

# The SENIOR INFORMANT

The official tri-annual newsletter published by the Young-at-Heart (YAH) of the Greenville Avenue Church of Christ

1013 South Greenville Avenue, Richardson, Texas 75081

**YAH HIGHLIGHT**

## CLEMENT BRIELLARD

*Interviewed by Hattie Jones*



**CLEMENT BRIELLARD**

Our featured Young-at-Heart member for this issue of the newsletter is Clement Briellard. He was born in Los Angeles, CA, and celebrated his 79th birthday on July 7, 2020. What a blessing! Clement is married to Marinett Briellard. They will celebrate their 29th wedding anniversary on September 14, 2020. Together they have six children: Clement four and Marinett two.

His spiritual birth took place in June 1985, when he was baptized into Christ at the San Pablo Avenue Church of Christ, then located in Berkeley, CA, and is now located in Oakland, CA. In Richmond, CA, he participated in the Richmond Rescue Mission,

a homeless shelter for men and women. Other good works in the Lord's church include preaching, teaching, music ministries, and Personal Evangelism.

Clement spent his work career in various parts of California, including 14 years as owner and operator of People's Choice Barbecue, 15 years as a warehouseman for various companies, 15 years as an office worker, and 10 years at Kaiser Hospital.

One of his greatest achievements during his working career was to be featured in the June 1, 2001 publication of the San Francisco Chronicle and the 2001 Hot Spots for Locals Contra Costa Times. These articles informed residents and visitors in the San Francisco Bay Area that Clement had "The Best Barbeque" in the area.

What Clement likes most about himself is his faith in and love for God, ability to persevere and overcome everyday obstacles, and his sense of humor. His favorite book of the Bible is Philippians. Clement admits that he needs to improve on procrastination.

His community involvement includes lending his assistance to their Home Owners' Association for the Christmas parties.

Clement enjoys football, baseball, basketball, and golf. One of the things in life that he especially loves is music. Other things from which he derives great pleasure are the National Geographic Magazine, historical articles, Westerns, and Turner Classic Movies. †



**Hattie Jones**  
*Executive Secretary/  
Writer*

**INSIDE THIS ISSUE**

Christian/Spiritual Development	2
Healthy Living	3
Medical Insight	4
Mind Exercise	5
Money Matters	6
A Word From The Lord	7
News and Notes	8
YAH Events	10

YAH members' deadline to submit articles for **January 2021** newsletter is **September 27, 2020**. Email to: [marilvnmcaples@gmail.com](mailto:marilvnmcaples@gmail.com)

## CHRISTIAN/SPIRITUAL DEVELOPMENT

CHRISTIAN PRAYER AMIDST **TERROR**

By Dr. Mildred J. Bell

**T**he Coronavirus has no respect of person! If given an opportunity, it will attack any Christian and non-Christian that comes in its path. Consequently, this is a God-given opportunity for all believers to know, understand, and use their power of prayer. The writer believes that God not only expects Christians to *love mankind*, but also to pray for *Him to remove this pandemic from all over the world!* He is the Controller of the universe and is allowing this plague to exist. Saints, this is also our opportunity to ***manifest strong faith in God, believing that prayer changes things.*** May the Scriptures below remind Christians of God's promises to us concerning prayer amidst the terror of the Coronavirus:

*"And all things, whatsoever ye shall ask in prayer, **believing**, ye shall receive"*  
(Matthew 21:22).

*"And whatsoever ye shall ask in my **name**, that will I do, that the Father may be glorified in the Son"*  
(John 14:13).

*"And whatsoever we ask, we receive of him, because we **keep his commandments**, and do those things that are pleasing in his sight"*  
(I John 3:22).

*"Let us therefore come boldly unto the throne of **grace**, that we may obtain mercy, and find grace to help in time of need"*  
(Hebrews 4:16).

