

salvos

magazine

INTERNATIONAL DAY OF THE OLDER PERSON 2023



The resilience factor

Anchoring yourself to handle life's storms



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FEATURE

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resilience

FAITH TALK

When time
stands still

MY STORY

Making it
happen



The Salvation Army is about giving hope where it's needed most.

What is The Salvation Army?

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church.

Vision Statement

Wherever there is hardship or injustice, Salvos will live, love and fight alongside others to transform Australia one life at a time with the love of Jesus.

Mission Statement

The Salvation Army is a Christian movement dedicated to sharing the love of Jesus by:

- Caring for people
- Creating faith pathways
- Building healthy communities
- Working for justice



The Salvation Army Australia acknowledges the Traditional Owners of the land on which we meet and work and pay our respect to Elders, past, present, and future. We value and include people of all cultures, languages, abilities, sexual orientations, gender identities, gender expressions, and intersex status. We are committed to providing programs that are fully inclusive. We are committed to the safety and well-being of people of all ages, particularly children.

Salvos Magazine

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“OUR FOOTPRINTS MAY FADE AWAY,
BUT THE IMPACT WE HAD ON OTHERS
WILL FOREVER REMAIN.”

- AUTHOR UNKNOWN

A CLOSE-UP VIEW OF AN ASTRONAUT'S FOOTPRINT IN THE LUNAR SOIL, PHOTOGRAPHED DURING THE APOLLO 11 LUNAR SURFACE EXTRAVEHICULAR ACTIVITY, 1969.

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Faith Talk [10] When time stands still	OH NO... NO!
	My Story [12] Making it happen in the Solomon Islands

Resilient seniors

International Day of Older Persons takes place on 1 October. It's a day to thank our seniors for their contributions to society and increase awareness of the issues that affect them.

In our feature story this week, some elderly residents from The Salvation Army Aged Care centres reflect on their experiences and share their tips on staying resilient through life's tough times. Their wise and heart-warming words include advice around faith, self-care, staying positive and building healthy relationships.

Jo Brown expands on the words of the seniors, sharing some strategies that have helped older people thrive as they age – strategies that people of any age can apply.

In Faith Talk, Faye Michelson writes about a lesson learned through an embarrassing situation in a railway station about calling out to God and relying on him in those difficult moments in life when time seems to stand still.

In their twilight years, so many of our older people have, through time, experience and reflection, realised what is important in life. Hopefully, we can learn from their examples today.

Simone Worthing **Editor**

The resilience factor

Anchoring yourself to handle life's storms

By Jo-anne Brown

"Come in!" my friend calls out, putting the finishing touches to the refreshment table as I arrive for our group gathering.

She's just arrived home from an out-of-town trip meeting different clients she regularly supports. She's a mentor, a supervisor to students in a training program, and has her own consulting practice. On the table is a leaflet advertising an e-book she's published, available online this month, and she shares enthusiastically about this.

“

Resilience is about both attitude and skills

”

My friend is in her late 80s and I admire her energy and enthusiasm for connecting with people, mentoring those younger than her, and exploring new ways of sharing her wisdom and experience. She's not the only person I know like this.

CHALLENGES OF AGEING

Life is full of challenges and as we age, we may be more confronted with changing health circumstances, physical or financial limitations, and with having to adapt to changes we haven't chosen.

People can find it hard to accept who they are becoming when they no longer feel like the person they once were, or to accept how society perceives them when they no longer do what they used to do.

With all these changes and challenges, what enables some older persons to thrive well into their 70s, 80s and older, while others seem to struggle, becoming more frustrated and isolated? Illness and other life circumstances need to be considered here, but one factor that contributes to being able to live well, whatever our age and circumstances, is resilience.

Picture a rubber band. Imagine stretching it out tight between your two hands, then allowing it to come back into its original shape. Notice its flexibility and freedom of movement between being stretched tight and relaxing into its original state. This is what resilience is like. It's being able to move through adversity in healthy ways, being able to cope well with stress and recover more quickly.

EMBRACING CHANGE

Resilience, especially emotional resilience, helps build a life that's stimulating and enjoyable regardless of age or circumstances. Even when life is overshadowed with pain, sadness or ill-health, we can choose to build

resilience and focus on living well, experiencing joy and fulfilment in whatever situation we find ourselves.

