

# The Saltshaker



The Pastor's Heart

May 2024

Our church family is aging, have you noticed? Yes, we are still reaching children and youth with AWANA Club and Youth group. Yet, many of our younger families are aging toward social security. It has me thinking about this process...when do you decide to move into a new living situation with less ongoing responsibilities?

Here are some common signs that might suggest it is time to make a move to a new living space. First, has there been a change in mobility or function? Do you find you or a loved one sitting in the same place all day? Are they having difficulty getting up and out of a chair? Does this affect the quality of life to the point that something needs to change?

Are you seeing objects pile up or it appears that organization has become a secondary objective? Have you found your loved one is using household items for purposes other than their intended function? (Example: A house planter holding a tin can of drill bits).

A second warning sign could be how your loved one maintains their living space and/or their daily routine.

- ◆ Laundry piles up and seldom gets folded/put away.
- ◆ Prescription medication is left untouched in bottles.
- ◆ Mail piles up unsorted or unopened.
- ◆ The automobile has new dents or stripes down the side.
- ◆ Food is spoiling in the refrigerator or is left open on the counter.

Now it may be that your loved one has always lived with disorder or in a messy space. Often over time you do see this condition becoming hazardous and a need to address the issue.

Another area concerns finances. Say your loved one seems to have an excessive supply of toilet paper or furniture polish or over the counter medical supplies, it might just be time to have a talk. They are overspending uncharacteristically or suddenly forgetting to pay monthly bills, this is a telltale.

Have you noticed any personality changes like irritability, secrecy or forgetfulness? A swing in moods or noticing more complacency might be a sign of depression. We are creatures of habit, often times a change in routine that causes frustration and upset indicates your loved one feels a loss of control.

What if you notice physical changes? It could be weight gains or losses. Maybe your loved one is sleeping in or staying up to all hours of the night. They are choosing to eat a select diet which is unhealthy.

In the aging process, we seldom think about our loved ones fluid mental health. Think about it. We know that physically our metabolism changes, hair recedes or grows where it never did before. We don't have the energy we once did. Believe it or not, our mental health ages as well. Memory loss is a factor in aging as is confusion and getting directions turned around.

So, what can we do proactively for our loved ones going through any of these life changes? We should not wait for them to go away. We also cannot "order them into unwanted choices." That will backfire!

Instead, help them to help themselves. To see the advantages of changing living spaces and moving nearer to old friends. Help your loved one to make the choice themselves before they reach the point of no return.

Think in terms of several conversations and not just a single win/lose talk. Together, come to decisions that bring you peace of mind and your loved one having personal sovereignty by showing them honor and respect.

(Disclosure-this Pastor's Heart is not based upon a single situation or with anyone in particular in mind—except possibly myself?)



LIFT UP THE WORD  
LIGHT UP THE WORLD

2 SAMUEL 22:29-31

THE 73rd ANNUAL NATIONAL DAY OF PRAYER  
THURSDAY, MAY 2, 2024



Meet at the Delta County Courthouse  
Thursday, May 2nd, 12:00PM  
501 Palmer Street, Delta

## Senior Adults Ministry



### Let's Party

Saturday, May 11th,  
Noon

We will start with a  
**potluck** and then  
proceed with some  
fun activities.

Come and bring you're  
friends.



Cooleys have contracted with us to replace the boiler/heating system. They were suppose to come in on April 30th to pressure test our pipes but had to cancel and are rescheduled for May 8th.

Amount Pledged	\$71,500.00
Amount Received	\$43,570.00
Remaining Balance to collect	\$27,930.00
Total Given (from start)	\$55,224.95

## Mission Spotlight for May

Delta County Younglife  
&

Todd Laws, Younglife  
Small Town Ministry

A public school ministry!  
Reaching kids for Christ  
in a safe, fun  
environment.  
They could use your  
financial support.



**Come to VBS!**

### Marketplace VBS

June 10-14, 8:30AM to Noon

Delta UMC, 477 Meeker, Delta  
Kindergarten –entering 6th grade

Preregister @

[deltaumc.breezechms.com/form/6fedb538](http://deltaumc.breezechms.com/form/6fedb538)

### Delta FBC Vacation Bible School

July 8-12, 8:30AM to Noon

Prayer Needs: VBS Director to step up,  
Teachers, volunteers in crafts, rec, snacks  
and songs.

Contact Christian Ed. Board

Chairman: Mike Burns 970-314-1927

**YOU  
ASKED  
FOR IT!**



Congratulations to Janet Reyher, the actual raindrop I wanted you to find was in the canoe. Here we go again. Call me! This is harder—pull out you're English memories and find the word in the newsletter that is incorrectly spelled.



### Birthdays

- 2 Brandon Lamm
- 3 James Conley
- 3 Leatha O'Dell
- 3 Josh Vigil
- 5 Lay Lah Paw
- 7 Ko Gi Hae
- 8 Per Kaw
- 9 Roger Trujillo
- 10 Ky Bigham
- 10 Janet Reyher
- 12 Portia Vigil
- 16 Jim Cross
- 16 Viola Carothers
- 22 Logan Wallace
- 25 Andy Holton
- 25 Wiki La
- 25 Kylan Ingram
- 28 Emily Kolonick
- 29 Rochelle Erhart
- 31 Adele Creasey
- 31 Leta Duran
- 31 Kloey Ingram

### Anniversaries

- 21 James & Vicki Conley
- 23 Frank & Patti Antal

## AWANA Awards Night 2023-24



The Puggles led by Katy



The Cubbies led by Kathy



Sparkies Book 1 Awards  
Riley, Zoey, Arrow So and Kiahna



William finishes his last book  
with Leta



Honoree Award Winners were  
Jayden Bigham and Kiahna Ingram



TNT Girls with Vicki



TNT Boys with Steve

# Happy Mother's Day

It's time to celebrate Mom's

The Men's Fellowship would like to honor all the mom's by having a Brunch on Sunday, May 12th following the regular worship service @ 11:30AM.

All Sunday School classes will be canceled so that Mom's can enjoy time with their families.

## SUMMERCAMP

It's time to start thinking about camps because....two of these camps will require kids to come up with their own funds.

1. Younglife Camp,  
Lost Canyon, AZ  
June 16-21 High School

2. Wyldlife Camp @  
Lost Canyon, AZ  
July 12-16 Middle School

3. Senior High Camp  
July 19-21  
(This camp is through our church)

There will not be any camps up on Grand Mesa this year.



Ehlaw Kyaw

Delta High School

Paw Eh Gay Wah  
Delta High School

Shoshana Vigil

B.S. Natural Sciences  
Colorado State University

Eh Ta Mu La Taw

Delta High School

Nee Doh Htoo

Delta High School

Saw Blessing

Delta High School

Delta First  
Baptist Church  
1250 Pioneer Road  
Delta, CO 81416



Address Service Requested

**Sunday School Classes and Adult Family Groups start at 11:15AM**

Room 110, Leta Duran	Children (K-5th Grade)
Room 201, Josh Vigil	Adult Class
Room 207, Steve Grover	Adult Family Group
Room 111, Mike & Sherry Burns	Middle/High School Youth

**Delta First Baptist Church**  
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Phone 970-874-3847  
E-Mail: [deltafbc@yahoo.com](mailto:deltafbc@yahoo.com)  
Pastor James Conley  
Youth Director: Thaddeus Conley  
Office Hours:  
Tuesday-Thursday 8:30AM—2:00PM

[pageborders.org](http://pageborders.org)