

SENIOR OUTREACH UPDATE/PLAN  
REPORT TO THE CUMC COUNCIL  
March 2013

CUMC has a booming lay led program for mature adults in our congregation and community.

PROGRAM ELEMENTS

The the Senior Outreach program of CUMC currently consists of the following:

1. Monthly Reminiscence Service for those with cognitive losses on the second Tuesday of each month from 10:30-11:15am
2. Monthly Fellowship Services for those who wish to participate in a spiritual service that provides time of fellowship and camaraderie with others in similar life circumstances.
3. Yearly Celebration of Wisdom service for members of our congregation 90 years of age or older.
4. Monthly Successful Aging Seminars (begun fall 2011) where participants gather to take part in discussions relevant to mature adults and the world they live in.
5. Twice weekly Exercise for Life classes (begun January 2012) tailored to meet the needs of the mature adult by a fitness instructor with experience in working with the special needs of individuals in this age group.
6. Monthly Westbury Care Center Service (held at Westbury Care Center in Lisle) for residents unable to attend church based services due to health related issues.
7. Monthly S. T. A. R. S. (Spiritual Time And Renewal after Stroke) (begun February, 2013) for stroke survivors and caregivers. This interfaith outreach ministry has services designed to provide a safe and caring structured opportunity for participants to participate an ecumenical service followed by support groups for both survivors and caregivers.

In addition, the Senior Outreach Ministry also supports other faith based offerings for seniors including the prayer shawl ministry, visitation, lunch bunch, and the prayer chain.

We have recently updated the Senior Outreach Ministry Pamphlet to reflect the various programs available to our members and our community. Also, for the past two years we have put together a Christmas Potpourri booklet that consists of the favorite Bible verses, songs, recipes, readings, and poems and

have given them to our guests at the Christmas Fellowship Service.

Last year approximately 75 people attended the Family Wellness Day and educational event organized by our Senior Outreach Team in conjunction with National Night Out. Another successful event was the Quilt Show that we held in conjunction with our Stewardship Campaign that eventually led to winning the Cedarlake Village Quilt Show prize of \$1000 that went to help to pay our apportionment.

Recently, we have been looking into the cost of installing a hearing loop system in the Sanctuary. Two vendors have visited and are in the process of putting together bids for us. In the interim, Barb Dabrowski, Rich Kaffka and I are working on writing a grant request to the Retirement Research Foundation 2013 Accessible Faith Grant program. If we receive the grant, it could pay up to 50% of the cost of installation of the system.

#### FUNDING SOURCES

This is a lay led ministry that has at its core a group of dedicated volunteers whose mission it is to help our participants discover the benefits of aging, including ways to share wisdom, stimulate spiritual growth, and appreciate the fact that these years of our lives can be the most meaningful for us and for those we love and care for.

We have been blessed to have the following sources of funding:

- Northern Illinois Conference Creative Ministry Grant for \$500 for our Senior Ministry
- UMF Creative Ministry Grant for \$1000 for our STARS ministry
- Participant donations are also used to support our STARS program. A donation of \$10 is requested from participants who attend the program
- Participant donations support our Exercise For Life Class
- Private donations from our members.

#### GOING FORWARD

Within the next 3 years, the Senior Outreach Ministry plans to continue to work toward maintaining, updating and enhancing all of the regular ministry programs. In addition, the following are planned:

- Support the installation of the hearing loop system for our members.

Based on the first quote that has come in to date, the system will cost

around \$13,000. If we get 50% of the cost funded through a grant, then we will need to consider ways to fund the other 50%. It is our hope that the system will be installed by the end of summer, 2013.

- Cedarlake Village is planning another quilt show with a \$1000 prize this fall. We will be doing another quilt show in our Sanctuary to see if we can pick the right quilt that will help us to win 2 years in a row!
- Plan and conduct another Wellness Fair. A decision about whether to have it run in conjunction with the annual night out event has yet to be made.
- After our STARS ministry is well settled and running smoothly, we will consider broadening it's scope to include survivors of other chronic illness conditions and their caregivers.
- Continue to provide information about our services and programs to local senior facilities and encourage participation. We would like to have greater participation from members of our congregation; however, we also want to share our resources with those in the community who might need them. Publicity is key to this effort and something that we have not done well over the past years. We have a unique combination of programs for seniors and need to find a way to get the word out other than by word of mouth.
- Just as our other programs have grown out of a need in our church and community, we will keep our ears and minds open to other ministry opportunities for our senior members.