



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

PRESENTING SANDRA HUSTON

By Marilyn Caples



SANDRA HUSTON

Sister Sandra Huston was born April 9, 1954, at the Barksdale Air Force Base in Louisiana. She was the first child of the late Sis. Dora Huston and was the apple of her eye.

Sandra grew up in Shreveport, LA and attended school in Caddo Parish. The mother of our former member, Faith Johnson, was Sandra's first teacher in kindergarten! Sis. Huston was a member of the first integrated class to attend C. E. Byrd High School in the '70s. She has fond memories of her white go-go boots.

Sandra was taught the Gospel of Jesus Christ by Bro. Hubert Hardin, using the Open Bible Study projector and filmstrips. She was baptized in August 1971 at the Lawrence & Marder Street Church of Christ in Dallas, TX. In the early '80s, she and son, Stephen, moved their membership to the Hamilton Park Church of Christ, currently Greenville Avenue (GACC), where Sandra continues to attend. She has retained many precious memories of saints, like

Ona Smith, Mary Newhouse, Ocelia Lewis, and Willa Mae Sumlin. She also has cherished memories of her favorite activity, "Sunday Go to 'Eatin'." Another favorite activity was singing Negro Spirituals with the Hamilton Park Adult Chorus, under the direction of Sis. Joanne Rodgers. Road trips, concerts, and homecomings—those were the days!

Sandra's present church ministries include the Communications Team, Gazette Editor (GACC Bulletin), Singles Advisory Committee, and Young-at-Heart. She also feels privileged to have assisted in teaching adult software classes when the Computer Lab at GACC was up and running.

Sis. Huston's last "real" job was as a Sr. Software Instructor at New Horizons Computer Learning Center. When asked to recall achievements from that position, she replied, "That was too long ago."

Following are Sandra's responses to the YAH Highlight questions:

What is your life philosophy? "He's got the whole world in His hands; if at first you don't succeed, just don't give up."

Your favorite Scripture?

1 Peter 1:8-9: "Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls."

Your favorite Bible book? "John—because of the number of details; it's kinda like a movie."

Your favorite recreation? "That's easy . . . eating ice cream while watching Peloton videos!"

What are some accomplishments outside of work? "Launching 'Aidoo Graphicz' and bringing joy to others with my creative use of colors, fonts, and graphics. Oh, I love fonts!"

What are your community involvements? "I once enjoyed singing with the now defunct Mesquite Civic Chorus."

What do you like most about yourself? "My tenacity; I may struggle, but I don't give up!"

What do you need to improve about yourself? "My Health: Spiritual, Mental, and Physical!"

Is there anything else that you would like to say about yourself? "I love how I feel at the Greenville Avenue Church of Christ and am excited about seeing where God will lead us! Like Bro. Ben once said, 'No one ends up at GACC by accident.'"[†]

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YAH members' deadline to submit articles for the **January 2022** newsletter is **September 30, 2021**. Email to: marilynmcaples@gmail.com

CHRISTIAN/SPIRITUAL DEVELOPMENT

KEYS TO REBOOTING AND RECHARGING

By Elizabeth Diane Afriyie

Circumstances, people, situations, and times of life often happen and drain our spirits, diverting us from our purpose and spiritual development. So, how do we reboot or recharge our lives? Isaiah 40:31 tells us that if we wait on the Lord, we will be renewed. How we position ourselves so that the Lord can do this follows:

