

UMW UNIT MEETING  
Sunday December 3, 1995, 3:00 p.m. -- Whitford Hall  
Agenda

Call to Order and Welcome

Hymn: # 234 O Come, All Ye Faithful

Welcome to Maria , from Peru

Minutes: Handed out.

From Exec. Com. minutes: paragraphs on Day Apart and Volunteer Service Bureau luncheon  
Ask for vote on VSB luncheon

Allocation of Funds

Recommendation from Executive Committee -- Beulah Latta

\$150 -- Sew Vols

500 -- Peru Work Team

185 -- Campership for Mentally Handicapped, Camp Chestnut Ridge

100 -- Methodist Mission1 Society, in honor of Wil Drake

100 -- IHN

125 -- West End Community Center

\$1160

Agape House: Susan Teer Louise Roudebush

Alternative Gifts Market: Donna Elium

Special Mission Recognitions -- One of the most special parts of our UMW December meeting each year is the recognition and appreciation that is given to several people because we see in them Christian attributes that inspire and encourage us and because they have been faithful in Christian service either in Duke Memorial Church or in the wider community, often in both. It is never easy to choose who should be so honored. Indeed, if we were to do this only one time, it would be an impossible task, for Duke Memorial Church is a community of believers who seek to grow in Christlikeness and in the doing of God's work, and there are many among us who inspire and encourage. Nevertheless, each year we do honor a few to whom, that year, we especially want to say "Thank you. We appreciate what you mean to us. We appreciate what you have done, and are doing." Please know, as I mention some things about each person, that I have made no attempt to give a full account of services rendered. Other things will surely come to your mind. Each person will receive a Special Mission Recognition pin and certificate. Each pin and certificate represents a gift of \$30 in undesignated giving to mission. These recognitions are not limited to members of UMW. I will ask those who are to be presented Special Mission Recognition pins and certificates to come forward when I call your name and take your place (indicate where).

✓ Laura Cleaves -- for her faithfulness over many years, and for the excellent job she is doing as UMW Newsletter Editor

✓ Donna Elium -- for her creative and enthusiastic leadership in Missions, this month expressed in the Alternative Gifts Market, and for her participation in many work teams

✓ Helen Fink -- for her participation in Sew Vols, for helping in the church office in several and various capacities, in getting out Insights, and for sharing her musical talents with us

1. Introduction

2. Background

3. Objectives

4. Methodology

5. Results and Discussion

6. Conclusions

7. Acknowledgments

8. References

9. Appendix

10. Summary

11. Bibliography

12. Index

13. Glossary

14. List of Figures

15. List of Tables

16. Appendix A

The following text is a very faint and illegible scan of a document page. It appears to be a list of contents or a table of contents, with various sections and sub-sections. The text is too light to transcribe accurately, but it seems to follow a standard academic or technical report structure. The visible fragments include words like "Introduction", "Background", "Objectives", "Methodology", "Results and Discussion", "Conclusions", "Acknowledgments", "References", "Appendix", "Summary", "Bibliography", "Index", "Glossary", "List of Figures", "List of Tables", "Appendix A", and "List of Figures".

Thank you to Marty for taking on a new responsibility; and to Beulah, Mary Lee, Edith, Martha, Hilda, and Alice for doing your various jobs faithfully and well during the past 2 years (some of you much longer than that) and for being willing to continue.

In planning for this installation, I looked over several installation services from past years, and I found one which we used in 1981 that was adapted from one in the March issue of Response. I'd like to share the opening thought of that with you now.

There is a traditional New Year greeting in Japanese which means, "Now that the year has opened, congratulations!" We are almost at the beginning of a new year, both a new calendar year and also a new year for terms of office for United Methodist Women. Our officers are our leaders, but they cannot carry out their functions unless all of us join with them. So, to all of us, I want to say, "Now that the year has opened - or is about to open - CONGRATULATIONS!"

