



Seabury Resources for Aging

**Congregational Resources:** Parish Contact Lunch & Learn Meeting  
**All Soul's Memorial Episcopal Church**  
February 3, 2011, 11:30am-1:30pm

**Agenda**  
**"Examples of Health Ministries in the EDOW"**

**Attendance:**

Mary Wright Baylor, Washington National Cathedral  
The Rev. John Beddingfield, Rector All Souls  
Isaac Borocz, All Soul's  
Betsy Bowman, St. Columba's  
Mary Ann Buckley, Seabury Care Management  
Maureen Callanan, St. John's Beltsville  
Vikki Clayton, St. Peter's Poolesville  
Linda Ewald, St. Mark's Capitol Hill  
Gayle Fisher-Stewart, Our Saviour, Brookland  
Linda Hall, All Saint's Chevy Chase  
Joseph Howell, Our Soul's & Chair, Seabury  
Lois Jackson, Holy Comforter  
Martha Jewitt, RN, Christ Lutheran  
Arleen Leis, St. Philip's Laurel  
Annie Shaw, Seabury  
Nancy Suggs, Sr. Warden, Our Soul's  
Theresa Wheeler, Grace Silver Spring  
Paul Whitmore, Ascension, Gaithersburg  
Mary Ann Wilmer, St. George's DC & Seabury Board  
Louise Young, St. George's DC

*After the welcome from Mary Ann Wilmer, Seabury Board Member, participants introduced themselves and Fr John Beddingfield, Rector, welcomed this group to All Soul's and gave the blessing. Joe Howell provided an update on News and Events from Seabury Resources for Aging.*

***Buffet Luncheon prepared by Mark Hoffman, Caterer & Parish Contact for All Soul's.***

**This meeting, hosted by Seabury Congregational Resources is one of a series of meetings for parish representatives for older adult ministries. Parish Liaisons for older adult ministries and guests are asked to share this information with their home congregations. Suggested methods of sharing the information may include posting these notes on a senior ministry bulletin board, writing an article for the church newsletter, giving the notes to the clergy. Please send us a copy of articles written about topics for older adults. And, if you wish assistance, Seabury staff will work with you in crafting articles for your congregation.**

Panelists for this month's topic "Health Ministries in the Diocese – Examples and Resources" were: Mary Baylor, RN, Parish Nurse at the Washington National Cathedral, Mary Ann Buckley LICSW, Director of Client Services for Seabury Care Management, Lois Jackson, Holy Comforter, and Gayle Fisher-Stewart, Our Saviour, Brookland [John Miers, Diocesan representative for the National Episcopal Health Ministries remains gravely ill and was unable to participate. Prayers are invited on his behalf.

Copies of NEHM's booklet: Health Ministry in the Local Congregation were provided to participants. This booklet is freely accessible at the link below and all are invited to explore this informative website:

[http://www.episcopalhealthministries.org/files/resources/hm\\_in\\_the\\_local\\_congregation\\_2010\\_3.pdf](http://www.episcopalhealthministries.org/files/resources/hm_in_the_local_congregation_2010_3.pdf)

Mary Baylor, Parish Nurse for the Cathedral congregation spoke about the National Episcopal Health Ministries, other parish nurse or health ministry resources and on her 5-fold role at the Cathedral. Her vision for health ministry includes: advocacy, referral, teaching and counseling, health promotion and support groups. In her talk, she gave practical examples of each of these essential roles. She also provided a handout of resources and myths about parish-based health ministries. These resources will be posted on the Seabury website soon.

Mary Ann Buckley, Seabury Care Management spoke to the resources available to congregations through care management and again provided examples of the type of services provided by care management as well as examples of congregational needs that care management provided assistance. The help line/information phone is available to be used by individuals and congregations.

Lois Jackson gave an example of the way health ministries programs work at Holy Comforter. There is a family-small village model that is Rector directed and involves the entire congregation in this ministry. Through parishioners with links to Howard University, the parish hosts a health fair, and speakers on health promotion. Prayer lists are published, parish visitations, errands for parishioners are all part of the health ministry.

Gayle Fisher-Stewart, Lay Associate for Our Saviour, Brookland brought the table display about the church used at the EDOW convention. She explored her role with this church and some of the challenges of this small lay-led congregation which is reaching out to the community and within their congregation to provide information, referrals and assistance to older adults and to care-givers and prayer and prayer-shawl ministries. They provide food for the Seabury Ward 5 Aging Services food-bank as well as stone and shell markers for spiritual events.

As each diocese has been asked by the next General Convention of the Church to report on existing health ministries, the sharing of information and resources available within our Diocese is timely. The discussion was lively, informative and attendees did not want to leave this meeting.

Several items of the lively conversation need follow-up meetings for reflection and discussion. The conversation led into the attendees own needs for retirement options for folks who wished to age in place and attendees desire to bring these resources into the community.

Other hot discussions to be further explored during future lunch and learn meetings are care-giver topics: mediation among the generations to resolve disagreements around need for care and when/how to seek care-giver support.

Additional Copies of "Health Ministry in the Local Congregation"

[http://www.episcopalhealthministries.org/files/resources/hm\\_in\\_the\\_local\\_congregation\\_2010\\_3.pdf](http://www.episcopalhealthministries.org/files/resources/hm_in_the_local_congregation_2010_3.pdf)

### **Diocesan Service: Senior Celebrations – Date: Monday May 2, 2011**

**"Got Speakers? Got Resources?"** Share them with other churches by way of the Congregational Connections newsletter sent to parish contacts and clergy.

**Check out our website:** [www.seaburyresources.org](http://www.seaburyresources.org). Meeting Notes, current Parish Contacts are listed under the Congregational Resources tab. We gladly post your upcoming events/programs/church news articles for older adults on our page with a link to your parish website.

### **UPCOMING SEABURY CONGREGATIONAL RESOURCES EVENTS**

**Thursday, March 3, 2011 Lunch and Learn at St. John's Episcopal, Beltsville MD. 11:30-1:30**  
Guests are welcomed, with a special welcome to the congregation from St. John's.

**Thursday, April 7, 2011 Lunch and Learn at Springvale Terrace 11:30-1:30**

**Sunday, May 1, 2011 – Episcopal Senior Ministries Sunday.**

**Monday, May 2, 2011 – SENIOR CELEBRATIONS – Washington National Cathedral**

Service in the Nave at Noon honoring the ministries of specific older adults by their parish

Celebrant: The Rt. Rev. John Chane

Reception following

**May –Older Adult Ministry Tour of the Bishop Walker School**

**Thursday, June 2, 2011 – Thank you Parish Contacts! End of Year luncheon honoring your work on behalf of Older Adults. Place: Friendship Terrace (renovations will be complete and the staff and residents want to show you their new facility!)**

**SAVE THIS DATE! Thursday, June 9, 2011 Seabury Leadership in Aging Awards Celebration**