



GROWING ~~OLD~~



In Faith * In Knowledge * In Hope

Let's hear from the Bible

Song of Solomon 2: 11-12
For behold, the winter is past, rain is over and gone. The flowers appear on the earth, the time of singing has come, and the voice of the turtledove is heard in our land.

Let's Laugh

What did the flower say after it told a joke? I was just pollen your leg.

What did the big flower say to the little flower? Hey, bud!

How excited was the gardener about Spring? So excited he wet his plants

Let's Get Together

MARCH 11 - 2PM - 3:30PM
BINGO AND BANANA SPLITS
at Tree of Life * Purcellville Center
Enjoy some ice cream treats while playing Bingo!

MAY 5th - 2PM - 4PM
MAY MOVIE MADNESS
at Purcellville Baptist Church
Join us for the viewing of a classic movie, popcorn and other treats!

JULY 15th - 12PM - 2PM
GAME DAY AND LUNCHEON
at St. Peter's Episcopal Church
Come have a fun time playing games, winning prizes, and enjoying lunch!

SEPTEMBER 9TH - 12PM - 2:30PM
END OF SUMMER PICNIC
at Franklin Park * Hillsboro Pavilion
Join us for this great time of fellowship with lunch, music, games, raffles, and more!

The Victory Walk

So many teenagers these days seem to have their own cars. A driver's license eliminates waiting at the bus stop on frigid days, and that long ride to school. But in the early 1960's when I was a teenager, having my own car was something I would never have thought about or expected. Our family car (never new but dependable) was the only car I expected to use. Still, I definitely looked forward to getting my driver's license!

In 1964 there was no driver's education at my high school in Southern Maryland. I learned to drive on narrow backroads..... no highways, stoplights, merging, or high speeds. But learning to drive our 1956 Chevy Bel Air with standard transmission was challenging and parallel parking was no joy. It was getting close to my 16th birthday and soon I'd be able to take those tests; I could envision myself walking back to class waving my temporary license, while everyone looked on enviously!

The day arrived and Mom picked me up for the drive to the testing center. I passed the written test! Next I got into the car with a state trooper to take the parallel parking test. This was starting to get scary. I was so nervous my leg was shaking on the clutch. But wonder of wonders, I was able to pass and can still do a tolerable job when I need to parallel park.

Next was the driving test. My confidence was growing, but my hopes were crushed when I *FAILED* the test by not making a turn the test administrator told me to make.

On another day, I retook the test and got to make the long-awaited *victory walk* back into class, waving my temporary license. But, of course, I continued to ride the school bus until I graduated!!

All of us have times of discouragement and disappointment. Here is a verse that greatly encourages me:

But You, O Lord, are a shield around me, my glory and the lifter of my head. Psalm 3:3

shared by Day Break Ministries team member **Lynn Whittington**

Let's Eat

Banana Pudding

- 3/4 cup sugar
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 3 cups 2% milk
- 3 large eggs
- 1-1/2 teaspoons vanilla extract
- 8 ounces vanilla wafers (about 60 cookies), divided
- 4 large ripe bananas, cut into 1/4-inch slices



1. In a large saucepan, mix sugar, flour and salt.
2. Whisk in milk.
3. Cook and stir over medium heat until thick and bubbly.
4. Reduce heat to low; cook and stir 2 minutes longer
5. In a small bowl, whisk a small amount of hot mixture into eggs; return all to pan, whisking constantly.
6. Bring to a gentle boil; cook and stir 2 minutes.
7. Remove from heat. Stir in Vanilla. Cool 15 minutes, stirring occasionally.
8. In an ungreased 8 in. baking dish, layer 25 vanilla wafers, half the banana slices and half the pudding. Repeat the layers.
9. Press plastic wrap onto surface of pudding.
10. Refrigerate 4 hours or overnight. Just before serving, remove wrap; crush remaining wafers and sprinkle over top.

