

YUMC
June 2022
Bridge Newsletter



Pastor Mike Bekstrom

Church Office Hours
Monday thru Friday
10:00 am to 4:00 pm

Office Manager
Michael Burleson-Raney



All Methodist men are welcome to join
us for breakfast & conversation
Sunday, June 12 th
at 8:00 am
in the Social Hall.

Here are your proposed Board Members:

Tracie Lima
Vurl Trytten
Lisa Raffaelli
Debby Whipple
Ed Matthews
Chris Barre

Joining:

Nick Sinnott
Sarah Frey
Shawn Cortright

*There will be a Charge Conference this month to
vote these people on to the Board.*



YUMC Leadership Board

Nick Sinnott
Sarah Frey
Shawn Cortright

Lay Representatives

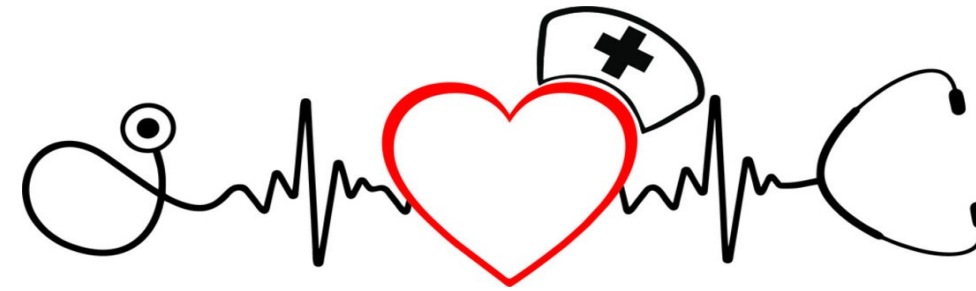
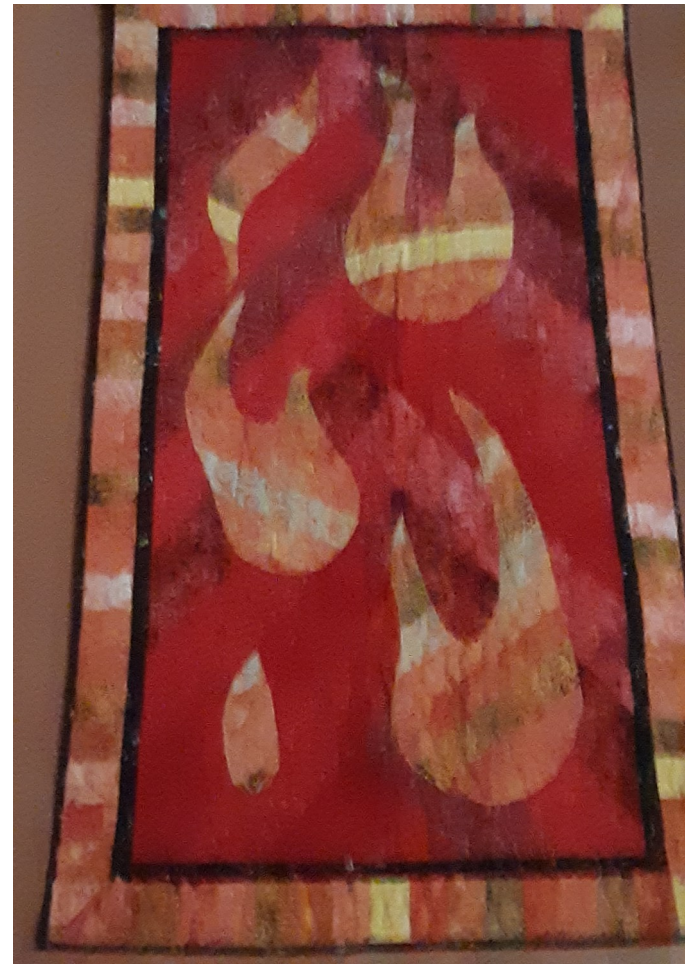
Jim Frey
Chris Barre

Thank you for your service!

The Leadership Board meets on the
third Tuesday of the month at
5:30 pm. Generally they meet in
Rm 8 in the Ed Building. All church
members are welcome to attend.

A very special Thank you

Goes out to
Kathryn Matthews
for creating the
Amazing Pentecost
Banners that grace
our Altar!



If I have missed your
Birthday or Anniversary,
please let me know
so I can get you on my list.

IMPACT:
Ignited messengers passionately
applying Christ's teachings

The IMPACT Youth group is once
again on hiatus. Please keep our
youth in your prayers.