Resilience is about both attitude and skills, and we have been developing this most of our lives, even if we're largely unaware of it. As we face more challenging changes in later years, and deal with unwanted limitations, we can focus more intentionally on improving resilience.

Much research has been done on this in recent years, but simply looking around and noticing people who thrive and what they do, gives us some ideas.

Resilient people can accept the life circumstances they're in and embrace change. Nothing is constant in life: seasons, landscapes, neighbourhoods and technology all change. Friends and family move away, people we love die and even how we relate to others changes. The more flexibility we have, like the rubber band I mentioned, the more we can embrace those changing circumstances. Yes, we need to grieve the loss of how things have been, and the loss of familiar relationships, and at

the same time we can choose to look for what new things are happening and develop new relationships. This is largely an attitude choice, but it may also require changes in behaviour: how can I get to know new people in my environment or try out new foods or new hobbies? Playfulness and curiosity to learn new things help us enjoy life more.

“

Resilient people can accept the life circumstances they're in and embrace change

”

BUILDING RESILIENCE

Having a supportive social network and trying new creative pursuits build resilience, foster optimism and improve mental health. In fact, connecting well with others can give us the courage to try new things and take on new hobbies – and to laugh at ourselves as we do so! ▶



When we build good relationships, we can share our wisdom and what we've learned. We can help and support others – which adds joy and meaning to our lives.

“

Resilience ... helps build a life that's stimulating and enjoyable regardless of age or circumstances

”

As we move into what is called our 'wisdom years', we also have time to look back over our lives and reflect on what has been. There might be gratitude for experiences and people who have been part of our lives and we hold these in our hearts. We might also become aware of memories, wounds, or 'emotional baggage' we are carrying that it's time to let go of. Just as there's often a need in our senior years to clean out the clutter of our houses, particularly if we need to 'downsize', there's also a need to clean

out and let go of grudges, resentments, hurts and other negative, even toxic, ways of thinking about ourselves, our lives or other people. Again, supportive people can help us in this.

Letting go of unnecessary burdens that have weighed us down over the years may also help us more fully embrace ourselves, who we truly are, and recognise we no longer need to try and be someone or something that we're not. This can free us to choose joy and gratitude – even if we have to work on it. There are some great resources around to develop greater gratitude in our lives (see gratitude.org). Gratitude strengthens resilience and promotes a more positive way of living.

We cannot necessarily choose what happens to us as we age, but we can choose how we live with those changes. Building greater resilience is one way to help us do this.



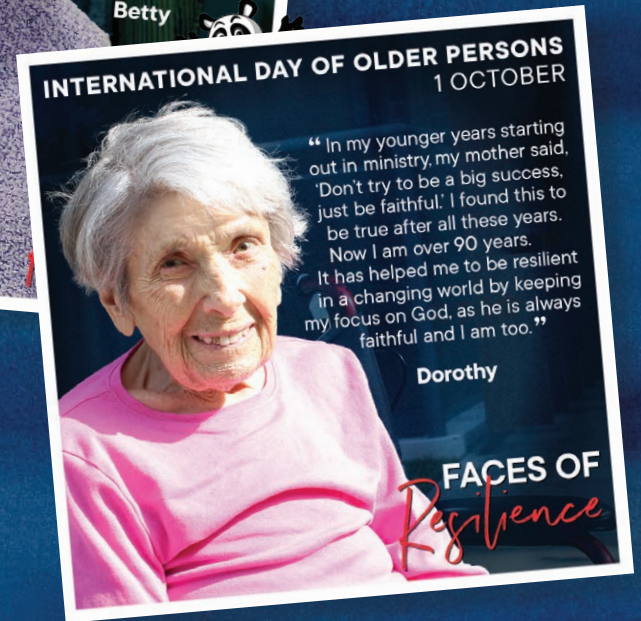
Scan here for more information on Salvation Army services.

Faces of resilience

Celebrating the enduring tenacity of older Australians


The United Nations International Day of Older Persons takes place on Friday 1 October. It is a day to highlight the important contributions older people make to society and raise awareness about issues affecting the elderly. This calendar event reflects the commitment that all persons, including older persons, are ensured human rights and fundamental freedom.

