

FALL 2024

The GRAND Life

THE OFFICIAL NEWSLETTER OF IMMANUEL BIBLE CHURCH'S SENIOR ADULT MINISTRY

RSVP TODAY!

703-813-1955

horn@ibc.church

Welcome!

Here is a look at what we have coming up. *All luncheons will take place in the Atrium of IBC.*

While luncheons are provided at no cost to you, we do keep a donation basket if you feel led to contribute. To RSVP, please call the number listed above or email Jennis at horn@ibc.church.

Hope to see you soon!

Immanuel Christian Bookstore hours

Tues 11 AM - 4 PM

Wed 11 AM - 7 PM

Thurs 11 AM - 4 PM

Sun 9 AM - 1 PM.

Phone: 703-354-5219.

September 27th Luncheon - Pastor Michael Connor

Pastor Michael Connor will join us and tell us about the missions trips to Rwanda this summer. Several teams visited Rwanda to provide teaching, VBS, and practical needs like building new benches. Come and hear about how Immanuel is helping Africa New Life clothe, feed, educate, and care spiritually for hundreds of children in Rwanda.

Please RSVP by Monday, September 20th. We will meet in the Atrium at 11 AM.

October 25th Luncheon - Burke Acoustic Musical Society

Bring a friend and join us wonderful music performed by Pastor Bob Hartman, Pastor Alex Hairgrove, and other staff and lay members. They are famous for country and bluegrass songs. Bring a friend and welcome in the fall season with food, fellowship, and fun!

Please RSVP by Monday, October 21st. We will meet in the Atrium at 11 AM.

November Thanksgiving Service

Join us for a special service at 10 AM on Thursday, November 28th. Celebrate all we have to be thankful for starting with our salvation through Christ via worship and the word!

Christmas Concerts

Our annual Christmas concerts will be taking place December 12th-15th. Tickets will be available to purchase online. Please be on a lookout for an email to let you know when tickets are available to purchase!

January 12th Luncheon - Nellis Group

by Gary Holmberg

Our guest presenters for this luncheon were James Nellis, the CEO of the Nellis Group, and his sister Nicole Nellis Cockrell, the Lead Listing Specialist of the organization. The Nellis Group was started by their late mother Vicki and their father Jim back in 1983. Jim, many of you will recall, drove Grand Life on many adventures. He is now still with the Nellis Group and providing specialized expertise, but he is mostly retired and living with his wife Anna at Lake of the Woods. The Nellis Group operates in Virginia, Maryland, and DC. It has several certifications, including handling real estate for seniors like us.

James and Nicole presented “Real Estate in the Golden Years”, and covered a wide variety of topics. They specifically focused on: real estate investments, interest rates and their effects, what upgrades to do before selling, downsizing, buying a home, reverse mortgages, tax implications and advantages, ownership: will vs trust, and inheritance vs gifting a home. They wrapped up their presentation with a Q & A session.

There were a couple of takeaways. First, real estate is complex, and one benefits from an experienced professional to get it right. Second, the Nellis Group has a lot of experience and expertise. They and their trusted associates are able and very willing to assist with any real estate matter we might have. There was also a table of swag free for the taking.

To make sure that everyone had the opportunity to review the lecture (or hear it for the first time if they were unable to attend), James later sent a link to their website, which included a link to a video of their talk. The link is: <https://www.nellisgroup.com/golden-years-immanuel>. A lot of technical terms and rules of thumb they introduced are covered in the slides that are available in the video. Hannah’s Catering prepared a nice lunch of chicken teriyaki, rice, salad, rolls, and chocolate-chip cookies for dessert.



February 16th Luncheon - Getting to Know You

by Gary Holmberg

Our luncheon today focused on getting to know other Grand Lifers better. We have newcomers in the group on a regular basis now, so this was a good topic for our second luncheon. First on the agenda was a visit from one of our ICS kindergarten classes. After they sang for us, they passed out adorable beaded wire-framed hearts they made to each of us.

Jennis prepared People Bingo sheets for our first exercise. Each square had a characteristic like “worked for the government”, “military veteran”, “has cats”, or “is an only child” to name a few. Our task was to wander around the room to other tables and find people to initial the blocks that applied to them. After we finished, Jennis went through all the blocks and asked for whom each applied. We had a lot of interesting discussion and really did get to know each other better. The second exercise was entitled “A Penny for Your Thoughts.” Each of us was given a penny and were instructed to share something in our life from the mint date of the penny. Then we introduced ourselves with name, age, and birthplace (all easy), and shared something interesting or significant that happened to us in the year the penny was minted. That was difficult for two reasons. First, the mint dates were too small to read, and once we had the year, a lot of us could not remember what happened in that particular year. The third exercise was for each of us to do an acronym on our first name. We listed the letters of our name vertically on a sheet of paper then wrote a series of entries using those letters. There were some imaginative and inventive entries, some serious and some humorous. We shared these with our table group. Hannah’s Kitchen had prepared us a nice lunch of chicken soup, a salad, rolls, and a heavy, sweet cake (which Jennis characterized as moon cake) for dessert.