As did Jesus, Christians must set aside daily quality time to **pray** because of its significance in their lives.  
(Mark 1:35)

**"Rightly"** prayers mean thinking like God: His thoughts, will, and emotions.  
(James 4:3)

As individual **co-laborers** of God, Christians can also agree to connect as a team to pray for the same purpose and God will reward each accordingly.  
(I Corinthians 3:8, 9; Matthew 18:19)

Paul admonishes the church in I Timothy 2:8, *"Therefore I want men everywhere to pray, **lifting up holy hands**, without wrath and doubting."*

Saints are commanded by God to **love** others the same way we love ourselves; thereby, praying for their well-being just as we pray for our own.  
(Matthew 22:39)

When praying, God's children must be attuned to listen to the promptings of the **Holy Spirit** in order to avoid vain repetition.  
(Matthew 6:7)

In conclusion, the writer requests special prayer for African-American and Latino people because of the higher percentage of COVID-19 in their communities. Another article in this newsletter addresses this issue. †



Mildred J. Bell  
Editor-in-Chief/Writer

## HEALTHY LIVING

## BRAIN HEALTH AND WELLNESS

By Margaret Johnson

Your favorite album doesn't just *sound* good – it may also *be* good for your mental health according to new reports highlighted in the Global Council on Brain Health (GCBH). According to the report, “Music on Our Minds,” research shows music’s positive effect on emotional well-being, including improving mood, decreasing anxiety, and managing stress.

The report details that the impact starts in the brain where music activates many regions, including those associated with emotions and memory. Suzanne Hanser says, “The music that was played at your wedding, in a religious service, even at a concert or dance you attended remains preserved for those neuropathways that connect that music with really positive feelings.”

Research shows that music can have a beneficial effect on brain chemicals, such as dopamine which is linked to feelings of pleasure, and oxytocin, the so-called “love hormone.” There is moderate evidence that music can help lower levels of the stress hormone cortisol. Matters not if it is background music, focused listening to recordings, or at musical performances, it has a small positive impact on mental well-being, depression and anxiety.

To boost music’s mental-health benefits in your life, Hanser says anyone can adapt some of the techniques used by trained music therapists. One of them is what she calls “deep” or active listening—instead of putting on the

music as background noise, set aside time to concentrate on what you hear, taking note of the feelings, memories, and bodily sensations (slowing of your heart rate or the urge to get up and dance) that arise as you listen.

“Especially now, in times when people are feeling sad, stressed and isolated because of the COVID-19 pandemic, people should definitely turn to music to better their mental well-being,” says GCBH Executive Director Sarah Lenz Lock, AARP’s senior president for policy. Even at our most isolated and sad times, we can take control and be empowered by music to feel differently.

**NOTHING ACTIVATES  
THE BRAIN LIKE MUSIC**

Nothing activates the brain like music, says Jonathan Burdette, a professor of neuroradiology at Wake Forest University School of Medicine and a contributor to the GCBH report. He states that brain activation translates into some serious health benefits. It can improve sleep and sharpen memory, as well as stimulate thinking skills – all of which are good for maintaining brain health at any age.

**EIGHT WAYS TO TURN ON  
THE POWER OF MUSIC**

1. Enjoy listening to familiar music that comforts you and evokes positive memories and associations. If you are unhappy, try listening to or making music to improve your mood or relieve feelings of depression.

2. Dance, sing, or move to music. These activities not only provide physical exercise, but they can relieve stress and build up social connections. These are fun ways to stimulate your brain.
3. Make music yourself! Learn to play an instrument. Write a song and sing it!
4. Try listening to new music, too. Unfamiliar melodies may stimulate your brain.
5. Listen to music to encourage yourself to exercise. Music can provide a mental boost and help motivate you to move your body.
6. Make music with other people. Try joining or forming a community choir, a band, or an orchestra.
7. Get your hearing checked. Correcting hearing loss is important for maintaining brain health, preserving cognitive function and enjoying music.
8. Put music in your life and enjoy it with friends and family. It may improve your well-being and quality of life. †

Sarah Elizabeth Adler, AARP <https://www.aarp.org>



*Margaret Johnson*  
Acting News Gathering Coordinator/  
Publications Assistant/Writer

## MEDICAL INSIGHT

## ETHNICITY AND IMMUNITY: Reasons for Higher COVID-19 Infections and Death Rates in African-American and Latino Communities

