



From the Heights



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Pastor's Message



Dear Church Family,

As many of you know, for the last few weeks Mike has been participating in an intensive outpatient aphasia therapy program at the same facility where he did his specialized rehab back in 2022. He will continue this therapy through the next month or so.

As Mike began his therapy, I have had several people ask me what Aphasia is, what it means, and what it looks like for him and for us as a family. If you have felt like asking me, or been curious about, those questions, you are not alone.

According to the National Aphasia Association, around 2 million Americans live with some form of aphasia, but 84.5% of Americans have never even *heard* the term. Which means that, as some have put it, it may just be the most common brain disorder that you've never heard of.

Simply put, aphasia is a result of damage to the communication center of the brain, most commonly by stroke but can also be caused by traumatic brain injury, tumors, and other neurological causes and deteriorations. There are several different ways that aphasia presents, but generally the condition is an acquired communication disorder that impairs a person's ability to process language, but does not affect intelligence. Aphasia impairs the ability to speak and understand others, and most people with aphasia experience difficulty reading and writing.

For Mike, what this means is that he takes longer to process incoming communications, and sometimes needs things repeated, phrased differently in order for him to process what is being said to him. He also has difficulty finding the right words to express himself, often mixing up words, like the words he's looking for are mixed in a big bowl with other similar or related words, and he grabs the wrong one. Interestingly, his ability to read and write has not been impacted, so when his aphasia is really strong, we resort to writing things down (or typing them out on our phones) for full understanding.

For Mike, too, the impact of his aphasia means that he can have difficulty processing all sorts of incoming information, so sequencing and planning of activities is difficult and acting out the steps he may have in his head can be difficult or come out confused (think: throwing away the plate, and putting the napkin in the sink).

At the end of the day, a little bit of patience and a whole lot of grace goes a very long way in helping and understanding him.

While there is no cure for aphasia, this program that he's doing should help him find and develop adaptations and ways to live with his aphasia. We are thankful for this program at this stage of his continued stroke recovery, and we are thankful for all the love and support you all continue to show us along the way.

In addition to helping explain what's going on with Mike and, as an extension, our family, I'm also sharing this all with you because, as I said above, there are around 2 million Americans living with aphasia in America today. That's about .6% of the population, not a large percentage, but not insignificant, either. In terms of Lincoln, it would mean that there would statistically be around 1700 people, mostly older adults, living with some form of aphasia in our community. And when you think about it in those terms: chances are, you run into someone with aphasia more often than you think. As with so many things in our world today, we simply don't know what the people around us are dealing with or experiencing in their lives, and, as with Mike, a little bit of patience and a whole lot of grace goes a long way.

May we always approach others with all the love and the grace that God has given us. Grace and Peace,

Pastor Leanne



**Thank you from
Connie Meyer**



We wanted to take a moment to express our heartfelt gratitude for your presence and support during this challenging time. Your love, prayers and acts of kindness have been a source of immense comfort for me and my family.

**Sincerely
The Meyer Family**

**Thank you from
Dick Campbell**

A big thank you to all who have sent cards, notes and visits during my hospital and inpatient therapy at Madonna. A big special to the deacons brought by Carolyn and Roger Murphy for the visit and box of warm cookies. Not only were they great but were great nurse bait for extra attention during my stay. As I continue to do outpatient therapy, I continue to gain strength and better balance and hope to be back attending Sunday services soon.

**Again thank you!
Dick Campbell**

Thankful & Grateful

1st Sunday of Each Month Help Us Fill the Cart

Needed are small/individual sized canned goods for
the Little Free Pantry located at
The Gathering Place



2024 Ambassador Program

The sign-up sheet on the information stand in the Narthex is back.

Back in November the Membership Committee decided to make a change in the Ambassador program to give our congregation a chance to participate on a weekly basis rather than a monthly one with the goal of encourage our members to serve as an Ambassador on a week that fits into their schedule.

With the success of the last couple of months, it's time to start filling up the slots for the next quarter. If you have any questions or would like more information concerning the Ambassador program, please reach out to Gene Knoche.

Thank you for your interest and participation.





SHPC (Birthday) Party Animals

We wish those who celebrate
Birthdays
in May a Very
Happy Birthday and
many blessings throughout the
year!

If your name is not listed and you
celebrate a birthday
in March, please notify the church office
so that our
records can be updated.

