My family and I were blessed by the opportunity to spend a week together at Leech Lake in June. As we enjoyed the summer weather, there was no avoiding the low-grade stress associated with a pending deployment. Though we’ve been through this twice before and we’re all aware of the issues that go with the long separation, it isn’t easy.

We have learned how to be more effective in our communication, to own our feelings, and to actively listen when times are tough. The willingness to learn and grow has made us more resilient, more confident, and less stressed overall.

Short training requirements of one or two weeks prepare us for the coming reality of long periods apart. My family has become used to the travel and time away, almost to the point where I wonder if they miss me as they go about their lives and business ... Life goes on for the families of deployed Soldiers and they learn to adapt to the change.

In late September 2018, I will deploy as the Command Chaplain for the 34th Infantry Division as our headquarters assumes the leadership of Task Force Spartan under the U.S. Army Central Command. The U.S. Army Central area of responsibility spans more than 4 million square miles, stretching from Northeast Africa, across the Middle East, to Central and South Asia and includes Afghanistan, Bahrain, Egypt, Iran, Iraq, Jordan, Kazakhstan, Kuwait, Kyrgyzstan, Lebanon, Oman, Pakistan, Qatar, Saudi Arabia, Syria, Tajikistan, Turkmenistan, United Arab Emirates, Uzbekistan, and Yemen.

This area is populated by more than 550 million people from 22 ethnic groups, speaking approximately 18 languages with many dialects, and practicing a variety of different religions.

The broad demographics of the region create opportunities for tension and rivalry. The Central Region has historically been among the least stable corners of the globe.

Task Force Spartan is designed to maintain a U.S. military posture sufficient to strengthen U.S. defense relationships, build partner capacity and execute contingency plans in the region when necessary.

What does this mean for us? We will provide mission command for over 10,000 soldiers conducting theater security operations in the Middle East. Unit Ministry Teams will be busy providing religious support for their Soldiers and advising command teams about the impact of religion on the mission. This includes training in suicide prevention, stewardship and financial management, Bible studies, prayer breakfasts and other command sponsored spiritual fitness activities, and small groups for anger management, communication, and relationship enhancement.

While care packages are appreciated, what’s more important is for Soldiers to know that their families are provided for.

(Continued ... on page three)
**President’s Corner**

Our Chapel is such a breath of fresh air. An oasis for Christians seeking the true Word of God. Each Sunday Barb and I look forward to another joyous time attending our Chapel. We know the Word of God will not be compromised and all in a setting honoring those in our armed services who have served to preserve our nation and our freedom to worship. Ken Beale, our Senior Chaplain, currently in his 19th year serving our Chapel has upheld our traditions. He insists the Word of God not be compromised and is dedicated to recognizing and honoring our Veterans. We are also so fortunate to have installed Associate Chaplain Buddy Winn who is cut out of the same cloth.

Matthew 28:18-20 the ‘Great Commission’ commands us to tell others the Good News and make them disciples for the Kingdom. I suggest that when we are witnessing for Christ we also witness for our Chapel. That we tell others about our Chaplains and our Chapel as a place they will feel comfortable worshipping God and honoring our Veterans.

Please mark your calendars for September 23rd the Sunday we recognize POW/MIA Day at the Chapel. Our Chapel reserves a special seat on the chancel dedicated to those prisoners of war and missing in action who have given so much for our freedoms. We light the POW/MIA candle each Sunday in reverence to those men and women.

October 7th is Worldwide Communion Sunday. Our Chapel serves ‘open’ holy communion to all those desiring to communion — not just our members. This is in keeping with Unity in Christ for all Christians remembering the night of Jesus’ betrayal and Jesus’ sacrifice. World Communion Sunday serves as a joyous and meaningful partaking of Jesus’ sacred meal and gives us insight into the many different Christian traditions around the world.

Tony Stocker  
*Foundation President*  
(952) 831-6160  
E-Mail: blstock@earthlink.net

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The Board welcomes input from members. If you have an idea or suggestion, please feel welcome to contact the appropriate Board person.

**Scheduled Board Meetings in 2018:**

- **Saturdays** … @ Foundation Office  
  8 September (9:00 a.m.)  
  17 November (9:00 a.m.)  
  Sunday … @ the Chapel Sanctuary  
  16 December (1:00 p.m.)

