



# Minnesota District A/G

Minnesota Seniors Enjoying the Second Half of Life!

## JULY 2021 NEWSLETTER

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**A NOTE FROM THE DIRECTOR** – Our summer is moving on. It was so good to see many of you for our senior luncheon during Family Camp. We had about 100 seniors who joined us. Dan and Marlene Turner provided some special music and also led us in a time of praise and worship. We enjoyed great food, fellowship, and an inspirational word from Ed Tedeschi. He and his wife, Becky were our guests for the day. It was so good to see them again! They brought greetings from fellow Arizonians, Roger & Myrna Stacy, and Greg & Julie Hickle. All three families reside in the same park.



Ed & Becky Tedeschi

### SENIORS WITH ACTIVE SOCIAL LIVES LIVE LONGER

A recent study published in the *Journals of Gerontology and Psychological Sciences and Social Sciences* suggests that being a social butterfly who rubs elbows with a wide variety of people, particularly in older years, may be the key to living a happier, healthier, and longer life.



According to the study from the University of Texas researchers, seniors who maintained an active social life experienced many side benefits; the study shows expanding the number and variety of social interactions increased physical activity levels as well as emotional wellbeing which can add years to lifespan. *“Adults often grow less physically active and more sedentary as they age, and these behaviors pose a risk factor for disease and death,”* says lead study author Karen Fingerman, a professor of human development and family sciences at the university and the director of the university’s new Texas Aging & Longevity Center. *“It is difficult to convince people to go to the gym or commit to work out on a regular basis,”* she adds. *“But they may be willing to reach out*

*to acquaintances, attend an organized group event, or just interact with the waitress who serves them at their favorite coffee shop.”*

Over 300 adults aged 65+ were involved in this study, who were asked to track their activities and social encounters every three hours for one week, they also wore electronic devices to monitor physical activity that enabled the researchers to connect periods of increased social activities such as leaving the house, going shopping, and meeting friends with increases in physical activity levels. Previous studies have demonstrated the benefits of more intimate social ties having benefits, this study suggests that adding casual social interactions to daily activities may be even more important to physical health; natural social encounters come with physical activity and other complex behaviors that carry health benefits in unconventional ways, according to Fingerman.



*“Older adults may be able to be more sedentary with their close friends and family — sitting and watching TV or otherwise lounging at home,”* says Fingerman. **“But to engage with acquaintances, older adults must leave the house, or at least get up out of their chair to answer the door.”** In other words, that old song is correct, “people who need people are the luckiest people in the world.” This study suggests that active people may even outlive those that are less sociable, especially when paired with another study that suggests that all seniors who are up and moving on a regular basis are about 40% more likely to live longer than those who do not or are not able to.



**THERE IS STILL TIME TO REGISTER FOR OUR FALL RETREAT! - Thursday – Saturday September 9 – 11 at Lake Geneva Christian Center – Alexandria, MN. Information, registration & housing forms are enclosed. Rooms are filling up fast, so you need to send in your registration ASAP.**



Interested in beginning a senior's ministry in your church or, do you want to give your present ministry a little more zip?

Send for a 35 – page manual authored by Dr. Ray James of the Potomac District. Great ideas how to begin and maintain a dynamic senior's ministry in your church. The manual can be downloaded from our web page - [www.mnaog.org/2ndhalf](http://www.mnaog.org/2ndhalf) or we will mail a free copy by your request to 2nd Half Ministry, PO Box 43953, Minneapolis MN 55443

**NO LONGER WISH TO RECEIVE OUR MAILINGS?  
or do you wish to receive them by e-mail?**

Please notify us by writing to MN 2<sup>nd</sup> Half Ministry, PO Box 43953, Minneapolis MN 55443 or emailing us at:

[brucetalso@comcast.net](mailto:brucetalso@comcast.net) Thank you!



**SENIORS ON THE GO!**

GULL LAKE CRUISE / LUNCHEON  
BRainerd MINNESOTA  
THURSDAY, AUGUST 24,  
NOON – 2:00 PM COST: \$40.50  
(Loading at 11:30 am)

Boarding at Cragun's Resort on Gull Lake  
Reservation Deadline is August 1

Call to reserve your place.

Lowell Clark [218-829-1314](tel:218-829-1314)

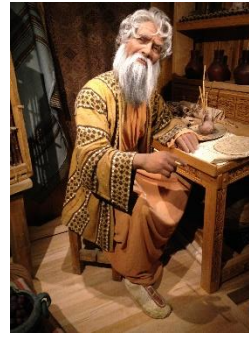
**SENIOR RESOURCES**

**VISIT OUR WEB PAGE**

[mnaog.org/2ndhalf](http://mnaog.org/2ndhalf)

**Helpful information for all Seniors  
Check us out!**

**CREATION MUSEUM & THE ARK  
COUNTER – MAY 2022**



In May of 2017, our seniors enjoyed a bus tour to the Creation Museum and Ark Encounter in Kentucky. We are planning another tour for May of 2022. We want to alert you to this "Seniors on the Go" event so you can add it to your social calendar! We would love to take you along to meet 'Noah'. Specific information will appear in our fall newsletter.

**Sweetwater Revival's  
'Hallelujah Homecoming'  
with The Ball Brothers  
& Stellar Pianist  
Michael Fischer.**

**Sat, Aug 7 @ 4:00PM  
at**

**Trinity Evangelical Free  
Church, 10658 210th St W  
Lakeville, MN 55044**



Tickets available at:  
[betheltickets.universitytickets.com](http://betheltickets.universitytickets.com)  
General Seating \$20; At the door: \$25. Group of 10+ \$18

**IN CONCERT  
THE ISAACS**



**Friday, September 17th, 2021, 7 pm  
At Crossroads Church  
17671 Glacier Way, Lakeville, MN 55044  
Tickets are \$30 and \$35 and can be purchased  
at (800) 965-9324 or online at  
[WWW.MINNESOTAGOSPELOPRY.COM](http://WWW.MINNESOTAGOSPELOPRY.COM)  
Tickets are \$5 more at the door.**