Rowyn Joseph	05/01	Taiyo Takahashi	05/13
Mary Bell	05/05	Michael Fortkamp	05/14
Adeline Dougherty	05/05	Julie Haberman	05/15
Lauren Miller	05/05	Amber Weyer	05/16
Margaret Minary	05/05	Brittany Mertlik	05/19
Erik Anderson	05/07	Travis Jacobs	05/20
Sarah Hoffman	05/07	Kian McIntosh	05/20
Sue Fortkamp	05/08	Sabrina Nelsen	05/20
Joe Onstad	05/08	Charles Jacobs	05/22
Scarlett Preissler	05/08	Andy Anderson	05/24
Donna Swoboda	05/09	Jace Manley	05/24
Angel Nelsen	05/11	Heidi Prenosil	05/24
Linnea Jones	05/12	Adam Huskey	05/27
Janice Kriha	05/12	Isaac Moran	05/28

PUBLISHING DEADLINES

SESSION REPORTS ARE DUE THE 10TH OF EVERY MONTH

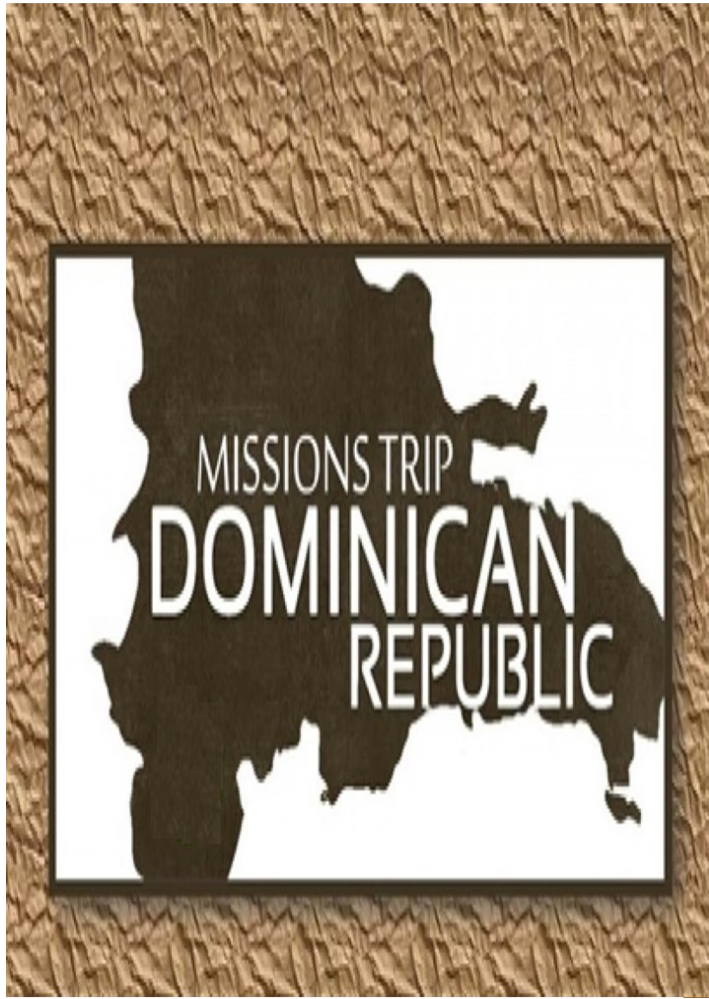
NEWSLETTER ARTICLES ARE DUE THE 15TH OF EVERY MONTH

THE CHURCH OFFICE HOURS ARE 8:00AM TO 4:00PM

Please Review the Calendars

The SHPC Calendar can be found on the **Hotline**, Newsletter, **Online**
and in the **Announcement Slides**.

Please contact the church office if anything needs to be
changed or deleted. Thanks!



Dominican Republic

Mission Trip Meeting

Thursday, May 9th, 2024

7:00pm

Conference Room

Come celebrate with the Falkinburgs!

Hunter Falkinburg is graduating from East Lincoln High School and everyone is welcome to join in the celebration.



Graduate

HUNTER FALKINBURG
Class of 2024 - Lincoln East High School



COME CELEBRATE WITH US!
SATURDAY MAY 25TH, 2024
FROM 4:00 - 7:00PM

8311 UPTON GREY LANE
LINCOLN NE 68516

HUNTER PLANS TO ATTEND UNL
AND PARTICIPATE IN THE AIR FORCE ROTC

BOOK OF CONFESSIONS STUDY

May 12, 2024

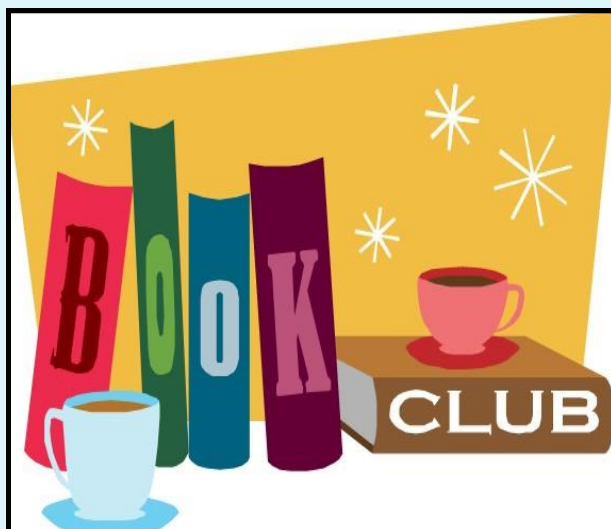
Following Worship | 12 noon
in the Conference Room