If you would like a copy of the 2017 *Annual Report*, please secure one in the Fellowship Hall or call the *Foundation Office* at (952) 888-1525 and leave your name/mailing address that we may send you a copy of this impressive report.
Care packages for those serving overseas are great, but let’s not be known for simply exporting sundry items. Childcare, mentoring for kids, classes on personal finances and counseling are all in great need among military families. These families are proud and resilient, and they put a good face on what is an extremely difficult mission back home. Don’t be afraid to ask our strong families what they need - and then be prepared to respond when they give you an answer.

Above all, pray for them. Ask God to give them strength, courage, and wisdom for what is a demanding call to duty.

As a Chaplain, you quickly understand that the church isn’t a building, a chapel, or an organization as much as it is the body of believers who love Jesus and love God’s people.

Chaplains have conducted services under camouflage nets while worshippers sit on ammunition crates in a field training environment while howitzers fired behind us. We’ve shared the elements of communion on the hood of a Hummer during flood relief operations on the Minnesota and North Dakota border. Chaplains provide pastoral presence during casualty notification missions, and bring comfort and hope to Gold Star Families. I’ve baptized Soldiers in a pond in the middle of a training area, and prayed with Soldiers on the flight line in Iraq before combat missions.

The great thing about being a chaplain is that wherever you go, you’re doing your job and you have the unique and humbling privilege of taking God’s presence with you.

Soldiers who come to worship are less known by their denominational affiliation or background and more known by their desire to love and worship God in an austere environment with their brothers and sisters in faith.

I come from a Pentecostal background yet I’m more likely to pray the Lord’s Prayer during our services and use traditional hymns. Those essential elements of worship go a long way in finding spiritual touch points for the greatest amount of worshippers.

Army chaplains fulfill their core competencies as they nurture the living, care for the wounded, and honor the fallen. As they do, they bring God to Soldiers, and Soldiers to God. I’ve served for 30 years in the Army and the last 15 in the Chaplain Corps and not a day goes by when I don’t give thanks for the gift of being able to experience God’s amazing grace in this capacity.

Colette and I and our family extend a humble thank you to all of our Fort Snelling Chapel Family for their generous support, well-wishes, and prayers as we execute this phase of our mission and calling to ministry.

Serving God and Country,
Rev. Philip ‘Buddy’ A. Winn, Jr.
Associate Chaplain
E-mail: winnjrfsmc@gmail.com

CE Class Study

AMERICAN HERITAGE SERIES
With Historian David Barton

Discover the forgotten and astonishing story of our nation’s founding in this video series being presented each Sunday (9:45-10:30 a.m.) in the Fellowship Hall beginning 9 September 2018.

For centuries, we were taught a providential view of American history that presented our godly heroes and the moral foundation upon which our nation was built. However, in recent years, a new version of history has assaulted the core values of our past – until today! From separation of church and state to the civil rights movement, from the heroism of our founding fathers to the building of our nation’s monuments, this series will inspire every American to reclaim the godly, true story of our nation. Experience the untold story of our nation’s history in the American Heritage Series.

America: This is your heritage!
**Operation Christmas Child**

*Operation Christmas Child* is a part of the *Samaritan’s Purse*, an evangelical Christian International relief organization headed by Franklin Graham. Since 1993 more than 100-million boys and girls in over 130-countries have experienced God’s love through the power of simple shoebox gifts.

Again, this November we have an opportunity for cheerful giving when we collect and deliver stacks of lovingly-filled shoeboxes to be sent to needy children around the world through *Operation Christmas Child*. *Samaritan’s Purse* works with local churches and ministry partners around the world to deliver the gifts and share the life-changing Good News of Jesus Christ.

At the request of *Samaritan’s Purse*, we will be providing their boxes for distribution. We will not be using the plastic boxes. This enables *Samaritan’s Purse* to better pack the gifts for shipping overseas.

