

# LAFF - Life After Fifty-Five

Royal Redeemer Lutheran Church  
August 2017 Newsletter

*August. The dog days of summer: hot and sultry.  
Some beautiful skies, some threatening. What will you be doing?  
Serving a tennis ball? Serving an entrée cooked on the grill?  
Senior Pastor John Zahrtke chooses to point out that...*

## IT IS FUN TO SERVE GOD



When I walked into the gift shop, I was greeted with a cheery “Good afternoon!” The young salesperson chattered brightly as she pointed out the shop’s unique products, shared my observations about the weather, helped me choose a gift, and neatly wrapped my purchase.

“You must really enjoy what you’re doing,” I said. “Actually, I hate it,” she replied. “I’m only doing this because I have to. I can’t wait till 6 o’clock comes so I can join my friends at the lake!”

As I walked away, I reflected on this young woman’s behavior. She had given me the impression that she enjoyed her work. In reality, however, she was merely putting in time.

I began to ask myself if I live like that. Do I greet people with a bright smile and pretend that I am serving God enthusiastically, even though there is no joy in my heart? Some of us are masters at wearing a mask of joy when we are actually serving the Lord grudgingly out of a sense of duty.



The Bible tells us to do everything “heartily, as to the Lord” (Colossians 3:23), and to serve Him “with gladness” (Psalm 100:2). If there is no joy in our lives, let’s ask Him to search our hearts, to forgive our sin, and to restore our joy (51:12).

Serve the Lord with gladness; come before His presence with singing. Know that the Lord, He is God; it is He who has made us, and not we ourselves; we are His people and the sheep of His pasture. (Psalm 100:2-3)



Let me share a little secret with you: I think it is fun to serve God. Now, I am not saying that it isn't hard to serve Him. I am not saying that it isn't challenging. I am not saying there aren't times when it is depleting. But I am saying that I derive great joy from it. And by serving God, I don't mean preparing or delivering a message. I mean being used by God in any way that He would see fit to use me.

I count it a great privilege to be called by God and to be able to represent Him. And if you have discovered this, then you know what I am talking about. There is a joy in it. And when you serve Him, you sense His blessing on you.

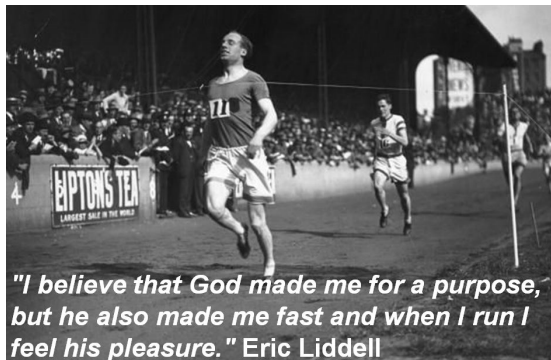
One of my favorite films is the 1981 movie, Chariots of Fire. I loved it. It is the story, among other things, of Eric Liddell, a young runner from Scotland who was a great athlete and competed in the 1924 Summer Olympics. Also a committed Christian, Liddell struggled for quite some time with the decision as to whether he should run or whether he should preach.



Ultimately, he went to the mission field. But in the film, there is a scene in which his sister was pressing him to abandon his career in running and start his missionary work immediately. Liddell responded by saying, "I believe God made me for a purpose, but He also made me fast. And when I run, I feel His pleasure."

Do you feel God's pleasure in what you are doing? Are you living your life well? If not, then start today by doing what He has called—and created—you to do.

*Pastor John*



# Rx FROM THE RN

*I'll make this quick, and keep it terse, Pam Ries serves as our Parish Nurse.*

If you are living with the grief that comes with the death of a loved one, please consider joining us for **GriefShare** on Thursdays, starting August 10, for 13 weeks. in Room 38, from 6:30-8:00 pm. This is a video-based, Christ-centered grief support group. If you are interested in attending, please call Pam Ries at ext. 110.

A representative from the **Alzheimer's Association** will be here on Wed., August 16, to present some basic **information** about the disease, as well as information about the programs and support the Association offers. All are welcome, but we will need to know how many will attend. Please contact Pam Ries at ext. 110 *no later than Friday, August 11*, if you are interested in attending. The program will start at 7:00 pm, and will last approximately an hour.

A nurse is available to check Blood Pressures before and after the 9:45 services on the first Sunday of the month, and from 5:30-6:30 pm on the third Saturday of the month. Come to Room 38 (the room behind the main reception desk).

