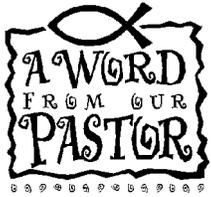


# THE MESSENGER

FIRST UNITED METHODIST CHURCH  
200 NW 2<sup>ND</sup> Street  
Okeechobee, Florida 34972-4174  
Phone (863) 763-4021  
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APRIL, 2019



We are on the final steps to Jerusalem. We arrive with palms on the 14<sup>th</sup> and to the Upper Room on the 18<sup>th</sup>. Our Maundy Thursday service will take us all the way to the cross and tomb. On the 21<sup>st</sup>, we will be receiving word that Christ is Risen! This is the focus of our faith. Join us at each of these special services as we proclaim our faith.

Blessings,

Don Hanna

ATTENTION WOMEN: Please mark your calendars for the following dates:

April 1, 5:45 p.m. - Executive Committee

April 1, 7:00 p.m. - Esther Circle

April 10, 1:30 p.m. - Ruth Circle

April 18, 1:30 p.m. - Lydia Circle



The UMM will not have a chicken dinner this spring. Look for the next dinner in November. The March program was a discussion lead by Pastor Don on the results of the Special General Conference and how it may affect the church. The UMM voted to replace the hymnals that have become worn. More information will be coming soon.

We are asking the church to help support the expenses for our youth's mission trip to Hope, Arkansas, July 6-14. The goal is \$2,500. This year we will be doing various mission activities. Help us help others in Jesus' name this summer. Thank you for your support.



The United Methodist Women invite the entire congregation to attend a gathering immediately after worship on Sunday, May 5 at 11:15 a.m. in the Fellowship Hall. Judy Watts of My Aunt's House will be the speaker. She will share about the programs of My Aunt's House and how we can support it. If you would like to join us for lunch and fellowship afterwards, please bring a covered dish to share. If you are bringing a child who will need nursery care, please notify Cynthia at (863) 532-0557 by Sunday, April 28.

Beginning, May 5 we will have one worship service at 10:00 a.m. and all Sunday School classes will begin at 8:45 a.m.



*Our Maundy Thursday Communion Service will be held on Thursday, April 18 at 7:00 p.m. in the Sanctuary.*



**FROM PARISH NURSE  
DIANA SAUM, RN:  
Preventing Falls (Part II):  
Monitor your medications,  
such as blood pressure  
medications, sleep**

**medication and anti-depressants as each may raise the risk of falls. If you have more than one physician be sure each doctor has an accurate list of your medications. Have regular (every year) vision checks. Nourish your bones - exercise can help you maintain bone density, but it's also vital to nourish your bones with calcium-rich foods. Daily dose for women 51 & older - 1200 mgs; men 1000 mgs until age 70, then 1200 mgs. A few sources of calcium include milk, yogurt, fortified cereals, leafy green vegetables or canned fish. You are always better off consuming your calcium or vitamins via food rather than supplements. Vitamin D is also important for bone strength. Your body synthesizes Vitamin D with exposure to sunlight (10-15 minutes exposure/day). Suggested dose of Vitamin D per day is 800-1000 iu. Some sources of Vitamin D; fatty fish (salmon, trout, mackerel, sardines), milk, fortified cereals, OJ, soy products. Fall proof your home by getting rid of throw rugs or tape them down so they don't slide. Reposition coffee tables against walls or in corners. Be sure lamp and extension cords don't run across high traffic areas. Use non-skid bathmats, install grab bars in shower/tub. If you wear slippers choose options with rubber soles that grip the floor. Wear sturdy shoes which improve balance (no flip flops). If at anytime you suffer from dizziness or drowsiness after taking any drugs, please notify your doctor. Facts - One in five falls causes a serious injury, such as broken bones or a head injury. Of the 300,000 older adults hospitalized for hip fractures each year, more than 95% were caused by falls.**



- 3<sup>rd</sup> - Judy Mattern
- 9<sup>th</sup> - Priscilla Rhodes
- 10<sup>th</sup> - Doc Thrift, Judy McCutchan
- 11<sup>th</sup> - Elsie Close, Ethan Kersey
- 12<sup>th</sup> - M/M Aubrey Burnham
- 13<sup>th</sup> - M/M Clifford Matson
- 14<sup>th</sup> - Lauren Raulerson
- 15<sup>th</sup> - Caitlyn Gaucin, Kendall Harrison
- 16<sup>th</sup> - Chad Clark
- 19<sup>th</sup> - Shaina Ragamat, Tom Yackamouih
- 20<sup>th</sup> - Janice Mohr
- 22<sup>nd</sup> - Ray Fuller, Ruth Watford, Elwin Kessler
- 23<sup>rd</sup> - Nicole Plant
- 25<sup>th</sup> - Clifford Matson
- 26<sup>th</sup> - Evelyn Cherry
- 28<sup>th</sup> - Jackie Flood
- 29<sup>th</sup> - Ernestine Robertson, Carolyn Sweatt, Judy Simpson, Martha Gillette
- 30<sup>th</sup> - Chelsea Walker

If your birthday or anniversary is incorrect or has been omitted, please contact the Church Office.



*The Okeechobee Ministerial Association will  
have a Community Sunrise Service on  
Easter Sunday, April 21 at 6:30 a.m.  
(Location TBD)*