This year, The Salvation Army Aged Care is shining a spotlight on their inspiring residents, launching a campaign entitled 'Faces of Resilience,' which celebrates the enduring tenacity of older Australians and the advice and wisdom they wish to impart to other generations about how they have been resilient in their lives. ▶



FACES OF Resilience


INTERNATIONAL DAY OF OLDER PERSONS
1 OCTOBER



“Farm life made me resilient. Our farm was 1700 acres, and my father taught me about sheep, wheat and how to milk a cow by hand. I learnt young in my life to go with the flow and work hard.”

John


INTERNATIONAL DAY OF OLDER PERSONS
1 OCTOBER



“With Jesus’ guidance, I am keeping on to be resilient through 90 years of life.”

Leonard

INTERNATIONAL DAY OF OLDER PERSONS
1 OCTOBER



“My father always told me to talk about your problems and not to bottle them inside you. I have followed this advice throughout my life.”

Moira

INTERNATIONAL DAY OF OLDER PERSONS
1 OCTOBER



“My sight has declined in the past few years, which has made me more resilient. Just keep looking at the positives in life.”

Joyce

INTERNATIONAL DAY OF OLDER PERSONS
1 OCTOBER



“I look at it (being resilient) as a plan for the remaining years – exercising, eating healthy and mostly being in a safe environment by using walking aids and a wheelchair if necessary and, of course, the main thing to enjoy life.”

Maureen

INTERNATIONAL DAY OF OLDER PERSONS
1 OCTOBER



“The best advice I could give is go and talk to someone – anyone. I have always found it helpful to talk to a Salvation Army officer. You can talk to a police officer, a friend, anyone. But don’t keep it to yourself.”

Ronnie

INTERNATIONAL DAY OF OLDER PERSONS
1 OCTOBER

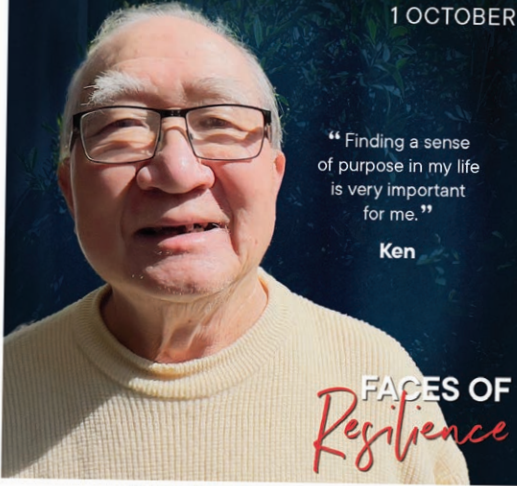


“I’ve been through many trials and tribulations, but at the end of the day, if you do the right thing and be positive, your life can be great.”

Keith

FACES OF Resilience

INTERNATIONAL DAY OF OLDER PERSONS
1 OCTOBER




“Finding a sense of purpose in my life is very important for me.”

Ken

FACES OF Resilience

INTERNATIONAL DAY OF OLDER PERSONS
1 OCTOBER



“When life gets hard, I sit quietly on my own. When I know I am right, then I go get a cup of tea and go on with my life.”

Ramon

FACES OF Resilience

When time stands still

Calling on God in traumatic or everyday moments in life

By Faye Michelson

There are times in your life when time just seems to stand still. It's as if you are turned into a solitary figure frozen in time while the world moves silently around you. Like that morning when I was hurrying to catch a train during peak hour.

I remember (oh, how I remember) that day. I was five months pregnant, in that awkward stage when normal clothes don't fit because you're too big for them, but maternity clothes don't fit either, because you're not big enough. I was wearing a full mid-length skirt and because it didn't fit anymore, the zipper was half undone, hidden under my top.

As I walked briskly up the ramp to the station, I stepped on the front of my skirt and it fell in a heap of tartan material around my feet. I froze there, in my knickers, for what seemed like minutes while other commuters parted around me on their way up the ramp to the station platform.

I took a deep breath, and with arms that felt heavy and moved in slow motion, I pulled up my skirt. With my eyes fixed on the ground in front of me, I walked into the station. I felt like everyone was looking at me – and knowing that I would probably be sitting in a carriage with people who had seen me skirtless was mortifying.



SERIOUS SITUATIONS

Of course, there are situations where time seems to stand still that are far more serious and traumatic than a temporary humiliation.

