

Immanuel Church on the Hill Senior Scoop

August 2017

Immanuel Senior Ministry Events & Activities

IMMANUEL'S SEPTEMBER SENIOR SEMINAR

Saturday, 9/23/17, 9:00 am - 1:30 pm in Zabriskie Parish Hall

Join the Senior Ministry for our annual one-day seminar. This year's topic is "The Spirituality of Aging: a Lifelong Adventure." Guest presenter Rev. J. Bruce Stewart, Goodwin House Chaplain and Founder/Director of the Center for Liturgy and the Arts, will guide us as we explore how our search for meaning and purpose changes as we age. All are welcome to attend. Lunch is included. The deadline to register is Wednesday, 9/20/17. Please RSVP to Jeannie Cummins at jeconsulting@comcast.net and indicate your sandwich choice: turkey, ham, tuna or veggie. The registration fee is \$10.00 and is payable in advance at the office by check (write Senior Seminar in the memo section).

IMMANUEL'S MEALS ON WHEELS MINISTRY

Immanuel Church on the Hill supports Alexandria's Meals on Wheels program by providing volunteers to drive or deliver food to people in need on the first Thursday of each month from 10:00 am to 12:00 pm. Our "shift" is in desperate need of a few volunteers, as well as someone to help schedule volunteers. Please email Ollie Patton at obpatton@comcast.net or leave a message at 703-867-0822 if you can help.

IMMANUEL'S PARISH LIBRARY UPDATE

The refurbishment of the Parish Library in the Fairchild Room continues to progress, thanks to a handful of volunteers. Books are now in distinct categories and alphabetized by author within those categories. Thanks to Martha Manson, Dotty Eisenhour, Frank Wade and Jan Maas, every book is also captured in a searchable spreadsheet. Several parishioners have also made valuable donations of literature to add to our collection. We anticipate holding a ribbon cutting ceremony to bless our revitalized library soon. If you would like to volunteer with the parish library, please contact Jeannie at jeconsulting@comcast.net or 703-851-5257.

Community Events

31st ANNUAL YOUNG AT ART JURIED ART SHOW FOR ARTISTS AGE 55+

Durant Arts Center, 1605 Cameron Street, Alexandria VA

This annual exhibit is cosponsored by Senior Services of Alexandria, the Goodwin House Foundation and the City of Alexandria. The exhibit is open to all Metropolitan area residents, age 55 and older. The Call for Art takes place on Thursday, August 17 at the Durant Arts Center from 10:00 am – 12:00 pm. Artists must deliver, pick up art and leave the art in the exhibit until the end of the show. There is an entry fee of \$20.00 for up to three works and \$5.00 for each additional piece. The exhibit opens on Monday, August 21st and runs through November 16, 2017. There will be an Opening Reception to

meet the artists on Tuesday, September 19, from 5:30 – 7:30 pm at the Durant Arts Center. For more information and to download an application, go to www.seniorservicesalex.org or call Senior Services at 703-836-4414 x110 or the Goodwin House Foundation at 703-824-1200.

Community Information

Is the Mess Creating Stress in the Family? Try This Decluttering Approach

One major source of stress for older adults and their children occurs when it is time to declutter a house that mom and/or dad have lived in for many years. Families accumulate unbelievable amounts of “stuff.” They get very attached to this stuff, and eventually have so much stuff they become overwhelmed when they must decide what to let go of. Tense interactions can occur between parents whose anxiety leads them to avoid cleaning out their home, and children who are eager to clean out the home to make it safer or to prepare for downsizing to a smaller residence. Brenda Avadian offers some insightful ideas about how to prepare for and walk through the decluttering process in this January 2017 U.S. News article, “Helping Mom and Dad Declutter.”

<http://health.usnews.com/health-care/for-better/articles/2017-01-20/helping-mom-and-dad-declutter>

We greatly appreciate parishioner feedback and contributions to improve the Senior Scoop. Email your ideas to jceconsulting@comcast.net. If you no longer wish to receive this newsletter, please send an email to jceconsulting@comcast.net with a request to unsubscribe.