



CA-NV UMC Conference
Older Adult Ministry Council



Best Practices Guide

November 2008

Second Edition

Download from:

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To be Updated Regularly

OAMC BEST PRACTICES

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CA-NV OAMC Best Practices

Preface

Best Practices submitted by several churches refer to programs entitled *CFA*, or *Coming Fully Alive*. The CFA programs are offered by Senior New Ways, a nonprofit agency, which is “unique in providing an array of quality and innovative programs to a large geographic area.”

See the Appendix for information on these series.

This information is derived from the Senior New Ways website:

<http://www.seniornewways.org/comingfullyalive.html>

CA-NV OAMC Best Practices

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| Church | Aptos UMC, Aptos |
| Program | CFA 1 |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | One facilitator on-site, either paid or unpaid, clergy or lay, needs some facilitation skills. |
| Materials Needed | DVD kit and a DVD player with reasonably sized screen depending on size of group. Handouts included in kit. |
| No. of Meetings/Time | Four meetings, usually 1-1.5 hours, meeting once a week. |
| Cost of program | \$109 including CA tax, shipping and handling (\$101 outside CA.) |
| Funding source: | Individual sites |
| Food or Snacks Provided | Optional |
| Contact Person: | TBS—Rev. John Dodson interim |
| Evaluation Tool No. of Participants | Participant evaluation at end of each session, facilitator evaluation at end of series. |
| Publicity: Internal / External: | Internal church/site newsletter/bulletin, SNW monthly calendar. |
| Transportation | Optional |
| Comments | DVD kit for CFA 1 available through SNW- go to website www.seniornewways.org (650-209-1119). CFA 1 has been taught at 55 sites since 2001 with teachers going in person and the DVD kit has been tested at a variety of sites since March 2008. |

CA-NV OAMC Best Practices

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| Church | Asbury Livermore UMC, Livermore |
| Program | CFA 1,2, Total Brain Fitness |
| Description | CFA 1,2 (2007 both) - Increased social interaction and healthier lifestyle choices. TBF (2008) - increase in exercise, good brain nutrition, brain exercises, as well as social interaction. |
| Staff Required | SNW Bay Area teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | CFA 1 - Four meetings, 1.5 hours, meeting once a week. CFA 2 - Five meetings, 1.5 hours, meeting once a week. TBF two times a month for 2 months (2008 May, June) |
| Cost of program | 1- \$750, 2- \$800, TBF- \$750 |
| Funding source: | Asbury Livermore UMC, some participant fees also |
| Food or Snacks Provided | optional lunch scheduled before classes |
| Contact Person: | Rev. Anne Lau-Choy, associate pastor, now at St. Paul's, Fremont |
| Evaluation Tool No. of Participants | SNW Evaluation Form/35 average CFA 1, 18 average CFA 2, 11 average TBF |
| Publicity: Internal / External: | Church bulletin, SNW Newsletter |
| Transportation | |
| Comments | |

CA-NV OAMC Best Practices

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|--|---|
| Church | Calvary UMC and SJ District office, San Jose |
| Program | Sage-ing Circles, 2007 |
| Description | Set curriculum- contact SNW |
| Staff Required | One Sage-ing Circle Facilitator |
| Materials Needed | Overhead projector. Paper and pens for writing. Handouts copied from templates provided |
| No. of Meetings/Time | 1.5 hours, 10 sessions |
| Cost of program | \$1500 |
| Funding source: | GBOD |
| Food or Snacks Provided | No |
| Contact Person: | Rev. Nymphas Edwards and SNW |
| Evaluation Tool No. of Participants | Participant evaluation form; began with 15, ended with 10 average over 5 months. |
| Publicity: Internal / External: | District and SNW newsletters |
| Transportation | No |
| Comments | |

CA-NV OAMC Best Practices

| | |
|---------------------------------|---|
| Church | Calvary UMC, San Jose |
| Program | CFA 1 |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Bay Area teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | Four meetings, 1.5 hours, meeting once a week. |
| Cost of program | \$600 |
| Funding source: | Program and Mission fund, LAUMC , and Calvary UMC |
| Food or Snacks Provided | No |
| Contact Person: | Rev. Debbie Weatherspoon, now at LAUMC |
| Evaluation Tool | SNW Evaluation Form/16 average |
| No. of Participants | |
| Publicity: Internal / External: | District Newsletter, SNW Newsletter, church bulletin. |
| Transportation | No |
| Comments | |

CA-NV OAMC Best Practices

| | |
|--|---|
| Church | Cambrian Park, San Jose |
| Program | CFA 1 and Brain Fitness, 2002 |
| Description | CFA 1 – attended at LAUMC 2001 – Brain Fitness class – 4 sessions 2002. Social interaction, improved lifestyle choices. |
| Staff Required | SNW Bay Area teaching team, which was together as a group even before SNW formed in 2005 |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | Four meetings, 1.5 hours, meeting once a week. |
| Cost of program | \$600 |
| Funding source: | GBOD |
| Food or Snacks Provided | Coffee/tea |
| Contact Person: | Rev. Bill Johnson, now retired |
| Evaluation Tool No. of Participants | SNW Evaluation Form, 15 |
| Publicity: Internal / External: | Church bulletin, SNW Newsletter. |
| Transportation | No |
| Comments | |

CA-NV OAMC Best Practices

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|---------------------------------|---|
| Church | Carson Valley UMC, Gardnerville, NV |
| Program | CFA1 (May 2008) |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW teacher. |
| Materials Needed | Handouts provided by teacher. |
| No. of Meetings/Time | One full day |
| Cost of program | \$500 from Beulah grant, food donated by SNW, lodging donated by church |
| Funding source: | Beulah Foundation |
| Food or Snacks Provided | Bag lunches |
| Contact Person: | Rev. Pete Nelson, pastor |
| Evaluation Tool | SNW Evaluation Form/12 |
| No. of Participants | |
| Publicity: Internal / External: | Also publicized in Nevada – Sierra District newsletter in addition to church bulletin and SNW Newsletter. |
| Transportation | |
| Comments | |

CA-NV OAMC Best Practices

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|--|--|
| Church | Castro Valley UMC, Castro Valley |
| Program | CFA 1,2,3 (planned) |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Bay Area teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | 1-Four meetings, 1.5 hours, meeting once a week. 2-Five meetings. 3-Five meetings. |
| Cost of program | 1- \$750, 2- \$775, 3- \$775 |
| Funding source: | Program and Mission grants, LAUMC, CV UMC, and CV Adult Ed. |
| Food or Snacks Provided | No |
| Contact Person: | Rev. Paul Harkness, pastor |
| Evaluation Tool No. of Participants | SNW Evaluation Form, 15-18 average |
| Publicity: Internal / External: | Church bulletin, SNW Newsletter. |
| Transportation | |
| Comments | |

CA-NV OAMC Best Practices

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|--|---|
| Church | Central UMC, Stockton |
| Program | CFA 1, 2003 |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Bay Area teaching team, pre SNW formation. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | Four meetings, 1.5 hours, meeting once a week. |
| Cost of program | \$600 |
| Funding source: | Program and Mission grant, LAUMC |
| Food or Snacks Provided | Bag lunch, Coffee/Tea |
| Contact Person: | Rev. Pam Fine, now at Bakersfield |
| Evaluation Tool No. of Participants | SNW Evaluation Form, 15 average |
| Publicity: Internal / External: | Church bulletin. |
| Transportation | |
| Comments | |