By Dr. Mildred J. Bell

According to the Centers for Disease Control and Prevention (CDC), “the places where people live, learn, work, and play affect a wide range of health risks and outcomes.” This means that one’s job, school, and housing pose an issue of high risks for him or her. Another issue is the person’s lifestyle, including medical care and quality foods. As a result, this article focuses on the affect of these two issues upon African-American and Latino people as related to COVID-19. **What are the reasons for the higher infections and death rates of COVID-19 in these black and brown communities?** Researchers reveal the following:

### WHY INFECTION RATES ARE HIGHER

- ◆ **Housing density** – Dr. Panagis Galiatsatos expresses, though social distance is critical in limiting the spread of the virus, many occupants can’t do so because of the structure of the building and nature of the family units.
- ◆ **Employment** – Many are essential workers in health care and public transit. They cannot afford to self-quarantine. Galiatsatos also states that, “*Staying-at-home is a privilege!*”
- ◆ **Lack of quality food** – Poor diet compromises immune system function and cause health risks across the board. The problem is twofold: First, “food abandonment” or places that lack retailers offering healthy food; second, people are making unhealthy choices in the selection of food, even when healthy foods and the costs are accessible.
- ◆ **Lack of testing** – Many do not have health insurance, a referral from a primary care physician, adequate transportation to a testing site, or the desire to be tested. Therefore, many COVID-19 positive people have not been tested and do not know they are asymptomatic; thus, the virus is spread.

### WHY HEALTH RATES ARE HIGHER

Underlying health issues (comorbidities) cause the disease to worsen. This leads to more severe symptoms, plus complications, such as a toxic immune

response (cytokine storm that cause respiratory distress), excessive clotting, kidney failure, and heart disease. Research lists:

- ◆ **Age** – Everything gets amplified when carrying comorbidities into old age because she or he has decades of lifestyle that result in diabetes and high blood pressure.
- ◆ **Obesity** – Dr. Clyde Yancy declares, “*Obesity is a pro-inflammatory stimulus.*” It is linked to type 2 diabetes and heart disease, and the risks for COVID-19 complications is higher (38.4% of black adults and 32.6% of Hispanic adults are obese compared with 28.6% of white adults, per CDC).
- ◆ **Hypertension** – High blood pressure has historically been more prevalent in African-Americans (40% black adults compared with 28% of white and Latino adults, and the condition appears to be linked to poor COVID-19 outcomes).
- ◆ **Higher blood clot risk** – Many COVID-19 patients develop excessive blood clotting in the small vessels of their lungs. Some researchers state that African-Americans are at higher risk for elevated D-dimer levels that could be related to a genetic variant of sickle cell, a disease more prevalent in African-Americans.

Finally, Galiatsatos says, “*These outcomes are the result of decades of institutional racism.*” Yancy says, “*If the ultimate analyses confirm that blacks are six times more likely to die, we will be compelled to act.*” Bell says, Christians **must obey** the pandemic rules; **do** like Jesus in Luke 22:40-41: “**Get on our knees and PRAY for God to take away COVID-19,**” and **believe** as He in Mark 10:27: “. . . **all things are possible with God.**” Further, she says, we must **PRAISE God** as Paul instructed the church in I Timothy 2:8: “**Therefore I want men everywhere to pray, lifting up holy hands, without anger or disputing**” (NIV). HALLELULAH—Praise God! †

Mike Zimmer, “*Ethnicity and Immunity,*” AARP Bulletin, June 2020, Volume 61, Number 5.

MIND EXERCISE

**TRUST IN THE LORD**

**Proverbs 3:5-6**

*Submitted by Marilyn Caples*

Proverbs 3:5-6 (NIV) *“Trust in the Lord with all your heart and lean not on your own understanding: in all your ways acknowledge him, and he will make your paths straight.”*

**Instructions:**

Find and circle the words from the list. Words may be *forward, backward, vertical, or diagonal* within the puzzle.

