

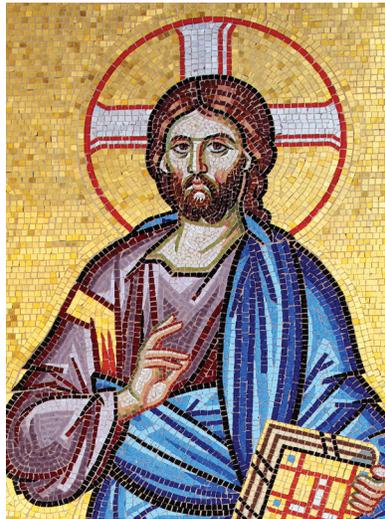
GREEK ORTHODOX METROPOLIS OF ATLANTA

Senior Ministry

OUR GOAL IS TO MINISTER TO SENIOR
MEMBERS AND ENCOURAGE SENIOR MEMBERS
TO MINISTER TO OTHERS

“The Light of Christ is what informs our Ministry.”

+ALEXIOS – Metropolitan of Atlanta



A CONTINUITY OF FAITH AND LOVE WITH
THE APOSTOLIC COMMUNITY



The Orthodox Church throughout the ages has maintained a continuity of faith and love with the apostolic community which was founded by Christ and sustained by the Holy Spirit.

This is a summary of best practices for fostering authentic human life for our members 50 years and older.

Senior Ministry



Orthodox Leadership Training:

Our goal is to offer best practices for fostering authentic human life for our members 50 years and older—ministry *to* our Seniors and ways *for* our Seniors to minister to others.

Our Ministry includes 3 groups: Active Seniors, Seniors who are slowing down and Seniors who are home bound.

70%

Less cognitive decline in people with frequent social contact than those with low social activity*

43%

Less disability than someone who has low levels of social activity, and about half the rate of cognitive decline*

*Jill Suttie, Psy.D., Greater Good
<http://greatergood.berkeley.edu/>

• keep moving • stay involved • cultivate your spiritual life

START YOUR SENIOR PROGRAM *or* ENHANCE YOUR SENIOR PROGRAM

1. Meet with your priest about your desire for a Senior Ministry and receive his blessing.
2. Assemble a dedicated core group to gather ideas and decide next steps.
 - choose a chair person from the core group
 - develop a board
3. Develop a contact list: names, addresses, phone numbers, email addresses
4. Hold a meeting for all seniors — 50 years and older
 - develop a questionnaire to find out the needs and desires of your Seniors (sample page 3)
 - determine what your Senior Program will offer based on your questionnaire
 - activities
 - programs
 - develop a calendar, for the month, for the year
 - discuss how to finance the Senior Ministry
 - a possible line item in the Parish budget
 - sponsorship from Church organizations
 - fund raiser
 - monthly dues
5. Have a year end review each year and plan for the coming year.

(more)

Senior Ministry

Your Parish Name Here

Date: _____

Name _____

Street Address _____

City State Zip Code _____

email address _____

Status: Married Single Divorced Widow/Widower Partnership

Children: Yes Living near by No children

Who are part of your support? (and their relationship to you)

What are your needs:

Spiritual _____

Physical _____

Emotional _____

Mental _____

What programs would you like the Parish to offer:

✓ Check all that apply

- 50–60 year old active adult
- 60-65 year old active adult
- Retired
- 65 + slowing down
- Home bound
- Assisted Living resident
- Nursing home resident

✓ Check all that apply

I am interested in the following:

- Fellowship/Community meals
- Family Ties Ministry
- Exercise programs
- "Lunch and Learn"
- Day trips
- Interaction with children
- Providing transportation
- Spiritual practice
- Financial planning
- Wills and revocable trusts
- Insurance
- Home care for myself
- Helping with Greek Festival
- Philoptochos
- Help getting to appointments
- Help with grocery shopping
- Help with meal preparation
- Nutrition advice
- Providing home visitation

We take an holistic approach— spiritual, physical, emotional, and mental while addressing personal needs.