CA-NV OAMC Best Practices

| | |
|---------------------------------|---|
| Church | Clovis Memorial UMC, Clovis |
| Program | CFA 1 |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Bay Area teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | Friday night and Saturday morning |
| Cost of program | \$600, travel and lodging furnished by church |
| Funding source: | Beulah Foundation |
| Food or Snacks Provided | Dinner Friday, Continental breakfast and lunch Saturday |
| Contact Person: | Judy Gross, (559)323-6794 |
| Evaluation Tool | SNW Evaluation Form, 30 |
| No. of Participants | |
| Publicity: Internal / External: | Church bulletin, SNW Newsletter. |
| Transportation | |
| Comments | About five people from Wesley UMC, Fresno, attended. |

CA-NV OAMC Best Practices

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|---------------------------------|---|
| Church | Clovis Memorial UMC, Clovis |
| Program | Senior Dinners (weekly) |
| Description | Fellowship |
| Staff Required | One volunteer |
| Materials Needed | Fellowship room, food, minimal devotion and sharing |
| No. of Meetings/Time | Once a week, "6:02- 7:43 PM" |
| Cost of program | |
| Funding source: | |
| Food or Snacks Provided | Dinner |
| Contact Person: | Judy Gross, (559)323-6794 or the Gram Family, (559)323-6794 |
| Evaluation Tool | 25 per week |
| No. of Participants | |
| Publicity: Internal / External: | Bulletin |
| Transportation | |
| Comments | |

CA-NV OAMC Best Practices

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|---------------------------------|--|
| Church | Crescent City UMC, Crescent City |
| Program | CFA 1 (2007), 2 (2008) |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW North Coast teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | CFA 1 twice, 9-12, 2 weeks apart, 2007; CFA 2 one full day, 2008 |
| Cost of program | 1 - \$800 including travel costs, 2 - \$575 including travel |
| Funding source: | Shasta DCOM |
| Food or Snacks Provided | C/T |
| Contact Person: | Rev. Carol Layton, pastor |
| Evaluation Tool | SNW Evaluation Form/10-15 CFA 1, 10 CFA 2 |
| No. of Participants | |
| Publicity: Internal / External: | Bulletin, newsletter |
| Transportation | |
| Comments | |

CA-NV OAMC Best Practices

| | |
|---------------------------------|---|
| Church | Crystal Springs UMC, San Mateo |
| Program | CFA 1,2 |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Bay Area teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | 1-Four meetings, 1.5 hours, meeting once a week. 2-Five meetings. |
| Cost of program | \$750 – CFA 1; \$900 – CFA 2 |
| Funding source: | CFA 1 – Silicon Valley CF, CFA 2 – Peninsula United Methodist Association |
| Food or Snacks Provided | C/T |
| Contact Person: | Rev. Paul Sweet, pastor |
| Evaluation Tool | 3-6 CFA 1, 6 CFA 2 |
| No. of Participants | |
| Publicity: Internal / External: | Church bulletin, SNW Newsletter |
| Transportation | |
| Comments | CFA 2 widely publicized, not sure why attendance so low. |

CA-NV OAMC Best Practices

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|---------------------------------|---|
| Church | Downs Memorial UMC, Oakland |
| Program | CFA 1 (2006) |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Bay Area teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | Four meetings, 1.5 hours, meeting once a week. |
| Cost of program | \$600 |
| Funding source: | Program and Mission grant, LAUMC |
| Food or Snacks Provided | Held before their regular lunch |
| Contact Person: | Mamie Jackson, Rev. Lorraine McNeal, pastor |
| Evaluation Tool | 20 average |
| No. of Participants | |
| Publicity: Internal / External: | Bulletin, newsletter |
| Transportation | No |
| Comments | |

CA-NV OAMC Best Practices

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|---------------------------------|---|
| Church | Downs Memorial UMC, Oakland |
| Program | Weekly Luncheon |
| Description | Call Lorraine or current contact for info |
| Staff Required | Call for info |
| Materials Needed | Call for info |
| No. of Meetings/Time | Weekly |
| Cost of program | Call for info |
| Funding source: | |
| Food or Snacks Provided | Lunch |
| Contact Person: | Mamie Jackson, Rev. Lorraine McNeal, pastor |
| Evaluation Tool | |
| No. of Participants | |
| Publicity: Internal / External: | |
| Transportation | |
| Comments | |

CA-NV OAMC Best Practices

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|---------------------------------|---|
| Church | Epworth UMC, Berkeley |
| Program | CFA 1 (May 2008) |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Bay Area teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | Four meetings, 1.5 hours, meeting once a week. |
| Cost of program | \$750 |
| Funding source: | Program and Mission grant, LAUMC |
| Food or Snacks Provided | |
| Contact Person: | Rev. Odette Lockwood-Stewart, pastor |
| Evaluation Tool | SNW Newsletter/20 |
| No. of Participants | |
| Publicity: Internal / External: | Church bulletin, SNW Newsletter |
| Transportation | |
| Comments | Included St. John's Presbyterian of Berkeley and Kensington Unitarian Universalists |

CA-NV OAMC Best Practices

| | |
|---------------------------------|---|
| Church | Eureka UMC, Eureka |
| Program | CFA 2 |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW North Coast teaching team—Landry. |
| Materials Needed | Handouts provided by teacher. |
| No. of Meetings/Time | One day long, April 2008 |
| Cost of program | \$575 including travel costs |
| Funding source: | Shasta DCOM |
| Food or Snacks Provided | |
| Contact Person: | Rev. Dave Samelson, pastor |
| Evaluation Tool | SNW Evaluation Form/10 |
| No. of Participants | |
| Publicity: Internal / External: | Church bulletin |
| Transportation | |
| Comments | |

CA-NV OAMC Best Practices

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|---------------------------------|--|
| Church | First UMC, San Leandro |
| Program | CFA 1 |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Bay Area teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | Four meetings, 1.5 hours, meeting once a week. |
| Cost of program | \$750 |
| Funding source: | Beulah Foundation |
| Food or Snacks Provided | |
| Contact Person: | Margaret Strem (mstremcc@sbcglobal.net) |
| Evaluation Tool | SNW Evaluation Form/53 |
| No. of Participants | |
| Publicity: Internal / External: | Church bulletin plus pastor sent publicity to Bayview District, with people coming from Trinity UMC, Berkeley, and Taylor Memorial UMC, Oakland. Many came from the Interfaith Homelessness Network, April Showers of San Leandro UMC. Newspaper ads and a banner in front of the church. Flyers were also left in the San Leandro Community Center. |
| Transportation | Offered |
| Comments | Excellent publicity, turnout, and reactions to program. |