1. Before we do anything, we must **pray**. Scripture tells us to pray without ceasing. Pray that nothing keeps God from hearing our prayers or helping us on our journey to recharge and reboot our relationship with Him. According to Ezra 3:23, we should fast and pray. Regardless of where we are on the spectrum of our walk with Jesus, we must ask ourselves if this is where we want/need to be in our relationship with God. Ask what in our lives do we need to let go and what do we need to do differently.
2. We must complete a **self-examination** of our beliefs and motives. (1) This helps us determine where we are in our relationship with the Lord and what we need to do to be in His will (2 Corinthians 13:5). Some questions we must consider: Are we walking in His way, the world's path, or straddling the fence between the two? What kind of relationship do we have? Do we need to establish one? Have we moved toward the world? Are we walking with Him wanting to go somewhere else or are we walking hand in hand with Him?
3. After praying and **examining ourselves**, we need to study and meditate on God's Word. Studying and meditating will show us how we have moved away from His will and what we need to do in various situations. A daily Bible study, meditation, and prayer should be a part of our lives. If we have trouble understanding what we have read and meditated over, we should seek out a friend, Bible teacher, or church leader to help us gain clarification of Scripture. Daily study ensures God's Word is rooted and grounded in our hearts, enabling us to make better choices.
4. **Interacting with fellow saints** in worship, Bible classes and church activities encourages and lifts everyone (Hebrews 10:25; Acts 2:44). Sharing God's Word and the things God has done in our lives draw others to Him and renew the fire of God's Word in us. Such testimony excites and brings us alive again (Acts 2:42; Romans 10:13-14).
5. Jesus was a servant. Are we willing to **serve** in His kingdom? In which church ministries can we get involved? Do we provide a meal or transportation when we see it is needed? What about making an encouraging phone call, sending a card, or sending up a prayer for someone? Do you volunteer or try to meet the needs of those in your community? Is there something you can do in the community to demonstrate the love and concern of Christ (Galatians 6:9)?
6. What kind of attitude do you have? An attitude of gratitude keeps us charged. This is the day the Lord hath made. Let us **rejoice** in it (Ps 118:24). A thankful heart allows us to encourage and uplift others.
7. Give God all our concerns. Holding on to our worries shows a lack of faith. Without **faith**, we cannot please God. It distances us from Him, and we cannot recharge. Remember Philippians 4:6-7.

Once our spirits are **recharged**, we cannot say we have arrived. We must stay engaged or we stagnate and die spiritually. **Rebooting** is partially done alone, but must also include our brothers and sisters in Christ, as well as those in the world that we encounter on our daily walk. †

Sources:

King James Bible
<https://seattlechristiancounseling.com>
<https://godsabundantlife.com>
<https://www.merriam-webster.com>
 internet searches on spiritual development



Elizabeth Diane Afriyie
 Executive Secretary/
 Publications Assistant/
 Writer

HEALTHY LIVING

PEACEFUL SLEEP FOR THE CHRISTIAN

By Dr. Mildred J. Bell

Proper nutrition, exercise, and sleep are essential for healthy living. Nevertheless, this article only focuses on what **Christians** can do to initiate and maintain productive sleep for efficient performance. Considering individual needs, the National Sleep Foundation recommends that adults should get seven to nine hours of sleep daily. Those who require more than 10 hours may need a clinical evaluation of a potential medical problem. Getting less than four hours of sleep could lead to a deprivation state that can depress mood, impair cognition up to two days, decrease pain tolerance, weaken immune functions, affect glucose metabolism, increase blood pressure, and alter a variety of hormone levels.

In Psalm 4:8, David said, ***“I will lie down and sleep in peace, for you alone, O Lord, make me dwell in safety.”*** This Scripture tested my faith during my early diagnosis and treatment of cancer. Was it God who kept me alive while sleeping at night, or was it the oxygen my physician advised me to use while sleeping? Through much prayer and supplication, the **Holy Spirit** prompted me to **reinforce my belief** that ***everything is possible for God to do!*** (Mark 9:23) Hallelujah! Believing this truth, without doubting, set me free! **God** controls my life and death. It was He who directed the oncologist to prescribe the oxygen for me. These Scriptures are also applicable to other sleep problems.