When filling your shoeboxes, think “Boy or Girl” in one of three age brackets: 2-4; 5-9; or 10-14. Some ideas of items to include in the shoebox: stuffed animals, dolls, hand or finger puppets, small cars, plastic animals, balls, jump ropes, yo-yos, harmonicas, tote bags, pencils, erasers, sharpeners, crayons, markers, colored pencils, drawing paper, notebooks, scissors, glue sticks, coloring books, stickers, solar calculators, small flashlights and batteries, headbands, bracelets, combs, brushes, toothbrushes (no toothpaste due to customs requirements), soap, wash-cloths, band-aids, small plastic cups and plates, water bottles, hard candy and gum (in plastic baggie). **No liquids!**

This is a nice opportunity to give kids a wonderful surprise during the Christmas season.

Please see Leslie Henschel or Barb Stocker if you would like to make a donation toward the purchase of items to fill the shoeboxes or if you have any questions.

**Shoeboxes need to be filled and returned to the Chapel no later than 18 November.** Thank you and God bless you!

— Barb & Leslie Coordinators

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**Got Christian Literature?**

On 7 Oct (Worldwide Communion Sunday) we will have our annual collection of non-denominational Christian literature to be delivered to the *International Christian Literature Distributors, Inc. (ICLD)* in Mpls … who will (in turn) read, sort, package and ship these Bible-based materials to primarily Third World countries. People around the world are hungry for Christian literature, but in many nations it is either not available or too costly for people to purchase. *ICLD* meets this need by shipping over 1,600-pounds of material per week to over 50-countries.

Acceptable materials are: Bibles, Decision magazines, Daily Bread, Upper Room, non-denominational hymnals, Bible study books, and tapes of Sunday services. U.S. Postal regulations require materials to be free of advertising. A collection point will be at the front of the entrance to the Chapel.

— Mel Henschel

*Fellowship Committee Chair*
Special Patriotic/Veterans Events . . .


Sun, 16 Sept 18 — U.S. Constitution Sunday — pocket copies will be provided to all in attendance.

Sun, 23 Sept 18 — POW/MIA Remembrance — remembering those who are prisoners of war and those missing in action.

Sun, 11 Nov 18 — Veterans Day Remembrance — recognizing U.S. veterans of all branches of the armed forces.

Sun, 2 Dec 18 — Pearl Harbor Remembrance — recognizing survivors . . . with the tolling of the ship bell for those who have passed away since last year.

Mark your calendar with these dates . . . and join us at 11:00 a.m.

POW/MIA Remembrance — Sunday 23 Sep

The U.S. National POW/MIA Recognition Day is observed across the nation on the 3rd Friday of September each year. Many Americans take the time to remember those who were prisoners-of-war (POW) and those who are missing-in-action (MIA), as well, as their families.

The Fort Snelling Memorial Chapel Foundation will never forget those who are POW/MIAs.

Each Sunday at the Chapel they are lifted up to the Lord in prayer . . . as we light a candle in an unoccupied pew designated for POW/MIAs and have posted the POW/MIA flag beside the altar.

We light a candle as the light of hope, which lives in our hearts to illuminate their way home to the open arms of a grateful nation. May God forever watch over them and protect them and their families.

Join us in prayer and recognition of those who are POW/MIAs at 11:00 a.m. on Sun, 23 Sep 2018.

— Tony Stocker
Worship Committee Chair

Worldwide Communion Sunday — 7 Oct

We are blessed that we may come freely to the Lord’s Table. Many people throughout the world are persecuted for being Christians and being dedicated to following Christ’s command to “do this in remembrance of Me.”

For Christians everywhere communion is what keeps our Christian faith linked together even though we may be different denominations. Christ paid the ultimate price for your sins and mine. Through communion we are reminded that our sins are forgiven and we are promised life ever-after. It is a time for humbleness and a time of acknowledgement and reconciliation that we must forgive and extend our Christian love to everyone around us.

Plan to partake in communion on Sun 7 Oct 2018 at 11:00 a.m., which is open to all those who believe in Christ.

— Tony Stocker
Worship Committee Chair

All Saints Sunday

The Chapel Foundation will remember those members of our congregation who have been transformed from this church to the Church Triumphant. We will celebrate their lives on Sun, 28 Oct 2018.

