

# Ministry To Sick & Aged News for 2009

## The Future of Older Adult Ministry: Shaping the Vision & Mission

We are at the dawn of a demographic revolution. During the next 20 years the "baby boomer" generation will become the "senior boomer" generation and will stretch the resources needed for this generation to age with dignity and grace. The demand to meet physical needs such as health care, safe and affordable housing, transportation and nutrition, may stretch existing resources and services to the breaking point. This generation shaped a society that now values independence, individualism, education, mobility, and a diversity of psychological and social relationships and experiences. Traditional spiritual, religious, and social values were subject to question, and in some cases adapted to a new way of life, or simply rejected.

The Catholic Church of Southern Illinois has a history that embodies compassionate

care for our elders, e.g. Catholic hospitals, clergy, religious, and sacramental ministers.



The Catholic Urban Program and Daystar Program have ministered to many needs of elders, and for the past 34+ years the Ministry to Sick & Aged has been a sacramental, pastoral, and educational resource for elders. The Respect Life Office of the Diocese is an advocate for end-of-life and justice issues for elders.

Elder adult ministry in our Diocese has been a piecemeal venture, responding to needs of elders in various areas of the

*(Continue on Page 2)*

### 31st Annual Summer Outing: Diocesan Pastoral Center June 10, 2009

The Ministry to Sick & Aged will sponsor its 31st annual Summer Outing for residents of long term care facilities on Wednesday, June 10, 2009, from 10am until 1:30pm.

As in past years, guests will be treated to a picnic meal of grilled hot dogs and hamburgers, German potato salad, chips, apple sauce, ice cream & desserts. Lemonade and ice tea will quench the thirsts of the "picnicers" while they dance to the music of our band.

MSA Volunteers and friends are welcome to attend. Please RSVP at the MSA office (235-9991) so we can plan for enough food and drink.

To contribute financially to the support of the picnic, donations can be sent to: Ministry to Sick & Aged, 2620 Lebanon Ave., Belleville, IL, 62221.

Thanks to the many individuals, organizations, and businesses who have supported the Summer Outing in past years.

(Continued from Page 1)

Diocese as needed. The question remains: **What is the vision of elder ministry for the Catholic Church in Southern Illinois? What is our Mission?**

These complex questions can't be answered in a short newsletter. Nor can the vision and mission be shaped in some "back room" by individuals who think they know what the holistic needs of elders are/will be at the beginning of the 21st century. To shape a vision for and with elders in the Catholic Diocese of Belleville, a **collaborative effort** will be needed. The "players" in shaping the vision and the mission must be the stakeholders: elders of diverse backgrounds, service providers, church, local parish, and community leadership. Elders need to be asked the questions: What physical, psycho-social, spiritual and religious needs do you believe you need to be met for you to maintain a high quality of life in your later years? What are the values that give meaning to your life? Leadership and service providers need to ask the question: What resources do we have to meet these needs? Are there ways we can collaboratively respond to needs beyond our individual capabilities to meet them?



Historically, both church and society have been in a reaction mode. Their approach has been to react to crisis and need by developing and implementing services. People of reason, compassion, knowledge, and courage, ought to be able to **collaboratively** shape a vision and mission of elder ministry in advance of a crisis.

**The central focus of shaping that vision and mission for elder ministry is spiritual wellness - holistic care.**

The time for "warehousing" our elders will end if we see each person as having an inherent dignity and worth; if we accept each person as having physical, psycho-social, and spiritual needs; and most importantly if we are willing to "roll up our sleeves and go to work" for the common good of our society - the People of God.

It has been said: "You can tell the strength of a society by how it treats its children." I would add **..And by how it respects its elders!**

By Fr. Gene Neff



### Pieces of the Puzzle

The front page article addresses Older Adult Ministry. Did you know that the following are formal ministries for older adults in the Diocese of Belleville:

- ◆ Ministry to Sick & Aged
- ◆ Hincke-Sense Residence for Retired Priests
- ◆ Meredith Memorial Home (Belleville)
- ◆ Fox River Affordable Assisted Lvg.(Olney, IL)
- ◆ Sr. Employment Pgm. (Mt. Carmel CSS Office)
- ◆ Catholic Urban Program (E. St. Louis, IL)
- ◆ Daystar (Cairo, IL)



### Advisory Board Ministry to Sick & Aged

The purpose of the Board is to review the yearly activities of the MSA and assist MSA staff evaluate direction and goals for the coming year. The MSA Advisory Board members are:  
Marlene Lintz, Julie Smirl  
Sr. Mildred Gross, ASC  
Mike Kish, Colleen Hopp  
John Baricevic  
Dale Maxfield

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# Looking Ahead to what will be in 2009

## Special Events

IN  
2009

### FEBRUARY

11 - World Day of Prayer for the Sick.

