



Older Adult Ministry

Lewinsville

Presbyterian Church

Programs and Services for Older Adults

Lewinsville Presbyterian Church provides a wealth of excellent opportunities for its members and friends to worship, learn, serve, be served, grow and play. This booklet highlights the programs and services that are especially appropriate for older adults to participate in, volunteer for, get help from, and provide leadership to.

Come join us!

Provided by the Older Adult Council
January 2022



Advocacy

Older Adult Council

The Older Adult Council (OAC) is a group established by Session to *advocate, communicate, and coordinate* programs and services for older adults and their care-giving families. The OAC meets every other month and focuses on both church- and community-sponsored programs.

Contact: Wendy Maiwurm wmaiwurm@gmail.com, 703-759-6705

Liaisons between Older Adult Council (OAC) and all ministry groups

Members of the OAC serve on most of the church's programmatic Ministry Groups in order to facilitate the exchange of information about older adult programs and services throughout the congregation.

Contact: Wendy Maiwurm wmaiwurm@gmail.com, 703-759-6705



Education

Adult Education Classes

The Older Adult Council periodically sponsors adult education 4-6 week modules on Sunday mornings at 9:45 a.m. on topics that address the needs and interests of older adults and their families.

Contact: Allison Lineberger alineberger@lewinsville.org, 703-356-7200

Bible Study Class

Every Wednesday morning (11:30 a.m.-1:00 p.m.) one of the pastors leads a Bible study class in the Chapel on the biblical text of the sermon for the upcoming Sunday worship services. Bring a brown bag lunch.

Contact: Rev. Scott Ramsey scott@lewinsville.org, 703-356-7200

Classes on Aging

The Jewish Senior Service Agency (JSSA), through its partnership with Chesterbrook Retirement Residences, provides to members of the sponsoring organizations (such as Lewinsville) periodic classes on topics related to aging and the needs of older adults. Some classes are held at Lewinsville; others take place at other sites in McLean.

Contact: Mary Frase maryjfrase@gmail.com, 703-536-4091

Community-Based Classes

The Lewinsville website describes classes and lectures sponsored by many community organizations on topics of interest to older adults and their families.

Contact: Wendy Maiwurm wmaiwurm@gmail.com, 703-759-6705



Financial Assistance

Deacons Fund

The Deacons Fund helps persons affiliated with our congregation who are facing emergency financial hardship and need assistance with bills. This fund is also used to make donations to Lewinsville Retirement Residences (LRR) Meal Fund, Summer Mission Project, Share, Homestretch and Stop Hunger Now.

Contact: Gary Eames, gary_eames@yahoo.com, 703-237-7636



Grief and Illness Support

Caregiver Support

Information on community-based support provided by other organizations, agencies, and healthcare facilities is available on the Lewinsville website:

www.lewinsville.org/oac-caregivingservice-offerings/

Deacon Callers and Visitors

Phone calls and visits are provided to those who would appreciate a caring visit or contact or to those who are recovering from an illness in the hospital or care facility.

Contact: Rev. Jen Dunfee JDunfee@lewinsville.org 703-356-7200

Flower Deliveries to Homebound

Flower arrangements from the sanctuary flowers on Sunday are delivered to members who are homebound or hospitalized.

Contact: Sandy Albrecht salbrecht@lewinsville.org, 703-356-7200

Funeral and Memorial Service Guidance

The church has available brochures to assist families in planning for funeral and memorials services at the church and for burial in the church cemetery.

Contact: Sandy Albrecht salbrecht@lewinsville.org, 703-356-7200



Grief Books

In addition to visits, Deacon/Stephen Ministers mail out four grief booklets to church members after the death of a loved one over the course of the first year. There is also a shelf in the church library devoted to books on Grief.

Contact: Rachel Russell rrussell10@cox.net 703-281-7955

Hospital Visitation

The pastors visit congregational members and their families who are hospitalized. Contact the church office to notify the pastors of illnesses and hospitalizations.

Contact: Sandy Albrecht salbrecht@lewinsville.org 703-356-7200

Prayer Shawl Ministry

The Lost Sheep Stitchers provide shawls and afghans to bring love and comfort to our frail or ill members and friends. Lost sheep seeks to engage in a ministry of service, enjoy community and learn from one another. The group meets on the 1st and 3rd Mondays of the month in the chapel from 10 a.m. to 12 noon.