## **SAVE THE DATES:**

- There will be a Health Fair/Flu Shot Clinic here on Saturday, September 16, from 10:30 – 1:00.
- Our annual **Service of Remembrance** will be held Sunday, November 5. Again, there will be a video presentation of pictures of your loved ones. Please submit a picture to Pam Ries no later than Friday October 20<sup>th</sup>. Please label the picture, as it will be returned to you after the service.
- We will again offer **“Surviving the Holidays”**, sponsored by GriefShare. Learn some good ways to ease the stress holidays add to your grieving. We will meet in room 38 on Thursday, November 16, from 6:30-8:00 pm.

*Laughter is the best medicine:*

### **1. You know why you never see elephants hiding up in trees?**

Because they're really good at it.

### **2. As a scarecrow, people say I'm outstanding in my field.**

But hay, it's in my jeans.

### **3. Have you heard about corduroy pillows?**

They're making headlines.

*“I pray that everything may go well with you and that you may be in good health, as I know you are well in spirit.” 3 John 2*

Pam Ries, RN, Parish Nurse 440-237-7958 ext. 110



# Royal Seniors

*Faith • Friends • Fun*

Look for the Royal Seniors insignia, signaling our communications to you.

Pastor Dave Timm made use of these observations during RRLC's "People Problems" sermon series in July. When one's heart is squeezed, what is inside will come out:

- A harsh tongue reveals an angry heart.*
- A negative tongue reveals a fearful heart.*
- A boasting tongue reveals an insecure heart.*
- An overactive tongue reveals an unsettled heart.*
- A judgmental tongue reveals a guilty heart.*
- A critical tongue reveals a bitter heart.*
- A filthy tongue reveals an impure heart.*



## DON'T GROAN

**Q:** Where did Noah keep his bees?

**A:** In the ark hives!

A hunter was bragging about his marksmanship.

"See that polar bear rug on the floor? That bear was closing in on me when I shot him. It was a case of me or him."

The weary listener pondered this and then asked, "Why would the bear want a rug that looked like you?"

Why is paper money better than a credit card?

When you put it in your pocket, you double it. When you take it out it is in creases.

**Father:** Look at all these bills! Telephone, rent, utilities, food --- the costs keep rising! I just wish one thing would go down!

**Son:** Oh, Dad, here's my report card.

**Royal Seniors welcomes guests** to our monthly Steering Committee meetings, usually the first Monday or Thursday of the month. We list the meetings in the RRLC weekly announcements.



Please consider volunteering your talents and input ---  
**ROYAL SENIORS WANT AND NEED YOU!**

## LAFF POETRY PAGE

Our first offering is a heartfelt poem written by a Royal Redeemer Lutheran Church member whose parents, George and Mary Lou Kuretz, passed away in recent years. She expresses her feelings at the prospect of the first of those losses.

*It's hard to let go of a life that once was  
God sees us through, believe me he does  
The love of a family, with its tears and its smiles  
Cannot be diminished, whatever the miles  
Memories aren't forgotten or taken away  
Placed deep in my heart is where they will stay  
Through all of my nights, through all of my days  
I miss you already, I'll love you always!*

The following were written by Henry Van Dyke (1852 – 1933), an American author, educator, poet, playwright, and clergyman.

### LIFE

Let me but live my life from year to year,  
With forward face and unreluctant soul,  
Not hastening to, nor turning from the goal;  
Nor mourning things that disappear  
In the dim past, nor holding back in fear  
From what the future veils; but with a whole  
And happy heart, that pays its toll  
To youth and age, and travels on with cheer.  
So let the way wind up the hill or down,  
Through rough or smooth, the journey will be joy,  
Still seeking what I sought when but a boy --  
New friendship, high adventure, and a crown,  
**I shall grow old, but never lose life's zest,  
Because the road's last turn will be the best.**

### from *Righteous Wrath*

And yet there is an anger that purifies the heart:  
The anger of the better against the baser part,  
Against the false and wicked, against the tyrant's sword,  
Against the enemies of love, and all that hate the Lord.

## AREA NURSING HOMES

Seniors constitute the vast majority of Ohio's 75,000 nursing home residents. There are 943 nursing homes in Ohio, with 28 of them quite nearby, within 10 miles of the center of North Royalton. When nursing care decisions must be made, there is a tool that can assist in judging the quality provided by a facility. The federal government, under Medicare, evaluates them in a system called **NURSING HOME COMPARE**.

