

Dr. Paul, Nancy Collins Launch New Bucket List Show for Seniors

Older folks face more challenges than bifocals and canes. Dr. Paul Collins, long-time host of Acts Media program, Happy Hour, with his wife, Nancy, knows many of those challenges first hand. At 85, he has experienced many of those difficulties himself. And, beginning at 10 a.m. Monday, April 5, he and Nancy will share what they've learned with you.

Long noted for their popular Happy Hour show, the couple will host The Bucket List on Acts Media. "Getting old isn't what it used to be," said Dr. Collins. "There are still health issues, but, today, financial issues are a major factor for many seniors." Those issues include funeral expenses, medical insurance, Social Security, housing, and debt management.

Dr. Collins pointed out that it is never too late — or too early — to begin managing these issues. He hopes that the program will both encourage seniors and give guidance to younger people who are trying to help their elderly parents navigate retirement.

Nancy will be on hand to address issues of diet, exercise, and medications. Doctor-patient relationship and navigating prescription coverage will also be covered.

Iraqi Vet, Ex-State Rep. Discuss Changing Times in New Show

Unless you've been living under a rock, you've probably noticed: times are changing. Covid, racial unrest, political upheaval, cancel culture and over a dozen other issues grab headlines and leave us breathless and shaking our heads. Beginning March 7, former State Rep. Lynn Morris and Iraqi War veteran Dawn Blackard will tackle the crises of our day head-on in a new Acts Media show, Changing Times.

"There's a lot to discuss," Morris said, "and we intend to go past the headlines to the heart of the matter."

Both Morris and Blackard have the necessary background for the task. Morris was a Missouri State legislator and is currently a Christian County commissioner. Previously, he owned and ran a successful chain of drugstores in Southwest Missouri. Blackard is a veteran of the Iraqi War and currently works in the medical field.

The pair plan to wade right in with an opening show about human trafficking, a growing problem in Southwest Missouri. Their initial guest will



Nancy and Dr. Paul Collins

Listeners will be able to call in with questions and comments on the live show. Future installments will include in-studio guests and, new to Acts Media, the ability to interview guests live from their home or office.

The Bucket List will broadcast live Mondays at 10 a.m.



Lynn Morris

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Morris, Durban Host Changing Times

be Sgt. Mike with the Missouri Highway Patrol, who heads a taskforce dealing with the issue.

Future shows, Morris says, will deal with a wide range of topics relevant to our changing times. That will include Covid-19 and its fallout. The impact Covid has had on the nation's mental health, for example, is staggering. A mental health official recently asked Morris, "are you ready for the mental health tsunami in America?" The combined effects of confinement, isolation, and fear are already impacting divorce rates, domestic violence, child abuse, and suicides.

Covid has also greatly impacted education. Remote and online schooling has been difficult for many students. Teachers and school administrators, too, are feeling the stress.

Adults' worklife is going through similar changes. Zoom conferencing has replaced the water cooler and many parents are having to learn to focus on both their jobs and their children at the same time.

Covid-Related PTSD Relief for the Believer

By Donna Moller, Licensed Counsellor

Until Covid-19, I was what I called "semi-retired." Then the insurance companies were flooded with people who were not coping with the depression and anxiety it produced. I began to work full-time again. Every one of my new Covid-19 insurance clients has the diagnosis of Post Traumatic Stress Disorder (PTSD) due to the trauma they have gone through. I really questioned doing this diagnosis for so many, however, their symptoms reflected PTSD. So the diagnosis stuck.

So what is PTSD? The person has been exposed to a traumatic event in which they have experienced or experienced a life threatening event. The person's response has been intense fear or helplessness. Sounds like the Covid-19 issue.

They then experience recurrent intrusions of the event. These could be dreams, a sense of reliving the event — in this case Covid-19 — is a constant reliving. The news on the radio and TV never stops! People never stop talking about it!

They then try to avoid thoughts, feelings and conversations regarding the trauma. Then there are efforts to avoid activities, places, or people that trigger the thoughts of Covid-19. There are detached feelings, estrangement from others and a foreshortened future, i.e., doomsday.

There is difficulty in falling asleep or staying asleep; irritability; outbursts of anger; hypervigilance; difficulty in concentrating and an exaggerated startle response.

Does any of this sound familiar? Politics, Covid-19, protestors, destruction. The only safe place is with Jesus.

PTSD diagnosis is the proper diagnosis if it occurs for

Yet it is possible that the changes that were, at first, temporary will become more permanent going forward. Telecommuting and distant learning could be a more-efficient, cost-effective way to get things done, even when Covid fades into memory.

Veterans' issues will be another topic. How well is America attending to the needs of military vets and their families? What can we do to help vets cope with the medical, social, psychological, and financial problems brought on by their service to our nation?

But, Morris said, Changing Times won't simply be a list of woes and controversies. "We are doing the show to help people find solutions," he said. "There are paths to a better future. That's where we want our focus." He emphasised that the show welcomes both feedback and suggestions for future shows.

Changing Times will broadcast on Acts Media Wednesdays at 10 a.m. and be a fast-moving 45-minute show.

more than a month. It is considered acute if these symptoms have a duration of less than three months and chronic if the duration is more than three months.

The majority of my old clients and *all* of my new clients are suffering from PTSD with the exception of the few who have walked with Jesus and have a deep understanding of His Word.

The types of stresses were clearly indicated by Randal Philips. They are the elementary, secondary, and college-age students, many of whom have been seriously emotionally challenged by this. The teachers who love teaching cannot get a solid foundation to stand on while teaching. Many want to leave the profession. Good teachers leaving! The administrators of the schools are at a loss as to how to respond to all the challenges.