Contact: Jan Jacewicz janetjacewicz@cox.net 703-231-4973

Social Work Referrals

A licensed social worker is available to provide referrals to appropriate community agencies and professionals when requested.

*Contact: Sandy Albrecht salbrecht@lewinsville.org 703-356-7200 or
Wendy Maiwurm wmaiwurm@gmail.com 703-759-6705*

Stephen Ministers

Stephen Ministers provide nurture and spiritual support to members who are experiencing difficulty due to illness, grief and loss, loneliness or special needs. All Deacons receive training to serve as a Stephen Minister which enables them to provide distinctively Christian care on a one to one basis.

*Contact: Rev. Jen Dunfee JDunfee@lewinsville.org 703-356-7200 or
Pat Matheson, patriciamatheson@verizon.net, 703-534-4105 or
Karen Siple, Karen.siple@cox.net, 703-757-2899*





Housing



The Lewinsville
Retirement Residence, Inc.

Chesterbrook Residences (CRI)

CRI is a 97 unit mixed income assisted living residence located in Falls Church that is sponsored by Lewinsville, Immanuel Presbyterian Church, Temple Rodef Shalom, and National Capital Presbytery.

Contact: Betsy Weixel, bweixel@cri-va.org, 703-531-0781



The Lewinsville Retirement Residence (LRR)

LRR is a 161 unit independent living apartment complex in McLean that is sponsored by Lewinsville Presbyterian Church. All residents receive rental subsidies from the federal or county governments.

Contact: Rose Mario, rmario@lewinsville.org, 703-442-8660 ext. 113





Publications and Other Information Sources

Lewinsville Church Library

The library will have a new location and the contents will be reorganized when the renovated building opens.

*Contact: Allison Lineberger alineberger@lewinsville.org
703-356-7200*

Lewinsville Newsletter

The monthly newsletter provides regular articles on topics of interest to older adults. The newsletter is available in printed form, electronically, and on the website. Articles need to be submitted into the church office by the second Sunday of the month preceding the Newsletter publication.

*Contacts: Allison Lineberger alineberger@lewinsville.org or
Sandy Albrecht salbrecht@lewinsville.org 703-356-7200*

Sunday Bulletins and Announcements

Information of interest to all members of the congregation is provided in the worship bulletins.

Contact: Sandy Albrecht salbrecht@lewinsville.org 703-356-7200

Website pages on Older Adult Ministry

The Older Adult Council website pages are continually updated to provide relevant information about programs and resources for older adults in the congregation. Go to www.lewinsville.org and look for Older Adult Ministry under the “CONNECT” tab.

Contact: Wendy Maiwurm wmaiwurm@gmail.com 703-759-6705

Electronic Thursday Updates

The Thursday Updates are sent by email to the congregation, providing new information and reminders about the schedule of upcoming events.

Contact: Sandy Albrecht salbrecht@lewinsville.org 703-356-7200

Church Directory

The Church Directory is updated annually every fall. Copies can be obtained through the church office. Submit changes in address, phone or email to Sandy Albrecht.

Contact: Sandy Albrecht salbrecht@lewinsville.org 703-356-7200





Social and Support Opportunities

ChristCare Groups

These are small groups (usually 8-12 people) that meet twice a month for prayer, worship, Biblical equipping, community building, and service. New members find a place to connect, and longtime members find a place for continued growth.

Contact: Jim Tenney jamestenney@verizon.net 703-893-6860 or

Claire Grossi cbgrossi@gmail.com 703-893-6989

LRR Annual Picnic

The LRR picnic is a wonderful opportunity to get to know our neighbors at the Lewinsville Retirement Residence next door. The indoor picnic is held in their dining room on a Sunday afternoon in the spring.

Contact: Claire Grossi, cbgrossi@gmail.com, 703-893-6989

Men's Breakfast Group

This is a group of retired men who meet every Wednesday mornings at 8:00 a.m. If you want to attend, call Doug McGuire or Alan Stevens.

Contacts: Doug McGuire, dmcguire42@icloud.com, 703-625-0199 or

Alan Stevens avslc11@verizon.net 703-938-8632

Men's Square

Men's Square began as a counterpart to the Presbyterian Women's Circles. They are now one of the ChristCare groups. Men's Square meets on the 2nd and 4th Saturday mornings from 8:00 a.m. Call for more information.

Contact: Adrian Steel, adriankarensteel@gmail.com, 703-790-9290

Presbyterian Women's Circles

Circles provide opportunities for women to grow together in their faith in Jesus Christ through Bible study, prayer, mission, and fellowship.

