

SENIOR OUTREACH REPORT TO THE CUMC COUNCIL
October 27, 2015

An evaluation of the CUMC ministry four out older adult congregants has recently been completed. On the whole, we have a well-rounded program for our seniors that includes activities by our Senior Outreach Team, Parish Nurses, and Pastoral Care. As we approach the fall and look to 2016, we have a busy agenda.

SUCCESSFUL AGING: At the request of some of our members who have been unable to attend the Tuesday seminars, we moved our time slot to the first Wednesday of each month at 10:30am effective in October. Also, in addition to notices in the church bulletin, we will be compiling an email list that we can use to alert those who are interested about the topics to be presented. This group will not meet during the winter months (January-March).

STARS: Small group ecumenical small group ministry is designed to provide a safe and caring structured opportunity for survivors of long term illnesses and disabilities, their caregivers and interested others who desire to participate in a program specifically designed to address their spiritual needs. We will be updating our bookmark and re-distributing them to local hospitals and rehabilitation clinics. Also, we will be working with Ted Waltmire and the Community Players to put on performances of the musical comedy "The Mighty Ted" either in the spring or fall of 2016. We recently completed a proposal for a Community Benefit Grant To Northwestern Medicine. If the proposal is funded, the funds received will be used in support of the "Encore Ringers" music program that reaches out to individuals with ongoing chronic conditions and their caregivers in our community.

EXERCISE FOR LIFE: We have noticed that most of the participants in our EFL class are what would be classified as active adults even though the class is designed to those who are mobility and health challenged. Our instructor is looking at ways we can encourage participation of more of these individuals. In March of 2016, we will be submitting a proposal for a Creative Ministry Grant from the Northern Illinois Conference. We will be asking for grant money to help to produce an exercise video that can be used at home or in groups of active and mobility impaired adults.

BROOKDALE CHAPEL SERVICE: We plan to offer a training session for the activity and ancillary staff at Brookdale. In this session we will outline how our services are designed to nurture the individual's faith/soul and meet some of their spiritual needs. In addition, we plan to discuss ways the Brookdale staff can become more involved in the services. We are also working on a plan to identify more of our congregants who might be interested in volunteering to assist with this service.

ECUMENICAL ADULT CARE (EAC): The Interfaith services have been going well at EAC and we were happy to be able to welcome Jolene Bastounes as a regular pianist for our services. We have been impressed with how enthusiastically our small group ministry has been received by this group as we provide services to enrich the lives of the participants by helping them to meet their spiritual needs while enjoying the camaraderie of attending a religious service with their peers.

COMBINED INTERFAITH SERVICE: We have plans to re-evaluate the format that we are using for this program. Currently we provide a service for seniors in the Parlor at CUMC. Participants for the most part have been from local senior residences; however, for the past year, attendance by the residences has been episodic for various reasons. We have made a decision to take the winter months (January-March) off and will decide whether there is a need for a service such as this at CUMC or if we need to look at other alternatives. We are planning a Christmas Gathering and Musical using the many

talented musicians at CUMC and hope to have participants from the senior residences and our congregation attend.

QUARTERLY MUSICALS: We will continue to work with Chris Garofalo to make musicals available. To date the two musicals we have done “Mozart's Sister” in June and “Claude Debussy” in October were wonderfully received and supported by our congregation and community. We are planning to have our next offering in late spring of 2016.

AFTERNOON AT THE MOVIES: This is a new idea for our mature adults. Since many of the mature adults in our congregation find it difficult to drive at night, we are considering the option of showing classic movies on a Saturday afternoon at least quarterly beginning in the spring of 2016.

ASSESSING THE NEEDS OF OUR MATURE ADULTS: We are currently discussing a plan in conjunction with the Parish Nurse Team to find out more about our mature adult congregants. In particular, we would like to know more about activities and programs that CUMC could offer to make their lives better from a spiritual and interpersonal perspective.

Respectfully submitted,
Sylvia Kupferer, MS, RN (Retired)
Facilitator, Senior Outreach
Senior Outreach