**ACKNOWLEDGE  
LORD  
TRUST**

**HEART  
PATHS  
UNDERSTANDING**

**LEAN  
STRAIGHT  
WAYS**

U	W	V	K	I	X	M	O	Q	S	P	P	S	C	W
C	N	A	T	P	P	B	R	T	Q	J	R	R	L	R
Q	A	D	Y	R	X	H	R	B	J	I	O	T	Y	X
G	P	Y	E	S	A	A	L	I	T	U	G	C	E	J
I	T	O	D	R	I	E	J	A	V	J	I	L	A	D
C	J	R	P	G	S	Y	H	A	S	O	K	V	C	Z
X	O	C	H	V	C	T	K	Y	F	I	B	L	K	Q
L	J	T	D	Y	E	A	A	U	I	D	X	S	N	X
T	S	U	R	T	S	S	O	N	A	P	G	N	O	N
E	J	Z	F	C	H	N	W	J	D	P	F	C	W	L
L	E	A	N	L	T	P	K	Z	N	I	Q	X	L	F
E	B	S	W	C	A	Q	C	M	X	I	N	S	E	Q
Y	Z	U	Q	K	P	T	G	H	Q	L	F	G	D	J
S	R	O	Q	H	G	F	R	P	F	U	T	Y	G	O
T	Z	D	T	L	Q	H	Z	O	W	C	G	X	E	O

MONEY MATTERS

## CHECK YOUR FINANCIAL HEALTH

*Submitted by Elizabeth Diane Afriyie*



Coronavirus (COVID-19) has not only affected our physical health and way of living, but our financial health as well. Individuals lost jobs, IRAs, ROTHs, and other retirement plans lost money when the stock market dropped. Some people could not pay their bills, and others became homeless.

Just like you get a physical once a year, you need to do a yearly financial checkup. Rebecca Lake says, “The first item on your financial checklist is one you can’t skip if you are committed to promoting better financial health. Once you know where you are starting from financially, you can work on fine tuning your plan for long term wellness where your money is concerned.”

Start by ordering your free financial credit report from Equifax, Experian, and Transunion. While you are waiting for them to arrive, review how you have spent your money the last couple of months. Decide what expenditures are necessary, which things are wants, and what is mindless, unnecessary spending.

When you receive the credit reports, review them to see if the information is correct. If not, you can dispute any wrong information. You can do this yourself without hiring a credit repair company. Contact the creditor.

**Never release your social security number to the creditor as they should already have it on file.**

If indeed you learned the debt is yours, request to make payment arrangements or settle the debt in full.

It is important to know how your credit score, also known as FICO score, affects your financial health.

### How is your credit score calculated?

- Paying Bills on Time .....35%
- Credit Utilization.....30%  
*(Credit granted vs amount used)*
- How long you had the credit .....15%  
*(Keep accounts active with small purchases)*
- Types of credit .....10%  
*(Credit card, personal loans, etc.)*
- Inquiries .....10%  
*(Avoid applying for too many credit cards)*

Make a plan to pay off your debts. Some suggest paying the highest interest rate account first while others say pay off the smallest bill first. Once you have a plan to pay off debts and a budget devised, you are ready to improve your financial health. Remember to do regular financial checkups just like you do physical checkups.

### **Is there a budget in place?**

If not, devise one.

Suggested percentages:

Housing.....	30%
Insurance (Health, Auto, Life, etc.) .....	10-20%
Food .....	10-15%
Transportation .....	10-15%
Utilities .....	5-10%
Savings .....	10-15%
Entertainment/recreation .....	5-10%
Clothing.....	5%

This sample can be *adjusted* to fit you. For example, adjust it to include **giving to the Lord, charitable gifts, and an emergency fund.** If there is a budget in place, are you following it? Identify your weak areas and improve on them. My weakest area is shopping at the grocery store. I seldom come out with only what I intended. †

Rebecca Lake, “*Get on the Path to Financial Wellness With this Simple Check List*” The Balance, June 30, 2020.

<https://www.thebalance.com/weekly-financial-self-care-checklist-5070275>



**Elizabeth Diane Afriyie**  
*Publications Assistant/  
Writer*

A WORD FROM THE LORD

**THE PEACE OF GOD**

*By Marilyn Caples*

*“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus” (Philippians 4:6-7, KJV).*

**D**uring this time of the COVID-19 pandemic, we may be feeling anxious about many things; our health, jobs, food, money, family, friends; and the list could go on and on! In His Word, God promises to give us peace during any situation. We must reject worry, and simply ask God for what we need. Then, thank Him for all that He has already done. Finally, we rest, knowing that He loves us and will work things out for our good and His glory. The peace of God is then ours.