Another area is the financial devastation due to loss of a steady income. Many people are at a loss. Marriages are impacted because the spouses have to both stay at home. Arguments, crimes of domestic violence and child abuse have increased at an alarming rate. Then there is inability to visit loved ones in hospitals or homes for the elderly, and the loss of loved ones due to death, and not being able to have a funeral or memorial service to honor the loved one who has died or to comfort those who have lost their loved one. Weddings were turned upside down. These and more I have seen in my little counseling world.

Many have come to me saying they want to hear hope. The only true hope we have is the Anchor of Hope, Jesus Christ.

The youth whom I counsel are truly the easiest to counsel. They are so open to hear His comfort. They do

Real News Review Article of the Month

Human Trafficking More Common in US

By Dr. James Wining

You may think human trafficking occurs only in California, Texas, and Florida. However, as recently as Feb. 6, 2021, two major and separate trafficking cases occurred in St. Joseph, Missouri.

In 2016, then-President Barack Obama told the Clinton Global Initiative: "I'm talking about the injustice, the outrage, of human trafficking, which must be called by its true name: modern slavery. It is barbaric and it is evil and it has no place in a civilized world." Awareness is the key in many social issues such as autism, veterans, and homelessness. Awareness is needed now for all places in America which could be used to exploit human beings.

Many of our government resources have been diverted for the Covid-19 and its related causes, including unemployment, business failures and general social discord. This vacuum of social distress may lead to issues such as slavery in the US becoming back-burner concerns. Sadly, this greatly affects women, children, minorities, and immigrants. Here is a quote from the Insider:

"The United States, along with Mexico and the Philippines, was ranked one of the world's worst places for human trafficking, but estimates place it in the hundreds of thousands." (Sources: Department of Justice; State Department.)

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Covid-Related PTSD

not understand the adults around them who are not coping. Often, they are the ones to speak truth to their teachers and parents! My job is easy with them; we search the scriptures together to find His assurances. They find ways to use both social media and friends to mitigate against the Covid-19 isolation. One of my youth came in last month to joyfully report an answer to her prayer of a Christian friend to come to her school. Her particular school is a hybrid school meeting two times a week. She was so happy Jesus answered her prayer! She and her new friend are searching scriptures together now. So: prayer and scripture. Keys to counseling believers.

I encourage believers to "Behold the new creation." II Cor 5:17. "Fix your eyes on Jesus, the author of your salvation." Hebrews 12:2. I also encourage them to follow the law of the land and trust Jesus with what He is doing. I remind them they are in Christ therefore they are holy, blameless and above reproach. Eph 1:4, Col 1:22, II Cor 5:21. Praising Him in and for all things.

And doing deep breathing when it is so overwhelming. Practicing it every day, several times a day. Inhaling His presence, exhaling the poisons of this world. Letting

Here is but a few sobering points to consider in dealing with slavery in America. There are 18,000-20,000 new trafficking victims every year. The Human Trafficking Hotline receives 150 calls a day of potential victims. Children are the most vulnerable, especially those in foster care, but women constitute 71% of the estimated slaves in America. The women's number is further revealed to be 40% Native American. While the children's number is primarily in the age group of 12-14.

There are more and more sad numbers to report, but the above is a brief sampling. Assuredly, with the past "Wall Cracking", new emigrants, legally or illegally entered, face fewer options and greater weakness to slavery as an answer to survival. We are not the new answer, but maybe we can make the public aware of the situation in the less than obvious locations.



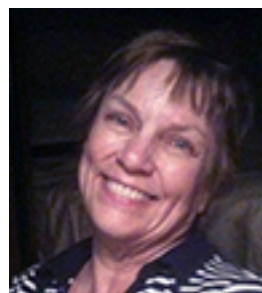
Dr. James Wining
President
Acts Ministry

thoughts drift by until one settle inside the head. Discussing that thought with the Holy Spirit.

If my people are so devastated, I empathize and come along side until they trust me and feel safe. Then and only then will they be able to hear the wisdom of the Lord. Until they feel safe and loved, I will be like a clanging symbol to them. The Holy Spirit guides me to know when I can start to encourage them in the things of the Lord.

I will share more next month. In the meantime, walk in the light with Jesus.

In His precious Name,
Donna Moller



Donna Moller
Licensed Professional
Counselor

Acts Television Network

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Morning Drive

Monday, Tuesday, Wednesday, Friday, 8-9 a.m.

Hosts: Matt Pearson and Jason Cobb

Morning Mouth

Monday, Wednesday, Friday, 9-10 a.m.

Hosts: Johnny Rooster and Matt Pearson

The Bucket List

Monday, 10-11 a.m. **Hosts:** Dr. Paul and Nancy Collins

Learning Curve

Tuesday, 9-10 a.m. **Host:** TBA

Crime Time

Tuesday, 10-11 a.m. **Host:** Steve Albriecht

The Spirit in America/ Silver Linings

Alternating Wednesdays, 8-9 a.m.

Host: Randy Baar/TBA

Changing Times

Wednesday, 10-11 a.m. **Hosts:** Lynn Morris and Dawn Blackard

Penny for Your Thoughts

Thursday, 9-10 a.m. **Host:** Susan Abar

Wisdom for Today

Thursday, 10-11 a.m. **Host:** TBA

Open Ended

Friday, 10-11 a.m. **Hosts:** Peggy and Geoff Haberen