

CUMC CHURCH COUNCIL

SENIOR OUTREACH REPORT

April 13, 2016

Spring is here and our Senior Outreach program is back in full swing with a few changes:

- Our **Exercise For Life** class is now meeting on Tuesdays and Thursdays from 1:30-2:30pm in Fellowship Hall. The change came about when Mary Boyer, our primary instructor, moved from Naperville to Chicago after her husband, Scott, accepted a new management position there. Mary plans to commute to Naperville on Tuesdays and Fridays to continue all of her exercise classes in Naperville, including ours.
- We will continue to have our **Senior Seminars** on a quarterly basis rather than monthly. We are looking at topics currently trending for seniors including changes in health care availability and services that meet personal care, mental health, physical and spiritual needs. Our next Senior Seminar will be in May (topic, date and time, TBA). Based on the success of our luncheon seminars last year, we are looking at ways to include lunch with our seminars this year.
- On May 15 we are sponsoring **Deep River : A Spiritual Journey** with Henry Pleas, tenor, Henry's mother, Rev. Sylvia Peas, writer and storyteller, and Chris Garofalo, piano. An excerpt from the description of the CD, "Deep River: A Spiritual Journey" available from Amazon.com reads: "Along with being an expression of their belief in God, spirituals were also a metaphor for the slaves' desire for physical freedom. This musical heritage symbolizes the hopes, fears, and strengths of a proud race...Rev. Peas was inspired as she listened to a Marian Anderson recording of the spiritual Deep River. At that moment, the story... was born. Some nights later she played the recording for her son and told him the story. Neither of their lives has been the same since." We are working on publicity for this event in the local area.
- Preparations are being made for our yearly **Celebration of Wisdom** our yearly tribute to those in our congregation 90 years old and older. This year our celebration will be on the weekend of June 4-5. Lynda Krazinski is coordinating the event and we are asking for members of our congregation to help with the celebration. Lynda is currently working on the Wisdom booklet to provide life stories and pictures of our 90+ congregants.
- The monthly **Interfaith Senior Services** will resume on April 20. Our musical guests for the April Service will be the **Bach Bells from Our Savior's Lutheran Church**. Our scripture for the day will be Hebrews 13:8 "*Jesus Christ is the same yesterday and today and forever*" and we will be discussing changes that have come about in our lives. Following the service, we are planning a pot luck luncheon and inviting our volunteers and interested others to come and share their ideas about how to best move forward with our senior programs in a way to both increase participation from local senior residences and our congregants.

Our other programs are continuing including **STARS** on the second Thursday of the month and our two

outreach services; one to **Brookdale Care Center** on the first Tuesday of each month and one to the **Ecumenical Adult Day Care Center** in Naperville on the fourth Friday of each month.

Senior Outreach will be hosting the CUMC Hospitality Table on April 17 and will be working to recruit more volunteers to help with our programming at that time.

Respectfully submitted,

Sylvia Kupferer, MS,RN (Retired)

Facilitator, Senior Outreach