He may or may not change the circumstance, but He will change our disposition toward it so that it does not cause us inner turmoil. Following are a few lines from the song, “Sometimes He Calms The Storm,” written by Tony Wood & Kevin Stokes that sum up this principle:

*Sometimes He calms the storm  
With a whispered “Peace be still.”  
He can settle any sea,  
But it doesn’t mean He will.*

*Sometimes He holds us close  
And lets the wind and waves go wild.  
Sometimes He calms the storm,  
And other times He calms His child.*

Mind Exercise Solution

U	W	+	+	+	+	+	+	+	S	+	+	+	+	+
+	N	A	T	+	+	+	+	T	+	+	+	+	+	+
+	+	D	Y	R	+	+	R	+	+	+	+	+	+	+
+	+	+	E	S	A	A	+	+	+	+	+	+	+	+
+	+	+	D	R	I	E	+	+	+	+	+	+	A	+
+	+	R	+	G	S	+	H	+	+	+	+	+	C	+
+	O	+	H	+	+	T	+	+	+	+	+	+	K	+
L	+	T	+	+	+	+	A	+	+	+	+	+	N	+
T	S	U	R	T	S	+	+	N	+	+	+	+	O	+
+	+	+	+	+	H	+	+	+	D	+	+	+	W	+
L	E	A	N	+	T	+	+	+	+	I	+	+	L	+
+	+	+	+	+	A	+	+	+	+	+	N	+	E	+
+	+	+	+	+	P	+	+	+	+	+	+	G	D	+
+	+	+	+	+	+	+	+	+	+	+	+	+	G	+
+	+	+	+	+	+	+	+	+	+	+	+	+	E	+

(Over, Down, Direction)

- ACKNOWLEDGE (14, 5, S)
- HEART (8, 6, NW)
- LEAN (1, 11, E)
- LORD (1, 8, NE)
- PATHS (6, 13, N)
- STRAIGHT (10, 1, SW)
- TRUST (5, 9, W)
- UNDERSTANDING (1, 1, SE)
- WAYS (2, 1, SE)



*Marilyn Caples  
Assoc. Editor-in-Chief/  
Design and Production Manager/  
Writer*

## NEWS AND NOTES

## “HOW SOME YAH MEMBERS ARE SHELTERING-IN-PLACE”

*Submitted by Elores Stephens*

The previous issue of the YAH Newsletter contained a beautiful and informative article written by Dr. Mildred Bell concerning the Coronavirus and the Christian's responsibility to obey the laws of the government; providing they do not contradict God's will.

Many YAH members have been “sheltering-in” as one way to help diminish the spread of the virus. Though some challenges may have occurred during this pandemic, many have discovered more time for projects and family involvement. Some YAH members were asked to share experiences during their time of Shelter-in-Place. Their responses follow:

**Camelia Adkins:** Reaching out to members of the Church with positive comments and cute, meaningful sentiments for encouragement. I pray constantly for those requesting prayer and continue to read my Bible daily for strength and more knowledge.

**Harold and Mildred Bell:** *Sending and responding* to different forms of encouragement and conversations with saints, family, and friends; attending live streaming worship service; taking care of personal, home, and charitable needs; reading; walking; and playing dominoes together.

**Tony and Joyce Cook:** Taking the time for unrushed one-on-one conversations with people we have not talked to in a while. We have time to share on a more personal level. We are prayerful and are reminded of who is in control. It has been a blessing!

**Dorothy Davis:** Sending inspirational Bible greetings, holiday greetings and birthday greetings to encourage others to have faith in the Lord. My personal ministry is to especially reach out to those who are sick.

**Herbert and Beverly Fisher:** Enjoying time with spouse as he works from home. We study God's word and have daily prayers for each other, family, friends, Church leadership and the government. We provide encouragement to neighbors, visit "carefully", shop, watch movies, provide support for Church family when needed, walk together and LAUGH more. Herbert says: "My wife is funny!"

