



## 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  
March 2024



## 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 Older Adult Council works hard to maintain good relationships between the church and Lewinsville Retirement Residence and Chesterbrook Residences. The OAC meets every other month and focuses on both church- and community-sponsored programs. 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](mailto:wmaiwurm@gmail.com), 703-759-6705*

### **Faith and Public Policy**

Three or four sessions are organized annually in order:

- To examine the economic, social and spiritual implications of significant issues, including issues facing older adults, in a non-partisan and fact-based manner.
- To enable Lewinsville Presbyterian Church members and groups to engage public policy issues as faithful Christians, and
- To provide a forum for open and respectful discourse about social justice and public policy matters.

*Contact: Rev. Dr. Scott Ramsey, [scott@lewinsville.org](mailto:scott@lewinsville.org), 703-356-7200*

*James Foster, [fosterje@email.gwu.edu](mailto:fosterje@email.gwu.edu), 703-272-3713*



# Education

## **Adult Education Classes**

The Older Adult Council periodically sponsors adult education 3-6 week modules on Sunday mornings at 9:30 a.m. on topics that address the needs and interests of older adults and their families.

<https://www.lewinsville.org/classes-for-adults/>

Contact: Cathy Saunders, [cathy.saunders@gmail.com](mailto:cathy.saunders@gmail.com), 703-534-4494

Rachel Russell, [rrussell10@cox.net](mailto:rrussell10@cox.net), 703-281-7955

## **Bible Study Class**

Every Wednesday morning (11:30 a.m.-1:00 p.m.) one of the pastors leads a Bible study class in Room 102A on the biblical text of the sermon for the upcoming Sunday worship services. Bring a brown bag lunch.

Contact: Rev. Dr. Scott Ramsey, [scott@lewinsville.org](mailto:scott@lewinsville.org), 703-356-7200



## Financial Assistance

### **Deacons Fund**

The Deacons Fund helps congregants and other 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) and Chesterbrook Residences (CRI).

*Contact: Pastor Jen Dunfee, [jdunfee@lewinsville.org](mailto:jdunfee@lewinsville.org), 703-356-7200*

*David Jesse, [djjessee@verizon.net](mailto:djjessee@verizon.net), 703-318-1878*

*Davi McDonald, [davi.mcdonald@gmail.com](mailto:davi.mcdonald@gmail.com), 703-298-4108*



## 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-caregiving-service-offerings/](http://www.lewinsville.org/oac-caregiving-service-offerings/)*

### **Deacon Callers and Visitors**

Phone calls and visits are provided to those who would appreciate a caring visit or contact to those who are recovering from an illness in the hospital or care facility, or who are recovering from an illness in the hospital or care facility, or who are facing other personal challenges. (See “Stephen Ministers” page 7)

*Contact: Pastor Jen Dunfee, [jdunfee@lewinsville.org](mailto: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: Church Office, 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: Church Office, 703-356-7200*



### **Grief Books**

In addition to visits, Deacons mail out four grief booklets to church members after the death of a loved one over the course of the first year.

*Contact: Rachel Russell, [rrussell10@cox.net](mailto: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: Church Office, 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](mailto:janetjacewicz@cox.net) 703-231-4973*

## **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: Pastor Jen Dunfee, [jdunfee@lewinsville.org](mailto:jdunfee@lewinsville.org) 703-356-7200 or  
Pastor Scott, [scott@lewinsville.org](mailto:scott@lewinsville.org), 703-356-7200 or  
Pastor Layne, [lbrubaker@lewinsville.org](mailto:lbrubaker@lewinsville.org), 703-356-7200 or  
Karen Siple, [Karen.siple@cox.net](mailto:Karen.siple@cox.net), 703-757-2899*



# Chesterbrook RESIDENCES

## 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: Danielle Daniels, [ddaniels@cri-va.org](mailto:ddaniels@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](mailto:rmario@lewinsville.org), 703-442-8660 ext. 113*







## Publications and Other Information Sources

### **Lewinsville Church Library**

The library is now located in Room 105 and the contents have been reorganized.

*Contact: Cathy Saunders, [cathy.saunders@gmail.com](mailto:cathy.saunders@gmail.com), 703-534-4494*

### **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 15th of the month preceding the Newsletter publication.

*Contact: Alex Johnson, [ajohnson@lewinsville.org](mailto:ajohnson@lewinsville.org), 703-356-7200*

### **Sunday Bulletins and Announcements**

Information of interest to all members of the congregation is provided in the worship bulletins. Bulletins may be accessed and downloaded through the Thursday Update or on Sunday on the Lewinsville web page [www.lewinsville.org](http://www.lewinsville.org)

*Contact: Alex Johnson, [ajohnson@lewinsville.org](mailto:ajohnson@lewinsville.org), 703-356-7200*

*Church Office, 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](http://www.lewinsville.org) and look for Older Adult Ministry under the “CONNECT” tab.

