

Immanuel Church on the Hill

Senior Scoop

November 2017

Immanuel Senior Ministry Events & Activities

Senior Ministry Brown Bag Lunch: A Pearl Harbor Remembrance. Tuesday, 12/5/17, 11:00 am – 1:00 pm in the Parish Hall.

Fellow parishioner and Rear Admiral Ted Walker, SC, USN (Ret.) will share his vivid memories of living in Pearl Harbor when it was attacked by Japanese aircraft on December 7th, 1941. He observed that fateful assault from the roof of his home when he was just nine years old. RADM Walker served 38 years in the Navy on battleships and destroyers and spent sixteen of those years on submarines. Bring your lunch and a friend – we will supply refreshments and dessert!

Senior Ministry Advent Social. Sunday, 12/3/17, 3:00 pm – 5:00 pm in the Parish Hall.

Parish seniors and their families and friends are invited to an "Advent Ceilidh" (pronounced "kay-lee"), which is a Celtic gathering with music, dance & poetry. Wear your tartan or kilt, sample sweet and savory holiday treats, partake in tea or a wee dram, and enjoy "home grown" entertainment. RSVP by November 24th to Jeannie Cummins at (703) 370-6555 ext. 205 or jceconsulting@comcast.net (subject line: RSVP for Advent Celebration). Seating is limited to 60 guests. Let us know if you need a ride so we can try to make arrangements. Goodwin House will have transportation available for residents to and from this event: contact Matt at mschwartz@goodwinhouse.org

Community Events

Healthy eating trends are constantly changing. Ever wonder which ones are right for you? Beginning December 22, meet at Beatley Central Library from 1:00 pm-2:30 pm on the 4th Friday of every month and join Madison Reeder, a Registered Dietitian from InovaCares for Seniors PACE PROGRAM, as she explains which trends are best to incorporate in our diets as we age, and which are best to avoid. Each session will include a cooking demonstration and food samples. These events are co-sponsored by Beatley Central Library and Senior Services of Alexandria (SSA) and are free. Participants must register in advance. To RSVP, contact SSA at www.seniorservicesalex.org or 703.836.4414 x 110.

Community Information

DATING ON-LINE SAFELY

I recently had an eye-opening conversation with a parishioner who has a friend in her 70s. This friend is a widow and is interested in dating again. She has attempted to make some connections to men through on-line dating sites, but has been exploited both emotionally and financially. I offered to look for some resources that could help her safely navigate the on-line or in-person dating world. There are lots of Internet articles that list the "top" on-line dating sites for seniors. Some of the major on-line dating sites claim to have "fraud monitoring," but it is difficult to determine exactly how this works and its efficacy. However, one U.S. News & World Report article I found contains some good tips on how to stay safe while using on-line dating sites. Here is a link: <https://money.usnews.com/money/blogs/alpha-consumer/2015/06/22/how-older-adults-can-stay-safe-when-dating-online>

At Home Alexandria (AHA) is the city's first "village concept" for aging in place that supports older residents to remain in their homes as they age. AHA members have opportunities to participate in AHA-sponsored social and cultural outings and events. This is one way to meet local couples and singles, including potential "dates," in a safe, fun group setting. Contact the AHA office for additional information at 703.231.0824 or go to www.athomeinalexandria.org

Do you know of a good resource for older adults who want to begin dating again (or for the first time)? Please email your suggestions to Jeannie Cummins, Vestry Steward for Senior Ministry, at jceconsulting@comcast.net and I'll pass them on!

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.