**Brenda James:** Getting closer to God. I read His word everyday and this comforts my fear. I am better focused and thankful to be alive!

**Annie Middleton:** Staying in for the most part. I had to travel to Austin for the funeral of a first cousin and I did follow the guidelines. Being sheltered in sometimes takes its toll, however, because of the loss of contact with family and friends.

**Jeanee Mims:** Following a "To Do" list. Reaching out to those from the Church that I don't know. Worked with five of my sisters from our service group to provide personal items for Service Group 12 YAH members. My cohorts were Cassandra Allen, Julia Lewis, Elnora Cox, Dirdura Wynn and Robbin Presley.

**Marsha Mingilton:** Enhancing my journaling by including a section called: “My Faith Flight Panel”. Just as the Instrument Panel on an aircraft must include a lift to hold the aircraft up, a thrust to move it forward, a drag to slow the flight and weight caused by gravity, God's word lifts me up, moves me forward, slows me down and draws me to the center of my joy—JESUS!!! Psalm 27:13. I would have lost heart unless I had believed His word.

**Arlanders Mitchell:** Reading the scriptures and studying on a deeper level concerning today's situation. Taught from an early age, in a strict Church of Christ environment and raised by a single mother of eight children of which I am the oldest, I have always been told to read the Bible; to search the scriptures in all matters. I was baptized at the age of 11, and I am actually enjoying the extra time to continue to follow the guidelines I learned years ago. I value the benefit it provides.

**NEWS AND NOTES CONTINUED:**

**Betty Mitchell:** Practicing social distancing, going to the store only when necessary. I enjoy walking in the neighborhood and always take the scenic route to the park. When in the house, I listen to meditation music

**Marva Scurlark:** Staying focused on God's word by reading and meditating more. I did visit with my sister, Lea, for a little while and followed the guidelines. I sit and watch westerns on TV with my husband, Troy.

**Thurman Stephens:** Spending more time with my Lord and my wife, and talking on the phone more frequently to my brothers and sisters in Christ. Dwelling on God's word makes it easier to put into action what He wants me to do.

**Dolores Swint:** Studying the Bible more, calling dear friends who are not members of the body to evangelize, communicating with my grandchildren on Facetime and practicing on my piano. Thank goodness I live alone!

**Dorothy Woolridge:** Taking care of the usual things at home including cooking and cleaning for my family, especially my husband, Jerry. We have been watching the services and classes on-line, listening to melodious music, and sharing the Gospel with others. My favorite scripture is Philippians 4:6.



*Elores Stephens  
Publications Coordinator/  
Writer*

---

## TRI-QUARTERLY YOUNG-AT-HEART ACTIVITIES

*By Elder Fred Green*

BECAUSE OF THE PANDEMIC, THE YAH MINISTRY WILL NOT MEET UNTIL FURTHER NOTICE.

YOUR VOTE IS IMPORTANT! THEREFORE, EXERCISE YOUR RIGHTS AS A CITIZEN BY VOTING ONE OF THE **FOLLOWING FOUR WAYS** IN THE 2020 ELECTION:

1. THROUGH THE UNITED STATES MAIL **AS SOON AS POSSIBLE**
2. BY ABSENTEE BALLOTING **WITH SPECIAL PERMISSION**
3. BY VOTING EARLY, USUALLY **TWO WEEKS PRIOR TO ELECTION DAY**
4. BY GOING TO THE POLL IN PERSON ON ELECTION DAY, **NOVEMBER 3, 2020**

REMEMBER THAT OUR IMMUNE SYSTEM FUNCTION DECLINES WITH AGE. AS A RESULT, SAVE YOUR IMMUNE SYSTEM BY: \*

- ◆ **EATING RIGHT**—INCLUDING GOOD PROTEINS AND FIBER
- ◆ **EXERCISING REGULARLY**—MOVEMENT STRENGTHENS THE BODY
- ◆ **WATCHING YOUR WEIGHT**—BELLY FAT RELEASES INFLAMMATORY CYTOKINES INTO YOUR BODY
- ◆ **REMAINING CALM**—STRESSFUL ACTIVITIES HARM YOUR BODY
- ◆ **GETTING THE VACCINES RECOMMENDED BY YOUR DOCTOR**—GOVERNOR ABBOTT SAYS TAKE THE FLU VACCINE IN SEPTEMBER
- ◆ **TALKING WITH YOUR DOCTOR**—WHAT ARE THE SIDE EFFECTS ON YOUR IMMUNE SYSTEM WITH YOUR ONGOING MEDICATIONS?