Nursing Home Compare gives each facility a 5-star rating in three categories and combines these into an "Overall" rating. The ratings can help one formulate questions to ask and things to look for as one visits facilities. Since ratings vary month to month, and the Overall rating might not be the same as that for the category you would emphasize, do not rely solely on the Overall rating. Listings below are sorted by distance away and show category scores for Health inspections - Staffing - Quality measures.

Top-rated (**5-star**) nursing homes nearby as of July 2017:

- 5-3-4 Manor Care Health Services, Parma
- 4-4-5 Pleasantview Care Center, Parma
- 4-2-5 Pleasant Lake Villa, Parma
- 5-4-5 Altenheim, Strongsville
- 3-4-5 Century Oak Care Center, Middleburg Heights
- 4-3-5 Parkside Villa, Middleburg Heights
- 3-5-5 Regina Health Center, Richfield
- 5-5-5 East Park Care Center, Brook Park
- 4-4-5 Willowood Care Center, Brunswick

Lowest-rated (**1-star**) nursing homes nearby as of July 2017:

- 1-2-2 Mount Royal Villa, North Royalton
- 2-1-3 Royal Oak Nursing and Rehab Center, Broadview Heights
- 1-3-2 Heights Care and Rehab Center, Broadview Heights
- 2-1-4 Berea Center, Berea
- 1-3-2 Pearlview Rehab and Wellness, Brunswick

To explore the ratings on your own, visit:  
**[www.medicare.gov/NursingHomeCompare](http://www.medicare.gov/NursingHomeCompare)**.

**Service tip:** Visit a nursing home resident and share the love God has shown you. Keep your eyes and ears open. And experience the joy that Pastor Zahrtke discusses on pages 1-2.

## ROYAL SENIORS SUMMER ACTIVITIES

**Play Pinochle** ... on the second and fourth **Thursdays** of each month, at 7PM in the Youth Room, located on the second floor of the school wing. Upcoming dates are **August 10 and 24** and **September 14 and 28**. Come join us and make some new friends. You do not have to be a member of Royal Redeemer; we welcome any of our Christian friends for an evening of fun and fellowship. Tip: Playing Thursdays fall on 8-thru-14 or 22-thru-28.

**Attend a Royal Seniors Steering Committee meeting** ... at the beginning of each month, at 12:45 in Room 30. Working around holidays, we choose a Monday or Thursday to fit members' schedules, especially that of Ken Braun. Upcoming dates are **Thursday August 10<sup>th</sup>** and (tentatively) **Thursday September 7<sup>th</sup>**.

**Worship at a "Service on the Lake"** ... On **Sunday August 6<sup>th</sup>**, we are invited to scenic **Heidelberg Beach** (near Vermillion, a 1 hour's drive) for a **worship service, picnic lunch and fellowship**. Craig and Jan Peer host; Ken Braun leads the 10AM service. Hamburgers and beverages will be provided. No cost, but please bring a pot luck dish and lawn chair. Swim if you like. An attendance/carpooling sign-up sheet (so we can be prepared) will be available in the Gathering Room, along with times, maps and other details. Carpoolers can expect to leave RRLC at about 8:15AM.

**Enjoy a day-trip** ... on the Royal Seniors Chartered Bus Trip to the Erie, PA area, **Friday August 25<sup>th</sup>**. Ride a paddle wheeler riverboat [Ed.: You won't have to paddle!]. Visit Presque Isle, an inter-active environmental center, a farmer's market, ice cream shop and winery. Tickets are \$65@ and are on sale NOW. Get them in the Gathering Room, or contact Ada at [adaahr@gmail.com](mailto:adaahr@gmail.com) for more info.

The next issue of LAFF will feature our popular list of *Tradespeople You Might Hire*. If you have suggestions for additions to our list, please direct them to The Editor. You may use the LAFF mail slot in the hall outside Room 30.

Royal Redeemer Lutheran Church  
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# **Royal Seniors** *Faith • Friends • Fun*

**LAFF** is the senior adult publication of Royal Redeemer Lutheran Church, 11680 Royalton Road, North Royalton, OH 44133, 440-237-7958.

Issues are published in February, April, June, August, October and December, and are mailed to over 400 members of the congregation. Read LAFF online at: [www.royred.org](http://www.royred.org)

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