

# SILVER LININGS



CHRISTIAN CHURCH (DISCIPLES OF CHRIST)  
PACIFIC SOUTHWEST REGION

PSWR OLDER ADULT  
MINISTRY COMMITTEE  
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## CHECK-IN SERVICES FOR SENIORS WHO LIVE ALONE

In response to a question from a woman concerned about her 84 year old father ,who lived alone and refused to wear a “lifeline help button,” Jim Miller, the Editor of Savvy Living, wrote the following on September 26, 2017.

“Depending on where your dad lives, there are check-in call services, volunteer visiting programs and a variety of technology options you can turn to that can help you keep tabs on him. Here are several to check into.

1. **Daily Check-in Calls** -- To make sure your dad is okay every day, consider signing him for a daily check-in call service program. These are telephone reassurance programs run by police or sheriff’s departments in hundreds of counties across the county and are often provided free of charge.

Here’s how it would work. A computer automated phone system would call your dad at a designated time each day to check-in. If he answers, the system would assume everything is fine. But if he doesn’t pick up, or if the call goes to voicemail after repeated calls, you, or whoever his designee is, would get a notification call. If you are not reachable, calls are then made to backup designees who have also agreed to check on your dad if necessary. If no one can be reached, the police, or other emergency services personnel, will be dispatched to his home.

To find out if this service is available in your dad’s community, call his local police department’s non-emergency number. If the police or sheriff’s department in your dad’s community does not provide a daily check-in call program, there are a number of companies you can turn to that offer similar services directly to customers for under \$15 per month. A few programs to check into include the CARE senior calling program (Call-Reassurance.com) Care Checkers, (CareCheckers.com) and lamFine (lamfine.com)

2. **Volunteer Visting Programs** -- Another option you may also want to consider is finding a volunteer visiting program. These are usually run by churches, community groups, or social agencies.

These programs provide volunteers who will visit older adults in their homes, usually for an hour or two once a week. The volunteers provide companionship, as well as the reassurance that someone is checking in on a regular basis. They can also alert you if they notice your dad’s health or living conditions start to decline.

To find out if these services are available, check with local churches or call the Eldercare Locator at 800-677-1116 to find groups or agencies near your dad.

3. **Technology Solutions** -- There are a number of different technologies that will keep your dad safe at home and help you keep an eye on him from afar. For example, for safety and peace of mind there are medical alert systems, which provide a wearable “help button” that would allow your dad to call for help anytime he needed it. Some of these systems also offer wall-mounted buttons that can be placed near the floor in high-risk fall areas, like the bathroom or kitchen, if he will not wear a help button.

If you want to keep daily tabs on your dad, there are wireless sensor-monitoring systems that he can put in his home that will notify you if something out of the ordinary is happening. There are also video monitoring cameras that have built-in motion and sound detection to let you know when something is detected and two-way audio system that will let you talk and listen to him.”

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IT'S HAPPENING AT THE END OF OCTOBER

The fourth annual Older Adults' Retreat of the Pacific Southwest Region of the Christian Church (Disciples of Christ) is set for October 26 and 27. The retreat will begin in the early afternoon of 10/26 and conclude by early afternoon of 10/27. The site is the Prince of Peace Abbey located in Oceanside. This year's retreat site is the same one that was used last year for this event. It is a beautiful retreat center with private rooms--two persons to a room. Also, the meals are provided through the retreat center's kitchen and those enjoying the meals are welcomed by the priests for whom this retreat center is their home and place of work. And, as one person said of last year's meals, "We ate like kings with those Catholic fathers."

The Retreat Leader is going to be the Rev. Karen Berne, an ordained minister of the Presbyterian Church. We had the privilege of meeting and hearing her during last year's Older Adults' Retreat. It will be good to hear and interact with her again.

The cost of participating in this event is \$85 per person. This includes one-night's lodging, three meals, plus those always necessary snacks, and the use of one of the meeting rooms at the Abbey for the sessions with Rev. Berne. For your information, each registration is being subsidized by a gift of \$35 from the Older Adult Ministry Committee.

Darwin Mann, a member of the Older Adult Ministry Committee, is again serving as the Retreat Coordinator. He mailed out registration forms over a month ago to pastors in congregations throughout the PSW Region and to Senior Adults who have attended these retreats in prior years. If you haven't seen one of these forms, contact your Pastor. If your Pastor does not have a form for you to use to register for this event, then contact Darwin directly. His address is: 8515 Costa Verde Blvd., #1635, San Diego, CA 92122. Or, you may contact Joyce Miller, a member of the Older Adult Ministry Committee, by phone for more information. Her phone number is: 714-293-0803.

If you've not been part of one of the first four Annual Retreats sponsored by the Older Adult Ministry Committee, then make sure you attend #5 this year. You will not be sorry because the program, fellowship and food have always been first rate! We're sure this year will be no exception to what's happened in the past.

SENIOR GOLFERS DID WELL

The 2017 Don Shelton Memorial Golf Classic, sponsored by the PSW Region, was held on Monday, September 18 at the San Dimas Canyon Golf Course in San San Dimas. Seven foursomes composed of Senior golfers, age 60 or more, competed in this year's tournament. The Senior foursome with the lowest score came from Mill Creek Christian Church, Bakersfield. Their net score of 55 was also good for second place overall. The winning Senior Foursome included: Chris Boyd, Dan Crawford, Gary Grunsky and Mark Jones. Congratulations to these Senior golfers. The 2018 Don Shelton Golf Classic is set for September 17. Save this date!

FEATURED HYMN

GEORGIA HARKNESS WROTE A GREAT HYMN IN 1955. IT IS "GOD OF THE FERTILE FIELDS."

"GOD OF THE FERTILE FIELDS, SHAPER OF EARTH THAT YIELDS OUR DAILY BREAD; FORTH FROM YOUR BOUNTEOUS HAND COME GIFTS YOUR LOVE HAS PLANNED, THAT ALL IN EV'RY LAND BE CLOTHED AND FED.

WE WOULD BE STEWARDS TRUE, HOLDING IN TRUST FROM YOU ALL THAT YOU GIVE; HELP US IN LOVE TO SHARE, TEACH US LIKE YOU TO CARE FOR PEOPLE EVERYWHERE, THAT ALL MAY LIVE.

AS GROWS THE HIDDEN SEED TO FRUIT THAT SERVES OUR NEED, YOUR REIGN YET GROWS. SO LET OUR TOIL BE USED, NO GIFT OF YOURS ABUSED, NO HUMBLE TASK REFUSED YOUR LOVE BESTOWS.

GOD OF THE COUNTRYSIDE, DEAR TO THE CHRIST WHO DIED TO MAKE US ONE; WE PLEDGE OUR LIVES ANEW IN FAITHFUL LOVE TO YOU; GUIDE ALL WE SAY AND DO, TILL LIFE IS DONE."

THE HYMN TUNE USED FOR THIS TEXT IS WELL-KNOWN. WE KNOW IT BEST AS "COME THOU, ALMIGHTY KING." IT'S HYMN #695 IN THE CHALICE HYMNAL.