YOUR PRE-EXISTING CONDITION RISK FACTORS: **Obesity, Diabetes, Cancer, Heart Disease, Asthma, COPD, and Autoimmune disease (rheumatoid arthritis, multiple sclerosis or psoriasis)**

\* Mike Zimmerman, "WHO GETS SICK—AND WHY," AARP Bulletin, May 2020, Volume 61, No. 4.

YAH EVENTS

## INVOLVEMENTS OF YOUNG-AT-HEART MEMBERS DURING THE PANDEMIC

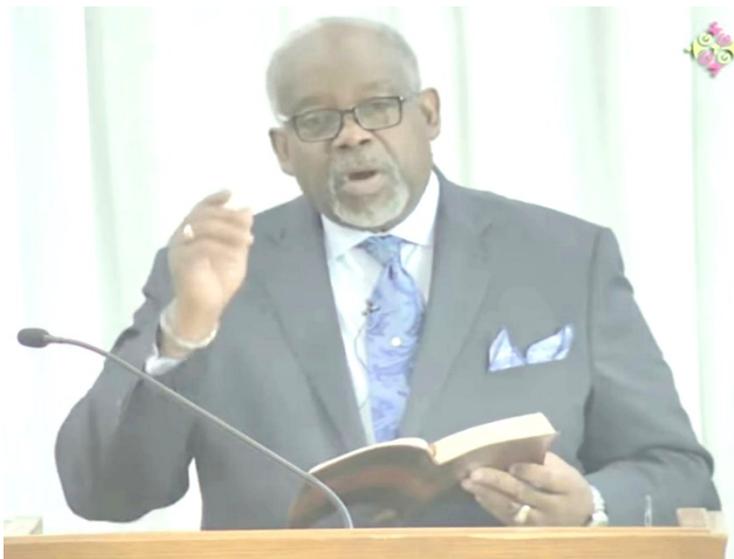
### GACC LEADERSHIP Taking Care of Business and Live Streaming Activities for the Spirituality, Security, and Service of the Congregation



**Elder Dave Phillips**  
*Managing Business Affairs*



**Elder Fred Green**  
*Maintaining Spirituality, Safety,  
and Connection*



**Minister Shelton Gibbs, III**  
*Feeding the flock*

STAY SAFE AND STRONG

KEEP  THE FAITH

YAH EVENTS:

