

Health Ministries of Sonoma County

Our Programs

- ▣ Seniors in Transition(SIT)
- ▣ “*NEW*” Supporting Aging Seniors



Chrislyn Carson, Program Coordinator



SIT Background

- ▣ Developed by the Health Ministry Committee of Bethlehem Lutheran Church in Santa Rosa.
 - Presented 3X to BLC's members in 2009/2010.
 - Expanded to include 3 additional ELCA congregations in Sonoma County in 2011.
 - Wheat Ridge Grant enabled hiring of a part-time coordinator (2013)
 - ▣ Matching funds were required for our Wheat Ridge Grant and we have continued to ask congregations to provide modest supportive funding for the program.

Why Offer SIT?

- ▣ Faith communities are uniquely equipped to:
 - Holistically help seniors deal with stress and transitions
 - Help seniors to be proactive and live their lives to the fullest.
- ▣ SIT provides a compassionate and supportive environment for senior congregants to voice concerns and challenges, share with and encourage others and explore options for the time when living completely independently may no longer be viable.

SIT Program Goals & Objectives

Goal

- ▣ Empower seniors to explore options and make informed choices for future alternative living situations and/or in-home care before a crisis hits.

Objectives

In a supportive environment:

- ▣ Explore stereotypes of aging
- ▣ Understand challenges, values and future desires
- ▣ Increase knowledge of available resources, care levels, care facilities in the local areas
- ▣ Develop personalized transition plans
- ▣ Enable conversations with families and loved ones



Program Overview

- ▣ A multi-session, small group ministry
 - 8-12 participants is desirable
- ▣ Comprised of 6-8 group sessions led by a facilitator including topical discussions such as:
 - Challenges and Opportunities
 - Hopes and Dreams
 - Senior community resources
 - Placement options
 - Downsizing
 - Spirituality in aging
 - Transition Plans
 - Speakers and Site visits as agreed by the group
- ▣ Population Served
 - Members of participating congregations who are in their senior years.
 - ▣ Not designed to have adult children present.

Results

- ▣ 35 (8- 2hr session) programs have been completed in Sonoma County Faith Communities since 2012.
 - Lutheran, Episcopal, Methodist, Presbyterian, Unitarian
- ▣ Participant feedback validated the following outcomes:
 - Plans were developed and shared with friends and family
 - Participants realized a positive change in attitudes towards future life transitions.
 - A supportive community was developed within individual Faith Communities



IMPLEMENTING A SIT PROGRAM IN YOUR COMMUNITY

All changes, even the most longed for, have their melancholy; for what we leave behind us is a part of ourselves; we must die to one life before we can enter another.

~Anatole France



- Chrislyn Carson (MS)
- India Geibel (RN,MSN)

What HMSC Flash Drive Provides

- ▣ Program Description
 - How to Begin
 - Helpful Hints
 - Resource lists
- ▣ Participant Handouts
- ▣ Sample advertising: flyer/ trifold
- ▣ Resource Bibliography
- ▣ Assessment Tools
- ▣ Role Descriptions
 - ▣ Coordinator
 - ▣ Facilitator
 - ▣ Congregation Contact
- ▣ Evaluation forms
 - Speakers
 - Site Visits
 - Overall Program
- ▣ Program Summary
- ▣ Train the Trainer manual



Train the Trainer Agenda

- Hands on Exercise 1
- Nuts & Bolts
 - Setting up your program
 - Getting Started
 - Organizing your program
 - Evaluate
- Hands on Exercise 2
- Helpful Hints
- What HMSC provides
- Wrap Up/Questions



Setting up your Program

Assessment of your Community.

