

Episcopal Senior Ministries

Parish Contact Meeting

Friendship Terrace

January 14, 2010

Attendance:

Mary Ann Wilmer, ESM Board
Kathy Rickard, Friendship Terrace
Mary Ann Buckley, ESM Cares
Claire Intern, ESM Cares
Vivian McFarlane, St. Stephens &
Incarnation
CB Wooldridge, St. Paul's K Street
Betsy Bowman, St. Columba's
Barbara Howard, Trinity DC

Jonnie Sue Hicks, St. Albans
Linda Ewald, St. Mark's DC
Wilhelmenia Walden, Atonement
Helen Urquhart, Christ, Kensington
Frances Jones, St. George's DC
Diane Robinson, Trinity DC
Betty Rossi, Ascension Gaithersburg
Annie Shaw, ESM Parish Volunteer
Services

Opening Prayer given by Jonnie Sue Hicks

Welcome by Mary Ann Wilmer

Introductions of Attendees

Kathy Rickard gave overview of Friendship Terrace amenities to attendees and materials for parish contacts to take back to home parishes.

Lunch & Speaker Presentation

Speaker: Mary Ann Buckley, Director of Client Services, ESM Cares

"The Art and Balance of Caregiving" (full notes available upon request)

Mary Ann's talk reviewed "**Who is a caregiver**" (anyone responsible for attending the needs of a child or dependent adult and anyone providing unpaid assistance to someone who is ill, disabled or needing help with basic activities of daily living).

Her points on "**we must take care of ourselves in order to take care of others**" sound easy but can be challenging to accomplish.

She gave **practical tips for "others" to assist in care giving**, including direct and explicit offers of help (I have 4 hours of Tuesday afternoon. Would you like me to stay with ___ so that you can go out?). **Caregiver burnout symptoms** are also signs of clinical depression so preventing burnout is crucial to effective care of our friends, neighbors and partners. **Organizations that provide help**, including ESM Cares (its free information line and its care management services) were reviewed.

Discussion: How do we know who needs assistance within our parish? What programs are useful to our individual congregations? St. Mark's DC, St. Columba's and St. Albans have extensive parish programs; St. Paul's K Street's clergy run the programs and they invite specific assistance from individuals. Trinity's programs are spread among several groups. St. Stephen's & the Incarnation does offer a caregiver support group. St. Mark's could use one and needs a facilitator.

CB asked if parish contacts were expected to start these programs. Mary Ann Wilmer responded there was no one set way to be a parish contact. Different parishes have different needs. How do we know when people need help? (How do we provide opportunity for staunchly independent people know they can ask for help?)

What would the role of ESM be in supporting caregivers or home visitation programs? We can gather speakers to work with specific parishes and groups of parishes to provide insights. However, it is unlikely that we could provide ongoing structure and supervision.

Next Meetings –

February 11, 2010 at 11am will be held at St. Luke's Episcopal Church, 15 & P Streets, NW

Topic: Advertising your senior ministry programs, co-led by Barbara Howard (Trinity DC) and ESM Staff.

March 4, 2010 at 11:30am at SpringVale Terrace, Silver Spring

Topic: Frauds and Scams Targeting Older Adults.

Invited Speaker: The State's Attorney. Buffet lunch served.

Closing Prayer was led by Mary Ann Wilmer

Following Adjournment at 1pm, a tour of Friendship Terrace was given by Kathy Rickard

Materials given out at meeting are available upon request:

–Caregiving Notes by ESM Cares

–Haiti Relief bulletin insert from Episcopal Relief & Development is available by download at <http://www.er-d.org/BulletinInsertsCT/>

-Friendship Terrace flyers

Annie Shaw,
Director, Parish Volunteer Services
Note taker