

# Our Reflexions

on 2023

Lorin & Claire Cranford

What a year for us! This past year, 2023, brought about some changes, sealed some daily routines in our lives, and brought numerous joys and blessings. It meant, most of all, another year of retirement living at the [Baptist Retirement Community](#) in San Angelo, Texas. Our move-in date of December 15, 2015 seems an eternity ago, and yet in other ways only yesterday. It is nearing the longest stretch of living in one place since we were married on June 4, 1993. The BRC, as it is called, has proven to be a wonderful place for us. Everything is convenient, and the services are excellent. This is especially important for us in our early 80s and with a slowly declining health.



This past year for me has had its good and not so good moments. My mobility is somewhat better than the previous year, in spite of still being limited to the use of a cane while outside the house and a walker while inside. The biggest challenge is strength for walking any real distance. A ten minute walk across the street to the high rise building for lunch and back again has proven to be my limit for distance. Claire and I normally eat lunch at the [Main Street Cafe](#) located in the high rise each day, and breakfast on Saturdays. I try to add to

this another 15 to 20 minutes of daily stretch exercises, done while preparing my breakfast each morning Mondays through Fridays. My goal for 2024 is to consistently add another 15 to 20 minutes of daily stretch exercises in the late afternoons.

Thankfully I managed to stay out of the hospital and the ER during most of 2023. The provision of home care nursing assistance for part of the year made a big difference in my health. They helped me stabilize my health and also to slow down the decline in my health. Consequently, the doctors' visits have been pretty much reduced to periodic checkup visits every couple of months or so. But with nine specialists and one family doctor on the list, that still keeps me making visits pretty often. The most troubling issue has been to stabilize my blood sugar with the type 2 diabetes. Am still working on this. But the yo-yo pattern of extreme readings all the way from the upper 40s to above 300 seem to be diminishing. And that makes a big difference in how I feel each day. The Dexcom G7 blood sugar meter has been a real life-saver for me in getting on top of this up and down pattern.

Ministry in 2023 has centered increasingly on working on the online Biblical Insights Commentary series at our web site [Cranfordville.com](#). I began a massive revision of the BIC commentary in order to create a uniform format. The [revised format](#) is significantly more involved than was the original format. Each scripture passage contains [several items](#): an online commentary of 20 to 30 pages each, a



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modern application of this text, based on the exegesis. One side benefit of this endeavor is that it is dramatically helping to slow down the spread of the dementia condition that I have. This reality spurs me on quite a lot to stay with the project.



We both continue to enjoy being a part of the [Southland Baptist Church](#) here. It is a strong CBF oriented church with an outstanding staff of leaders. Chris Curran, the senior pastor, brings outstanding messages every Sunday. It is an intensely ministry and missions oriented congregation. Our Sunday School class, The Open Hearts class, is very capably led by Dr. Joanne Rice, the teacher. As a large class of over 120 members with 70 to 80 percent very active, it also engages in numerous ministry projects, especially here in San Angelo. The class surprised Claire and me by presenting us with two sets of hearing aids so that we can hear better what is going on around us. What a blessing this has been to both of us.

A few special events took place in 2023 that caught our attention. During the first part of December, one of our granddaughters, Taylor Kelley, was married. And Claire was able to attend [the wedding](#) in the metroplex. Angie, the bride's mother, came out and picked Claire up to take her to the wedding. She spent four thor-



*Dalton & Taylor*

DECEMBER 9, 2023 • SPRINGTOWN, TX

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oughly delightful days visiting with the family. Then Carrie and Mike brought Claire back home. Taylor's husband, Dalton, seems to be a fine young man, whom everyone really likes. While Claire was gone, our middle son, Donald, came and stayed with me. I deeply missed not getting to go to the wedding. But Donald, who is a computer programmer by trade, simply set up shop here and did his work. We got to visit together during the time he was here.

On Tuesday, Dec. 5, I led the monthly Men's Prayer Breakfast here at the retirement community. We talked about Christmas memories and the spiritual importance of the holiday. It was the only public speaking occasion during the year for me. And probably it will be the last one, as well. Speaking is rather painful due to some of my health issues. But it was enjoyable to hear of some of the Christmas traditions from the men who were present.

On Dec. 26, Donald and Hallie, and Greg and Jennifer, spent the day with us. Chris and Tan-ya were scheduled to come but he came down sick and they weren't able to make the trip. Sickness also prevented Mike and Ruthie, a

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grandson and his wife, from being here Dec. 23-24 from their home in Colorado, as well. We thoroughly enjoyed the time with those who were able to make the trip out from the metroplex to San Angelo. We went through a box full of old family photos that my deceased brother's wife had given Donald at a family reunion over the Labor Day weekend. This photo of my parents with my sister and me is typical of the pictures. It was a delightful afternoon going down memory lane.



## REFLECTIONS from Claire:

The year of 2023 has been a good year for us. We now have been in the Baptist Retirement Community for eight years and we are doing fairly well. I have been feeling pretty good at the age of 79.5 years. Lorin, on the other hand, has felt bad too much of



the time. He stays busy working on his Biblical Commentaries most of the time and that is what he enjoys the most.

I have been the librarian at the BRC Library for the last few years, and this last year I did need to step down. I am still taking photos of special occasions here, and enjoy that. But now the problem for me is that I am not able to work on the computer with the photos I take because it is too confusing for me. PhotoShop is too advanced for me. That means that Lorin has to do the hard part of editing the pictures, and then send them to others for putting in their activities papers. I'm glad that he doesn't mind doing that for me.