CA-NV OAMC Best Practices

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|---------------------------------|--|
| Church | First UMC, San Leandro |
| Program | Super Seniors (afternoon teas) |
| Description | Recognition as a valued part of our church, Fellowship with age group, Information such as programs available to help seniors in our community. |
| Staff Required | Pastor and Custodian, Volunteers-Hosts at each table, Advisory Committee, |
| Materials Needed | Sound system, programs, round table for the Teas, Name tags-Names in large type. |
| No. of Meetings/Time | 2007- 5 Teas Usually on Tuesdays 2:00-3:30, 2008- 4 or 5 Teas and Coming Fully Alive as You Age series 4 meetings in April. |
| Cost of program | Teas- no cost, all food donated, plus church overhead |
| Funding source: | First United Methodist, San Leandro and Beulah Fund for Coming Fully Alive as You Age series. |
| Food or Snacks Provided | Healthy Afternoon Teas- Variety of teas, fruit slices, low sodium and/or sugarless crackers and cookies, homemade cookies and nuts. |
| Contact Person: | Margaret Strem (510)483-6468, mstremcc@sbcglobal.net |
| Evaluation Tool | Coming Fully Alive evaluation sheets from Senior New Ways |
| No. of Participants | and participants' verbal comments. |
| Publicity: Internal / External: | Written notes, letters, phone calls, newsletter articles and announcements. CFAlive series: community newspaper, banner, wide distribution of flyers to churches in the community. CFAlive series announcement over Bayview district internet network. |
| Transportation | Offered but seldom requested |
| Comments | We accommodated hearing, vision and accessibility. Used colorful decorations and often flowers Invited participation asking people to bring Words of Wisdom, Humorous jokes or stories about aging. One meeting featured gadgets which helped people cope with losses such as strength in hands, hearing, and vision help especially at night. |

CA-NV OAMC Best Practices

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|---------------------------------|--|
| Church | First UMC, San Leandro |
| Program | April Showers |
| Description | On the 1 st , 3 rd and 5 th Sundays, we open the Boys & Girls Club so that homeless men and women may shower, shampoo hair and shave. We give new underwear and socks, and offer gentle used clothing which has been donated. Laundry vouchers are available for a nearby Laundromat. |
| Staff Required | At each shower about 25 volunteers serve. There is a Steering Committee. |
| Materials Needed | |
| No. of Meetings/Time | 1 st , 3 rd and 5 th Sundays 11:00pm-2:00pm. Had our 6 th Birthday Party/Picnic in April. |
| Cost of program | Laundry vouchers cost us \$5 for each voucher used. Most other supplies are donated. |
| Funding source: | Churches and community people |
| Food or Snacks Provided | In the lunchroom, we offer hot soup, bread, pastries coffee and water. Guests take a bag lunch with them which has been prepared by one of the churches. |
| Contact Person: | Margaret Strem or Gene Bass: www.ihnAprilshowers.org |
| Evaluation Tool | At this time we have something over 50 at each shower. |
| No. of Participants | Some just come for food or laundry voucher. |
| Publicity: Internal / External: | Six month Schedules are given to guests and placed at a Family Resource Center, the library and at churches. Most learn of the program from friends. |
| Transportation | A volunteer brings all our supplies to the B & G Club which we pack up and return to a storage container at one of our churches. No transportation of guests |
| Comments | We would like to have a Day Center where a person could come off the streets, eat, sleep, and repack their stuff. There is no shelter for men in our city even in winter. |

CA-NV OAMC Best Practices

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|---------------------------------|--|
| Church | First UMC, San Rafael |
| Program | Friendly Visitor Training- Sept. 13, 2008 |
| Description | One day workshop trains volunteers to visit homebound 1-2 times per month. |
| Staff Required | One teacher from SNW |
| Materials Needed | Booklet provided by teacher, available from SNW \$5. |
| No. of Meetings/Time | One full day workshop |
| Cost of program | \$500 |
| Funding source: | GBOD |
| Food or Snacks Provided | |
| Contact Person: | Pat Sanborn, First UMC, Santa Rosa |
| Evaluation Tool | SNW Evaluation Form |
| No. of Participants | |
| Publicity: Internal / External: | |
| Transportation | |
| Comments | Open to anyone in Golden Gate District |

CA-NV OAMC Best Practices

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|---------------------------------|--|
| Church | First UMC, Santa Rosa |
| Program | Elders at Home |
| Description | Socialization for frail elders |
| Staff Required | Driver, organizer, phone caller, arranger of time of visits |
| Materials Needed | None |
| No. of Meetings/Time | Every other week, call on weeks between visits |
| Cost of program | Part of salary of Older Adult Minister |
| Funding source: | Church |
| Food or Snacks Provided | No |
| Contact Person: | Pat Sanborn, OAM FUMC, Santa Rosa |
| Evaluation Tool | |
| No. of Participants | |
| Publicity: Internal / External: | Internal by way of flyers, announcements, bulletin notice and newsletter article. |
| Transportation | |
| Comments | Variation – all visits done by phone. Also FUMC, Santa Rosa, does a photo directory including frail elders (don't come to church). |

CA-NV OAMC Best Practices

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|---------------------------------|---|
| Church | First UMC, Santa Rosa |
| Program | CFA 1 |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Bay Area teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | One day, November 1, 2008 |
| Cost of program | \$750 |
| Funding source: | UMC Board of Discipleship |
| Food or Snacks Provided | Yes |
| Contact Person: | Pat Sanborn, OAM FUMC, Santa Rosa |
| Evaluation Tool | (in future) |
| No. of Participants | |
| Publicity: Internal / External: | (in future) |
| Transportation | |
| Comments | |

CA-NV OAMC Best Practices

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|---------------------------------|---|
| Church | First UMC, Santa Rosa |
| Program | Matter of Balance, A Fall Prevention Strategy |
| Description | Participants become more aware of preventing falls and more assertive to assess situations that create fear around falling. |
| Staff Required | One to two instructors |
| Materials Needed | Space for 10-15 participants, Matter of Balance program and workbooks, DVDs (2), snacks, table and chairs for participants and DVD player with monitor. |
| No. of Meetings/Time | Eight sessions, 2 hours each |
| Cost of program | \$20 paid to the County of Sonoma, Department of Aging |
| Funding source: | Sonoma County |
| Food or Snacks Provided | Fruit and drinks |
| Contact Person: | Pat Sanborn, Director of Older Adult Ministry, FUMC, Santa Rosa |
| Evaluation Tool | Evaluation done by participants |
| No. of Participants | |
| Publicity: Internal / External: | Internal by way of flyers, announcements, bulletin notice and newsletter article. |
| Transportation | None needed |
| Comments | The county Applied for a grant and was funded, in turn they needed sites to deliver the program. As Director of Older Adult Ministry, I was trained (16 hours of training) as a coach by the county to teach the class. |

CA-NV OAMC Best Practices

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| Church | First UMC, Santa Rosa |
| Program | Writing Your Autobiography |
| Description | Participants tell their stories and write an autobiography or parts of it. |
| Staff Required | None, provided by Santa Rosa Jr. College Community Education |
| Materials Needed | Room with tables for writing and chairs for 15-25 people. Coffee and tea are nice |
| No. of Meetings/Time | Class meets 3 hours/week and runs around the calendar. |
| Cost of program | No charge |
| Funding source: | Santa Rosa Jr. College covers all the costs |
| Food or Snacks Provided | Coffee and tea when available |
| Contact Person: | Pat Sanborn |
| Evaluation Tool | None |
| No. of Participants | |
| Publicity: Internal / External: | Internal: Flyers, bulletin announcements, pulpit reminder, newsletter article |
| Transportation | None needed, people arrive under their own power. |
| Comments | Requires continuous publicity. People attend in waves, they start out interested and interest wanes. It is a rich medium and not everyone has time for it. |