Contact: Jody Ransom jcransom@verizon.net 703-532-0864 or

Betty Yurkewitch betty.yurkewitch@verizon.net 703-790-9586

Second Saturday Set

A social group of older adults that meets the 2nd Saturday of each month for a wide range of activities.

Contact: Cathy Gaugler gauglerr@aol.com 703-938-4780

Single Seniors

A group of older adults who are widowed, divorced, or who have always been single meet together on the second Friday of each month at 11:30 a.m. Call for more information.

Contact: Wendy Maiwurm wmaiwurm@gmail.com 703-759-6705 or

Lois Dokken manpadokken@aol.com 703-237-1308



A photograph showing a woman in a light-colored top and dark pants helping an elderly man with white hair into the driver's seat of a red car. The man is wearing a light blue button-down shirt and khaki pants. A dark blue banner with the word "Transportation" in white serif font is overlaid on the image.

Transportation

Rides to Worship Services for LRR Residents

Rides are available every Sunday to the 11 a.m. service or 10 a.m. when there's only one service. Rides for special services are also available. The drivers are:

First Sunday: Scotty Benson, 703-938-4471

Second Sunday: Laury Bender, 703-893-1260

Third Sunday: Alan Stevens, 703-938-8632

Fourth Sunday: Lois Dokken, 703-237-1308

Fifth Sunday: Lois Dokken, 703-237-1308

Rides to Church

The Deacon/Stephen Ministers have funds set aside to pay for taxi/van service for those who need a ride to church services and evening activities at the church.

Contact: Sandy Albrecht salbrecht@lewinsville.org 703-356-7200





Volunteer Opportunities

Volunteering at Lewinsville

Opportunities are available for members of the congregation (all ages, abilities, and skills) to participate in the many programs and services offered by the church. Find out about these opportunities by checking the Sunday morning bulletin and the website <http://www.lewinsville.org/oac-volunteer-opportunities/>. Contact persons are listed throughout this booklet for many of the activities. Other possibilities are:

- **Christmas Gift Bags** are given during the holiday season to residents at the retirement residences. Help is needed collecting items for the bags.
- **Committees, Councils and Groups** that provide the wide array of programs and services to the congregation and beyond are always needing volunteers.
- **Good Samaritan Day** happens twice a year. Participants visit the two church-sponsored retirement residences, homes of older adults in the congregation, and other mission supported activities to provide assistance as needed.

Contact: Sandy Albrecht salbrecht@lewinsville.org 703-356-7200

Volunteering Elsewhere

Congregational members are encouraged to offer their time and expertise to other worthy organizations in our area that always need help. The Lewinsville website lists a number of these opportunities. Also consider:

- **Chesterbrook Residences and The Lewinsville Retirement Residence** can always use volunteers.

Contact: Courtney Nuzzo, the Administrator at LRR

cnuzzo@thelewinsville.org 703-442-8660 ext. 100 or Claire Grossi the Lewinsville volunteer coordinator for CRI cbgrossi@gmail.com 703-893-6989 or Dominick Henson at CRI, 703-531-0781

- **SHARE** is a food and clothing bank in McLean that is open on Wednesdays and Saturdays, and several Lewinsville members help with this program.

Email info@shareofmclean.org or call 703-229-1414 to volunteer.

- **Shepherd's Center of McLean, Arlington, Falls Church** needs volunteer drivers to transport older adults to medical appointments.

Contact: Betty Douglass ebdouglass22046@gmail.com 703-241-3793





Worship

Worship Services when unable to attend in person

The church now provides live streaming via the website or YouTube. About an hour after the service ends, it is available on the website plus a long list of services from previous weeks are available. You can also dial in by phone and listen “live” at 571-261-7385.

Contact: Bettie McElroy, bettie@mcelroyassoc.com, 703-237-0358

Extended Communion

For those who are unable to attend worship to receive communion and would like to receive communion, the Elders and Deacons will bring communion to people at home or in an assisted living facility on the first Sunday of the month.

Contact: Rev. Jen Dunfee JDunfee@lewinsville.org 703-356-7200 and Lois Dokken manpadokken@aol.com 703-789-0617

Worship and Communion at LRR and CRI

The Pastors and the Parish Associates, along with members of the congregation, lead worship every month for the residents of Chesterbrook and The Lewinsville.

Contact: Jen Dunfee JDunfee@lewinsville.org 703-356-7200