MAY *Older Americans Month*

### JUNE

10 - 31st Annual Summer Outing

### SEPTEMBER

13 - National Grandparents Day  
17 - "Rauchenfest" fundraiser for MSA

### OCTOBER

1 - International Day of the Elderly

### NOVEMBER

29 - MSA Christmas Party for Volunteers & Staff



**You Are The Grease That  
Turns the Wheel Of This  
Ministry!**

The MSA funding for this fiscal year has all come from the past & present generosity of our benefactors - individuals, organizations, & businesses. This continues to enable us to provide this Ministry. Thank You!

### **How Spirituality Keeps You Well**

(By Dr. Ranit Mishori.  
Dec. 21, 2008; Parade)

Planning on going to church this holiday season? That should be good for the spirit, or course - and perhaps also for the body. According to a study in *Annals of Epidemiology*, people who attend religious services tend to be healthier than the rest of us. More specifically, weekly churchgoers have a lower risk of death than those who never set foot inside a place of worship.

The report came out earlier this year, but it's only the latest in a series of studies exploring the link between health and spirituality. This research has found that prayer and meditation seem to be associated with improved immune systems and fewer episodes of chronic inflammation.

Not surprisingly, the benefits extend to mental health as well. People who identify themselves as more religious reveal lower rates of depression. A study reported in September by the *Journal of Affective Disorders* showed lower suicide rates among people who regularly attend religious services.

So is church a healing place? While some faithful may believe it is, scientists point out that religious people often take better care of themselves. Studies show that regular churchgoers are also people who don't smoke, drink rarely, and see their doctors regularly. More important, people who make church a habit - and the same goes for people who worship at mosques and synagogues - are more socially integrated, which means they have more friends and acquaintances and a better support system to help them cope with stressful life events.

Many researchers also believe there seems to be a strong connection between the mind, the spirit, and the body. Improve one, and you have an effect on the other. Praying, meditating, or attending religious services may not cure a disease, but those activities may make you feel better and contribute to a more positive outlook on life.

January, 2009

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**Grow old along with me  
The best is yet to be**

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**MEMORIAL GIFTS**  
We acknowledge with  
gratitude the many memo-  
rial gifts the MSA received  
during 2008

**Arleen Willman**

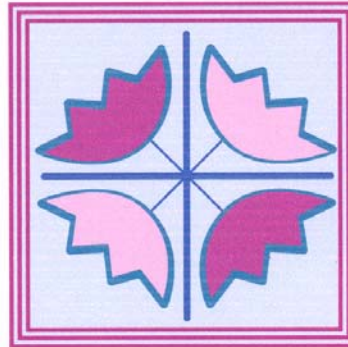
Virginia Weber  
Tracy & Marcia Mahoney  
Dorothy Hasenstab  
Lois Bevirt  
Carl & Judy Kraske  
Verna Odom  
Jim & Donna Munden

**Norman Keller**

JoAnn Farell  
Nat. Assn. of Retired Federal  
Employees, Chapter 1019  
Norman & Phyllis Armstrong  
Mike & Mary Aimerito  
Harold & Veronica Wright  
James K. & Barb Pajares  
Cletus & Jeanette Thouvenot  
Norm & Dolores Geolat  
Paul & Dorothy Christophe  
Marcia Jones

**Charles (Chuck) Oelrich**

Don & Agnes Gebhart



**Rosalie Orlet**

Dee Bechtoldt

**Joseph Hemmer**

Barbara Miller

**Wilbert Baechle**

Katherine Klinkhamer

**Frank C. Wojcik, Sr.**

St. Mary's, Chester, Faculty &  
Staff  
Ray & Irene Dittman  
Bill & Linda Smith  
Lloyd & Linda Stern  
David & Marcia Sanson  
Phyllis Marlow  
Kelly Marlow-Houghes  
Patricia & Mary Ann Jobe  
Mr. & Mrs. Fred Sumner  
Jeffrey & Nancy Whitney  
Adorers of the Blood of Christ

**Stella Marie Wittenbrink**

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Don & Diane Wiggins

**Bonnie Wicklein**

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Ellen Hall  
Janet Payne  
Esther Phinley  
Marylyn Car  
Lois Jones  
Patricia Roche  
Alletta Stratman  
Rita Whitcomb

**Betty Rinehimer**

Clarence Rinehimer

**Edward Winkeler**

Alice Lehnhoff

**Lorraine Allison**

Richard Allison

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**Dolores Geolat  
(80th Birthday Gift)**

Mike & Mary Amireto  
Paul & Dorothy Christophe  
Grace Keim  
Richard & Mary Beth Schilling  
Steve & Dhrstie Zimmermann  
Joseph Reeb  
David & Denise Witt  
Joseph Schindler  
Ken & Barb Pajares



(Gifts Cont.)