Belhar Confession



MONTHLY FICTION BOOK CLUB

(EVERY 4TH SATURDAY)



Saturday, May 25th

1:30 pm

at SHPC

**We'll discuss:
The Frozen River
by Ariel Lawhon**

*Copies of our Fiction Book Club books are available if you would like to borrow a copy.
Please see Pastor Leanne Masters for more information.*

Use Scrip Cards at Your Favorite Merchants

Buy groceries or as gifts for:

Easter dinners

4th of July celebrations

Regular weekly groceries & monthly prescriptions

Gifts for Teachers, Scout Leaders, Co-workers

How to Buy Scrip Cards

The Scrip table is open every Sunday in Fellowship Hall for 20 minutes following the worship service-OR you can contact Scrip Coordinator, Andy Anderson, to place an order:

aanderson34@neb.rr.com

C: 402-440-5902

Andy carries some Scrip cards in stock. If what you want is in-stock, you can pick them up on Sundays.

Please make your payment to Andy (checks payable to Scrip).

Every Scrip card purchase gives money back to the Youth!

UPCOMING COMMUNITY EVENTS

SUNDAY, MAY 5TH 12:00PM FOOD FOR SEEDLINGS SWAP A BENEFIT FOR LITTLE FREE PANTRIES IN LINCOLN. BRING YOUR NON-PERISHABLE FOOD ITEMS AND HYGIENE ITEMS TO SWAP FOR SEEDLING! A VARIETY OF PLANTS WILL BE AVAILABLE. THE ADDRESS IS 1200 ELDON DR., IN LINCOLN. THIS EVENT IS FREE AND OPEN TO THE PUBLIC. FOR MORE INFORMATION PLEASE SEE THE LITTLE FREE PANTRY'S FACEBOOK PAGE: [HTTPS://WWW.FACEBOOK.COM/LITTLEFREEPANTRIESLNK](https://www.facebook.com/littlefreepantrieslnk)

SATURDAY, MAY 11TH 10:00AM PLANT EXCHANGE –LINCOLN IS HOLDING THEIR SPRING PLANT SWAP IN THE SHPC PARKING LOT. PLEASE BRING PLANTS/CUTTINGS YOU WOULD LIKE TO SWAP & SHARE. FOR MORE INFO PLEASE CONTACT KAREN IN THE CHURCH OFFICE OR VISIT [HTTPS://WWW.FACEBOOK.COM/EVENTS/963391262166784](https://www.facebook.com/events/963391262166784)

SUNDAY, MAY 12TH 2:00PM JOIN THE WAVERLY AREA COMMUNITY BAND FOR A CONCERT OF OUR FAVORITES. THE CONCERTS IS AT THE WAVERLY HIGH SCHOOL AUDITORIUM. IN WAVERLY, NE THIS EVENT IS FREE AND OPEN TO THE PUBLIC.

SATURDAY, MAY 18TH IS FREE FISHING & PARK ENTRY DAY. VISIT A STATE PARK FOR FREE PARK ENTRY AND FREE FISHING, SEVERAL FAMILY-FRIENDLY ACTIVITIES ARE SCHEDULED IN STATE PARKS ACROSS NEBRASKA TO CELEBRATE. NO NEED TO BUY A PASS OR PERMIT, JUST GRAB YOUR HIKING BOOTS AND/OR ROD & REEL AND GO...IT'S FREE!

SUNDAY, MAY 19TH 10:30AM IS PENTECOST SUNDAY. WE WOULD LIKE TO ENCOURAGE YOU TO WEAR RED, YELLOW AND/OR ORANGE (SYMBOLIZING THE COLORS OF FIRE) TO WORSHIP SERVICE.

Blessings!

