



CA-NV UMC Conference
Older Adult Ministry Council



Best Practices Guide

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To be Updated Regularly

OAMC BEST PRACTICES

Table of Contents

Page	Church
1)	Aptos UMC
2)	Asbury Livermore UMC
3)	Calvary UMC and SJ District office
4)	Calvary UMC
5)	Cambrian Park UMC
6)	Carson Valley UMC
7)	Castro Valley UMC
8)	Central UMC
9)	Clovis Memorial UMC
10)	Clovis Memorial UMC
11)	Crescent City UMC
12)	Crystal Springs UMC
13)	Downs Memorial UMC
14)	Downs Memorial UMC
15)	Epworth UMC
16)	Eureka UMC
17)	First UMC, San Leandro
18)	First UMC, San Leandro
19)	First UMC, San Leandro
20)	First UMC, San Rafael
21)	First UMC, Santa Rosa
22)	First UMC, Santa Rosa
23)	First UMC, Santa Rosa
24)	First UMC, Santa Rosa
25)	First UMC, Santa Rosa
26)	First UMC, Santa Rosa
27)	First UMC, Sunnyvale
28)	Fortuna UMC
29)	Gilroy UMC
30)	Grace UMC
31)	Grass Valley UMC

CA-NV OAMC Best Practices

- 32) Grass Valley UMC
- 33) Grace UMC
- 34) Jones UMC
- 35) Korean UMC of Santa Clara Valley
- 36) La Trinidad UMC
- 37) Lincoln UMC
- 38) Loomis UMC
- 39) Loomis UMC
- 40) Los Altos UMC
- 41) Los Altos UMC
- 42) Modesto UMC
- 43) Newcastle UMC
- 44) New Vision UMC
- 45) Nevada City UMC
- 46) Pine UMC
- 47) Placerville Federated
- 48) Redding UMC
- 49) Redwood City UMC
- 50) San Ramon Valley UMC
- 51) Sonoma UMC
- 52) Sparks UMC
- 53) St. Andrew's UMC
- 54) St. Mark's UMC
- 55) St. Mark's UMC
- 56) St. Paul's UMC
- 57) St. Paul's UMC
- 58) St. Paul's UMC
- 59) Tice Valley UMC
- 60) Trinity UMC
- 61) Valley Faith UMC
- 62) Walnut Creek First UMC
- 63) Wesley UMC
- 64) Wesley UMC
- 65) Willow Glen UMC
- 66) APPENDIX 1

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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.ihn april showers.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

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

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

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

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

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

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

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

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

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 No. of Participants	20 average CFA 1, 10 CFA 2 and 3
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	SNW Evaluation Form/6 average
No. of Participants	
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

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.