

The Grapevine



I am the vine, ye are the branches . . . (John 15:1)



A Reason To Love

There are so many stories chronicling the history of Valentine's Day. This is just one. *A popular account of Saint Valentine of Rome states that he was imprisoned for performing weddings for soldiers who were forbidden to marry and for ministering to Christians, who were persecuted under the Roman Empire. According to legend, during his imprisonment, he healed the daughter of his jailer, Asterius. An embellishment to this story states that before his execution he wrote her a letter signed 'Your Valentine' as a farewell.*

Why do we need a reason to tell someone we love them? Don't our loved ones already know? While these are all good questions, the better one is why not create a reason or a day to tell others you love them? The beauty of Valentine's Day is that you show them that you love them. A physical manifestation of how you feel is monumental to most of us. Also, it shows others that you are loved. That lifts us. It encourages us. It builds our confidence. It's confirmation that we're okay.

At SJH showing love for our residents is successfully doing our job. When volunteers come to sing, or do crafts or read to them, it shows love. Valentine's Day may seem like a holiday strictly for the retail industry, but it can be so much more. Embrace it and use it in a way that it can do the most good. Love isn't about candy, flowers or cards, but if just one or more of those things can lift, encourage, build confidence or add to self worth, what's wrong with an international 'reason to love'? ✚



Salvation Army's Winds of Change Choir brings out crowds at SJH. Annually, they show their love through uplifting songs of praise and we are all the better for it.



What Are The Odds? *By Melba J. Hamilton*



Tommy Kindle has been a resident at SJH for five years and one of the most memorable things about him is his quick wit and his free flowing words of wisdom. What are the odds that the man described above suffered a major stroke as a result of tumor removal surgery that led to the discovery of an aneurism? Yet the ever present smile and joy for life in his eyes is the gift he shares with all.

"I love it here. The staff treats me just

fine. Even Wes (Exec. Dir.) who is trying to make me a Steelers fan, but it won't work. I'm still mad because the Oilers left Houston and went to Tennessee," says Tommy.

When he recounts what led to him being a resident, it's very matter of fact, "I came home from work and according to my wife, Dawn, I fell back on the bed. I don't remember any of this. She thought it was a heart attack, but when the paramedics arrived they said it wasn't. After a Cat Scan at the hospital a large tumor behind my eye was discovered and then I was Life Flighted to another hospital in Temple, Texas." This could be a sad story if the odds weren't in Tommy's FAVOR.

He is a master story teller and wisdom fills each one. He quotes his Dad, "If you find a job doing what you love, you'll never work a day in your life."

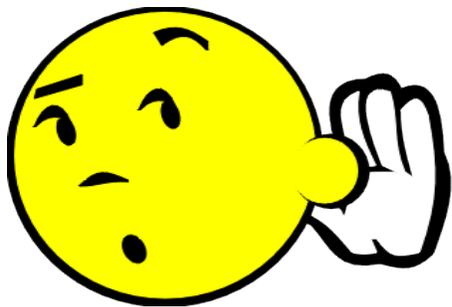
With faith filled confidence he remembers the doctor telling his wife after

the birth of their first child, that she wouldn't be able to have another. Ten years later, his daughter was born but her birth was traumatic because the umbilical cord was wrapped around her neck and nearly cost her life.

Tommy promptly named her Natalie because it meant 'Christmas Gift'. Today he acknowledges that his best Christmas gift ever came from his daughter and is a small angel with Psalms 91:11 on it: *For he shall give his angels charge over thee, to keep thee in all thy ways.* (KJV)

He proudly shares that he has five grandchildren and one great grandchild. His last comment brought everything into focus, "I'm so glad God left me half a brain so I could have my wit and wisdom." Now I understood that his beating the odds was all about the FAVOR of God being on his life.

✦



Psssst.....

Just A Few Facts And Opinions

- *St. James House is a great place for older adults to flourish physically and spiritually. The staff to resident ratio is the best in the state.*
- *"If for some reason, I didn't need to work financially, I'd still volunteer at SJH because I like coming here. — Andrea Nelson, Life Engagement Director*
- *St. James House has one of the best employee pension plan.*
- *This is a great place to live! I wouldn't want to live anywhere else. I especially love the food in the dining room. It's such a balance of what you need to eat. —Naomi Bohley, Resident, Alexander Hall*

Ash Wednesday and Lent in the Episcopal Faith Tradition

By Rev. Micki Rios

In Western Christianity, Ash Wednesday marks the first day or the start of the season of Lent, which begins 40 days prior to Easter (Sundays not included). The 40 days represents the 40 days that Christ was in the desert after his baptism, the 40 years the Israelites wandered the desert in exile.

Lent is a time of repentance, fasting and preparation for the coming of Easter. It is a time of self-examination and reflection.

The ashes are given to each person in the sign of the cross on their forehead. They are a twofold reminder. We are human. We are mortal. From dust we came and dust we shall return. Also, ashes were used in the bible as a symbol that someone was in deep sorrow over their own sins. It is an outward symbol of an inward repentance of sins.

Lent is a time when many Christians

prepare for Easter by observing a period of fasting, repentance, moderation and spiritual discipline. The purpose is to set aside time for reflection on Jesus Christ – his suffering and his sacrifice, his life, death, burial and resurrection.

Lent is a time for self-examination. Here are some questions upon which everyone should meditate during Lent:

Am I sharing gladly what I have with others, meeting other's needs, helping those who are suffering?

Do I have a gracious and patient attitude with others, am I patient with God?

Is it time for a change or a growth in my Bible study and increase my own faith?

What is holding me back from a life of faith?



Am I as thoughtful and forgiving of family as others, or do I take my frustrations out on them, do I expect too much, are my expectations realistic?

Do I speak up for the maligned and oppressed or do I remain silent in order to remain popular?

Ash Wednesday is February 10, 2016 and we will have Father Fred Clarkson in the Chapel at 11 AM for a Service of Ashes. We do have services every Wednesday in the Episcopal Tradition at 11 AM with Priests from the Diocese of Texas who volunteer their time. Please feel free to join us in those services. ✚



On Sunday February 7th 2016, the dietary department will replace the 'Noon Meal Substitution List', with the 'Always Available Menu'. Residents may choose an item at noon or evening meal. See meal tickets to make your selection. Bon Appetit!

ALWAYS AVAILABLE MENU

Chef Salad

Cottage Cheese with Fruit

Hamburger with Fries

Soup of the Day

Sandwich of the Day



St. James House
 5800 W. Baker Road
 Baytown, TX 77520

Choice Matters.

The trouble with not having a goal is that you can spend your life running up and down the field and never score.
Unknown



St. James House Wants You!

CNAs / LVNs / RNs

Apply online at stjameshouse.org

*****Great staff referral bonus!*****

Coming in the next issue:



***Pictures from the parade and
 Ball
 Don't miss it!***

Articles, suggestions and other noteworthy submissions are due by the 20th of each month for the upcoming issue of The Grapevine. Please send via email to Melba Hamilton at melba@stjameshouse.org. We reserve the right to edit for content and/or length.

**Visit us at:
stjameshouse.org**

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