In addition, Dr. Lyles recommends the following **“Ten Sleep Hygiene Practices”** to help one attain peaceful sleep and promote restorative rest for efficient performance: *

1. Avoid naps during the day to encourage better sleep at night.
2. Have a regular bedtime and rise time to promote a better sleep rhythm.
3. Associate your bed with sleep, avoiding non-sleep activities such as, watching T.V., talking on the telephone, eating, reading, etc.
4. Avoid alcohol, which can disrupt sleep when blood levels decrease in the middle of the night, as well as nicotine and caffeine, which can stimulate wakefulness.
5. Minimize rigorous exercise near bedtime, as this can stimulate wakefulness.
6. Maximize bed comfort (evaluate your mattress and ensure pillows are hypoallergenic) and room temperature (most people sleep better in a slightly cooler environment).
7. Avoid using electronic devices (phones, tablets...) within an hour of sleep, as the diodes in these devices give off light that stimulates wakefulness in the brain.
8. Avoid getting frustrated when you cannot fall asleep within 20-30 minutes by getting out of bed and going back to bed to sleep later.
9. Minimize noise and light by using blackout shades, blinds, or curtains for windows.
10. Experiment with relaxing rituals before bedtime such as, praying, reading, enjoying a soothing bath, or listening to calming music.†

*Lyles, Michael R., M.D., **Christian Counseling Today**, Volume 24, No. 2, Forest, VA.

MEDICAL INSIGHT

POST-HOSPITAL SYNDROME

Submitted by Carylon Moss

A self-sufficient older patient visits the ER (emergency room), often for a minor issue or injury. But what at first seems like a small setback begins a rapid functional decline and a loss of self-sufficiency that results in that patient returning to the hospital again and again. Often these hospitalizations can cause health problems that severely impact the patient's long-term well-being and can even lead to death. This is the phenomenon known as *post-hospital syndrome*.

Researchers attribute post-hospital syndrome to the stress of hospitalization itself rather than to the original illness or its treatment. Only 17 to 30 percent of return hospital visits are for the same condition as the initial admission. Instead, patients wind up returning to the hospital for any number of reasons—from infections and unrelated injuries to entirely unexpected diseases. Each return to the hospital increases the likelihood of permanent functional loss and makes it more likely that the patient will need to be discharged into a long-term care facility.

“Did you know that one in five older patients who visit the ER will be back in the hospital within 30 days?”

Let's look at ways to survive the emergency room.**1. Find specialists who know how to treat aging patients.**

Many hospitals have specialized “acute care for elders” inpatient units, and there is a growing number of certified geriatric emergency departments across the country; to find one near you, visit acep.org/geda. The Institute for Healthcare Improvement recognizes 450 “age-friendly health systems” on its website.

2. Keep pushing for more care.

Make a follow-up doctor visit shortly after the ER episode. If things don't check out well, push hard for a hospital admission or for an aggressive, rapidly initiated outpatient care plan. This is an important step in shielding your loved one from further complications. One study found that half of Medicare patients needing rehospitalization within 30 days had not seen a physician in the interim. You may have to push. Medicare targets and fines hospitals for readmissions within 30 days, which means providers are often resistant to readmitting patients. Question your doctor thoroughly before letting your loved one return home.

3. Anticipate long-term impact.

Someone who fell once is likely to fall again. Aids as simple as a cane or walker, along with home-based training for balance, mobility and muscle strength, can reduce future falls and decline. Assess the home for hazards, such as challenging stairs and slippery rugs. Keep an eye out for decreased

mobility or an increased need for assistance with activities of daily living: getting out of bed, using the toilet, bathing, dressing, grooming, and eating. Check with insurers to see what services or equipment they will provide.

4. Watch for physical and emotional changes.

In addition to frailty, other findings associated with hospital returns are depression, worsening memory, fatigue, dizziness, decreased appetite, incontinence, trouble communicating or thinking, or increasing numbers of prescribed or over-the-counter medications. Any of these clues can indicate an acute, reversible illness, such as pneumonia or urinary infections. Recognizing and treating any of these clues early can help avoid a return trip to the hospital.