— Tony Stocker
Worship Committee Chair

General Plate Offering Envelopes

If you are among those who are blessed by this ministry ‘beyond the walls’ of the Chapel (i.e., Livestream, bi-monthly newsletter, CDs/DVDs), and would like some pre-addressed envelopes to mail-in your plate offerings, please call our Foundation office at 952/888-1525 and leave your name/mailing address that we may send them to you. Thank you.
The U.S. Constitution is really not very long. It can be completely read in about 45 minutes, and yet it can be studied for a lifetime. It is so brief that it can be found in a pocket-sized pamphlet (that will be available Sept 16th in the Fellowship Hall, since Constitution Day is Sept 17th) — and yet it contains all the foundation and limitations of the federal government.

We are fortunate that those who wrote it left us with a lot of explanation as to why they wrote what they wrote. These explanations can be found in the Federalist Papers, the Anti-Federalist Papers, and other letters and documents. In fact, we find several things in the Constitution that come directly from the Bible.

A few examples of Biblical concepts are:

Art. I, sec. 1, clause 5 (presidential eligibility) comes from Deuteronomy 17:15

Art. III, sec. 3, clause 1 (treason) comes from Deuteronomy 17:6

Art. I, sec. 9, clause 3 (bills of attainder) comes from Ezekiel 18:20

… and there are several others.

The US Constitution is actually a compact of the sovereign states that created the federal government. Most people, including those in state governments, believe that the federal government is superior to the states, but it actually is the other way around. The federal government could not even exist unless the states had formed a union and created the federal government — therefore the states are superior to the federal government and the 9th and 10th amendments clearly reinforce that. Unfortunately, the states have allowed the federal government to usurp their power violating the Constitution and thereby increasing its power over the states. Those who have served in the armed forces, law enforcement, or most any elected official have taken an oath to uphold and defend the Constitution and yet when questioned on even the most basic Constitutional questions are unable to correctly answer. How does one take an oath and not even know what they are swearing to?

As we look at the Constitution, right from the very beginning, Art. I sec. 1 (the very first statement following the Preamble) gives Congress the power to make law and yet over the years we see federal agencies making regulations, courts making decisions (that effectively become law) and presidents making executive orders that usurp the power of Congress and violate the Constitution’s separation of powers. Congress allows it because it’s easier to blame the president or the court than accept their responsibility and we, the voters, are at fault because we continue to elect them. George Washington said of the Constitution “…it’s only keepers, the people.”

The Constitution has been amended twenty-seven times over the years. The first ten amendments are referred to as the Bill of Rights and serve to remind us what our rights are. If you don’t know what your rights are how will you ever know when they are being violated or even lost forever?

Now let’s see what YOU know about YOUR Constitution. Take time to take this short quiz:

1. What are the 5 liberties in the First Amendment?
2. What are the 4 requirements for a Fourth Amendment search warrant?
3. What is the term of service for a federal judge?
4. Which house of Congress has the power of impeachment?
5. Which Article describes the judicial branch?

The answers can be found on page eleven.

I hope that this brief article on the Constitution has piqued your interest.

— Mel Henschel

You can find much more information at the following:

www.krisannehall.com
Libertyfirstuniversity.com
https://publushuldah.wordpress.com
https://tenthamendmentcenter.com
Creation Corner

“For since the creation of the world His invisible attributes, His eternal power and divine nature, have been clearly seen, being understood through what has been made, so that they are without excuse.”
(Romans 1:20)

“So then... What do you think about all that there heat ... that we’re getting in our fair state of Minnesoooota this year, eh? Well you know, it’s not the heat ... It’s the ____.” (mosquitoes ... thunderstorms ... short summers ... high taxes?) I think you know, the word we’re lookin’ for is humidity. What’s that all about? Why is there so much humidity?? Well here is a little article that talks about the matter of “all that humidity.”

Over the course of a single growing season, forests pump millions of gallons of water into the air. This is why walking through a forest on a hot summer day is so refreshing. [huh?] Even a single tree pumps dozens of gallons of water from its roots to its leaves each day. How is this possible? The hot sun on the leaves causes water to evaporate from the leaves. This evaporating water creates a vacuum within the leaves’ cells. Because water molecules like to “stick together,” this vacuum pulls the water far up in to a tree — almost like it is being sucked up a drinking straw. Water molecules have been tracked moving as fast as 25 miles per hour up through the trunk of the tree! Over 90% of the water which moves from the ground into the leaves of a tree is evaporated from the surface of the leaves. Only 2% of the water is used for photosynthesis. It is this massive amount of evaporation which provides the driving force to suck so much water out of the ground and carry it hundreds of feet into the air.

