

SENIOR OUTREACH REPORT TO CUMC CHURCH COUNCIL
JANUARY 7, 2015

Our Senior Outreach program continues to thrive and to work to keep pace with the needs of our congregation and community. We look forward to the new year and an opportunity to find ways to include some of our younger congregants in our programs in keeping with our new title, "Senior Outreach Ministries for All Generations". This year we will also look for ways to encourage more of our congregants to take advantage of the wide variety of programs we have to offer.

1. Our list of participants in our STARS group continues to welcome new participants who are stroke survivors and long term illnesses and caregivers. We were pleased to be able to make a Christmas donation to a new, locally developed, nonprofit Respite Endowment Organization whose purpose it is to provide assistance in the form of time out to parents of children with special needs. The organization provides funds for the parents to go "out" and have professional caregivers to look after their special needs child while they are away from the home. This is done in an effort to allow these parents to have some time for themselves either individually or as a couple. We have invited Becky Pundy to visit our group on January 8 to share more information about the mission of her organization and to explore ways that we could possibly collaborate on future efforts together.

2. In December, our Reminiscence and Fellowship Interfaith Senior Service hosted a musical program for our guests. Copies of the CUMC advent devotionals compiled by Lauren Rheingans were shared with the group. This "God's Love: Human Stories" booklet contains one story that was completed by one of our STARS members with the assistance of Lauren Rheingans. A good time was had by all! Our monthly joint services will continue on the third Wednesday of each month. In addition to residents from senior residences who regularly attend, we are looking at ways to encourage other seniors from our congregation to attend.

3. Our Brookdale Care Center (formerly Westbury) service in December was very well attended by residents at Brookdale who were treated to a Christmas message by Pastor Sarah. Although we had some technical difficulties with our music, we found that the residents did not seem to mind. With the help of Lauren the group sang many of their favorite Christmas Carols. We are continuing to look for ways to improve the music in our service.

4. Our Exercise for Life class attendance continues to run with an average attendance of 11 for the past few months. Our lead instructor, Mary Boyer, will be out of town in January and February and Marlene Stotz will be leading the class.

5. The Artisan Group (formerly Community Quilters and Studio Group) continues to complete "Red Hats" that will be donated to the Edward Hospital Nursery for babies born in February as a part of the Heart Awareness Month activities. Anyone who wants to knit or crochet a hat for a premie or newborn can contact a member of our group for recommended patterns. The Craft room is open and available to anyone on Monday mornings from 9-11:30am. There are a

variety of projects that are available for those who want to join in and need some ideas.

6. The Successful Aging Seminar (aka Issues in Aging) will not meet in January. For February 10, and at the request of Don McFee, we are working on a plan to have a hearing specialist provide a program for us that we will entitle “Hearing Loss? How the T-coil can help”.

We are also working on plans for a lunch program for March 10 that will focus on Wellness (specific topic has yet to be selected). This program has been offered to us by the Foundations for Wellness group from Naperville.

7. Dean Craig has told us that our problem with the background hum in the hearing loop system has been resolved. We have continued to get positive feedback about the benefit of the loop for those with hearing loss who have the t-coil equipped hearing aid. Tom Kupferer has promised to work with Dean Craig to complete step-by-step instructions for using the new connection for Fellowship Hall. Copies of the instructions related to the hearing loop system will be kept on file in the CUMC office.

As always, we are thankful for the volunteers who support our programs and are always looking for ways to be sure that folks in our congregation know about and take advantage of our programs either as participants or volunteers. The Outreach Team continues to look for ways to invite more seniors in our community to participate in our programs. We are thankful to have Lauren Rheingrants to work with us as we explore various ways to do this.

Respectfully submitted,

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