

SENIOR OUTREACH REPORT TO CUMC COUNCIL
JANUARY-SEPTEMBER 15, 2013

Senior Outreach programs and activities have continued to work to meet the needs of our faith community.

SERVICES AND REGULAR PROGRAMS

1. Issues in Aging: (Group meets the First Tuesday of each month at 10:30-11:30am)
We have continued our topical program format with presentations on Medicare and recent changes in the laws as they relate to healthcare for seniors, Maintaining Brain Health, Brain Health, focus on Spirituality, The Problem with Polypharmacy, Organizing and Downsizing Your Stuff, and the Therapeutic Benefit of Music. Topics are selected based on group interest. In October "Is it Sweet to Tweet? Use of Social Media" and in November our topic will be the new advanced directive known as POLST that became law in March, 2013. POLST refers to Physician Order for Life Sustaining Treatment. Eventually, this will replace the DNR order.
2. Exercise for Life: (Group meets Tu/F 1:30-2:30pm)
Continues Tu/F . Attendance is down to an average of around 12 this summer. We have added another back up instructor, Sony Anand, who will be available to fill in when Mary Boyer our lead instructor and Marlene Stotz, our continuing back up instructor.
3. Reminiscence and Fellowship Services: (Services meet second Tuesday and third Wednesday respectively at 10:30-11:30am)

Format remains unchanged. We look forward to another joint service in December featuring many of our CUMC musicians, many of whom have provided special music for our services during the year.

4. Community Quilters: (Group meets second and fourth Monday 9-12am)
This is a new group formed earlier this year. The quilters work on quilts that get donated to those in need as well as work on personal projects. This group recently put together a plan for the quilt show in the sanctuary similar to the one we did last year. Members of the congregation shared their heirloom and beloved quilts. In addition, members entered their quilts in a contest for the "best in show" quilt that has been entered in this year's Quilt Show at Cedarlake Village in hopes of winning the \$1000 prize to go toward paying our apportionment again this year.
5. STARS: (Meets monthly on the second Thursday 1:15-2pm for the service and 3-4 for the breakout support groups)

This interfaith program for stroke survivors and caregivers was begun in January thanks in part to a grant from the United Methodist Foundation. In August, the scope of the program was expanded to include individuals with chronic or life threatening illnesses and their caregivers/family/friends. Future planning includes discussion of a possible "Wellness Support Group" in the early evening to accommodate the schedules of many of these individuals.

6. Westbury Services: (Meets at Westbury Care Center on the third Tuesday of the month at 10-11am)

We have continued to travel to Westbury to provide a monthly service with communion for the residents. Members of the CUMC congregation have been invited to assist with this important and well attended program and to date Joyce Brunsting, Jeanette Bartels, Nancy Whittington, and Pat Shanower have helped as volunteers.

7. Other: Hearing Loop Installation:

Barbara Dabrowski, Rich Kaffka and I submitted a request to the Retirement Research Foundation's (RRF) Accessible Faith Grant (AFG) group to help fund the installation of a hearing loop system in the Sanctuary by February, 2014. Shelly Sandow, the accessibility consultant with RRF has indicated that our request would be reviewed in January, 2014. Based on the cost estimate for the project (\$12,500) and the expectation that RRF will fund up to half of this cost. Members of the congregation have been supportive of this project due to both personal hearing loss issues and those of their family and friends and the impact this has had on being able to fully participate in services at CUMC. Donations from these folks have begun to come in and we are about 70% funded for the second half of what will be needed. This is very exciting for our congregation and community since will be one of very few facilities in this area to provide the hearing loop system benefits to participants with hearing loss.

Respectfully submitted,
Sylvia Kupferer
Facilitator, Senior Outreach