SPIRITUAL WELL-BEING

- Prayer
- Meditation
- Spiritual Practice
- Spiritual Health

PHYSICAL WELL-BEING

- Practice mindful awareness of your body
- Get plenty of sleep
- Eat a healthy diet
- Move your body

EMOTIONAL WELL-BEING

- Do activities you enjoy
- Cultivate loving relationships
- Enjoy a good laugh
- Resolve a stressful situation if possible
- Release emotional toxins, such as anger, hurt or disappointment
- Cultivate Emotional Intelligence (EI)

MENTAL WELL-BEING

- Connect
- Be active
- Keep learning
- Give to others
- Be mindful

MONTHLY PROGRAMS

Fellowship and Community Meals, Speakers

Sponsored by

- AHEPA
- Philoptochos
- GOYA
- Hope & Joy

SERVICES TO BE OFFERED

Transportation

Meal prep and delivery for shut ins

Visitation

Help getting to doctor appointments

Opportunities for interaction with children

- reading together, music, arts and crafts

Priests visitations

- providing holy unction, confession, communion

FAMILY TIES MINISTRY — develop a ministry

Match a young family or single person with a senior to develop a relationship.

OTHER PROGRAM SUGGESTIONS

Exercise programs—weekly

- stretching, balance, walking, water aerobics

Movie Night—monthly

Game night—weekly

Arts & Crafts—monthly

Speakers — various topics of Interest

Day trips — concerts, monasteries, museums, other points of interest

Opportunities for interaction with children — reading together, music, arts and crafts

PROVIDE A MONTHLY CALENDAR OF EVENTS

One lunch meal each month to include a speaker to address either physical, emotional, personal or spiritual well being. **"LUNCH AND LEARN"**

SUGGESTED TOPICS FOR "LUNCH AND LEARN"

- Financial Planning
- Wills and Revocable Trusts
- Transitions
- Palliative Care
- Insurance Needs
- Navigating the Health Care System
- Spiritual Care Teams
- Resources for Seniors

SOME POSSIBILITIES FOR ACTIVITIES/SPEAKERS

- Hearing Screenings
- Floral Arranging Classes
- Book Clubs
- Dietician or Nutritionist Workshop
- Game Night; Cards, Dominoes, Games
- wii Virtual Bowling
- Exercises for Stress Relief, Balance, Fitness
- Senior Living Blog
- Computer Classes
- Dance Lessons
- Book Clubs

FELLOWSHIP

- Community Meals
- Family Ties Ministry
- Service to Others
- Fund Raising Events
- Transportation

By the NUMBERS

46.2

Million Seniors (65 and older) in the U.S. population on July 1, 2014

20%

Seniors in the U.S. population in 2060

5.2

Million, the number of full-time, year-round workers 65 and older with earnings in 2014

98.2

Million seniors projected by 2060, with 18.2 million age 85 or older – 1 in 4 of the population

2.4

Million baby boomers by 2060, with the youngest among them age 96

\$36,895

The 2014 median income of householders with householders age 65 and older in 2014 – 10% of people 65 and older in poverty in 2014

2033

The year people over age 65 will exceed the number of people 18 and younger

9.4

Million estimated number of people 65 and older who were veterans of the U.S. armed forces in 2014

12.1

Million Seniors who live alone in the U.S. in 2014

67%

Senior women age 65+ in the U.S. lived alone in 2014**

46%

Of female Medicare enrollees age 65+ had difficulties with activities of daily living in 2010*

65%

Of older adults with long-term care needs rely exclusively on family and friends to provide assistance*

Between \$148

and \$188 billion – the estimated economic value of the informal care provided by women*

79.3%

Householders 65 and older who owned their homes as of fourth quarter 2015

59.4%

Citizens 65 and older who reported casting a ballot in the 2014 elections

By the NUMBERS

Source: Unites States Census Bureau <https://www.census.gov>

Editor's note: The preceding data were collected from a variety of sources and may be subject to sampling variability and other sources of error. Facts for Features are customarily released about two months before an observance in order to accommodate magazine production time lines. Questions or comments should be directed to the Census Bureau's Public Information Office: telephone: 301-763-3030; or e-mail: pio@census.gov.

*<https://www.ioaging.org/aging-in-america>

**<https://www.pewsocialtrends.org/>