



Congregational Resources: Parish Contact Lunch & Learn Meeting
St John's Episcopal Church, Beltsville MD
March 3, 2011, 11:30am-1:30pm

Meeting Notes
"Aging in Place: The Role of the Congregation"
Speaker: Christal Batey, Greenbelt Assistance in Living – The Gail Program

Attendance:

Maureen Callanan, St. John's Beltsville
Vikki Clayton, St. Peter's Poolesville
Sumner Clarren, Our Saviour, SS
Otis Ducker, St. Timothy's DC
Linda Ewald, St. Mark's Capitol Hill
The Rev. Paula Green, St. John's Beltsville
Norm Jacob, St. John's Beltsville
Florian Knights, St. John's Mount Rainier

Arleen Leis, St. Philip's, Laurel
Annie Shaw, Seabury Congregational
Resources
Chuck Thornton, Seabury@Springvale
Terrace
Wilhelmenia Walden, Atonement, DC
Mary Ann Wilmer, Seabury Board
Louise Young, St. George's DC

Mary Ann Wilmer, Seabury Board Member, opened the meeting.

The Rev. Paula Green, Rector of St. John's Beltsville, welcomed us to St. John's & gave the Opening Prayer. After introductions, Mary Ann Wilmer reviewed the Board's focus on renovations to Friendship Terrace and upcoming renovations to Springvale Terrace. She reported that Congregational Resources spoke at the last Board meeting and helped to clarify, in the mind of the Board, the work within congregations.

Mary Ann then urged parish contacts for older adult ministries to tour and to have a volunteer day with the Bishop Walker School before Bishop Chane's retirement. The Bishop Walker School is supported by the Diocese and is close to the Bishop's heart. Photos and a write up of this event would be posted in the [Washington Window](#).

*Annie Shaw provided updates on **Senior Celebrations scheduled for May 2nd**. Details of the service follow in the announcement section of these notes.*

May 1, Episcopal Senior Ministry Sunday in the Diocese, is the day chosen at the meeting of Episcopal Affiliated Housing & Services this week to be a day of **OPEN HOUSES** at each of the sites: Cedar Lane in Leonardtown, Collington Life Care in Mitchellville, St. Mary's Court in DC, Seabury@Friendship Terrace in DC and Seabury@Springvale Terrace in Silver Spring.

May 25. Older retirees in the Diocese are invited to a post-luncheon meeting with the candidates for Bishop at Collington Life Care Community. Details will follow.

Lunch and Learn for parish contacts will meet April 7 at Springvale Terrace. Speaker will be Terri Murphy, deacon postulant, with Ascension Sligo and St. Nicholas Darnstown.

June 2 lunch and learn will focus on Creative Mentoring. The Rev. Robyn Franklin-Vaughn has been invited to speak. This meeting, held at Friendship Terrace, will allow us to see their newly renovated facility.

Topic Presentation:

Aging in Place: The role of the Congregation – Examples from a local resource – Greenbelt MD's Gail (Greenbelt Assistance in Living) Program.

Speaker: Christal Bately, Community Resource Advocate, Assistance in Living Coordinator for the City of Greenbelt.

Mrs. Bately's power point presentation is attached (and posted on the Seabury website). The power-point gives details on the extensive and thoughtfully created Greenbelt Assistance in Living Program (GAIL) based on the needs of residents in Greenbelt. Greenbelt has a full-time staff of 2, two with the HUD housing site and interns and is built upon assessment, creative partnerships and volunteers.

These key ideas may be useful to start the exploration with your congregation. Greenbelt's programming started with **assessing the needs** of older adults, caregivers and boomers and **providing information and referral** before beginning programs. While Greenbelt's program is extensive it is also **flexible** and services vary depending on current client needs. She suggested congregations cluster and partner with outside providers and start with information and referral.

Partnership is key. One major key to their success is creating partnerships with local providers, and building an **intergenerational volunteer program**, and she reminded us that some parishioners might resist asking for assistance if the contact person is a fellow parishioner.

Brochures about the Greenbelt Assistance in Living Program and the Greenbelt Intergenerational Volunteer Exchange Service (neighbors helping neighbors since 1995) were handed to attendees and can be obtained by calling or emailing Annie Shaw in Seabury Congregational Resources at 202-414-6314 or Mrs. Bately.

Mrs. Bately is available to speak to us about resources in our areas as time permits, and about the Greenbelt model. Her email is cbatey@greenbeltmd.gov and phone is 301-345-6660x2012.

Annie Shaw, in thanking Mrs. Bately, honed in on the key words assessment and partnership.

Seabury Care Management is available to provide information and referral with their HELPLINE at 202-364-0020 and geriatric care management services.

The Rev. Paula Green provided the dismissal prayer.

Annie Shaw, Note Taker

Additional Announcements & Resources:

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

YOUR ASSISTANCE IN PROMOTING THIS EVENT REQUESTED. Please encourage your congregation to select an honoree.

Service in the Nave at Noon honoring all older adults and the ministries of specific older adults being recognized by their parish Theme: “I love to tell the story”
Celebrant: The Rt. Rev. John Chane Preacher: The Rev. Dr. John Carleton Hayden
Reception hosted by Collington Life Care Community, Seabury @ Friendship Terrace and Seabury @ Springvale Terrace

Friday, March 25 – Fundraiser Lunch for the St. Philip’s Senior Van Ministry \$10. St. Philip’s Baden, Brandywine, MD

Tuesday, May 10 – Region 6 Celebrates Older Adults with its Fabulous 50+ Luncheon. RSVP to Carrie Weaver at 301-888-2108.

CDC Releases 2011 National Diabetes Fact Sheet

According to the Centers for Disease Control and Prevention’s (CDC) new estimates, the number of Americans with diabetes has risen to 25.8 million. About 27 percent of those with diabetes – 7 million Americans – do not know they have the disease. 1 in 3 U.S. adults is at high risk of developing type 2 diabetes. Further, an estimated 79 million U.S. adults have prediabetes, a condition in which blood sugar levels are higher than normal, but not high enough to be considered diabetes. Prediabetes raises a person’s risk of type 2 diabetes, heart disease and stroke, and affects 35 percent of adults aged 20 years and older.

Get the facts about diabetes in the 2011 National Diabetes Fact Sheet, available at <http://www.cdc.gov/diabetes/pubs/factsheet11.htm>

Link to booklet “Health Ministry in the Local Congregation” http://www.episcopalhealthministries.org/files/resources/hm_in_the_local_congregation_2010_3.pdf Please let your Rector or Parish Administrator know of this excellent resource.

Church Newsletter – Send us a copy of articles you write on older adults for your church newsletter. And, if you’d like our assistance, Seabury will work with you to craft articles for submission. Just ask!

www.seaburyresources.org. lists meeting Notes, calendar, current Parish Contacts 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.