**Patricia (Pat) Whelan  
(80th Birthday Gift)**

Richard & Patricia Gundlach  
Martha & Robert Halvachs  
Ron & Shirley Yociss  
Marilyn Read  
Catherine Kreher  
Dan & Marilyn Murphy  
Tim & Deborah Placke  
Frank & Janet Whitaker  
Eleanor Betz  
Marian & Francis Mueth  
Patricia Hanger  
Don & Sue Demarse  
Louis & Margaret Slapshak  
Michael Whelan  
James & Catherine Edgar  
Ben Poelker  
Bill & Ann Polka  
Zoe Braner  
Happy Days Corp., LLC  
Dr. & Mrs. Guillermo Rodriguez  
Rose Marie Whitehead  
Richard & Anne Klene  
Ted Grib Jr.  
Floyd & Emilia Poelker  
Rose Mary Davis  
Wayne & Jeanne Edgar  
Bette Voss  
Larry & Ana Twigg  
Larry & Bonnie Kaffer  
Joann & Leonard Rathke  
Joanna Carrier-Adamic  
Mary Flynn  
Ron & Patricia Lanter



**Grandparents  
are  
"Soup-er!"**

The MSA can help your celebration of National Grandparents Day in September or Older Americans Month in May with some intergenerational activities and prayer.

MSA Assistant Director Mrs. Connie Barre will have a free packet of resources available in the MSA office, or on line through the Diocesan Office of Education website to brighten your celebrations. The packet - *Grandparents Day 2009: Grandparents are Soup-er* - will be available August, 09.

*Connie Barre & the MSA*



**MSA Volunteers  
Day of  
Renewal**

**Saturday,  
March 7, '09**

**8:30am -  
Gather for  
Continental  
Breakfast**

**9am - 11:30am:  
Presentations:  
\* Sr. Luz Alvarez,  
ASC**

**\* Asst. Director  
Connie Barre**

**\* Fr. Gene Neff**

**11:30am - Lunch**

**Where: MSA Office,  
Diocesan Pastoral  
Center, Bldg. #6  
2620 Lebanon Ave.  
Belleville**

**RSVP by March 1 at  
235-9991**

**Meals provided by the  
MSA.**





### **Our Volunteers Excel!**

Our MSA Volunteers continue to minister faithfully at our nursing homes - and **daily** at Belleville Memorial Hospital. A census listing our volunteers' service for the year 2008 at Memorial Hospital follows:  
C=Communion to Patient  
V=Visit Patient Only

January, 2008

414 - C

260 - V

February, 2008

425 - C

281 - V

March, 2008

417 - C

254 - V

April, 2008

403 - C

187 - V

May, 2008

345 - C

199 - V

June, 2008

337 - C

176 - V

July, 2008

395 - C

208 - V

August, 2008

363 - C

155 - V

September, 2008

321 - C

124 - V

October, 2008

311 - C

169 - V

November, 2008

335 - C

146 - V

December, 2008

329 - C

228 - V

**Total - 4,395 Communion**

**2,127 Visits**

**Total Patient Contacts:6,522**

***This is a decrease of 1,438 contacts with patients from the previous year. Some of the factors contributing to the decrease are: the confidentiality policy; more unchurched patients, days not covered due to lack of volunteers, weather, etc.***

**THANK YOU MINISTERS OF THE EUCHARIST. To help us maintain daily Communion, if you are unable to keep your assigned time, find a substitute or call the MSA office.**

*If you are a Minister of the Eucharist & would like to volunteer, please call 235-9991.*

### **Ministry to Sick & Aged "A Ministry of Care"**

Founded July 12, 1974, the MSA has grown to a threefold ministry: Sacramental, Pastoral, Educational.

**Sacramental:** 14 long term care facilities in the Metro East IL area and Belleville Memorial Hospital have the opportunity to regularly receive the sacraments of Reconciliation, Eucharist, and Anointing of the Sick.

**Pastoral:** The annual summer outing for residents of long term care facilities from five counties in the northwest corner of the Belleville Diocese; medical equipment is loaned to persons in private homes; 70+ volunteers provide a pastoral ministry of presence; individual visits to the elder residents - these are examples of the pastoral component of the MSA.

**Educational:** The MSA provides information and referral - and training when requested - for parishes throughout the Diocese of Belleville on issues pertaining to senior adult ministry. We advocate for the quality of life of our elders.

On occasion the MSA will sponsor workshops and seminars for the broader community on end-of-life issues, grief and bereavement, and the network of services for the aging.

**Funding:** *All* of the funding needed to maintain the MSA comes from organizations & individuals. Your support is always appreciated.



### MSA Vision Statement

We affirm the dignity of human life of the sick and the elder members of the Southern Illinois faith community through a spiritual, sacramental, educational and pastoral ministry.



### MSA Mission Statement

All people are created in the image of God. We are committed to serving the sick and the elders of the Church of Southern Illinois. Daily we bring the living, compassionate Christ to the sick, and to our elders.



### MSA Value Statement

- Presence
- The Dignity of Human Life
- Advocacy
- Service
- Compassion
- Volunteerism
- Collaboration



**Happy 80th Birthday!**  
**Verla Weissert**  
**MSA Office Staff**  
**We're glad to have you as**  
**part of the MSA team!**

#### Thank You!

- MSA Staff: Connie Barre, Jeanette Dempsey, Verla Weissert, Fr. Gene Neff
- Volunteers
- Advisory Board: Julie Smirl, Marlene Lintz, Sr. Mildred Gross, Mike Kish, Colleen Hopp, John Baricevic, Dale Maxfield