This greeting connotes a deep sense of joy for another new beginning. For this reason, at first I thought it wasn't appropriate for us right now, for our joy in having these officers standing before us is tempered by our distress that we do not have a full slate. We feel incomplete, maybe even crippled, and we're uncertain how things will turn out. Congratulations seems an inappropriate word. But then I thought it might stretch us, and help us see that new beginnings are not necessarily complete, nor are they always free from distress. This is a situation different from any we have ever had before, and we will have to find our way through it. But it is not an end, it is a new beginning. We may need to do some things differently than we have done in the past. That may turn out to be very good, even though we may have to go through some growing pains. All of us care, I hope we're all praying, we have the strong support of our pastors, and the greatest thing, of course, is that God is in this new beginning with us. Where God is, there is hope and joy and power. So, in the Name of Christ, let us be encouraged, and let us support and encourage these new officers in every way that we can.

Beulah, Marty, Mary Lee, Edith, Martha, Hilda, and Alice -- in the Name of God the Father, Son, and Holy Spirit, I install you in the office to which you were elected and charge you to carry out your duties. All other members of United Methodist Women, in the Name of God the Father, Son, and Holy Spirit, I charge you to be supportive of these officers in every way that you can, to pray for them and for our UMW unit, and to do whatever you can to help secure the leadership and structure that is needed to enable us to effectively fulfill our purpose. Let us now repeat that purpose together.

#### Purpose of United Methodist Women

The organized unit of United Methodist Women shall be a community of women whose PURPOSE is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church.

Thanks be to God. May the God of all peace and power so fill you with His Holy Spirit that you may walk with Him in joy and thanksgiving and serve Him with faithfulness. Amen.

Please be seated.

Thanks to all Circles for Decorations and Refreshments, and to all members of UMW for love and support during past 2 years. Every officer and Circle leader has given me strong support and encouragement, and I am more grateful than words can express. Thank you from my heart.

The first part of the report is a general introduction to the subject of the study. It discusses the importance of the study and the objectives of the research. The second part of the report is a detailed description of the methodology used in the study. This includes a description of the data sources, the sampling method, and the statistical methods used to analyze the data.

The third part of the report is a discussion of the results of the study. This includes a description of the findings and an interpretation of the results. The fourth part of the report is a conclusion and a list of references. The conclusion summarizes the main findings of the study and provides some suggestions for further research. The references list the sources of information used in the study.

The fifth part of the report is an appendix. This includes a list of tables and figures, a list of abbreviations, and a list of symbols. The appendix provides additional information that is not included in the main body of the report. The sixth part of the report is a bibliography. This includes a list of books, articles, and other sources of information used in the study.

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Omar Fink -- for lending a hand in the church office in many ways and with Insights, for teaching Sunday School classes and giving presentations to circles and other groups and for occasionally filling the pulpit, for leading the first work team to Africa University and for subsequently being an effective and enthusiastic advocate for Africa University

Doris Forman -- for extraordinary dedication to and effectiveness in the job of Children's Coordinator, for giving generously of her time as well as her skills. I've heard it said, "There's nothing she won't do!"

J.V. Hoyle -- Of course cannot be here today. We all miss him, and remember him with great affection and with great appreciation for his many years of ringing our church bells. His pin and certificate will be mailed to him, and there is a note to him which you are welcome to sign. It will be on the piano.

Jim Martindale -- for faithfully week by week making sure that the morning worship service tape is duplicated and made ready for delivery to those who are not able to attend and who look forward to this way of staying in touch and feeling a part of our worshipping community

Cathy Shepherd -- for outstanding service this year as co-leader of Wesley Women and Co-Chair of the UMW Festival Day

Alice Walker -- we didn't forget that you already have a pin, so instead of giving you another one, we would like to present you a check for \$30 to be used for a project of your choice. We just want to say thank you for your faithful service over many years, which you are continuing now as leader of Sew Vols and in many ways at the Methodist Retirement Community.