If you'd like to help
Contact Kevin Stott

June Birthdays

Tracie Lima	2
Vivian Marsh	10
Duncan Chitwood	11
Rob Bicego	12
Alexys Gorseth	14
Becklyn Stott	16
Mary Holmes	20
Beverly Everett	21
Blake Chitwood	23
Susan Erhardt	24
John Burleson-Raney	26



Anita and Cliff Lantz	4
Richard and Bonnie Garvin	8
Tracie and Deborah Lima	27

June Health Tip

June Health Tip Understanding Alzheimer's and dementia. Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Alzheimer's is the most common cause of dementia. Alzheimer's is a specific disease. Dementia is not. Dementia describes a group of symptoms associated with a decline in memory, reasoning or other thinking skills. Many different types of dementia exist, and many conditions cause it. Mixed dementia is a condition in which brain changes of more than one type of dementia occur simultaneously. Alzheimer's disease is the most common cause of dementia, accounting for 60-80% of dementia cases.

Dementia is not a normal part of aging. It is caused by damage to brain cells that affects their ability to communicate, which can affect thinking, behavior and feelings. Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of dementia cases. Alzheimer's is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. Alzheimer's disease is considered to be younger-onset Alzheimer's if it affects a person under 65. Younger-onset can also be referred to as early-onset Alzheimer's. People with younger-onset Alzheimer's can be in the early, middle or late stage of the disease. Alzheimer's worsens over time. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment.

On average, a person with Alzheimer's lives 4 to 8 years after diagnosis but can live as long as 20 years, depending on other factors. Alzheimer's has no cure, but one treatment — aducanumab (Aduhelm™) — is the first therapy to demonstrate that removing amyloid, one of the hallmarks of Alzheimer's disease, from the brain is reasonably likely to reduce cognitive and functional decline in people living with early Alzheimer's. Other treatments can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Today, there is a worldwide effort underway to find better ways to treat the disease, delay its onset and prevent it from developing.

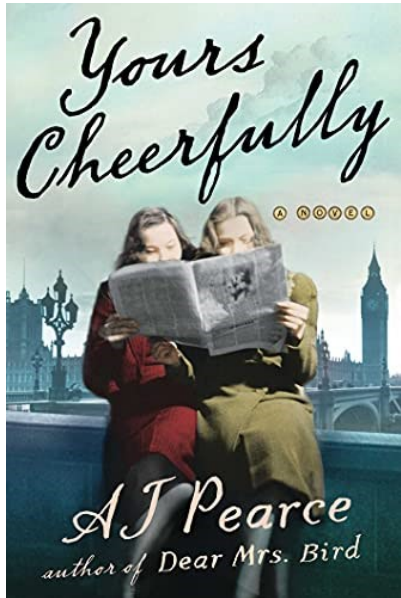
10 warning signs:

- Difficulty completing familiar tasks.
- Trouble understanding visual images and spatial relationships.
- Decreased or poor judgement.
- Changes in mood and personality.
- Withdrawal from work or social activities.
- Memory loss that disrupts daily life.
- Confusion with time or place.
- Challenges in planning or solving problems.
- New problems with words in speaking or writing.
- Misplacing things and losing the ability to retrace steps.



