

**Seabury Resources for Aging  
Congregational Resources**  
Parish Contact Meeting  
St. Luke's Episcopal Church  
April 8, 2010, 11:00am-1:00pm

**Meeting notes**

**11:00am** Opening Prayer read by Louise Young

**Welcome** by Mary Ann Wilmer

Attendance:

Mary Ann Wilmer, St. George's, DC & Seabury Board member

Kate Lewis, Director of Community Relations & Services, Seabury

Louise Young, St. George's, DC

Frank Jacobs, St. Anne's, Damascus,

Barbara Ramos, St. Luke's, DC

C.B. Wooldridge, St. Paul's, K St

Otis Ducker, St. Timothy's, DC

Joyce Blakeley, St. Augustine's, DC

Diane Robinson, Trinity DC

Betsy Bowman, St. Columba's, DC

Katherine Jacobs, St. Anne's, Damascus

Annie Shaw, Director, Congregational Resources, Seabury

**Report from the Seabury Board**-Mary Ann Wilmer

*Mary Ann Buckley's reported on the work Seabury Care Management*

*Friendship Terrace and Springvale Terrace will be upgrading their facilities*

*The Cathedral's floral arrangements are especially beautiful this year.*

**Senior Celebrations Update** - Annie Shaw Deadline for receiving names of honorees is next week.

Parish Contacts are asked to arrive early on May 6<sup>th</sup> to register. Louise Young is helping with event

plans and volunteers are needed for desk registration. Reception will be hosted by Friendship &

Springvale Terraces and Manor Care. Frances Jones will assist with set up.

Lunch

**Topic & Discussion: "Communication – Seabury Resources for Aging & your senior ministry programs"**

Speaker: Kate Lewis, Director of Community Relations & Services

Kate Lewis led the discussion on practical tips for giving resources at many angles.

-Bulletin Boards kept updated and in the same location provide access to information for those who have no email. Diane Robinson found that the designated bulletin board at Trinity was used by anyone to post information. She purchased a poster-sized picture frame placed next to the church bulletin board to disseminate information. And that works for Trinity.

-Newsletters. Seabury Resources for Aging continues to have a print newsletter but it is reduced in size and publication dates. Seabury encourages website-website linkages and parish contacts receive Connections, an e-letter with print copies given/mailed to those with no email. Most of the churches represented today at this meeting have reduced their print publications and use email (mailing newsletters to those w/o)

How do you, the churches, give/receive information?

St. Anne's – the Parish Administrator needs to receive a copy of what is sent to the clergy. Frank urged us to have definite Action Items with due dates on all correspondence to assist the clergy. He also advised short messages to clergy and that emails from Seabury have the same look.

Parish Contacts are the eyes and ears for Seabury so that we might provide you with the resources to assist your parish, based on your parish's needs.

--Seabury (Kate) can provide you with bulletin blurbs on topics such as care-giving, age in place, and as importantly, can assist you in writing articles.

--each Parish Contact is asked to know the due dates for newsletters/bulletins.

--Writing tips:

Facts in the first couple of lines

Stay in touch with your editor,

The goal is to use multiple ways of giving the same material without forgetting the power of conversation to give out information!

Vertical Response is a free e-letter model for non-profits.

Kate Lewis is available to help you write articles.

Seabury is here to help and we want to know when you are hosting forums useful to older adults and best practices – what is working for your church.

What experiences can you share that your parish is doing to reach out to older adults? In past we've held one-day/part day informational forums.

#### Model Practices:

For example, years ago a parish hosted intimate Rector's Teas for homebound seniors. Those who can come to the church are brought; those who cannot leave home, the Rector takes Tea and one-two individuals to the home-bound parishioner. This has become a way to keep the home-bound person connected.

St. George's produces seasonal newsletters with print copies available at the church. Bulletins contain a full page of announcements with time in the service for oral announcements too.

St. Paul's K Street has a parking voucher affiliation with the local Ritz Carlton and encourages parishioners to purchase vouchers so that those with more limited mobility might park in their small lot.

It was noted that hearing and vision loss make communication even more difficult. Katharine mentioned receiving a Braille bulletin at a service. Having large print bulletins available is also a good idea. Some congregations have speakers located conspicuously in their buildings so those with hearing loss can sit nearer to them. Accessibility is an on-going issue for congregations.

Closing prayer was given by Otis Ducker.

#### **Announcements**

**check out our website:** [www.seaburyresources.org](http://www.seaburyresources.org). Parish contacts are listed under the Congregational Resources tab, along with announcements, resources for Episcopal Senior Sunday events. We can post your upcoming events/programs for older adults on our page with a link to your parish website.

**May 6 – noon - Senior Celebrations at the Washington National Cathedral** –Please work with your rector to ensure the honoree from your parish will attend. Save this date: Thursday, May 6, 2010 for this noon celebration. Bishop Chane will officiate. The Rev. Margaret Guenther will preach. A reception will follow.

#### **June 10 - Gratitude Luncheon Honoring Parish Contacts.**

Speaker: Representative from AARP who will discuss the new health insurance act and its effect on older adults and those with Medicare.

May 11 – Fabulous 50+ luncheon at St. Paul's Piney

May 13 – Redeemer Bethesda – Falls Prevention Program

May 16 – Epiphany DC's Senior Sunday

June 3 – Seabury's Magical Moments Gala

June 13 – Service and luncheon for individuals 80+ with St. Luke's DC & Christ, Clinton

Keep Seabury posted of events at your church for senior ministries and also when you publish an article about senior ministries in your parish newsletter.