Sitting at the bedside, waiting for a loved one to slip away; the moment a diagnosis is given that will change your life and the lives of those close to you; an unexpected job loss; a relationship breakdown – times when the rest of the world goes on, and you stand still.

It's at times like these that we often instinctively want to call out to God. Do you feel like that, even though you may never have called out to him before? You don't have to say any special words and there's no prayer formula you have to use. In fact, you

don't have to use words at all – and sometimes, we simply have no words.

Turn your heart towards God and he will hear your prayer, unspoken but real. Or, if it helps, you could reflect on these verses from the Bible: "In my trouble I cried to the Lord, and he answered me" (Psalm 120, verse 1), and Jesus' words in Matthew chapter 11, verse 28: "Come to me, all who labour and are heavy laden and I will give you rest."

You can call on God at any time.



Scan here for more information on Salvation Army services.

Making it happen in the Solomon Islands

Building resilience, developing skills and growing the Church

By Cliff Worthing

Bringing solutions to local issues is driving growth and awareness for The Salvation Army in the Solomon Islands, according to Major Robert Evans, Solomon Islands District Officer.

Robert and his wife, Major Vanessa Evans, are Australian Salvation Army officers (pastors) who have led the Salvos work in the Solomon Islands for the past five years. The Solomon Islands consist of six major islands and over 900 smaller islands in Melanesia, part of Oceania, north-east of Australia.

“

We are showing that Christianity is more than singing nice songs on Sunday.

”

“We are showing that Christianity is more than singing nice songs on Sunday,” Robert said. “People have seen how a church can improve their quality of life, which is what is so attractive to them!”

The Salvos are active in 11 villages, and 19 other villages have asked them to establish a presence in their communities. Robert said the Salvos are not competing or duplicating what other churches do but looking for the gaps to fill, individuals

in the “too hard basket” or groups not affiliated with other churches.

LITERACY PROGRAMS

One significant area of outreach and closing a gap is a literacy program run by Vanessa. She has set up four learning centres targeted mainly at children not in school and women who have missed out on educational opportunities.

The learning spaces are places where children and women in the communities can gain confidence not only in their reading, writing and speaking but also increase their self-esteem, as well as reduce their vulnerability to sexual violence and human trafficking.

“One of the highlights of this program is seeing some of our women who were my first students now become teachers,” Vanessa said. “The flow-on effect of just one activity is producing great results.”

Each week, an average of 161 women and children attend the learning spaces.



Majors Robert and Vanessa Evans (seated right) with the Solomon Islands District Team.

LOCAL DEVELOPMENT

Another priority in the Solomon Islands is developing Indigenous leaders. The Evanses have identified four couples as future officers (pastors). Once they become officers, they can be appointed to one of the church groups.

To prepare for those appointments, quarters (houses) need to be built in each location. The Salvation Army Australia is supporting the cost of building one of the officer quarters through the annual Making it Happen project. Three priority locations in Malaita Province have been proposed.

The Evanses have consulted widely with village leadership to ensure the quarters suit village life. The homes will have a private upstairs living section and a downstairs living area, traditionally accessible for community meetings, prayer meetings and Bible studies.

“

One of the highlights of this program is seeing some of our women who were my first students now become teachers.

”

“The village pastor’s house is the gathering place, is open to foot traffic and is integral to village life,” Robert said. “We are trying to cast a vision of what quarters in this part of the world can look like.”

The Evanses are discussing a partnership with Rural Training Centres to help build the houses. The students would gain valuable experience in building a project



Fostina, who hopes to become an officer (pastor), preaching her first sermon.

as part of their studies, making gaining employment after graduation easier.

The training centres save money because the builds will be in rural areas, which is cheaper than sending students to the capital, Honiara. The Salvation Army provides experienced builders as supervisors to give students practical experience. The local Salvos church will support the workers with accommodation and food during the building process.

“We are really excited by this partnership because everyone contributes and gains from it,” Robert said. “In trying to do good, we don’t want to take away the resilience of the people by just throwing money at the locals.”



Scan here for more stories of hope.

Impossible quiche



Ingredients

4 eggs, 2 cups milk; ½ cup self-raising flour; 125g butter, melted; pinch salt; 1 cup shredded cheese.