March 15th Luncheon - Burke Acoustic Musical Society

by Gary Holmberg

We welcomed back the Burke Acoustic Music Society (BAMS) to serenade us with a program of mostly bluegrass music with a couple of hymns at the end. Today's group was comprised of Bob Hartman on mandolin; Alex Hairgrove, Steve Holley, David Leach, Jerry Kelleher, and Bob Snyder on guitars; Buzz Collins on banjo; and Tom Joyce on rhythm (and occasional harmonica). David Kelleher provided audio support. We started our program with a short visit from one of our ICS kindergarten groups. They sang a couple of songs for us and gave us gifts of crosses they had made. BAMS began with one of their favorites, "Take a Look Around" with David in the lead, followed by "You've Got to Hide Your Love Away" led by Bob Snyder. Bob Hartman then took the lead in a very humorous "Back to Birmingham", a song about a semi-truck stuck in reverse all the way from Chicago to Birmingham. Alex led in "Cactus Flower", which he introduced as "a song for all us guys who married up." Bob Snyder led in a worshipful song, "I Am a Pilgrim", and David led in "Come Monday", a Jimmy Buffet song. Bob Snyder and David led in a Merle Haggard song, "Heart of Gold", with Tom on the harmonica. Alex led in "Mama Tried", a sad account of a mother who did her best to rear her son, but he still ended up in prison. Then Bob Hartman led in another humorous song, "I Ain't Dead Yet", "a message from the older pastors to the younger ones." Bob Snyder led in "Ain't No Grave" (to hold my body down) a song about our resurrection. David led in "Beautiful Sky", and Alex ended this set with "City of New Orleans", about a cross-country train. Jennis Horn then joined the guys to sing "Someday Soon". Then she was joined by Erin Barricklow and Alaura Kratzer to form the Dipsy Chips and together they sang "Landside". The gals did every bit as well as the guys and were well received. To wrap up our concert, we Grand Lifers sang along to two songs: "Have a Little Talk with Jesus" and "Just a Closer Walk with Thee." As usual, the Grand Lifers were very appreciative of the concert. Hannah's Catering prepared a delicious lunch of shepherd's pie, salad, rolls, and cupcakes for dessert.



April 19th Luncheon - Immanuel Christian School Kindergarten Classes

by Gary Holmberg

On Friday, April 19th, a group of Grand Lifers gathered for a session with ICS kindergarteners. Certain seats at each table were designated for kindergarteners and Grand Lifers. So, us old folks could not bunch up and talk among ourselves. Clever lady, that Jennis.

To make it even easier for us, the teachers had given us questions to start our conversations. Questions such as: What do you like to do in winter? What do you like to do at recess? How do you feel today? What would be the best pet to have? What kind of books do you like to read? (Personal note: no one would have asked me that last question when I was five. My country school didn't have a kindergarten, and I didn't learn the alphabet until I was in first grade, let alone read books.)

Before they sat down with us, the kindergartners stood up front and sang for us. And then they prayed for us.

We had a great time with all 45 children. Most of us have had a lot of experience talking to kindergarteners during our lives—kids, grandkids, maybe great grandkids, nieces and nephews—well, you get the idea. As all people are, these kids were varied, some outgoing and ready to talk, some shy and a little more reticent, but we managed to engage them in conversation as they ate their lunches. On the question of recess, for example, Elaine asked the kids at our table if they preferred being alone or with friends at recess. They all chose the latter. The time went fast, and the kids had to leave.

After the kids finished their lunches and left us, we had our lunch. Hannah's Kitchen had prepared us a delicious luncheon again. Today it was chicken salad sandwiches, pasta salad, and fruit salad, with chocolate chip cookies for dessert (with lots of chips-delicious).



April 19th Luncheon - Immanuel Christian School Kindergarten Classes

by Gary Holmberg



May 24th Luncheon - Joseph Cox (Adult Protective Services)

by Gary Holmberg

On Friday, May 24th, a big bunch of Grand Lifers gathered for a session on elder abuse and what resources Fairfax County has available to fight such abuse. Our presenter, Joseph Cox, is part of a staff of about 30 within the county's Office of Adult Protective Services.

The office focuses on all sorts of issues: physical and mental abuse, neglect, financial exploitation, and sexual abuse; he showed long lists of indications that such abuse might be happening. Numerous people are required to report such abuse when they encounter it or suspect it: those licensed with the state, EMFs, law enforcement, guardians and conservators. There are significant penalties for failure of these folks to report. Others are encouraged to make reports, and there are protections to keep amateur reporters anonymous if they so choose and to protect the interests of the one being abused (the client). One slide provided a lot of tips for making a report.

When Joseph's staff receives a report of perceived abuse, they work on a strict schedule. Within seven business days, they need to engage with the person being abused, after checking first with doctors and others that might be able to shed light on the situation. In most cases they make a house call to the client. The staff has great latitude in contacting a client and resolving the issue; they must close the investigation in 45 days. They may provide access to health services, housing, social services, and/or legal services. They provide these services only if the abused person wants them.

Joseph finished his excellent presentation, then answered questions. There were many questions. The topic was clearly an important one for a lot of Grand Lifers. After breaking for lunch, he stayed and talked with people a while longer. He also provided contact information which you can see in the picture below. Joseph sent Jennis a PDF copy of his slides, and on May 28, she emailed a copy to Grand Lifers. If you did not get your copy and would like a copy, I'm sure she would send it to you.

Hannah's Kitchen had prepared us a delicious luncheon again. Today it was pulled pork sandwiches, baked beans, salad, and the same delicious chocolate chip cookies as in last month's luncheon.

Aging, Disability and Caregiver Resources Line

Front Door to Aging Services

703-324-7948, TTY 711

Monday – Friday, 8 a.m. - 4:30 p.m.

FairfaxCounty.gov/FamilyServices/Older-Adults



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