

## SENIOR NUGGET – APRIL 2023

**E**aster is God's promise which His Son came to fulfill

**A** promise of eternal life for all who seek His will –

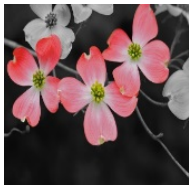
**S**eason of the budding trees, the lily in its glory,

**T**he greening hills, the daffodils, the holy Easter story.

**E**aster is the joy of spring, God's gift and triumph, too,

**R**eminding us of Jesus' love in which we're born anew

**1 Cross + 3 Nails = 4 Given**



### ~ ~ Legend of the Dogwood Tree ~ ~

In Jesus' time, the Dogwood grew to a stately size and lovely hue.

'Twas strong and firm its branches interwoven for the cross of Christ its timbers were chosen.

Seeing the distress at this use of their wood, Christ made a promise which still holds good:

“Never again shall the Dogwood grow large enough to be used so.

Slender and twisted, it shall be with blossoms like the cross for all to see.

As blood stains the petals marked in brown, the blossom's center wears a thorny crown. All who see it will remember Me ... crucified on a cross from the Dogwood tree.

“Cherished and protected, this beautiful tree shall be a reminder to all of My agony.”

## **AGING PARENTS/FAMILY MEMBERS WARNING SIGNS**

Are your parents able to take care of themselves? Pay attention to their appearance, failure to keep up with daily routine. Is yard over-grown, bills unpaid?

1. Are your parents able to take care of themselves? Note their appearance and if they keep up with daily routines.
2. Are your parents experiencing memory loss? We all forget things. Modest memory problems are part of aging and sometimes medication side effects. Signs of memory loss to look for?
  - ~ Asking same question over and over
  - ~ Getting lost in familiar places
  - ~ Not being able to follow instructions
  - ~ Becoming confused about time, people and places
3. Are your parents safe in their home? Take a look around for any red flags.
4. Are your parents safe on the road. Driving can be challenging for older adults. If parents become confused while driving or you're concerned about their driving ability – it might be time to stop driving
5. Have your parents lost weight?
6. Are your parents in good spirits? – Note their moods
7. Are your parents still social? Are they connected with family/friends?
8. Are your parents able to get around? Pay attention to how they walk.

Talk to your parents if you notice strange behavior or drastic changes. Your concern might motivate them to see a doctor or make other changes. Consider including other people who care about your parents in the conversation, such as siblings, and close friends.

**For many, the Golden Years, are “Tarnished!”**

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**Happy Birthday** to all celebrating this month