A concerned and informed proactive patient and a support system are the best defense against the real possibility of functional decline in older adults following illness or injury. †

Kenneth Frumkin, M.D.
AARP Bulletin, May 2021
<https://www.aarp.org/health/conditions-treatments/info-2021/post-hospital-syndrome.html>



*Carylon Moss
Editorial News Gathering
Coordinator/Writer*

MIND EXERCISE

WHO IS SPEAKING? BIBLE TRIVIA

Submitted by Marilyn Caples

Can you identify the speaker in each of these Biblical quotations? And, for an even tougher challenge, do you know to whom the person was speaking?

1. "Are you the king of the Jews?"
2. "Sirs, what must I do to be saved?"
3. "Nazareth! Can anything good come from there?"
4. "I am the voice of one calling in the wilderness, 'Make straight the way for the Lord.'"
5. "How can someone be born when they are old? Surely they cannot enter a second time into their mother's womb to be born!"
6. "Do you understand what you are reading?"
7. "Three days ago I was in my house praying at this hour, at three in the afternoon. Suddenly a man in shining clothes stood before me..."
8. "I am the Lord's servant,"... "May your word to me be fulfilled."
9. "They beat us publicly without a trial, even though we are Roman citizens, and threw us into prison. And now do they want to get rid of us quietly?"
10. "This child is destined to cause the falling and rising of many in Israel, and to be a sign that will be spoken against, so that the thoughts of many hearts will be revealed. And a sword will pierce your own soul too."
11. "Are you going to wash my feet?"
12. "Don't you care that my sister has left me to do the work by myself? Tell her to help me!"
13. "He has raised up a horn of salvation for us in the house of his servant David..."
14. "I see heaven open and the Son of Man standing at the right hand of God."
15. "I am the good shepherd."
16. "Do not seal up the words of the prophecy of this scroll, because the time is near..."
17. "I have heard many reports about this man and all the harm he has done to your holy people in Jerusalem."
18. "Send the people away so that they can go to the surrounding countryside and villages and buy themselves something to eat."
19. "If you consider me a believer in the Lord,...come and stay at my house."
20. "...even the dogs under the table eat the children's crumbs."

MONEY MATTERS

EMBRACING MONEY MATTERS GOD'S WAY

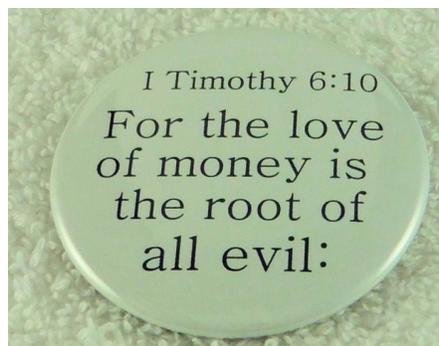
By Dr. Mildred J. Bell

Regardless of the amount of money or possessions Christians have, Matthew 6:33 states the attitude that they must have concerning money matters: ***“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”*** At the outset, Christians must prayerfully and diligently study the money related Scriptures to gain an understanding and a desire to obey them. Thereafter, they will be able to make sacrificial decisions on money issues in their speech, actions, and character. Otherwise, they will let their fleshly desires rob God of first place, as well as others who are in need.



Christians who actively **choose** to embrace money matters God's way are content with what God is doing in their lives. Because they have the right attitude toward money matters, they desire to work, save, plan, and give of their resources and service to God and others. They are able to rely on God's promises to supply all their needs according to what is best for them. On the other hand, those with unhealthy attitudes about money matters are miserable. They always want more, are envious of

others, and do not rejoice with others over their material blessings. *“Good and faithful servants”* embrace money issues according to Matthew 25:21: They are faithful over a few things, and God makes them rulers over much.