CA-NV OAMC Best Practices

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| Church | First UMC, Santa Rosa |
| Program | Vanguard |
| Description | Socialization and information from program presentations. |
| Staff Required | PT Director of Older Adult Ministry |
| Materials Needed | Meeting space to include a small kitchen, tables and chair for eating lunch and serving potluck |
| No. of Meetings/Time | Meets monthly on 3 rd Friday at noon for 2 hours. Does not meet in the summer months. |
| Cost of program | \$2 meeting unless catered lunch is offered then \$5 |
| Funding source: | Individuals pay |
| Food or Snacks Provided | Participants bring potluck lunch including dessert and table setting, church provides space and drinks. |
| Contact Person: | Pat Sanborn |
| Evaluation Tool No. of Participants | Every 3-4 months evaluation tool is circulated. |
| Publicity: Internal / External: | Internal: Sunday worship bulletin, email, telephone calls and flyer. |
| Transportation | If a person needs transportation, we learn about it in the confirmation phone call before the meeting. |
| Comments | The average age of the group is mid-eighties so they are not able to coordinate keeping the program going. I provide 10-12 program suggestions to the Older Adult Council and they recommend the program. I also run the ideas by the participants thru questions on the quarterly evaluation form. |

CA-NV OAMC Best Practices

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| Church | First UMC, Santa Rosa |
| Program | Home Holy Communion. |
| Description | Five or six congregants take Holy Communion into homes of 2-3 home congregants (can be shut-in, post surgery or injured. Holy Communion receivers feel a connection with the church and their Jesus. |
| Staff Required | PT Director and five to six volunteers |
| Materials Needed | They regularly visit the same 3 HC receivers; they use elements from a worship service earlier Sunday, they bring the latest newsletter, a CD of the morning's service with accompanying bulletin and other information of happenings at the church. |
| No. of Meetings/Time | First Sunday each month following the last worship service. |
| Cost of program | None, elements are taken from the earlier worship services. |
| Funding source: | FUMC |
| Food or Snacks Provided | None, just the elements. |
| Contact Person: | Pat Sanborn |
| Evaluation Tool No. of Participants | None except I do ask each person about experiences. |
| Publicity: Internal / External: | None, Holy Communion receivers are contacted from pastoral care information. In our services we have use a weekly 'I am here' card that is completed by congregants and collected in the collection plate. It includes prayer requests among other things. These cards keep staff informed of the pastoral care needs of the congregation in addition to calls into the church office, prayer request line and word-of-mouth. |
| Transportation | Holy Communion stewards drive private cars to each receiver. |
| Comments | Program is self-functioning at this point. |

CA-NV OAMC Best Practices

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|---------------------------------|---|
| Church | First UMC, Sunnyvale |
| Program | CFA 1 (2004) |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Bay Area teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | Four meetings, 1 hour, meeting once a week. |
| Cost of program | None |
| Funding source: | Program and Mission fund, LAUMC |
| Food or Snacks Provided | No |
| Contact Person: | Rev. Nancy Landauer |
| Evaluation Tool | SNW Evaluation Form/ 8- 10 |
| No. of Participants | |
| Publicity: Internal / External: | District Newsletter, SNW Newsletter, church bulletin. |
| Transportation | No |
| Comments | |

CA-NV OAMC Best Practices

| | |
|---------------------------------|---|
| Church | Fortuna UMC, Fortuna |
| Program | CFA 1 (Oct. 2007) |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW North Coast teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | 9 AM - Noon, twice, two weeks apart |
| Cost of program | \$800 including travel |
| Funding source: | Shasta DCOM |
| Food or Snacks Provided | Coffee, tea, rolls |
| Contact Person: | Rev. Ray Dowdy, pastor |
| Evaluation Tool | SNW Evaluation Form/10 average |
| No. of Participants | |
| Publicity: Internal / External: | Church bulletin |
| Transportation | |
| Comments | |

CA-NV OAMC Best Practices

| | |
|--|--|
| Church | Gilroy UMC, Gilroy |
| Program | CFA 1 (2006), 2 (2007) |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Bay Area teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | Four meetings, 1-1.5 hours, meeting once a week. |
| Cost of program | 1- \$750, 2- \$625 |
| Funding source: | CFA 1- Program and Mission grant, LAUMC, CFA 2- Ken Becker grant |
| Food or Snacks Provided | No |
| Contact Person: | Rev. Alison Berry, pastor; Gretchen Vandenberg, deacon |
| Evaluation Tool No. of Participants | 35 average CFA 1, 7 average CFA 2 |
| Publicity: Internal / External: | Church bulletin, SNW Newsletter |
| Transportation | |
| Comments | |

CA-NV OAMC Best Practices

| | |
|---------------------------------|---|
| Church | Grace, Yuba City |
| Program | CFA 1, 2, also jacket-making and flower arranging (2007) |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Foothills teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | 1-Four meetings, 1-1.5 hours, meeting once a week. 2-Five meetings. |
| Cost of program | CFA 1-pro bono, CFA 2 - \$750 |
| Funding source: | CFA 1- SNW grant, CFA 2- Shasta DCOM |
| Food or Snacks Provided | C/T |
| Contact Person: | Rosemary Landry, pastor |
| Evaluation Tool | SNW Evaluation Form/18 average CFA 1, 12 average CFA 2 |
| No. of Participants | |
| Publicity: Internal / External: | Church bulletin |
| Transportation | |
| Comments | |

CA-NV OAMC Best Practices

| | |
|---------------------------------|---|
| Church | Grass Valley UMC, Grass Valley |
| Program | Senior Luncheon |
| Description | Travel, singing, new info. Fellowship, new learnings. |
| Staff Required | |
| Materials Needed | |
| No. of Meetings/Time | Four times per year, noon hour, 2 hours each |
| Cost of program | \$3 per person |
| Funding source: | Participants |
| Food or Snacks Provided | Lunch cooked by volunteers |
| Contact Person: | Marilyn Wilson |
| Evaluation Tool | 35 average |
| No. of Participants | |
| Publicity: Internal / External: | Church bulletin, phone calls |
| Transportation | Arranged for those who need it |
| Comments | Takes 20-30 hours of work for coordinator each time. |

CA-NV OAMC Best Practices

| | |
|---------------------------------|--|
| Church | Grass Valley UMC, Grass Valley |
| Program | FeFe "Say Hi" |
| Description | Active elder takes frail elder to visit another frail elder. |
| Staff Required | Volunteer organizer and transportation drivers. |
| Materials Needed | Mementos from events at the church. |
| No. of Meetings/Time | Short visits biweekly with phone call in between. |
| Cost of program | No cost; time and mileage donated. |
| Funding source: | |
| Food or Snacks Provided | No food. |
| Contact Person: | Marilyn Wilson |
| Evaluation Tool | Quarterly meeting with Friendly Visitor Committee to evaluate effect on elderly. |
| No. of Participants | |
| Publicity: Internal / External: | Church council, <i>Chapel Chimes</i> , Sunday bulletin. |
| Transportation | Donated by drivers taking active frail elders to visit homebound frail elders. |
| Comments | |

CA-NV OAMC Best Practices

Church**Grace UMC, Fresno**

Program

Call for info

Description

Staff Required

Materials Needed

No. of
Meetings/Time

Cost of program

Funding source:

Food or Snacks
Provided

Contact Person: Ron Smith, retired MD; Floyd Quenzor, pastor

Evaluation Tool

No. of Participants

Publicity: Internal
/ External:

