

MAY 2023

Ridgeview Mennonite Church

Budget	\$128,300.00
YTD Received	105,152.38
Education Fund	4,000.00

TUESDAY ALIVE - April 11

"Ten Ways to Love your Brain: Maintaining Brain Care As We Age" was the topic of the morning. Connie Metzler, is Program Coordinator and Nurse Case Manager for the Alzheimer's and Memory Care Program at Lancaster General Health Penn Medicine. She spoke about ways to use our brain to keep it alive and well.

Bob Weaver introduced Connie by sharing of his experience a few years

ago when he attended Memory Care at LGH.

Dementia is a disease of the brain. It is an umbrella term for many

kinds of brain impairments – frontal temporal, vascular, Alzheimer's. The number one risk factor is age. She distributed a sheet suggesting "10 ways to love your brain." Of course, diet and exercise are part of the program. So are getting enough sleep, staying socially engaged, playing games. There are free apps for brain games such as Wordle, Luminosity and others.

Being aware of warning signs of dementia can point the way to talking to your doctor. Changes more than normal are diagnosed as mild cognitive impairment.

Following a question and answer period, a delicious meal was served.

Etta Esch



ANNIVERSARIES

18 Lance & Marsha Horst
Steve & Bethany Jacke

BIRTHDAYS

19 Alex Kauffman
20 Amos Zook
24 Jan Stoltzfus



CONGRATULATIONS

2023 Graduates

Jill Heine, Eastern Mennonite University,
Graduate Certificate of Faith-Based
Peacebuilding

Daniel Jacke, Ephrata High School

Jesse Kanagy, Hesston College, Associate
degree in Bible and Sociology

Ethan Kanagy, Lancaster Mennonite
High School

ROUND DA CHURCH

It all started at the White Horse Luncheonette a few Saturdays ago. Ricnbob (Rick Loncosky & Bob Heine) Associates we're having a hearty breakfast before another work day at church. After renting a lift from Gap Power Rental, Bob was swaying in the breeze as a gusty southern wind was moving a storm through the area. Up and down with the lift. In and out of the building bunches of times and several hours later, the wind is blowing stronger and dark clouds are getting closer. After a final check, a total of 13 lights were repaired or replaced. But the jobs not done yet. We have to get the lift returned soon. After leaving the parking lot from Gap Power Rental the raindrops start to fall. Mission complete!!



VOLUNTEERS NEEDED

for

INTERCOURSE HERITAGE DAYS

Friday - June 16 & Saturday - June 17

This is a GREAT time to help in the community. You may be needed in various events and get a chance to support a worthy cause. If you would like to volunteer, check out the website.

www.intercourseheritagedays.com

May 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 5:30pm Quilters	3 9am Food Pac	4	5	6
7 SS & Worship Omar Lapp Branch worship	8	9 10am Tuesday Alive	10 9am Food Pac	11	12 <div>Rental Wedding/Reception</div>	13
14 SS & Worship Mother's Day	15	16	17 7am Men's breakfast 9am Food Pac	18 <div>Rental Wedding/Reception</div>	19	20
21 SS & Worship Carl Edwards, Crossnet Minis- tries Branch worship	22	23	24 9am Food Pac	25	26	27
28 SS & Worship Dawn Ranck- Hower, Pastor New Holland Mennonite	29	30	31 9am Food Pac			