Further, many Christians believe that money brings happiness. ***“For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs”*** (I Timothy 6:10). Paul gives Christians the following guidelines on how to avoid the love of money in I Timothy 6:7-11, 17, and 18:

(1) Realize that one day riches will all be gone. ***“For we brought nothing into the world, and we can take nothing out of it.”*** (2) Be content with what you have. ***“But if we have food and clothing, we will be content with that.”*** (3) Monitor what you are willing to do to get more money. (4) Love people more than money. (5) Love God's work more than money. (6) Freely share what you have with others.

Finally, God expects all Christians to give richly toward Him. Paul also emphasizes that Christians are to generously give to the Lord's work in the church collection. Please read II Corinthians 8:5, 8; 9:6-7; and I Corinthians 16:1-3 concerning this matter. In essence, Christians who embrace money matters God's way will **give personally** (Galatians 6:10); **give sacrificially** (2 Samuel 24:24); and **give humbly** (Acts 6:1-4). Though the New Testament does not designate that Christians must give 10% of their earnings in the offering, the Old Testament does indicate that a tenth was given (Numbers 18:26), which is **“for our learning.”** In addition, **we live in a “more excellent covenant”** (Hebrews 8:6). **Given these two instances, our love for the Lord and what He did for us at Calvary, all Christians should be motivated to give more than 10% as prospered.** In closing, the writer of this article admonishes you to ask yourself: *Do I let people, objects, goals, and other desires of my heart compete with God having first place in money matters?* †



Mildred J. Bell
Editor-in-Chief/Writer

A WORD FROM THE LORD

SEEK HELP FROM THE LORD

By Elores Stephens

*Psalm 121: 1,2 (KJV) "I will lift up mine eyes to the hills, from whence cometh my help; my help cometh from the Lord, which made heaven and earth." **

When facing any situation or problem that tends to bring us down, do not seek counsel through worldly means. Instead, remember that as Christians, we have the answer. God loves us and He wants to help us in everything. Therefore, seek God **first!** Cry out to Him **first!!** After all, He is the Creator! †

**Favorite Scripture of my fifteen-year-old granddaughter, Juliet Booker*



*Elores Stephens
Publications Coordinator/
Writer*

MIND EXERCISE SOLUTION TO BIBLE TRIVIA

Each of the answers includes the Scripture reference from the NIV. Please note that some quotations may appear in more than one place in the Bible.

1. Pilate to Jesus, John 18:33
2. The Philippian jailer to Paul and Silas, Acts 16:29
3. Nathanael to Philip, John 1:46
4. John the Baptist to the Pharisees, John 1:23-24
5. Nicodemus to Jesus, John 3:4
6. Philip to the Ethiopian eunuch, Acts 8:30
7. Cornelius to Peter, Acts 10:30
8. Mary to the angel, Gabriel, Luke 1:38
9. Paul to officers at the jail in Phillipi, Acts 16:37
10. Simeon to Mary, Luke 2:33-35
11. Peter to Jesus, John 13:6
12. Martha to Jesus, Luke 10:40
13. Zechariah, probably to his neighbors, Luke 1:62-69
14. Stephen to to the Sanhedrin, Acts 7:56
15. Jesus to the Pharisees, John 10:11
16. The angel to John, Revelation 22:10
17. Ananias to the Lord, Acts 9:13
18. The disciples to Jesus, Mark 6:36
19. Lydia to Paul and Silas, Acts 16: 15
20. The mother of a demon-possessed girl to Jesus, Mark 7:28



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

NEWS AND NOTES

HIS GRACE IS SUFFICIENT*Submitted by Elores Stephens*

The past year and a half has been quite challenging as we followed CDC Guidelines during the pandemic. The mere fact that we were unable to worship physically as a congregation and often separated from family and friends made the task more daunting. Thank God for *virtual* accessibility.