Transportation

Comments

CA-NV OAMC Best Practices

| | |
|---------------------------------|--|
| Church | Jones UMC, San Francisco |
| Program | CFA1 (2006) |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Bay Area teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | Four meetings, 1hour, meeting once a week. |
| Cost of program | \$600 |
| Funding source: | Program and Mission grant, LAUMC |
| Food or Snacks Provided | No |
| Contact Person: | Rev. James McCray, former pastor |
| Evaluation Tool | 3 average |
| No. of Participants | |
| Publicity: Internal / External: | Church bulletin. |
| Transportation | |
| Comments | Should not have scheduled it on Sunday morning between services. This was largely responsible for low turnout. |

CA-NV OAMC Best Practices

| | |
|--|---|
| Church | Korean UMC of Santa Clara Valley, Santa Clara |
| Program | Kor-Sage Senior Ministry |
| Description | Seniors fully alive, healthy aging, live to full potential. Support system. |
| Staff Required | Director, drivers, teachers (Bible study), song leader, dance teacher, arts/crafts teacher, guest speaker, all paid. Volunteers to set up and clean up, unpaid. |
| Materials Needed | Classroom, kitchen, DVD player, chair and table. |
| No. of Meetings/Time | Once a week, Wednesday, 10-2 |
| Cost of program | No cost to participants |
| Funding source: | Paid for through local church and grant budget |
| Food or Snacks Provided | Snacks provided, hot lunch, drink or water. |
| Contact Person: | Kathy Kim (408)779-9269 |
| Evaluation Tool No. of Participants | 30-40 seniors over 60 years old |
| Publicity: Internal / External: | |
| Transportation | |
| Comments | |

CA-NV OAMC Best Practices

| | |
|--|--|
| Church | La Trinidad UMC, San Jose |
| Program | CFA1 (June 2008) |
| Description | Increased social interaction and healthier lifestyle choices. In addition to usual CFA1 outcome, translation of handouts into Spanish and lectures onto DVD. |
| Staff Required | SNW Bay Area teaching team and translator. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | Four meetings, 1-1.5 hours, meeting once a week |
| Cost of program | \$1350, translation adds \$600 to basic \$750 fee for CFA1. |
| Funding source: | Program and Mission grant, LAUMC |
| Food or Snacks Provided | No |
| Contact Person: | Rev. Juan Saavedra, pastor; Esther Wilson, translator |
| Evaluation Tool No. of Participants | SNW Evaluation Tool/12 |
| Publicity: Internal / External: | Church bulletin, SNW Newsletter |
| Transportation | |
| Comments | A big effort but worth it, to get materials into Spanish. |

CA-NV OAMC Best Practices

| | |
|--|--|
| Church | Lincoln UMC, Lincoln |
| Program | CFA 1 |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | One facilitator on-site, either paid or unpaid, clergy or lay, needs some facilitation skills. |
| Materials Needed | DVD kit and DVD player with reasonably sized screen depending on size of group. Handouts included in kit. |
| No. of Meetings/Time | Four meetings, usually 1-1.5 hours, meeting once a week. |
| Cost of program | \$109 including CA tax, shipping and handling (\$101 outside CA.) |
| Funding source: | Individual sites |
| Food or Snacks Provided | Optional |
| Contact Person: | Rev. Judith Jogis, retired (916)434-1520 |
| Evaluation Tool No. of Participants | Participant evaluation at end of each session, facilitator evaluation at end of series. |
| Publicity: Internal / External: | Internal church/site newsletter/bulletin, SNW monthly calendar. |
| Transportation | Optional |
| Comments | DVD kit for CFA 1 available through SNW- go to website www.seniornewways.org (650-209-1119). CFA 1 has been taught at 55 sites since 2001 with teachers going in person and the DVD kit has been tested at a variety of sites since March 2008. |

CA-NV OAMC Best Practices

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|---------------------------------|--|
| Church | Loomis UMC, Loomis |
| Program | LIFE center |
| Description | Senior activity program – Taichi, crafts, exercise. New learnings, interactions. |
| Staff Required | Two paid staff, part-time |
| Materials Needed | Two large rooms |
| No. of Meetings/Time | Two times a week |
| Cost of program | \$48,000 per year |
| Funding source: | Grants, donations |
| Food or Snacks Provided | Lunch |
| Contact Person: | Fred and Acsa Hitchens |
| Evaluation Tool | call for info |
| No. of Participants | |
| Publicity: Internal / External: | Church newsletter, bulletin, brochure, public speaking |
| Transportation | Very high costs, many participants use van |
| Comments | Since 2003. Call for brochure |

CA-NV OAMC Best Practices

| | |
|---------------------------------|---|
| Church | Loomis UMC, Loomis |
| Program | CFA 1 (2007), 3 (Feb. 2009) |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Sacramento Area teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | 1-Four meetings, 1.5 hours, meeting once a week. 2-Five meetings. |
| Cost of program | 1- \$750 |
| Funding source: | CFA 1- Program and Mission grant, LAUMC and LIFE center, CFA 3- LIFE center |
| Food or Snacks Provided | CFA 1 – yes but charged too little for lunch (\$3) |
| Contact Person: | Fred and Acsa Hitchens |
| Evaluation Tool | 60 average CFA 1 |
| No. of Participants | |
| Publicity: Internal / External: | Church bulletin, SNW Newsletter |
| Transportation | |
| Comments | Those who normally come on van from LIFE center were not big attendees at CFA1. |

CA-NV OAMC Best Practices

| | |
|--|---|
| Church | Los Altos UMC, Los Altos |
| Program | Spun off Senior New Ways in 2005 |
| Description | SNW is a multi-faith outreach organization that works with seniors and their families in North and Central CA. It creates and offers support group programs that enhance the well-being of seniors. LAUMC hoped to establish a non-profit that would become totally independent by July 2008. |
| Staff Required | One Executive Director and 20 independent contractors |
| Materials Needed | Varies by site |
| No. of Meetings/Time | Varies by program, check website for specifics (www.seniornewways.org) |
| Cost of program | \$110,000 per year |
| Funding source: | Grants, donations, agency and participant fees |
| Food or Snacks Provided | Sometimes, often C/T |
| Contact Person: | Rev. Dr. Judith Pruess-Mellow, Exec. Dir. (650-209-1119) |
| Evaluation Tool No. of Participants | Varies from 3-80, 30 average. Participant and Facilitator questionnaires. |
| Publicity: Internal / External: | Agency and church, synagogue bulletins, District and Conference Newsletters, SNW monthly calendars and semi-annual newsletters. |
| Transportation | Usually not |
| Comments | |

CA-NV OAMC Best Practices

| | |
|--|--|
| Church | Los Altos UMC, Los Altos |
| Program | Senior Health Chat |
| Description | A SNW bi-weekly morning group gathering for devotions, stretching and speaker on a variety of healthy aging topics. Increased social interaction and better lifestyle choices. |
| Staff Required | One independent contractor |
| Materials Needed | Large room and microphone |
| No. of Meetings/Time | Two times per month, 10-noon |
| Cost of program | \$410 per month including light refreshments |
| Funding source: | Los Altos UMC, contracting with SNW. |
| Food or Snacks Provided | C/T – church – plus fruit and nuts provided by participants on rotating basis. |
| Contact Person: | Rev. Dona Smith-Powers (650-494-3093) |
| Evaluation Tool No. of Participants | Core group of 20, many more occasionally show up. |
| Publicity: Internal / External: | Church bulletin, newsletter, SNW monthly calendar, <i>Instant Connection</i> , local newspaper. |
| Transportation | No |
| Comments | Funded initially by Beulah, then by UMW at Los Altos, then by SNW and now by LAUMC, beginning July, 2008. |