In the first part of December, I was so fortunate to be able to attend the wedding of my granddaughter, Taylor. My daughter Angie drove down about a four hour trip to pick me up and take me to Taylor's home in the Fort Worth area. I met her husband to be, Dalton and I think they will be a very happy couple. And grandson Clay arrived also. Then, Carrie, my other daughter, and her husband, Mike, arrived and I had the



most wonderful time getting to spend time with family. It felt like heaven. We all stayed very busy helping with the preparations and I just tried to keep up with them. The wedding was extraordinary and Taylor was a beautiful

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bride. Clay escorted Angie and me down the aisle to the front row. So I think that Angie, Clay



and me were special. Angie was the "Mom of the Bride" and I was the "Grandma of the Bride." The next day, Carrie and Mike took me back home and we had a lot of time to talk about how everyone was doing well. All

of the time that I was able to be with family was so very special to me and I have wonderful memories.

Then the day after Christmas day, during the holidays, Don and Hallie and Greg and Jennifer made a trip to see us and spend some holiday time with us.



It was wonderful to be with family again, as we shared stories and laughed. We spent some of the time looking at really old pictures from before my time. So thankful for the special time we had with them.

Life at the BRC is packed full of opportunities to

do things. Note the list of activities for January 2024 below:

EVENTS AT A GLANCE	
<b>HEALTHY LIVING</b> * Physical	<b>FAITH &amp; WORSHIP</b> ... *Spiritual *Emotional
<ul style="list-style-type: none"> <li>Chair Exercises: 9:30 AM, Mondays, Wednesdays &amp; Fridays, of HR</li> <li>Therapy Dept. Balance Class: 10:30 AM, Wednesdays, of HR</li> <li>Blood Pressure Screenings: 8:30 to 9 AM, Wednesdays, HR East Lobby</li> <li>Tai Chi (standing or seated): 9:30 AM, Tuesdays &amp; Thursdays, of HR</li> <li>Line Dancing: 1:00 PM, Tuesdays &amp; Thursdays, Northgate Clubhouse</li> </ul>	<ul style="list-style-type: none"> <li>Chapel Services: 9:30 AM, Sundays, Chapel</li> <li>Sunday School: 9:30 AM, Sundays, of HR</li> <li>Sunday School: 10:15 AM, Sundays, Chapel</li> <li>Worship Services: 5 PM, Sundays, of HR</li> <li>Ladies Bible Study: 9 to 11 AM, Thursdays, Northgate Activities Center, Call Judy Anton at 254-268-8183 for more information</li> <li>Prayer Meeting: Wednesdays at 6:30 PM., 4th Floor Library</li> </ul>
<b>TRIPS</b>	<b>OTHER</b> *Social *Emotional
<p>Note: All trips depart from the High Rise, East Lobby</p> <ul style="list-style-type: none"> <li>Walmart: Thursdays, 9:00 AM, except on Thursday, January 25th, we will go to HEB at 9:00 AM</li> <li>Shopping at Food King: 10:00 AM, Mon., Jan. 8th</li> <li>Lunch at Cicis Pizzas: 11:15 AM, Wed., Jan. 10th</li> <li>Shopping at Market Street: 10:00 AM, Mon., Jan. 15th</li> <li>Shopping at Dollar Trees: 10 AM, Fri., Jan. 19th</li> <li>Shopping at Target &amp; Ross: 10:30 AM, Mon., Jan. 22nd</li> </ul>	<ul style="list-style-type: none"> <li>January Birthday Party: 3 PM, Fri., Jan. 12th, MSC</li> <li>Learn to Play Mah Jongg: 2 PM, Thu., Jan. 18th, 2nd Floor, HR</li> <li>Potluck Dinner: 5 PM, Thu., Jan. 19th, MSC</li> <li>Resident Art Show: 3 PM, Wed., Jan. 24th, Room 129, HR</li> <li>Popscom &amp; Movies: 2 PM, Fri., Jan. 26th, 2nd Floor, HR</li> <li>Music by LaMont Allen: 3 PM, Mon., Jan. 29th, MSC</li> <li>Cokesbury Quartet: 3 PM, Wed., Jan. 31st, MSC</li> </ul>
<b>JUST PLAIN FUN!</b> *Social *Informal	
<ul style="list-style-type: none"> <li>Hand &amp; Foot: 2 PM, Mondays &amp; Fridays, of HR</li> <li>Games: 6 PM, Mondays &amp; Fridays, of HR</li> <li>Hinge: 2:30 PM, Tuesdays, Room 127/129 HR</li> <li>Games at Northgate: 2 PM, Thursdays, Northgate Clubhouse</li> </ul>	

As the official photographer, I attend most of these activities where photos are needed for the monthly news letter. These events include the monthly birthday party:



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Special events like the Thanksgiving Dinner:



Exercise opportunities like the ASU balance class:



Special Occasions with students visiting:



Also I have learned how to make greetings cards, birthday cards, etc. I try to send a customized birthday card to each resident in the assisted living section of our community:



One does not have to fear boredom with little to do when living here. There are always more opportunities than is possible to do.

We wish each of you a wonderful 2024 with good health and lots of enjoyment. May God bless your life this coming year.

Lorin & Claire