

SENIOR OUTREACH REPORT
TO THE
CUMC CHURCH COUNCIL
Wednesday, May 13, 2015

The past months have been eventful for our Senior Outreach Team. We continue to work toward getting more of our congregants involved as a participant and/or volunteering their time and energy to our senior ministry.

A Sunday Musicale Presentation: Mozart's Sister

On Sunday, June 14 at 3pm, we are pleased to be able to sponsor the Musicale Presentation, Mozart's Sister in our Sanctuary. Award winning Actress Megan Wells will be bringing to life the story of Mozart from inside his family in a manner that will engage, educate and entertain those who attend. As Megan shares the story, Chris Garofalo, our Organist and Director of Music Ministries will perform Mozart compositions for this 90 minute presentation. Following the performance participants will be invited to meet our performers for a reception in the parlor.

Celebrating Wisdom, May 16-17

Thanks to the hard work of Lynda Krazinski and members of our ministry team, this year on May 16 and 17, we will be celebrating those individuals who were born before 1926 and who have been a part of our congregation. Linda and Suzanne Wills have done a remarkable job of putting together a booklet to share the stories of joy, growth, family, hardship, resilience and faith that have been a part of the lives of these extraordinary people who have enriched our faith community with their wisdom through the years.

Successful Aging Seminars

In April we were pleased to have John Cable and Carl Skrabacz from the Naperville Senior Task Force to share information with us about the work of their health sub-committee that has a stated goal of improving the ability of Naperville seniors to “age in place” by communicating the most advantageous means to maintain their good health. John and Carl told the group that the task force is looking for general information to help enhance the lives of senior citizens and their caregivers in our community. They asked that members of our congregation who are seniors, have a member of their family who is a senior (spouse or child), a caregiver to a senior, or have an interest in senior issues, to take a moment to fill out an online survey at <https://www.surveymonkey.com/s/naperseniors>. Printed copies of the survey are available in the Senior Outreach mailbox in the church office for those who would rather do the survey by hand.

For our May Seminar, we were able to arrange for a FREE LUNCHEON WORKSHOP on "Natural Solutions to Stress Related Problems". This event is sponsored by the foundation for Wellness Professionals and will be held on Tuesday, May 12 11:30-1pm in Fellowship Hall.

Exercise For Life:

On Friday, April 17 our Exercise For Life group welcomed a new member to our exercise instructor team. Jan Hammersley is a Naperville resident and has been working along side Mary and Marlene for several years. After our session we all knew that we had worked out as hard as ever, but Jan's easy style made it seem like we had breezed through the exercises. Jan will be available to fill in for us

when Mary and/or Marlene are unavailable to lead the class.

Joint Senior Worship:

The group of seniors and volunteers attending the April Joint Senior Worship Service was treated to the beautiful music of the BACH BELLS from Our Savior's Lutheran Church. The members of the group shared information about their history with the bell group and stayed around to show our participants how the bells work. In addition, our very own Chris Garofalo was with us as our piano accompanist and he treated us to the Silhouette he composed in memory of our dear friend Joan Uebele who was a faithful volunteer for our services prior to her death last month. Next month our theme will be "Be Inspired!" which should not be too hard with the beauty of spring all around us.

STARS:

Our April meeting had to be re-scheduled from the second Thursday to the Thursday due to the weather conditions on Thursday, April 9. Remember the wind and the rain? We took time on April 16 to celebrate together as we looked "Inside the Egg" and found ways that we have used our God given inner strength to learn new skills manage life problems that have arisen. This month we are exploring lessons learned from "The Phantom Tollbooth".

Outreach Ministry:

For the past couple of years volunteers from CUMC and the pastors have been providing monthly chapel services with communion at the Brookdale Skilled Nursing Facility. We have recently been asked to expand this ministry and provide a similar monthly service for individuals who participate in the Ecumenical Adult Care (EAC) facility in Naperville. Many of our members may remember that CUMC played a role in the development of this center and have served as volunteers there over the years. Pastor Grace has asked our Director of Congregational Care, Lauren Rheingans, and our Senior Outreach Facilitator, Sylvia Kupferer met with members of the EAC and are currently exploring ways that we can make this happen within the next few months.

Artisan's Group

Our group has continued to clean our, straighten and organize the many supplies in the Craft Room. As we plan for the Quilt Show in the fall, our group has decided to make a quilt for the show. The pattern we chose is called the "Blooming Nine Patch". Fabric has been selected from our fabric stashes and we are now in the process of cutting out the pieces that will be sewn together by our group to make the nine patch pattern. This group meets every Monday between 9am and noon. Anyone who wants to help cut out blocks, assemble kits, and help with the piecing is welcome. We now have three working sewing machines that are available in the craft room for those who want to help to piece the top. As always, you are welcome to come and watch or catch us up on the latest news or work on your own projects during our time together.

....and finally, a mystery to be solved. In the early '90's, members of our congregation took blocks of white felt and made a "family block" that was then attached to a blue fabric background. This "quilt" was hung in the stairwell between the first and second floors at the church. Our Artisan's group would like to find this quilt to put on display at the fall quilt show but so far, we have been unable to find anyone who knows where it went. If you have the answer to this puzzle, contact a member of the Artisan's group or Sylvia Kupferer at 630-983-1397 or coppersmithy@hotmail.com.

Respectfully submitted,
Sylvia Kupferer, MS, RN (Retired)

Facilitator, Senior Outreach Ministries