*Contact: Wendy Maiwurm, [wmaiwurm@gmail.com](mailto: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: Alex Johnson, [ajohnson@lewinsville.org](mailto:ajohnson@lewinsville.org), 703-356-7200*

*Church Office, 703-356-7200*

## Church Directory

The printed church directory is updated annually every fall and now includes pictures. Copies can be obtained through the church office. Submit changes in address, phone, or email to the church office. Currently, a picture directory is also available online on the website under My Lewinsville with a password.

*Contacts: Church Office, 703-356-7200*

*Claire Grossi, [cbgrossi@gmail.com](mailto:cbgrossi@gmail.com), 703-893-6989 or*

*Bettie McElroy, [Bettie@mcelroyassoc.com](mailto:Bettie@mcelroyassoc.com), 703-967-4999 (about picture directory)*





## Social and Support Opportunities

### **Christ Care 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](mailto:jamestenney@verizon.net) 703-893-6860 or  
Claire Grossi, [cbgrossi@gmail.com](mailto: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](mailto:cbgrossi@gmail.com), 703-893-6989*

### **Men's Breakfast Group**

This is a group of retired men who meet every Wednesday mornings at 8:30 a.m. at the church. If you want to attend, call Doug McGuire or Alan Stevens.

*Contacts: Doug McGuire, [dmcguire42@icloud.com](mailto:dmcguire42@icloud.com), 703-625-0199 or  
Alan Stevens, [avslc11@verizon.net](mailto: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 Christ Care groups. Men's Square meets in person on the second and fourth Saturdays at 8:00 a.m. at the church. On the first and third Saturdays they meet on ZOOM at 8:00 a.m. Call for more information.

*Contact: Adrian Steel, [adriankarensteel@gmail.com](mailto:adriankarensteel@gmail.com), 703-790-9290*

## **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](mailto:gauglerr@aol.com) 703-938-4780*

## **Senior Lunches**

Single Seniors have now become part of "Rocks of Ages", which is lunch or dessert and a program for all seniors in the congregation. They plan to meet monthly except for July and August. The group meets on the fourth Friday of the month, usually from 11:30 a.m. to 1:00 p.m. For further information, or to be added to the list of persons receiving email invitations (or a phone call), contact the following:

*Contact: Wendy Maiwurm, [wmaiwurm@gmail.com](mailto:wmaiwurm@gmail.com) 703-759-6705 or  
Lois Dokken, [manpadokken@aol.com](mailto:manpadokken@aol.com) 703-237-1308*





## 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: Karl Sandburg, 703-628-6000*

*Third Sunday: Alan Stevens, 703-938-8632*

*Fourth Sunday: Davi McDonald, 703-462-3249*

*Fifth Sunday: Lois Dokken, 703-237-1308*

### **Rides to Church**

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

*Contact: Church Office, 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 of Lewinsville Retirement Residence. Help is needed collecting items for the bags. *Contact: Alan Stevens, [avslc11@verizon.net](mailto:avslc11@verizon.net), 703-938-8632*
- **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 engage in a half day project at the church sponsored retirement residences, homes of older adults in the congregation, and other mission supported activities to provide assistance as needed.

*Contact: Augusta Niday, [thenidays@gmail.com](mailto:thenidays@gmail.com), 703-220-4559 or  
Pastor Layne Brubaker, [lbrubaker@lewinsville.org](mailto:lbrubaker@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.

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

*Contact: Courtney Nuzzo, Executive Director at LRR*

*[cnuzzo@thelewinsville.org](mailto:cnuzzo@thelewinsville.org) 703-442-8660 ext. 100 or*

*Bremda Riggs, Executive Director at CRI*

*[briggs@cri-va.org](mailto:briggs@cri-va.org) 703-531-0781 or*

*Claire Grossi the Lewinsville volunteer coordinator for CRI*

*[cbgrossi@gmail.com](mailto:cbgrossi@gmail.com), 703-893-6989*

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

*Contact: Toni Harrington, [toniharrington@gmail.com](mailto:toniharrington@gmail.com), 703-847-6929*

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

*Contact: Betty Douglass, [ebdouglass22046@gmail.com](mailto: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.

### **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: Pastor Jen Dunfee, [jdunfee@lewinsville.org](mailto:jdunfee@lewinsville.org) 703-356-7200*

### **Worship and Communion at LRR and CRI**

The Pastors, along with members of the congregation, lead worship on the third week of every month. At Chesterbrook, they meet on Wednesday at 2:00 p.m. and at The Lewinsville, they meet on Monday at 2:00 p.m.

*Contact: Pastor Jen Dunfee, [jdunfee@lewinsville.org](mailto:jdunfee@lewinsville.org), 703-356-7200*