Even a small grove of trees removes tons of water from the soil and releases it into the air each day. It has been estimated that an apple tree gives off 16,000 pounds of water to the air during one growing season.

This is an amazing system involving capillary flow, hydrogen bonding of water molecules, osmosis, and vacuum pressure. Trees are God’s method of humidifying the world. And all this happens in total silence! What an example of God’s engineering excellence.

“He brings the clouds ... to water His Earth and show His love.”
(Job 37:13)

— Submitted by: John Kruse

INSPIRED EVIDENCE:
Only One Reality
Julie Von Vett & Bruce Malone
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www.searchforthetruth.net

What a wonderful opportunity to display the historic Chapel in your home or office. Request your self-addressed offering envelope via e-mail at info@fortsnellingmcf.org … and it will be sent to you.

— Tim Bray, Bill Coyne, Johnnie Johnson
Endowment Trustees

If you have not already secured your LIMITED EDITION 50th Anniversary Commemorative Print of the Chapel, do so without delay! For a tax-deductible donation of $100 or more to our Endowment Fund, we will ship this print suitable for your framing.
A Word From the Classroom
“Children are a gift from the LORD.”
(Psalm 127:3)

The new year of Children’s Church begins on Sun 9 Sep with our Second Annual Fun Fest. Wow! Last year’s fun fest was fabulous with face painting, bean bag toss, cupcake decorating, etc. It was a great time! This year we will also have a “Slime Station,” a “T-shirt Table,” and a “Piñata.” And of course, prizes will be given to all kids by our Prize Guy — Richard Geis. All of this will be done on the island of our parking lot at the historic Fort Snelling Memorial Chapel, weather permitting. (Bad weather will move us to the Chapel Fellowship Hall.) Children will be carefully supervised and protected by our capable staff. Kids are to go to the worship service at 10:45 a.m. and will be dismissed during service for the island extravaganza. This excitement is for children ages 4 thru 6th grade.

The following week, Sun 16 Sep will go back to learning memory verses, hearing Bible stories, and creating adorable crafts!

Remember: Children’s Church is for kids ages 4 thru 5th grade and will meet weekly in the Children’s Classroom. This year we are also initiating a class for those in grades 6 thru 9. These young people will have a different format and will meet during the last Sunday of each month in the Men’s Robing Room. The earlier weeks each month these older kids will use notebooks to take sermon notes. (Notebooks provided)

It will be another great year with terrific kids and wonderful, committed teachers. Brings your kids and grandkids and if you want to volunteer please call Leslie Henschel at 612-532-5280. You won’t regret it!!

— Leslie Henschel, Children’s Church Coordinator

Social Media

If you are under the weather or out of town, you can still attend worship services at this site [http://new.livestream.com/accounts/3709164](http://new.livestream.com/accounts/3709164). A link to this address can be found on the Chapel website [www.fortsnellingmcf.org](http://www.fortsnellingmcf.org) where you can download a pdf of the weekly worship bulletin and scripture insert. Just click on that link and you will be able to watch LIVE or revisit previous services from the archive. Offerings can be achieved by clicking on the more link at the top of the page bringing you to a link Donate to Chapel Foundation.

Remember: We love to have you in-person at our services, but in the event that is not possible please join us via Livestream.

You may also ‘Like’ the Fort Snelling Memorial Chapel Foundation on Facebook to view news of upcoming events.

If you have an e-mail address and are not currently receiving the mid-week ‘Chapel Chatter’ … providing you with what you need to know about the coming Sunday at the Chapel, please send an e-mail to the Chapel Foundation [info@fortsnellingmcf.org](mailto:info@fortsnellingmcf.org) and request to be added to this Constant Contact distro list.

