

# National Philoptochos Society 2016-2018 Committee Report



## Committee on Aging

*Co-Chairs: Katherine Kotsis and Carol Stamas*

*Liaison: Evangeline Mekras Scurtis*

*Members: Lekita Essa*

*Katherine Siavelis*

*Harriet Stoukas*

*Billie Zumo*

The Committee on Aging is gratified to announce that Metropolitan Alexios of Atlanta has paternally given his blessing for the Senior Ministry Handbook of the Atlanta Metropolis to be shared with all our Philoptchos sisters. The handbook provides best practice guidelines for Senior Ministry in their respective parishes. It was developed by Lekita Essa, a member of our committee, along with members of the Senior Ministry Committee of the Metropolis.

The goal of the handbook is to provide resources that address the physical, emotional, mental, spiritual and personal needs of our members 50 years and older. Services that can be offered include transportation, meal preparation and delivery for shut-ins, visitations, opportunities for interaction with children as well as Priest visitations. Various programs are suggested such as family ties ministry, exercise programs, speakers, and day trips to name a few. Age groups to address include active adults, those slowing down and shut-ins.

A section of the handbook provides specific ways to start or enhance your senior program. Some possibilities for activities and speakers are hearing screenings, book clubs, dietician or nutritionist workshops, game night and computer classes. It is also recommended that a year-end review be conducted along with planning for the coming year. Examples of other senior programs available across the country are additionally included.

Plans are to upload the handbook in its entirety to the National Philoptochos website. Once that occurs, we will notify our membership.

In Christ's Love,

Committee on Aging