



August 6, 2026

For Participants in LEA's Retired Ministries Network

LEA is excited to share a refresh designed to elevate your member experience and better support your daily ministry. To ensure our digital spaces are as modern, intuitive, and resource-rich as possible, we have rolled out several updates across our platform:

- **Network Name Change:** Professional networks are now called **Ministry Resources**, serving as your streamlined hub for tools and collaborative growth.
- **Refreshed Design:** You will notice an updated look for [LEAconnects](#) and our main [website](#).
- **Blog Renaming:** Our flagship blog, *LEAven*, has officially transitioned to [The LEarning Curve](#), your go-to source for contemporary insights and trends in Lutheran education.

We invite you to explore these new features and see how we are continually growing to better serve you.



A great fear for older adults is memory loss. The Mayo Clinic suggests Alzheimer's disease is caused by a combination of genetic, lifestyle and environmental factors affecting the brain. Want to preserve your memory? Read [Lifestyle Choices Can Help Keep Memory Exercised, Functioning](#). (Bill Motchan in *STL Jewish Light*)

Summer is the season for fresh flavors, lighter meals, and making the most of everything in bloom. [6 Healthy Summer Recipes for Seniors](#) shares six simple and healthy summer recipes that celebrate the best seasonal produce. Each recipe is easy to prepare, nutritious, and perfect for warm-weather evenings. There are also a few practical tips for healthy eating all summer long, so you can feel your best from the first bite to the last. (*Springpoint*)

Don't miss these weekly LEA resources...

[WOW Video](#)

[Weekly Devotion](#) by Ed Grube

[The LEarning Curve Blog](#)

What Works For Me Podcast

Disclaimer: LEA provides links for informational purposes only.

To unsubscribe, log in to your account at the LEA [Infohub](#):

To post or reply encouragenet@listserv.cuchicago.edu

Past Issues: Search the archive [HERE](#).

Contact LEA: 7400 Augusta Street, River Forest, IL 60305 | 708.209.3343 | lea@lea.org | lea.org

Linking, Equipping, and Affirming