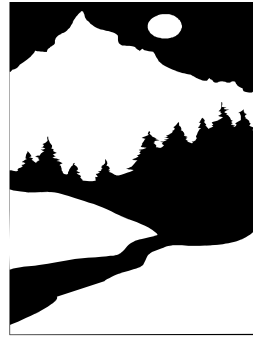


B.O.L.D.er

BULLETIN



Chapelwood United
Methodist Church
(713) 465-3467
www.chapelwood.org

(To unsubscribe,
contact Judy Jones,
(713) 354-4412 or
jjones@chapelwood.org.)

Summer 2010

Published by Senior Adult Council

Nutrition and Medication Management Class Saturday, June 19—10:00 a.m.—East Room

The Harris County Area Agency on Aging and the Texas Department of Aging and Disability Services are sponsoring a free, “Nutrition & Medication Management” class, brought to you by the Council for Health Education and Development (CFHED). The class will be held Saturday, June 19, from 10:00 a.m. to 2:00 p.m. in the East Room. This 4-hour class will be given by a registered dietitian and a speech/language pathologist focusing on:

- * food and drug interactions
- * signs and symptoms of concern
- * talking to the pharmacist and doctor
- * feeding problems and medications
- * types of disorders and their effect on nutrition
- * safety tips

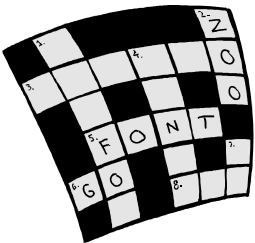


The first 50 attendees of the class will receive a free copy of the book, “Food Medication Interactions”. Dress comfortably and wear sneakers or rubber-soled shoes. Snacks, juice and water will be provided. Bring your lunch, if you wish. Certificates are issued upon completion of the course.

Chapelwood hosts will be John and Sue Yard and Hal and Pat Haltom. Please RSVP for this class by calling (281) 286-4839 by Thursday, June 17.

“Cross Train Your Brain”

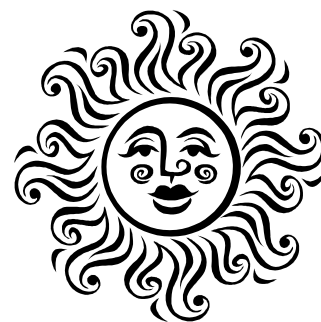
Wednesday, July 14— 11:00 a.m.—Fellowship Hall 1 & 2



The field of brain health and brain fitness is exploding these days. New research findings regarding the brain’s ability to continue growing and changing over time has led to the promotion of brain health strategies. We invite you to join Brenda Calbow, RN with Brookdale Senior Living for this educational program.

Gathering and lunch will begin at 11:00 a.m. and the presentation will begin at 11:30 a.m. Chapelwood hostesses will be Melba Marrs and Nancy Sartain. To reserve a space and a free box lunch, call Michelle Faas, (281) 759-6700, by Monday, July 12. “Cross Train Your Brain” and learn about brain health and lifestyle factors that impact it.

SUMMER 2010 BOLDer CALENDAR of EVENTS



Monday, June 7: The Gathering Place, respite program for caregivers of those with Alzheimer's and dementia, meets every first Monday, 10:00 a.m. to 1:30 p.m., in Fellowship Hall 3 – 6. Contact Mopsy Andrews, mandrews@chapelwood.org or (713) 354-4408.

Monday, June 7: Alzheimer's Support Group meets first Mondays at 12:15 p.m. Lunch is provided. Caregivers meet in Williams 101. Register with Michelle Faas at (281) 793-6666. Meetings are in conjunction with The Gathering Place on first Mondays.

Wednesday, June 9: Wandering Wednesday trip to Kemah.

Saturday, June 19: Nutrition and Medication Class, 10:00 a.m. to 2:00 p.m., East Room. Sponsored by the Harris County Area Agency on Aging and the Texas Dept. of Aging and Disability Services. Bring your lunch, if you wish. To register, call (281) 286-4839 by June 17. (See article on page 1.)

Wednesday, July 14: "Cross Train Your Brain" Program, 11:00 a.m., Fellowship Hall 1 & 2. Sponsored by Brookdale Senior Living. Lunch provided. To register, call Michelle Faas at (281) 759-6700 by July 12. (See article on page 1.)

Thursday evening, July 22: Wandering Thursday trip to a choir concert at Trinity Episcopal Church. 4:45 p.m. departure from Parking Lot B on Pct. 3 bus. Dinner at Cleburne's Cafeteria and, afterwards, American Festival of Arts concert at Trinity Episcopal Church. For reservations, contact Judy Jones, (713) 354-4412 or jjones@chapelwood.org. (See article on page 3.)

Monday, August 2: The Gathering Place, respite program for caregivers of those with Alzheimer's and dementia, meets every first Monday, 10:00 a.m. to 1:30 p.m., in Fellowship Hall 3 – 6. (No meeting in September.) Contact Scott Endress, (713) 354-4470 or sendress@chapelwood.org, for more information.

Monday, August 2: Alzheimer's Support Group meets first Mondays at 12:15 p.m. Lunch is provided. Caregivers meet in Williams 101. Register with Michelle Faas at (281) 793-6666. Meetings are in conjunction with The Gathering Place on first Mondays. (No meeting in September.)

Save the dates!

Wednesday, August 18: Wandering Wednesday Trip. Details to be announced.

Sunday, August 22: Chapelwood Multi-Generational Event. Food, music, Christian entertainment. Details to be announced.