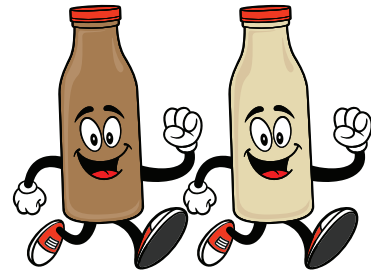
Optional

Bacon, diced and cooked; macaroni, cooked; tomatoes; diced onion; 200g tin salmon, drained.

Method

- Mix all basic ingredients together.
- Add as many optional ingredients (or others you may have in your fridge) as desired.
- Pour into an oven dish and bake at 180°C for 35-45 minutes, or until lightly golden.
- Serve hot or cold.
- Freezes well.

HAVE A LAUGH



AS A KID I BELIEVED:

"That white cows made white milk and brown cows made chocolate milk."

"That lightning came from the flash of a huge camera in the sky. Every time I saw lightning, I would smile really big."

"That if I went too high on the swing, I would poke a hole in the sky with my feet."

"That nuns did not have feet and floated when they went around because they were so sacred and heavenly."

SIGNING IN



Sudoku

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 to 9.

		9		6	8			1
3		1						
	2	5						6
4			5	2		8		
5							1	
2			9	1		6		
	5							
							8	2
				7	5			

Tum-Tum



On which page of this week's *Salvos Magazine* is Tum-Tum hiding?

Bible byte

"The heavens declare the glory of God."

Psalm chapter 19, verse 1
New International Version

Quiz answers: 1. Mona Lisa 2. Frown: approximately 43 muscles to frown, and only 17 muscles to smile 3. The whole world 4. Clean their teeth 5. The Cheshire Cat 6. Duchenne smile
Tum-Tum: is hiding behind Dorothy's picture on page 7.



1. What Leonardo da Vinci painting features a woman with an enigmatic smile?
2. Does it take more muscles to smile or to frown?
3. According to Louis Armstrong's song, when you're smiling, who smiles with you?
4. The ancient Egyptians used a paste of crushed rock salt, dried Iris flowers, pepper, mint and water to do what?
5. What character in 'Alice's Adventures in Wonderland' is famous for its wide, grinning smile?
6. What is the term for a smile that crinkles your eyes at the corners, signalling true enjoyment?

DID YOU KNOW?

World Smile Day is held annually on the first Friday in October.

It was started in 1999 by Harvey Ball, the commercial artist who created the smiley face symbol in 1963.

This year's theme is 'Do an act of kindness. Help one person smile!'

9	3	1	5	7	2	8	6
2	8	5	1	6	3	7	9
7	6	2	9	3	5	3	1
3	7	9	2	1	6	8	5
2	1	5	2	7	8	9	3
5	8	9	3	2	1	7	4
6	2	7	1	5	3	2	8
8	2	7	6	1	1	1	4
4	6	8	5	4	9	5	7

The Voice to Parliament

WHY THE SALVATION ARMY AUSTRALIA SUPPORTS THE VOICE

"The heart of who we are as Salvationists is that we're people who believe in justice, social justice ... That's a key part of our story. And so for me, supporting the yes vote in the referendum is really about wanting to stand with some of the people in our society who really have had a very difficult time in so many ways."

- Lieut-Colonel Gregory Morgan,
Secretary for Mission

"One of the reasons we are supporting The Voice is, we know when we talk to people and listen to people about service delivery we actually get better outcomes - we know that from our own service delivery. We think what will happen if the government of Australia actually asks Aboriginal and Torres Strait Islander peoples about service delivery that they'll get better at it; we know from practice that it works ..."

- Captain Stuart Glover,
Secretary for Business Support

WHAT CAN PEOPLE DO IF THEY'RE NOT SURE?

"If you don't know, the best thing to do is to find out. There is a lot of misinformation floating round. Get some information from reputable websites (such as those listed below) You need to be sure about your vote based on all the information you can gather."

- Stuart Glover

"The important thing is really, don't feel you have to make a decision without really looking into it, so do your research. We can all make an informed decision to know what The Voice is all about and the difference it can make."

- Gregory Morgan

WEBSITES

The Voice - voice.gov.au

Australian Electoral Commission
- aec.gov.au

The Uluru Statement
- ulurustatement.org

National Indigenous Australians Agency
- niaa.gov.au

Department of Foreign Affairs and Trade
- dfat.gov.au/about-us/our-people/homs/ambassador-first-nations-people