Let's Get Healthy

Weight Loss

Weight loss is a very common problem in older adults. Weight loss can be caused by *the diminished sense of taste* that comes with aging, or it can be a suggestion of an underlying serious medical problem. No matter the cause, weight loss can lead to other problems, such as weakness, falls, and bone disorders. Be sure to let your healthcare provider know if you have any changes in your weight or appetite. HealthinAging.org



Let's Get to Know: Cindy Welsh

From time to time we'd like to introduce you to someone who has made an outstanding contribution of time, creativity, and hard work to Tree of Life.

Cindy Welsh and her family are members of Hamilton Baptist Church where she has contributed her talents to bless her church family. But her career of service to others began when she got a job with Loudoun County Department of Parks and Recreation in 1969 and the staff had only 4 members. During her tenure she served as programmer, recreation supervisor, and assistant director. In 1991 she became director and served in that position for 13 years until her retirement in 2002. In that capacity she has overseen the agency's programs in Adaptive Recreation, Aging Services, Youth Services, Community Centers, Facility Planning and Development, Maintenance Services, Parks, and Sports. Cindy's leadership has seen the opening of Claude Moore Park, Franklin Park and Banshee Reeks Nature Preserve as well as the establishment of the Potomac Lakes Sportsplex and the Loudoun Heritage Farm Museum. But the achievements she's most proud of are the ones that are most personal: the establishment of special recreation programs that integrate people with disabilities into regular recreational programs, and the Arts for All program.

After her retirement in 2005 she turned her time and talents to being a special education teacher at Loudoun Valley, Woodgrove, and Heritage High Schools. In 2021, she prayed, asking God where she should go next, and within a week, she was at a training session for volunteers at **Tree of Life**. Cindy's years of experience with LCDPR were a boon as she began directing the *Still Waters* program. Under Welsh's leadership, the twice-a-month events of the ministry became multiple weekly activities ranging from sports, fitness, crafts, cooking and games to popular seasonal dances.

Still Waters has expanded its services to provide support for families, placing their adult children with employment at other businesses, schools, nonprofits and county facilities. Then in 2020 **TOL** opened SimplyBe Coffee, a shop in Leesburg where developmentally challenged young adults can learn skills and gain experience in working with the public. To date the shop has provided work experience for well over 30 people and it will accommodate even more when it opens another shop in the Purcellville Giant.

One of the most recent milestone is **TOL's** ability to provide independent housing for partners in 2023. A two bedroom home was purchased in Purcellville and is occupied by two young men. The new housing has instilled hope and confidence in both both of them to such an extent that **TOL** intends to use it as a model for the continuing expansion of housing opportunities. Then in 2024, Cindy worked to bring the moving Ethan Weitz documentary "Unafraid" to the **TOL** community. The film highlights the profound impact **Tree of Life's** ministries have had on the lives of individuals with disabilities in Loudoun County by focusing on one such young man, Sam Mason. More people in Loudoun County understand the struggles of individuals with disabilities as a result of this film and Cindy's efforts.

But Cindy still isn't ready to settle, saying that she would like to see programs like *Still Waters* all over Loudoun County. "The need is so great that community members from Woodbridge drive to Purcellville for the services," she said. "We know the communities in Loudoun are all different, but based on the needs in other jurisdictions that we serve ... it would be so awesome to have more programs like *Still Waters*."

Cindy also helped to start *Day Break*, a bimonthly ministry for Seniors in the area. The ministry provides opportunities for them to gather, enjoy fun activities, and be encouraged by the Word of God.

But Cindy's work is still not done. She continues to work with special education students and their families as an advocate for them at IEP meetings. Cindy's outstanding record of service continues to inspire us all.

Thank you, Cindy, for all you have done for **Tree of Life Ministries** and to bring more of God's Kingdom here on earth. May God continue to bless you with strength and a heart for others.

If you want to sign up to receive our newsletter electronically, email wnunaley@tolministries.org and give him your name & email address.