CA-NV OAMC Best Practices

| | |
|---------------------------------|--|
| Church | Modesto FUMC, Modesto |
| Program | Wednesday Night Explorers |
| Description | Social interactions, outings to operas and movies |
| Staff Required | One volunteer |
| Materials Needed | |
| No. of Meetings/Time | Every two weeks, Wednesday night |
| Cost of program | Cost of attendance at event only |
| Funding source: | Individuals pay |
| Food or Snacks Provided | |
| Contact Person: | Phil Martin (C/O FUMC, Modesto) and Rev. Mary Beck, retired, (209)574-9786 |
| Evaluation Tool | |
| No. of Participants | |
| Publicity: Internal / External: | |
| Transportation | Phil provides |
| Comments | Call Mary Beck for Phil's number to get more info |

CA-NV OAMC Best Practices

| | |
|---------------------------------|--|
| Church | Newcastle UMC, Newcastle |
| Program | Senior Lunch |
| Description | Meeting and social gathering over lunch. Social interaction. |
| Staff Required | Volunteers |
| Materials Needed | Room and lunch |
| No. of Meetings/Time | Monthly at noon |
| Cost of program | |
| Funding source: | |
| Food or Snacks Provided | Lunch |
| Contact Person: | Rev. David Kim, pastor (916)663-2250 |
| Evaluation Tool | |
| No. of Participants | |
| Publicity: Internal / External: | Church newsletter and bulletin |
| Transportation | Call David Kim for info |
| Comments | |

CA-NV OAMC Best Practices

| | |
|---------------------------------|---|
| Church | New Vision UMC, Millbrae |
| Program | CFA 1, 2, 3 (Oct. 2007 – May 2008) |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Bay Area Teaching team. |
| Materials Needed | Handouts provided by teachers |
| No. of Meetings/Time | CFA 1- 4 meetings; CFA 2- 5 meetings; CFA 3- 5 meetings; all sessions 1.5 hours each. |
| Cost of program | 1- \$750, 2- \$750, 3- \$900 |
| Funding source: | 1- Silicon Valley CF grant; 2- LAUMC Program and Mission Fund; 3- PUMA grant |
| Food or Snacks Provided | |
| Contact Person: | Donna Carpenter, pastor of Family Ministries |
| Evaluation Tool | 20 average CFA 1, 10 CFA 2 and 3 |
| No. of Participants | |
| Publicity: Internal / External: | |
| Transportation | |
| Comments | |

CA-NV OAMC Best Practices

| | |
|---------------------------------|---|
| Church | Nevada City UMC, Nevada City |
| Program | CFA 1, 3 (Oct.-Nov. 2008) |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | Foothills teaching team |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | 1 and 3-Four meetings, 1.5 hours each. |
| Cost of program | Suggested donation of \$25 per person |
| Funding source: | Donation by participants |
| Food or Snacks Provided | |
| Contact Person: | Jim Bair (530)265-2797 |
| Evaluation Tool | SNW Evaluation. 40/ 20 average |
| No. of Participants | |
| Publicity: Internal / External: | Church bulletin, SNW newsletter, newspaper ad for CFA 3. |
| Transportation | |
| Comments | |

CA-NV OAMC Best Practices

| | |
|---------------------------------|--|
| Church | Pine UMC, San Francisco |
| Program | "Learn at Lunch" |
| Description | Intergenerational luncheon involving people ages 20-95. New learnings, social interaction among generations. |
| Staff Required | Volunteers, use Trader Joe's for food prep |
| Materials Needed | |
| No. of Meetings/Time | First Saturday of each month |
| Cost of program | Call for grant total, free to participants |
| Funding source: | General Board of Discipleship |
| Food or Snacks Provided | Lunch |
| Contact Person: | Rev. John Oda, pastor |
| Evaluation Tool | 25-30 |
| No. of Participants | |
| Publicity: Internal / External: | Church newsletter and bulletin |
| Transportation | Call John for info |
| Comments | Problems: Domination of small groups by one or two persons is potential danger. Takes caller/coordinator about 10 hours. |

CA-NV OAMC Best Practices

| | |
|---------------------------------|---|
| Church | Placerville Federated, Placerville |
| Program | CFA 1 (2006) |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Foothills teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | One day |
| Cost of program | \$300 plus travel costs |
| Funding source: | Church and participants |
| Food or Snacks Provided | No |
| Contact Person: | |
| Evaluation Tool | 55 |
| No. of Participants | |
| Publicity: Internal / External: | District Newsletter, SNW Newsletter, church bulletin. |
| Transportation | No |
| Comments | |

CA-NV OAMC Best Practices

| | |
|---------------------------------|---|
| Church | Redding UMC, Redding |
| Program | CFA 1 (2007), 2 (Fall 2008) |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW North Coast teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | CFA 1 - Two days, 9- noon both days, CFA 2 – One day |
| Cost of program | \$500 |
| Funding source: | Shasta District Committee |
| Food or Snacks Provided | No |
| Contact Person: | Shasta District Committee and Rev. Marty Murdock, pastor |
| Evaluation Tool | 50 CFA 1 |
| No. of Participants | |
| Publicity: Internal / External: | District Newsletter, SNW Newsletter, church bulletin. |
| Transportation | No |
| Comments | |

CA-NV OAMC Best Practices

| | |
|--|---|
| Church | Redwood City UMC |
| Program | CFA 1(2005) |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Bay Area teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | Four meetings, 1-1.5 hours, meeting once a week |
| Cost of program | \$600 |
| Funding source: | Silicon Valley CF |
| Food or Snacks Provided | No |
| Contact Person: | Rev. Dale Weatherspoon, pastor |
| Evaluation Tool No. of Participants | SNW Evaluation Form/6 average |
| Publicity: Internal / External: | District Newsletter, SNW Newsletter, church bulletin. |
| Transportation | No |
| Comments | |

CA-NV OAMC Best Practices

| | |
|---------------------------------|---|
| Church | San Ramon Valley UMC, Alamo |
| Program | CFA 1 |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Bay Area teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | Four meetings, 1.5 hours, meeting once a week |
| Cost of program | \$750, \$150 provided by church |
| Funding source: | Program and Mission fund, LAUMC |
| Food or Snacks Provided | No |
| Contact Person: | Rev. Dawn Boyd, pastor |
| Evaluation Tool | SNW Evaluation Form/16 average |
| No. of Participants | |
| Publicity: Internal / External: | District Newsletter, SNW Newsletter, church bulletin. |
| Transportation | No |
| Comments | |

CA-NV OAMC Best Practices

| | |
|---------------------------------|--|
| Church | Sonoma UMC |
| Program | CFA 1 |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Bay Area teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | Planned for September 12 and 19, 9- noon each day, 2008 |
| Cost of program | \$750 |
| Funding source: | Program and Mission fund, LAUMC |
| Food or Snacks Provided | No |
| Contact Person: | Rev. Pam Cummings, pastor |
| Evaluation Tool | |
| No. of Participants | |
| Publicity: Internal / External: | District Newsletter, SNW Newsletter, church bulletin. |
| Transportation | No |
| Comments | Co- sponsored with First Congregational Church and Trinity Episcopal |