#### Installation of Officers

We come now to the installation of officers. It is distressing to all of us that we do not have a full slate to install today. I know that several of you have given serious thought to whether you might be able to accept some of the responsibilities of the unfilled offices. I am asking that all of you who feel this might be possible for you to meet with me and with our senior pastor Mark Wethington on Sunday, January 21 at 2:00 p.m. to see what we might be able to work out. Also, Duke Memorial has new members, some of whom may be interested in becoming UMW leaders. If you know of such a person, please give me her name. I'll be glad to call her and invite her to meet with us on January 21. The date was chosen to piggy back on the Durham District Workshops, as some of you may be attending that. The officers we still need are: President, President's Helpers (3 or 4), Program Chairman (This really is no longer a big job. Our experience the past two years has been that, with meeting only 4 times a year and one of those during Advent, the difficulty has been finding time to fit in available topics and persons rather than looking for programs), Ways & Means. I know that some of you are hesitant to accept an office because you have some anxiety that if you agree to do so and if other slots are not filled, it may fall to you by default to do more than you feel you are able to do, and you would find yourself in a bind. Please know that Mark and I are aware of the need that this not happen. Please do not hold back because of that fear. Please know that if you say, "I can do this much and no more", that will be respected. Come on January 21, let's talk about it openly and honestly, and see what we might be able to work out that will meet the needs both of UMW and of yourselves.

Will those to be installed please come forward as I call your name.

Secretary -- Beulah Latta

Treasurer -- Marty O'Sullivan

Membership -- Mary Lee Bailey

New Members -- Edith Johnson

Newsletter -- Laura Cleeves

Program Resources -- Martha Brown

Projects -- Hilda Coble

Sew Vols -- Alice Walker

Over the past few years, the number of people who have been diagnosed with Alzheimer's disease has increased significantly. This is a concerning trend, especially as the population ages. The disease is a complex one, and its causes are still largely unknown. However, there are some factors that are thought to contribute to its development, such as genetics, lifestyle, and environmental factors.

One of the most important factors in the development of Alzheimer's is genetics. There are several genes that have been identified as being associated with the disease. The most well-known of these is the APOE4 gene. People who have two copies of this gene are at a much higher risk of developing the disease than those who have only one or none.

Lifestyle factors also play a role in the development of Alzheimer's. For example, people who are physically active and eat a healthy diet are less likely to develop the disease than those who are sedentary and eat a poor diet. Additionally, people who have a history of depression or other mental health issues are also at a higher risk.

Environmental factors, such as exposure to certain toxins, may also contribute to the development of Alzheimer's. For example, people who live in areas with high levels of air pollution are at a higher risk of developing the disease. Additionally, people who have a history of head trauma are also at a higher risk.

While there is no cure for Alzheimer's disease, there are some treatments that can help to manage the symptoms. These include medications that can help to improve memory and other cognitive functions, as well as therapies that can help to improve quality of life. It is important to work closely with a healthcare provider to develop a treatment plan that is tailored to the individual's needs.

In addition to medical treatments, there are also many lifestyle changes that can help to reduce the risk of developing Alzheimer's. These include staying physically active, eating a healthy diet, and staying socially engaged. It is also important to take care of your mental health and to seek help if you are experiencing any symptoms of depression or other mental health issues.

While there is still much to be learned about Alzheimer's disease, there is hope. With continued research and a focus on prevention, we may be able to reduce the number of people who develop the disease in the future. In the meantime, it is important to take steps to reduce your own risk and to seek help if you are experiencing any symptoms.

Alzheimer's disease is a complex and challenging condition, but it is not a death sentence. With the right care and support, people with Alzheimer's can live a full and meaningful life. It is important to be patient and understanding, and to provide the best possible care for those who are affected by the disease.

There are many organizations and resources available to help people with Alzheimer's and their families. These include support groups, educational programs, and financial assistance. It is important to reach out to these resources and to seek help when you need it.

Alzheimer's disease is a global health problem, and it is important that we work together to find solutions. This includes increasing funding for research, improving access to care, and raising awareness of the disease. We must not give up on finding a cure, and we must continue to support those who are affected by the disease.

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