**GACC Membership Involvement During the Pandemic**



**Pat Chappell**  
*Participating in Sunday Worship Service*



**Dolores Swint**  
*Reviewing lesson from Tuesday Evening*



**Josephine Echols**  
*Studying for Thursday Morning Bible Class, Frank Johnson, Teacher*



**Herbert and Beverly Fisher**  
*Engaging in an evening Bible Study at home*

YAH EVENTS

GACC Membership Involvement During the Pandemic



**Jeanette Gibbs**  
*Teaching her grandchildren in her home during Vacation Bible School*



**Linda Green**  
*Working primarily from home as a Realtor-Broker for United Real Estate*



**Rebecca Tinner**  
*Preparing for the GACC Drive-By Food Drive*

YAH EVENTS

GACC Membership Involvement During the Pandemic



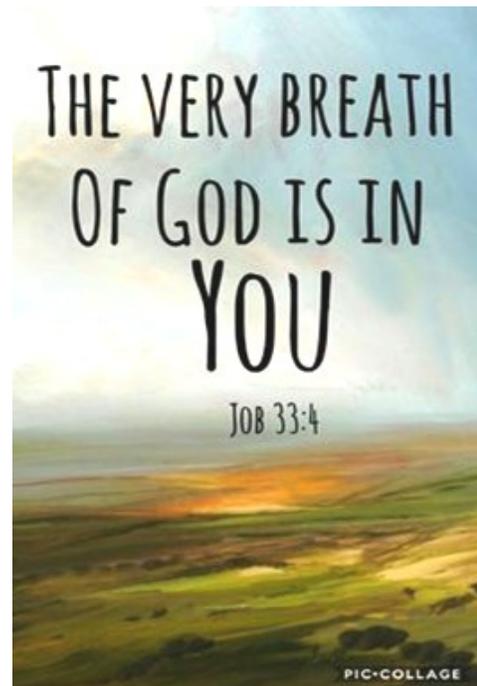
**Hattie Jones**  
*Picking-up groceries, weekly,  
from a food bank to distribute to relatives,  
church members, friends, and neighbors*



**Thurman and Elores Stephens**  
*Affectionately playing Scrabble  
in their home*



**Caryl Moss**  
*Pushing her husband, John  
to board the DART bus*



*“The Spirit of God  
hath made me, and the breath of the  
Almighty hath given me life.”*

YAH EVENTS

GACC Membership Involvement During the Pandemic



**Don and Geraldine Johnson**  
*Staying daily in GOD's 3W's: HIS-Word, HIS-Will  
and HIS-Way.... GOD Is Good!!!*



**Margaret Johnson**  
*Sharing Personal Evangelism Door Hangers  
with neighbors*

YAH EVENTS

Sister Bell Celebrates Her 88<sup>th</sup> Birthday on April 19, 2020

Her family annually celebrates each others' birthday. This year, because of COVID-19, she was told her birthday celebration would be on the front porch. She was unaware that the Wednesday Night Ladies Bible Class - Lesa Willis, teacher and Vickie Butler, parade initiator - coordinated a "Surprise Birthday Parade" down the street of her home!



**Jim and Elaine Adams**

*Posing with a poster before going to Mildred's "Surprise Birthday Parade"*



**Harold Bell**

*Celebrating Mildred's birthday with family*



**Street Parade of Vehicles**

*Passing Mildred's house slowly with GACC saints cheering, "Happy Birthday, Sister Bell," blowing their horns and holding-up beautifully decorated posters*

*Digital Photo Layout by Cherie McMillan, Guest*



**Mildred Bell**

*Waving at saints and shouting behind her mask, "Oh, my God; Hi; I love you; Hallelujah; Thank you, saints, for loving and honoring me!"*

**YOUNG-at-HEART Newsletter****Founder:** Elder Frederick Green, YAH Leader**Established:** The YAH newsletter was developed and named *The SENIOR INFORMANT* by the following original YAH Committee in 2014: Mildred Bell, Editor-in-Chief; Marilyn Caples, Assistant Editor-in-Chief; Quint Hopkins, News Gathering Coordinator, Janice Swanson, Assistant; Margaret Johnson, Communications Coordinator; and Elores Stephens, Publications Coordinator, Elizabeth Afriyie, Assistant**Publisher:** The Greenville Avenue Church of Christ, Richardson, Texas

The purpose of *The SENIOR INFORMANT* is to keep the YAH members and other GACC members informed of the general YAH activities. It will be mailed to all active YAH members and the GACC leadership on the Tuesday prior to the second Sunday of that month for each issue, and manually distributed to the Greenville Avenue congregation on the second Sunday of that month.

*The SENIOR INFORMANT* is published three times per year, accordingly:

**Winter Issue:** January**Summer Issue:** May**Fall Issue:** September**STAFF:**Editor -in- Chief / Writer: **Mildred Bell**Assoc. Editor-in-Chief / Design and Production Manager / Writer: **Marilyn Caples**Executive Secretary / Writer: **Hattie Jones**Acting News Gathering Coordinator / Publications Assistant / Writer: **Margaret Johnson**Editorial News Gathering Coordinator / Writer: **Carylon Moss**Publications Coordinator / Writer: **Elores Stephens**Publications Assistant / Writer: **Elizabeth Afriyie**Photographer: **Rebecca Tinner**