CA-NV OAMC Best Practices

| | |
|--|--|
| Church | Sparks UMC, Sparks, NV |
| Program | Gold & Silver Senior Program |
| Description | Talent shows, yoga, devotional time, and additional topics of interest to elders. |
| Staff Required | President, Vice President, Secretary, Treasurer, Greeter, Sunshine Person, Callers, Coordinators, Decoration committee. |
| Materials Needed | Paper plates, cups, napkins, forks, spoons, Coordinators set tables. Decorators then take over. |
| No. of Meetings/Time | Once a month at 12 noon to 12:30 We eat. 12:45 Pledge of Allegiance, Lords Prayer. All reports Attendance, Minutes, Treasurer, Sunshine, Old and New business, a 5 or 10 Devotion. 1:00 to 1:30 Program |
| Cost of program | |
| Funding source: | We take a donation, which is usually \$1 per person. |
| Food or Snacks Provided | A share a dish meal by members. Drinks by fellowship. |
| Contact Person: | Nina and Glen Weant (775)331-0167 |
| Evaluation Tool No. of Participants | 94 members |
| Publicity: Internal / External: | Church Bulletin |
| Transportation | People arrive under their own power. |
| Comments | Eight members participated in Carson Valley's CFA 1 on May 23, 2008. Greeter checks everyone in and welcomes guests. Callers have a list and call each one a few days before the meeting to remind them. Coordinators have a big job, they set the tables, take food as it is brought in and sets the buffet table, has ready by 12 noon. Clean up after meeting with help of officers |

CA-NV OAMC Best Practices

| | |
|--|--|
| Church | St. Andrew's UMC, Sacramento |
| Program | CFA 1 |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Bay Area teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | Four meetings, usually 1-1.5 hours, meeting once a week (April 2008) |
| Cost of program | \$600 |
| Funding source: | Beulah Foundation |
| Food or Snacks Provided | No |
| Contact Person: | Rev. Elizabeth Brick |
| Evaluation Tool No. of Participants | 15 |
| Publicity: Internal / External: | District Newsletter, SNW Newsletter, church bulletin. |
| Transportation | No |
| Comments | |

CA-NV OAMC Best Practices

| | |
|---------------------------------|---|
| Church | St. Mark's UMC, Sacramento |
| Program | Spiritual Journeys (Spiritual Direction) |
| Description | Participants move to a deeper level of faith |
| Staff Required | Volunteer spiritual director/facilitator |
| Materials Needed | Group meeting room, handouts, and candle |
| No. of Meetings/Time | Once a month for two hours |
| Cost of program | \$0 |
| Funding source: | None |
| Food or Snacks Provided | No |
| Contact Person: | Ruth Reynolds (916)483-2191 |
| Evaluation Tool | Every third time, group discusses how it's going. Six |
| No. of Participants | participants now, eight maximum. |
| Publicity: Internal / External: | Newsletter, Sunday bulletin |
| Transportation | No |
| Comments | They love it. |

CA-NV OAMC Best Practices

| | |
|--|---|
| Church | St. Mark's UMC, Sacramento |
| Program | Men's Successful Aging |
| Description | Provide support for senior men |
| Staff Required | Lay person and part-time Chaplain |
| Materials Needed | Group room |
| No. of Meetings/Time | Once a month, 1.5 hours |
| Cost of program | Portion of part-time staff salary (Chaplain) |
| Funding source: | Church budget |
| Food or Snacks Provided | No |
| Contact Person: | Don Reynolds (916)483-2191 |
| Evaluation Tool No. of Participants | Informal feedback. Maximum 9 or 10 participants |
| Publicity: Internal / External: | Newsletter, word-of-mouth |
| Transportation | No |
| Comments | |

CA-NV OAMC Best Practices

| | |
|---------------------------------|---|
| Church | St. Paul's UMC, Fremont |
| Program | "Seniors on the Go" |
| Description | |
| Staff Required | |
| Materials Needed | |
| No. of Meetings/Time | Last Saturday of month |
| Cost of program | |
| Funding source: | |
| Food or Snacks Provided | |
| Contact Person: | Rev. Edna Andres |
| Evaluation Tool | |
| No. of Participants | |
| Publicity: Internal / External: | |
| Transportation | |
| Comments | Also have a greeting card ministry and a movie night on first Sunday. |

CA-NV OAMC Best Practices

| | |
|--|--|
| Church | St. Paul's UMC, Fremont |
| Program | Sage-ing Circles |
| Description | Development of attitude, "I can become a sage, a wise tribal elder." |
| Staff Required | One coordinator on staff, teachers from SNW |
| Materials Needed | Materials provided through Saging Guild when teachers go through training. |
| No. of Meetings/Time | Ten meetings, 1.5 hours each, for five months. |
| Cost of program | \$1950 |
| Funding source: | Beulah Foundation |
| Food or Snacks Provided | Yes |
| Contact Person: | Rev. Edna Andres |
| Evaluation Tool No. of Participants | Questionnaire after each session/ 3-10 |
| Publicity: Internal / External: | Both |
| Transportation | Yes – by Edna |
| Comments | It helped to combine with a monthly Saturday breakfast. |

CA-NV OAMC Best Practices

| | |
|---------------------------------|---|
| Church | St. Paul's UMC, Fremont |
| Program | "Senior Day" |
| Description | Networking on issues of concern to seniors, sharing of information and ideas. |
| Staff Required | One staff |
| Materials Needed | Room, handouts, video |
| No. of Meetings/Time | Once on September 6, 2008 - planned |
| Cost of program | |
| Funding source: | St. Paul's, Fremont |
| Food or Snacks Provided | Yes |
| Contact Person: | Rev. Edna Andres |
| Evaluation Tool | (in future) |
| No. of Participants | |
| Publicity: Internal / External: | (in future) |
| Transportation | |
| Comments | |

CA-NV OAMC Best Practices

| | |
|--|--|
| Church | Tice Valley UMC, Walnut Creek |
| Program | CFA 1 |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | One facilitator on-site, either paid or unpaid, clergy or lay, needs some facilitation skills. |
| Materials Needed | DVD kit and a DVD player with reasonably sized screen depending on size of group. Handouts included in kit. |
| No. of Meetings/Time | Four meetings, usually 1-1.5 hours, meeting once a week. |
| Cost of program | \$109 including CA tax, shipping and handling (\$101 outside CA.) |
| Funding source: | Individual sites. |
| Food or Snacks Provided | Optional |
| Contact Person: | Rev. Joanne Peterson, pastor |
| Evaluation Tool No. of Participants | Participant evaluation at end of each session, facilitator evaluation at end of series. |
| Publicity: Internal / External: | Internal church/site newsletter/bulletin, SNW monthly calendar. |
| Transportation | Optional |
| Comments | DVD kit for CFA 1 available through SNW- go to website www.seniornewways.org (650-209-1119). CFA 1 has been taught at 55 sites since 2001 with teachers going in person and the DVD kit has been tested at a variety of sites since March 2008. |

CA-NV OAMC Best Practices

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| Church | Trinity UMC, Chico |
| Program | Nursing Home Worship |
| Description | Weekly nursing home worship for people 70-100. All are welcome. Spiritual nurture of frail elders. |
| Staff Required | Volunteer leader |
| Materials Needed | Worship room at nursing home |
| No. of Meetings/Time | Once a week |
| Cost of program | |
| Funding source: | |
| Food or Snacks Provided | No |
| Contact Person: | Rev. Julie Horne |
| Evaluation Tool No. of Participants | 15-20 people per week |
| Publicity: Internal / External: | Internal message, home announcement |
| Transportation | N/A |
| Comments | Problems- Voice strength of leader; problem of too long of stories during interactions. |