Treasurer's Report

Southern Heights Presbyterian Church Financial Statement

Summary

	<u>Jan - Mar 24</u>	<u>Budget</u>	<u>Over/(Under)</u>
Budgeted Income	57,359.49	72,900.00	(15,540.51)
Budgeted Expenses			
Program Expense			
Mission	5,849.51	6,540.00	(690.49)
Life Long Learning	1,012.50	630.00	382.50
Worship & Music	268.40	835.00	(566.60)
Membership	470.27	377.50	92.77
Total Program Expense	<u>7,600.68</u>	<u>8,382.50</u>	<u>(781.82)</u>
Staff Expense			
Salaries	25,367.76	25,376.00	(8.24)
Benefits & Allowances	14,842.83	16,650.00	(1,807.17)
Expenses & Substitutes	1,047.78	2,105.00	(1,057.22)
Total Staff Expenses	<u>41,258.37</u>	<u>44,131.00</u>	<u>(2,872.63)</u>
Occupancy Expense			
Custodial & Maintenance	11,955.76	10,425.00	1,530.76
Utilities	5,472.31	6,975.00	(1,502.69)
Insurance	2,935.93	2,850.00	85.93
Total Occupancy Expenses	<u>20,364.00</u>	<u>20,250.00</u>	<u>114.00</u>
Office & Other Operating Expenses			
Office Expense	1,209.60	1,490.00	(280.40)
Other Operating Expenses	1,485.93	2,875.00	(1,389.07)
Total Office/Operating Expenses	<u>2,695.53</u>	<u>4,365.00</u>	<u>(1,669.47)</u>
Total Expenses	<u>71,918.58</u>	<u>77,128.50</u>	<u>(5,209.92)</u>
Budgeted Net Income or (Loss)	<u>(14,559.09)</u>	<u>(4,228.50)</u>	<u>(10,330.59)</u>

May Calendar

Room Key: FH: Fellowship Hall
WW: West Wing

CR: Conference Room
S: Sanctuary

FF (or SHFF): Food Forest
LL-K: Lower Level-Kitchenette

Wednesday, May 1

6:30PM Choir Practice / S
8:00PM Choir Party / FH

Saturday, May 4

9:00AM SHPC Committee Retreat

Sunday, May 5 ***Cinco de Mayo***

10:30AM Worship / Communion Sunday
11:30AM Fellowship / FH
11:30:AM Mission Committee Meeting / WW

Monday, May 6

***Pastor Leanne — Out of office 5/6—5/10

6:00PM PLC Meeting / CR
7:00PM Scouts Meeting / FH

Tuesday, May 7

5:30PM Crocheters / FH

Wednesday, May 8

1:30PM PW-Esther Circle / FH
6:30PM Choir Practice / S

Thursday, May 9

7:00PM Deacon's Meeting / FH
7:00PM Dominican Republic Trip Meeting / CR

Friday, May 10 ***Session Reports Due***

7:00PM Adoptive Moms

Sunday, May 12 ***Mother's Day***

10:30AM Worship
11:30AM Fellowship / FH
12:00PM Book of Confessions Study / CR
5:30PM SHYP K-2nd Grade
5:30PM SHYP 3rd-12th Grade

Monday, May 13

6:30PM Personnel & Admin Committee / CR
7:00PM Scouts / FH

Tuesday, May 14

11:30AM PEO / FH
7:00PM Financial Stewardship Committee / CR

Wednesday, May 15 ***Newsletter Articles Due***

6:30PM Choir Rehearsal / S

Thursday, May 16

8:30AM WIC Clinic / LL-K
3:00PM Poli-Ollie / FH

Sunday, May 19—Pentecost Sunday

10:30AM Worship / S
11:30AM Fellowship / FH

Monday, May 20

7:00PM Scouts / FH
7:00PM Session / CR

Wednesday, May 22

6:30PM Choir Rehearsal / S

Thursday, May 23

6:30PM Worship & Music

Saturday, May 25

1:30PM Fiction Book Club

Sunday, May 26

10:30AM Worship
PW— Birthday Bank
11:30AM Fellowship

Monday, May 27—Memorial Day: Office Closed

7:00PM Scouts / FH

Wednesday, May 29

6:30PM Choir Practice / S

Southern Heights Presbyterian Church
5750 S. 40th
Lincoln, NE 68516
402-421-3704

Return Service Requested



May 2024

Email Addresses:

Leanne Masters, Pastor: pastor@southernheights.org

Karen Moore, Administrator: karen@southernheights.org



From the Heights

A Monthly Publication of Southern Heights Presbyterian Church

We're on the Web at www.SouthernHeights.org

We welcome your suggestions and contributions to the newsletter. Deadline for each issue is the third Tuesday of each month. It is greatly appreciated if contributions are emailed to the Newsletter Editor: karen@southernheights.org.

Please don't try to structure anything . . . we will format your contribution to fit the newsletter. You may also contact us through the Church office at (402) 421-3704.

Our worship services are on Sundays at 10:30 AM. Adult Sunday school classes are at 9:30 AM from September through May.

Staff: Rev. Leanne Masters, Pastor. Karen Moore, Administrator. Anita Elliott, Music Director. Dr. Ronald L. Bump, Pastor Emeritus.