Miller)

“Autumn shows how beautiful it is to let things go.” (unknown)

“I love autumn, the one season of the year that God seemed to have put there just for the beauty of it.” (Lee Maynard)

“Autumn – the year’s last, loveliest smile.” (William Cullen Bryant)

“I am so glad I live in a world where there are Octobers!” (L.M. Montgomery)

“Life starts all over again when it gets crisp in the fall.” (F. Scott Fitzgerald)

“Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale.” (Lauren Destefano)

“Autumn is the mellower season, and what we lose in flowers we more than gain in fruits.” (Samuel Butler)

“Winter is an etching, spring a watercolor, summer an oil painting, and autumn a mosaic of them all.” (Stanley Horowitz)

“Who in the world is going to rake up all of these messy leaves?” (Our next door neighbor!)

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