— Your Publicity Committee
Great Hymns of the Faith

This hymn also known as “Mine Eyes Have Seen the Glory” was written by Julia Ward Howe (1819-1910) in 1861 at the commencement of the Civil War. Julia Ward Howe was born in New York City in 1819 and married the American educator and philanthropist Samuel Gridley Howe in 1843. She was a published author and poet of that time and active in politics - particularly the fight for the abolition of slavery and women’s suffrage. The original music for this hymn was composed by William Steffe (1830-1890) in 1856 and paired with text from “Canaan’s Happy Shore” which included the familiar chorus “Glory, glory, hallelujah.” This tune spread quickly and became popular with the union soldiers who adapted the hymn to the words of “John Brown’s Body” (a song about the American abolitionist John Brown who led a raid in 1859 on Harper’s Ferry in an attempt to free slaves resulting in his trial and conviction for treason).

While en route to Washington D.C. to visit the union troops, Julia Ward Howe, along with her husband and several friends, heard the soldiers singing “John Brown’s Body.” Howe was fascinated with the tune of the song but less impressed with the words. Her minister - Rev. James Freeman Clarke, a member of the same traveling party, suggested that she write a different set of lyrics to the tune. Mrs. Howe reported that, “I awoke in the grey of the morning, and as I lay waiting for the dawn, the long lines of the desired poem began to entwine themselves in my mind, and I said to myself, “I must get up and write these verses, lest I fall asleep and forget them!”

Upon her return to Boston, the text of the hymn was published on the front page of The Atlantic Monthly in February of 1862 - and became an immediate success. The hymn found its way into a number of hymnals including Father Kemp’s Old Folks Concert Tunes in 1874. Since that time, this hymn has become a beloved standard across the nation. It was used by evangelist Billy Sunday, was the anthem of Theodore Roosevelt’s Progressive Party and widely performed during the Civil Rights marches of the 1960’s. More recently, it was played on September 14, 2001 at the Washington National Cathedral and St Paul’s Cathedral for the victims of the 9/11 terrorist attacks.

It seems appropriate to close this article with the chorus of one of our most patriotic anthems of all time:

Glory! Glory! Hallelujah! Glory! Glory! Hallelujah! Glory! Glory! Hallelujah! His truth is marching on.

— Submitted by Eva Zorn
Crafty Ladies
Craft & Bake Sale — Sun 14 Oct 2018

Our Fort Snelling Memorial Chapel Foundation Crafty Ladies have been getting ready for their Craft & Bake Sale that will take place on Sunday, 14 October 2018 during our fellowship time. All proceeds from the sale will be used for postage to mail the boxes of items we are collecting for the troops.

If you have any crafts or baked items that you would like to donate to the sale, please feel free to put a price on them and bring them to the Chapel on Sunday, October 14th by 9:30 a.m. so that we can include them in the sale. Please feel free to contact Bev Johnson at 952-448-1698 or via email at bjwhisney52@yahoo.com if you have any questions.

Sermon Series on CDs — “Voting Your Values”

Still available is Chaplain Ken’s sermon series from 2016. Given the current political climate and coming midterm elections, it is important for Christians to understand the Biblical Truth of these issues.

Purchase this packaged set of 14 messages (with printed outlines) for $20 in the Chapel Fellowship Hall or mailed to you or someone else (for an additional $5).

Call the Chapel Foundation office (952/888-1525) to secure your set of CDs … we have just 11 CD sets left … so get yours before they are gone.

Sermon Series on CDs — “God’s Divine Sanctifying of Man’s Defying Statuary”

History is clear: Empires that forget their founding ultimately collapse. At its core, the freedom and prosperity we enjoy in America are the consequences of individuals whose self-conscious acknowledgment of God, and their willingness to order and administer our constitutional republic consistent with the laws of nature and nature’s God.

Our heritage of faith and freedom is largely forgotten today or so distorted as to be unrecognizable. Add to this, the recent defy-ing of statuary to many of these Godly people.

This sermon series closely examines their deeds and words; their character as was said of them during their lifetimes; and their personal love for Jesus Christ — is available in this CD set. The cost is $10.00/set if you pick up your set(s) or $13.00/set if you would like it mailed to you or someone.

Let us join in proclaiming the truth … for all to hear … before it’s too late!

