

Senior Outreach Ministry Report to CUMC Council
January 8, 2014

The Senior Outreach Ministry is pleased to report the following:

- With the support of many individual members of our congregation and the CUMC Foundation, the cost of a **Hearing Loop System** has been fully funded and a plan is in place to have the system installed in the CUMC Sanctuary in February, 2014. With the help of Lynda and John Krazinski a survey was mailed to our congregation to determine how many individuals have a hearing loss but do not have hearing aids equipped with T-coils and who would use an induction loop receiver. Based on the questionnaires returned, a total of 5 receivers will be needed initially (2 were included in the initial proposal) for an additional cost of \$149/each (\$447 total).
- The plan for our **Issues in Aging Seminars** for January and February include for January: Dr Amy Reilly, an audiologist with Sonus who will review information on hearing loss and answer questions about the hearing aids and how they interface with the hearing loop system that will be installed in the sanctuary. February, we will be inviting a financial planner to discuss questions that arose in our December seminar on Independent Living that related to options for paying for assisted or independent living including the advantages and disadvantages of reverse mortgages.
- Our **Exercise for Life** class celebrated a second anniversary on January 3, 2014. A little over two years ago, Larry and JoAnn Roessler asked why CUMC had not considered an exercise class. They were currently attending the exercise class at Grace United Methodist Church and said that they had found it to be an important part of maintaining a healthy lifestyle at a minimal cost since the instructor was paid with donations by those who attended the class. A search for an instructor qualified to teach a class for older adults yielded our wonderfully talented instructor, Mary Boyer who maintains certification as a Zumba Gold instructor and is constantly coming up with new ways to help us to enjoy exercising. Class size varies, but we seem to be able to maintain enough participation to reimburse our instructor \$40/session with donations from members. We have added two back up instructors since our start in 2012 and have used them occasionally when Mary takes time off.
- For the months of December-March when the weather is less that optimal for our seniors, we decided to have a combined **Reminiscence and Fellowship Service**. In December our gala Christmas Musical program was well received by all (see article in January 1 e tidings) We are pleased to have the recently completed memory care facility, Silverado, as a new group of participants in our Reminiscence Services.
- We have added volunteers who assist with the monthly service at the assisted living and skilled nursing facility, **Westbury of Lisle**. Currently volunteers include Pastor Sarah, Jeanette Bartels, Bob and Joanne Jaynes, Sylvia Kupferer, Pat Shanower, and Nancy Whittington,
- Our **STARS (Spiritual Time and Renewal After Stroke)** is continuing; to date we have had only two sessions when we had chronic illness survivors join our group. In the coming year, we hope to increase awareness in our community of the availability of this option. We are pleased that Samaritan Interfaith has continued to support our work and has listed our group in its resource directory.
- A **Family Wellness Event** will be held in 2014 (date TBA); It is our hope to provide a fun and informative event for our congregants and our community.
- Since our last two shows have been so well received by our congregation, **Community Quilters** and our prize winning quilters have plans for another Quilt Show in the Fall

We continue to be blessed with the support of many volunteers and of the ministers and staff of CUMC; without their help, none of the above would have been possible.

Respectively submitted,

Sylvia Kupferer, MS, RN (Retired)
Facilitator, Senior Outreach
Community United Methodist Church
20 North Center Street
Naperville, IL 60540