- ▣ Do you have a senior population that could benefit from this?
- ▣ Could this be an outreach ministry in your community?
- ▣ Who will provide leadership?
 - Form a committee to review the curriculum
 - Select time and dates
 - Plan publicity, newsletters, sign up sheets and personal invitations
- ▣ What community resources are available?
 - Contact staff of senior living communities, Care Agencies, etc.
 - Contact speakers on a variety of topics
 - Gather written resources such as senior catalogues, newsletters, brochures

Helpful Hints

- ▣ Local clergy or community directors are a key partner for success, meet with them early in the process
- ▣ Individual invitations to seniors may be the most effective way to get people to participate, especially for the first program.
 - Additional advertising can include announcements, temple talks, brochures, posters.
 - Congregation Contacts help with this.
- ▣ Open participation to include friends of the seniors.
- ▣ Call or e-mail individual seniors to remind them of the class.
- ▣ Mid morning or afternoon is a good time for the classes.
- ▣ Provide class notes and periodic reminders/updates
- ▣ Limit class size to 12.

Acknowledgements

- ▣ Health Ministries of Sonoma County (HMSC) under the auspices of Bethlehem Lutheran Church in Santa Rosa developed and is implementing these programs.
- ▣ Generous support has been received from:
 - Wheat Ridge Ministries, 2013
 - Episcopal Senior Communities/Darby Betts 2014/2015
 - Bethlehem Foundation, 2015-2020



“NEW”

Supporting Aging Seniors

- ▣ Developed 2016 & Piloted in 2017
- ▣ Target audience is children and/or advocates of seniors
- ▣ Designed as 3- 2hr sessions with flexible timing
 - ▣ Beginning the Conversation
 - ▣ Living Arrangements
 - ▣ Planning for the Future (Financial, Legal, Health)
- ▣ Appropriate for faith or secular groups
- ▣ Group size- 20-30 participants

This program looks ahead to a time when someone you love may no longer be able to live safely in complete independence.



Objectives

- ▣ **You are not alone!**
 - Participants will share concerns and strategies for caring for loved ones
 - Discover what is most important to you and your loved one's as they age? Rarely are they the same.
 - Learn about available resources for supportive aging in Sonoma County
 - Be prepared to develop a plan *in consultation* with your loved ones.
 - Prepare for critical conversations to enable better communication with loved ones



Seniors in Transition
(Mark Schoepp's experience at St Paul,
Melrose Park, IL)

*Important decisions
in the later years of
life...

Introduction

*Our history in this
area...







When are you ready?

* “Stay on the farm as long as possible...”

* “We’ll know when it’s time...”

Introduction

*Aiming for more intentionality in the process - proactive vs reactive.



Synopsis

- * Week 1 - Introduction
- * Week 2 - Lutheran Life Communities
- * Week 3 - Casa San Carlo
- * Week 4 - The view from the other side.

Synopsis

- *Week 5 - Self image/Spirituality
- *Week 6 - Home Care/Resources
- *Week 7 - Documents/Medical Care
- *Week 8 - Plan A; Plan B

Your input on this subject...

*I'm looking for answers to these
questions:

*Best and Worst Case Scenarios...

LLC/CSC field trip...

- * Lutheran Life Communities and Casa San Carlo
- * Luncheon and tour at both facilities. We pick the dates;
- * Ride together?
- * Tuesday or Wednesday

Faith and later life...

* God's call comes...

* Early - 1 Samuel Chapters 1, 2 and 3

* Late - Genesis Chapter 12 and 18

* Ongoing - Luke 2 Simeon and Anna
(bit parts but - there are no 'bit'
parts)

Faith and later life...

- *What changes in later life?
- *What remains the same?
- *How does faith factor in to your decisions about this topic?

Adult Children...

- * What if you have none or they are uninvolved?
- * What possible roles are there for adult children?
- * What roles do you want them to play?
- * What steps can you take to help that happen?

Adult Children...

- *Talk early and often.
 - *learn about each other.
 - *distance is a factor.
- *They see things you may not.
- *It's your stuff, you deal with it.
- *They are seeing themselves and learning.

Next Week...

*Home Care - Linda
Kunicke and Bright Star
Home Care.

Plan “A” and “B”

*Do your own visits...

Plan A, Plan B

- * Was one easier to do than the other?
- * Did you find you were missing any info you wanted/needed to make the decision?
- * Are there people who need to hear these plans?
- *