Scott Endress

A NOTE FROM SCOTT

I'm a second half adult. As the youngest of three brothers, I grew up looking up to my elders, literally. I left home in Lakewood, Ohio, to attend Trinity University in San Antonio. While there, I met my future wife, Mary Mann, from Ft. Worth. We married while I was a student at Duke Divinity School. We have two children, Marianne, who's a second grade teacher in Spring Branch, and Alex, who is a junior at UT, Austin. My family is wonderful to me and I love being there for them.

I have been in full-time ministry for 27 years. I've served churches in North Carolina, Odessa and Houston. I was Chaplain and Coordinator at Holly Hall Christian Retirement Community before coming to the Chapelwood staff in late 2003. I love Chapelwood. In many ways, my Chapelwood experience has been a coming home to what I was meant to be as a person

and a pastor. Even as I continue equipping our Reaching and First Impressions Ministry, I consider the invitation to serve and equip the Bolder adults here a wonderful opportunity to grow more fully into God's love.

I'm very grateful to The Reverend Mopsy Andrews for building such a solid foundation with the Bolder Adult Ministry! This group is so vibrant! Bolders form an amazing hub of service throughout the church and community. Because strong leaders and programs are already in place, we can spend a little more time getting to know each other in the weeks and months ahead. Some of those will be scheduled (stay tuned), but I'm thinking many of those will be informal. Please feel free to drop me a line at sendress@chapelwood.org, (713) 354-4470. My blog, which is dedicated to "second-half" ministry, is www.clergyspirit.org.

I look forward to our ministry together!

Scott

P.S. For most of this June, I'll be in Dallas taking some study leave under the direction of Dr. Elaine Heath, who teaches Evangelism at Perkins (SMU).

Wandering Thursday Evening Trip—July 22 Choir Concert at Trinity Episcopal Church

Sign in and be on the bus for a 4:45 p.m. departure. Leave for dinner on your own at Cleburne's Cafeteria.

A free American Festival of the Arts concert at historic Trinity Episcopal Church on Main Street will begin at 7:00 p.m. The concert will be performed by AFA Summer Music conservatory Performances by Men's, Women's and Mixed Choirs.

The Mixed Choir, conducted by Lynne Gackle, Assistant Director of Choirs at Baylor University, will perform Martini's "Lord My God, Assist Me Now," the Brahms "Neue Liebeslieder" and other works. AFA is nationally known as a model of community based music education and is the only program of its kind in the state of Texas. The AFA campus has been a "home" to more than 2500 students and their families for the last 14 years. A large percentage of the students receive financial assistance for tuition. More than 98 percent of AFA's twelfth grade students have enrolled in 2 and 4 year college programs. Those pursuing music majors have gone to some of the nation's most prestigious programs including the Eastman School of Music, Juilliard, The Curtis Institute of Music, Rice University, University of Michigan, Indiana University, The University of Chicago, University of Houston and more.

Trinity Episcopal Church is in a part of Houston called the Fairground Addition, now known as Midtown. It is the second oldest Episcopal parish in Houston. Walter Cronkite and Denton Cooley have been members of the parish. The building is a neo-Gothic structure and the Morrow Chapel features world-class stained glass, artwork and liturgical furnishings. The church houses a 1918 Pilcher pipe organ, which was recently restored.

R.S.V.P. to Judy Jones, (713) 354-4412 or jjones@chapelwood.org

THANK YOU... THANK YOU... THANK YOU

Dear Friends,

The Retirement Reception given for me on May 23 was an incredibly wonderful, nostalgic and appreciated time. I had such a good time seeing so many dear ones. My heartfelt gratitude to Kathy Schenck and the BOLDer Adult Core Team, Jan Davis and the Women's Ministry Core Team, the Staff Parish Relations Committee, and the clergy, equipping, support and custodial staff who made it happen. Every loving act of reminiscence of my ministry here was so meaningful.

I was especially touched by the number of people who came representing those with whom I have served at various ages and stages in life... those who came in wheel chairs... those who came from the Circle of Friends... those who reminded me of challenging times we shared and how their faith had sustained them... family members, lifelong friends, cousins, deacons, choir members, equipping staff, clergy, babies in strollers, grandparents, parents, job seekers, singles, youth and children. You have enriched my life beyond measure. My joy is in sharing life with you in God's name.

As people were saying such nice things about me, I kept thinking how very blessed I am. And I thought, who is this person to whom they are referring? ... It can't be me. The gift of the ex-

quisite antique clock from the congregation is more than generous.... the flowers at the reception, arranged by Frank Jeffers, were simply incredible... the Kitchen Ministry food planned by Marty Shroff was delicious. The music by the Kindergarten Choir, Mary Belle Leach, Nelda Sims, Andrea and Tom Jaber and the flute trio at the 11:10 service brought tears to my eyes. I am humbled by these loving gestures.

Looking forward, I fully trust that God will show me the way to continue to serve. My husband, Gary, is recovering well from knee replacement surgery on May 3. Our daughter, Laura, has the beautiful glow of pregnancy. She is doing well. The doctor projects the twins will be delivered on July 7 or 8 at 36 weeks. They should each weigh about 5 pounds at birth. My retirement begins July 1. I will have 6 days to be retired before assuming my new career as full time grandmother.

Our family appreciates the many ways you have shown your love to us, and we look forward to continuing our friendships.

Love in Christ,

Mopsy

**HEALTH FAIR
VOLUNTEERS NEEDED!**



**CALL (713) 996-8781
FOR MORE
INFORMATION
AND
TO VOLUNTEER.**

**VOLUNTEERS NEEDED FOR
Back to School Health Fair
Saturday, August 14, 2010
8:00 a.m. to 12:00 p.m.**

**Free immunizations
Free school supplies
Adult health screening**

**Bring your shot records
or note from school nurse.**

**Spring Branch Family
Development Center
8575 Pitner Houston, TX 77080
(713) 996-8781
www.sbfdc.org**