June's Book Club Choice is:
Yours, Cheerfully
by AJ Pearce

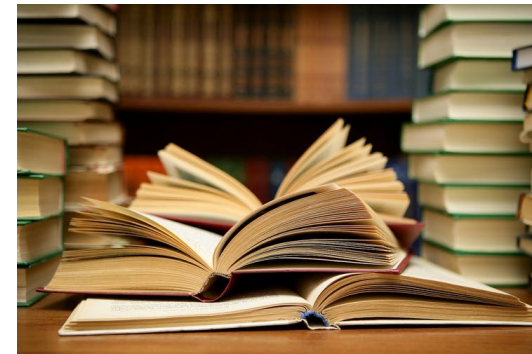
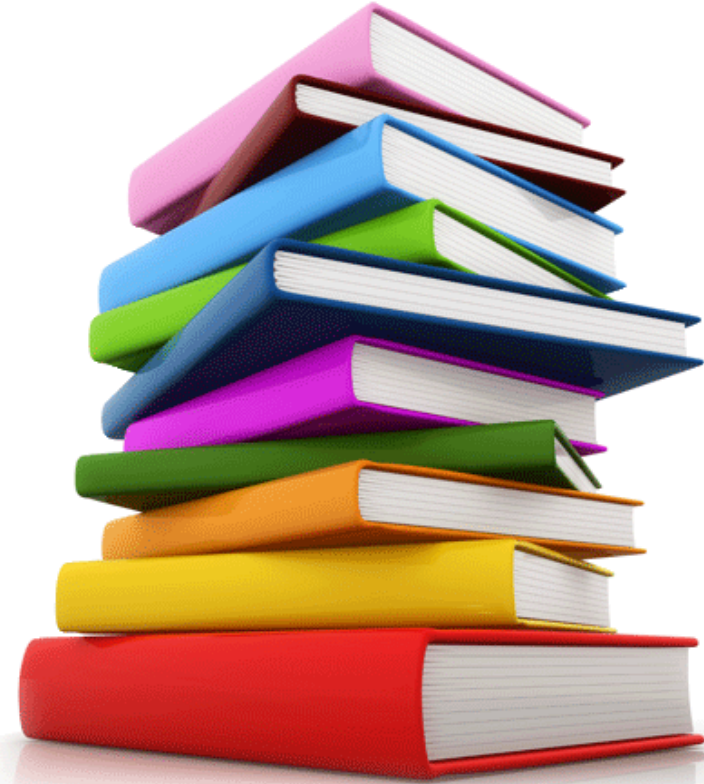
**June's Book Club is being hosted by
Anita Lantz on Thursday June 9th
in Deb Bein's home. Join us at 4:30 pm.
For good food and good company.**



London, November 1941. Following the departure of the formidable Henrietta Bird from *Woman's Friend magazine*, things are looking up for Emmeline Lake as she takes on the new challenges as a wartime advice columnist. Her relationship with boyfriend Charles is blossoming, while Emmy's best friend Bunty, still reeling from the very worst of the Blitz, is bravely looking to the future. Together, the friends are determined to Make a Go of It.

When the Ministry of Information calls on Britain's women's magazines to help recruit female workers to the war effort, Emmy is thrilled to step up and help. But when she and Bunty meet a young mother who shows them the very real challenges that women war workers face, Emmy must confront a dilemma between doing her duty and standing by her friends.

The Book Club is an exuberant subsidiary of YUMC's Saints Alive! The Club generally meets on the second Thursday of each month at 4:30 PM at varying locales. This club is open to all who enjoy reading and socializing.
Please consider joining us!





Tailgaters

YUMC

Thank you for your amazing support of
Tailgater Ministry!

You are making a difference in our community.
Average number of lunches served each Sunday = 125
Total number of lunches served = 58,171

Thank You!



Something for Everyone!



Plenty for all!



Our wonderful Guests!

Quilting and Crafting



Beautiful Hand Made Hats
for
Christmas on the Street!



This Wall Hanging
is in
Michael's Office.

saints
alive

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div>June 2022</div>			1 10:00 am Strong Women 5:00 pm WOW 6:00 pm Small Group	2 10:00 am Work Study 5:00 pm WOW 5:30 pm Worship Team	3 10:00 am Strong Women	4 9:00 am Tailgates Sand. Prep
5 9:00 am Prayer 9:00 am Worship Team 10:00 am Worship 12:00 pm Tailgaters	6 10:00 am Strong Women 5:00 pm WOW	7 9:00 am Quilting 9:00 am Crafting 11:30 Bridge Club	8 10:00 am Strong Women 5:00 pm WOW	9 10:00 am Work Study 5:00 pm WOW 5:30 pm Worship Team	10 10:00 am Strong Women	11 9:00 am Tailgates Sand. Prep
12 9:00 am Prayer 9:00am Worship team 10:00 am Worship 12:00 pm Tailgaters	13 10:00 am Strong Women 5:00 pm WOW	14 9:00 am Quilting 9:00 am Crafting 11:30 Bridge Club	15 10:00 am Strong Women 5:00 pm WOW 6:00 pm Small Group Board Reports Due	16 10:00 am Work Study 5:00 pm WOW 5:30 pm Worship Team Agenda Item Deadline	17 10:00 am Strong Women	18 9:00 am Tailgates Sand. Prep
19 9:00 am Prayer 9:00am Worship team 10:00 am Worship 12:00 pm Tailgaters Father's Day	20 10:00 am Strong Women 5:00 pm WOW	21 9:00 am Quilting 9:00 am Crafting 11:30 am Bridge Club 5:30 Leadership Brd Mtg	22 10:00 am Strong Women 5:00 pm WOW Bridge Items Due Please	23 10:00 am Work Study 5:00 pm WOW 5:30 pm Worship Team	24 10:00 am Strong Women	25 9:00 am Tailgates Sand. Prep
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