With this in mind, YAH members were asked the following questions:

1. During the pandemic, what was your most sustaining Scripture to help you through the difficult times?
2. Which fruit of the Spirit (Gal. 5:22) most impacted you, based on your Scripture?

<u>YAH Member</u>	<u>Sustaining Scripture</u>	<u>Fruit of The Spirit</u>
Carmen Brown	Philippians 1:6	Peace
Lena Carroll	Psalms 23	Peace
Lea Spencer	Philippians 4:8	Longsuffering
Michael Spencer	Matthew 7:1	Love
Dovie Scott	I John 2:15, 17	Longsuffering
Gail Clemons	Psalms 121	Meekness
Willie Jackson	James 3:17	Meekness
Loray Coleman	Romans 8:28	Patience
Stephanie Taylor	Psalms 91	Longsuffering
Alma Edwards	Philippians 4:13	Patience
Johnny Moore	John 11:35	Gentleness/Faith
Leona Moore	II Timothy 1:7	Peace
Toni Harper	Proverbs 3:5, 6	Faithfulness
Lorenza Jackson	II Timothy 2:15	Patience
Carl Jones	I Corinthians 15:10	Patience
Sharon (Dee-Dee) Jones	Psalms 23	Faith/Longsuffering
Charles Jones	Philippians 4:13	Patience
Kathy Phillips	Romans 8:28	Love
Cherie McMillan	I Corinthians 10:13	Self-Control
Sharon Swanigan	Isaiah 43:2	Love
Carolyn Hawthorne	Philippians 4:13	Faith
Barbara Green	Galatians 5:22	Gentleness
Andrew Green	II Corinthians 10:13	Peace

Therefore, my brothers and sisters, it is quite evident that no matter the trials and tribulations you have been through, God's Word is true - ***His grace is sufficient!***✠

The SENIOR INFORMANT SEAL COMPLETED

Kudos to Mildred Bell for ***creating*** the seal, drafters Jarilyn Fox and Phillip Bennett of the Larry Smith Elementary School for ***preparing its digital design*** for the newsletter, and Cherie McMillan and Marilyn Caples for ***assisting in its completion!*** "It took a village" to do so; but, we did it (smile)—***HALLELUJAH, praise GOD!***✠

YAH EVENTS

**WORSHIP SERVICE ON THE PARKING LOT
GREENVILLE AVENUE CHURCH OF CHRIST**

May 9, 2021

YAH Members Attending Worship Service



Shelton and Jeanette Gibbs



Fred and Linda Green and daughter, Lydia



Harold and Mildred Bell and daughter, Cherie McMillan

YAH EVENTS



Jerry and Dorothy Woolridge and Charlene Dawson



Tony and Joyce Cook



Jim and Elaine Adams



Camelia Adkins

YAH EVENTS



Charles and DeeDee Jones



Lorece Stagers



*Rebecca Tinner
Photographer*

**MOTHERS ENJOY VACATION IN HAWAII WITH BOOKER FAMILY
June 2021**

Ernest and wife, DeShondra, surprised their mothers, YAH Elores Stephens and Pam Buggs with a trip to Hawaii for Mother's Day!



Ernest and Elores



Ernest and mother, Elores; Juliet, granddaughter; Pam Buggs and daughter, DeShondra

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, Structure and Seal, Editor-in-Chief; Marilyn Caples, Secretary, 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**CURRENT STAFF DIRECTORY:**Editor-in-Chief / Writer: **Mildred Bell**Assoc. Editor-in-Chief / Design and Production Manager / Writer: **Marilyn Caples**Executive Secretary / Publications Assistant / Writer: **Elizabeth Afriyie**Assistant News Gathering Coordinator / Publications Assistant / Writer: **Joyce Cook**Editorial News Gathering Coordinator / Writer: **Carylon Moss**Publications Coordinator / Writer: **Elores Stephens**Photographer: **Rebecca Tinner**Editor's Technical Relayer: **Cherie McMillan**