CD’s of our Organist - Dr. Desi Klempay on the Wooddale pipe organ are available for purchase ($10 ea.) any Sunday at the Chapel.
Senior Home Safety

Today, roughly 28% of seniors live alone. While many seniors enjoy living alone and want to maintain their independence for as long as possible, living alone can pose some serious security threats to seniors.

For many seniors, living alone is ideal. Whether they want to continue driving, caring for themselves, or interacting with their friends and communities in the ways that they always have, living alone is a major benefit for many seniors around the country.

These safety tips can help maintain independence and security:

1. **Stay in good health**
   One of the biggest risks for seniors who live alone is injury. Things like exercise, a healthy diet, an active social life drastically cut down on the health risks.

2. **Build a close circle of friends**
   Senior isolation is a big problem. According to a 2012 study published in the Proceedings of the National Academy of Sciences, senior isolation has a dramatic impact on mortality rates; and can contribute to depression, poor health, and the worsening of cognitive decline. Maintaining an active social life boosts health and well-being and, if anything does go wrong, there is always someone to call.

3. **Keep plenty of medication on hand**
   Specialists recommend that seniors keep extra medication on hand so that running out prematurely doesn’t lead to a disastrous event.

4. **Develop a disaster kit**
   All people (and especially seniors) should have a disaster preparedness kit on hand. This kit, meant to be used in the event of power outages, freezing weather, or natural disasters, should include survival supplies like dried food, blankets, bottled water, flashlights, matches, candles, and medical supplies.

5. **Keep the home in good repair**
   A home that features preventable hazards like exposed cords or slippery stairs is dangerous. The National Institutes of Health reports that 1.6 million seniors go to the emergency room as the result of falls each year.

6. **Lock doors and windows**
   When a senior lives alone, the risk of theft and burglary is very real. This means locking doors and windows and ensuring that the entire house is locked up when nobody is home.

7. **Consider an alert system**
   Things like ‘Life Alert’ and similar alert systems can be very helpful for seniors who live alone. In the event of a fall or accident, the senior just presses a button and help is summoned.

8. **Install a home security system**
   A home security system is a good way to keep the senior safe and secure. Available in various configurations and options, home security systems keep a visual eye on the home and property so that the senior can keep an eye on the goings-on and spot any suspicious activity.

9. **Install motion-activated lights**
   Motion-activated lights help spot suspicious activity and stop it in its tracks. For the utmost in safety and security, install these lights over prominent windows and doors on the senior’s property.

10. **Have friends or family pick up packages when the senior travels**
    A friend or family member should retrieve the senior’s mail and packages from the doorstep so that the house doesn’t look vacant.

11. **Install handholds and bars in the bathroom**
    The bathroom is a very dangerous place for seniors who live alone. Thanks to water and slippery floors, this is one of the highest-risk places for a fall. Because of this, seniors should consider installing handholds and bars in the bathroom.

12. **Check in daily**
    Seniors who live alone should check in often with friends and family members daily. It can be as easy as sending a good morning text to friends or family.

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— Tom Newman

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Answers to quiz on page six:
Fort Snelling Memorial Chapel Foundation
This is a non-denominational Christian church founded in 1967. We invite you to join us for worship each Sunday at 11:00 a.m. at this historic Chapel.

The Fort Snelling Veterans Memorial Chapel is a unique Minnesota memorial — a splendid monument to the patriotism, the moral earnestness and the convictions of the people of this state — a shrine to commemorate those who have died for their country. Weekly Sunday worship is sponsored by the Fort Snelling Memorial Chapel Foundation and is not subsidized by the state.

For Fort Snelling Memorial Chapel Foundation information call the Foundation Office at (952) 888-1525, or write to the

Fort Snelling Memorial Chapel Foundation
9031 Penn Ave S
Bloomington, MN 55431

or e-mail to info@fortsnellingmcf.org
or check our web site at www.fortsnellingmcf.org

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Rev. Philip A. Winn, Jr., Associate Chaplain
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The Snelling Spirit Staff:
The Snelling Spirit is a bimonthly publication of the Fort Snelling Memorial Chapel Foundation. We welcome your input, your letters and your suggestions.

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