CA-NV OAMC Best Practices

| | |
|---------------------------------|---|
| Church | Valley Faith UMC, Sunnyvale |
| Program | CFA 1 |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Bay Area teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | Four meetings, 1-1.5 hours, meeting once a week |
| Cost of program | \$600 |
| Funding source: | Program and Mission fund, LAUMC |
| Food or Snacks Provided | No |
| Contact Person: | Rev. Fel Cao |
| Evaluation Tool | SNW Evaluation Form/16 average |
| No. of Participants | |
| Publicity: Internal / External: | District Newsletter, SNW Newsletter, church bulletin. |
| Transportation | No |
| Comments | |

CA-NV OAMC Best Practices

| | |
|---------------------------------|---|
| Church | Walnut Creek First UMC, Walnut Creek |
| Program | CFA 1, 2 planned for fall 2008. |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Bay Area teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | Four meetings, 1-1.5 hours, meeting once a week |
| Cost of program | \$600 |
| Funding source: | Program and Mission fund, LAUMC |
| Food or Snacks Provided | No |
| Contact Person: | Rev. Eileen Lindsay, pastor (925)934-4208 |
| Evaluation Tool | SNW Evaluation Form/16 average |
| No. of Participants | |
| Publicity: Internal / External: | District Newsletter, SNW Newsletter, church bulletin. |
| Transportation | No |
| Comments | |

CA-NV OAMC Best Practices

| | |
|---------------------------------|--|
| Church | Wesley UMC, Fresno |
| Program | "Senior Challengers" |
| Description | An exemplary series of 15 senior programs. |
| Staff Required | |
| Materials Needed | |
| No. of Meetings/Time | |
| Cost of program | |
| Funding source: | |
| Food or Snacks Provided | |
| Contact Person: | Rev. Vicky Healy, pastor |
| Evaluation Tool | call for info |
| No. of Participants | |
| Publicity: Internal / External: | |
| Transportation | |
| Comments | Carole Urzua was leader. She died in 2008. |

CA-NV OAMC Best Practices

| | |
|---------------------------------|--|
| Church | Wesley UMC, Palo Alto |
| Program | DVD – based “Coming Fully Alive as You Age” |
| Description | Four sessions on DVD |
| Staff Required | One facilitator who follows User’s Guide and operates DVD |
| Materials Needed | DVD kit, “Coming Fully Alive as You Age” available from SNW |
| No. of Meetings/Time | Four meetings, 1-1.5 hours each |
| Cost of program | \$97 plus tax, shipping and handling, \$109 total in CA |
| Funding source: | Individual churches/groups purchase |
| Food or Snacks Provided | Optional |
| Contact Person: | Bee Kavinoky (650)857-0313 |
| Evaluation Tool | Participant evaluation form included in User’s Guide. |
| No. of Participants | Facilitator evaluation form also included, to be completed at end of all four sessions/ 4 |
| Publicity: Internal / External: | SNW press release, ads, newsletters, bulletins, including bulletin insert registration form. |
| Transportation | Optional |
| Comments | “Coming Fully Alive as You Age” program began in 2001 and has been offered at over 55 sites in northern and central CA and western NV. |

CA-NV OAMC Best Practices

| | |
|---------------------------------|---|
| Church | Willow Glen UMC, San Jose |
| Program | CFA 1, 2 |
| Description | Increased social interaction and healthier lifestyle choices. |
| Staff Required | SNW Bay Area teaching team. |
| Materials Needed | Handouts provided by teachers. |
| No. of Meetings/Time | 1-Four meetings, 1-1.5 hours, meeting once a week. 2-Five meetings. |
| Cost of program | 1- \$600, 2- \$625 |
| Funding source: | Program and Mission fund, LAUMC, Ken Becker Grant |
| Food or Snacks Provided | No |
| Contact Person: | Rev. Nancy Danson |
| Evaluation Tool | SNW Evaluation Form/ CFA 1- 20; CFA 2- 15 |
| No. of Participants | |
| Publicity: Internal / External: | District Newsletter, SNW Newsletter, church bulletin. |
| Transportation | No |
| Comments | |

APPENDIX 1

Senior New Ways

presents

Coming Fully Alive as You Age Series

Coming Fully Alive as You Age (CFA 1)

This program explores the positives of aging and having a healthier, happier life in the later years. This series includes the following topics:

- **Finding Meaning in Life:** Finding purpose; living life to the fullest; being versus doing; positive aspects of aging; becoming a "sage."
- **Being Fully Alive (Mind, Body, Spirit):** Meditation; care of the body, mind and spirit; coping with physical limitations; passion for life.
- **Aging as a Spiritual Journey:** Finding hope; letting go of expectations; making sense of suffering; forgiveness and healing.
- **Uplifting Power of Humor:** Uplifting of spirit; use of humor; enjoying the present moment; looking at the positives in our lives.

Looking Forward, Looking Back (CFA 2)

- **Meditation, Movement and Dance:** Try meditation styles in a supportive context, extend this time into movement and dance experiences.
- **Journaling for Life Discernment:** Explore various approaches, including Open and Free Writing, in order to discern positives of aging and how to become a "sage."
- **Rituals in Later Life -- A Path to Developing Inner Life:** Rituals have a tremendous way of transforming ordinary experience into a means of psychological and spiritual growth, and are as varied and inclusive as our spiritual needs. Examine the everyday context of our lives and then explore the potential role of ritual in life celebrations.
- **Relationships: Communication and Intimacy:** As we age, we realize that our key values center more around relationships and less around acquisitions and professions. Enhance your communication skills with friends and loved ones.
- **Capturing our Life Stories:** Guidance in reflecting on our life often brings back forgotten memories and meanings. Join us as we create and share our stories with others, get to know ourselves and peers in a more intimate way.

Creative Aging for a Healthy Mind, Body and Spirit (CFA 3)

- **Laughter and Brain Fitness:** Learn how laughter, exercise, rhythm, and meditation affect memory and brain functioning. Practices and exercises.
- **Aging as a Spiritual Journey -- Going Deeper:** Achieve balance in later life; moving meditation/sign chi do.

CA-NV OAMC Best Practices

- **ABCs of Fitness:** Write your own ABCs to fitness and nutrition; variety of fitness exercises and practices; behavioral change measures.
- **Creativity and Aging:** Explore creativity in later life with the works of Gene Cohen and Julia Cameron.
- **Elders as Earth Advocates:** Explore ways elders can help heal the earth. Discuss civic engagement opportunities.

Elders as Earth Advocates and Partners with Youth (CFA 4)

- **Introduction to Elders as Earth Advocates:** Explore the idea of Tikkun Olam, the healing of the world, and what elders can do towards sustainability and to help rebalance the earth. Civic engagement.
- **Most Important Things in Life:** “The most important things in life aren’t things.” Discern true passions. Discuss slowing down, minimizing waste and consumption of resources, teaching others to do it, being a role model.
- **Simplicity:** Discuss voluntary simplicity, the works of Jose Hobday and Duane Elgin on different kinds of simplicity. Share ideas.
- **Where Do We Go from Here?** Brainstorm Green Action ideas; gifts of nature; decluttering; growth in awareness.