



LUNCHEON MEETING

Thursday, August 4, 2011—12:00 noon
Saint Luke Lutheran Church
9100 Colesville Road at Dale Drive
Silver Spring, MD 20910

Kathryn E. Baerwald, our guest speaker, led a short devotional based on a revision of the 23rd Psalm by Marian Wright Edelman, the president of the Children's Defense Fund:

The Lord is my pacesetter, I shall not rush.
He makes me stop and rest for quiet intervals;
He provides me with images of stillness, which restore my serenity.
He leads me in ways of efficiency through calmness of mind
and his guidance is peace.
Even though I have a great many things to accomplish each day, I will
not fret, for His presence is here.
He is timeless; His all-importance will keep me in balance.
He prepares refreshment and renewal in the midst of my activity
by anointing my mind with His oils of tranquility.
My cup of joyous energy overflows.
Surely harmony and effectiveness shall be the fruit of my hours for
I shall walk in the place of my Lord and dwell in His house forever.

Announcements

Michelle Tisch was the only first time attendee.

Birthdays celebrated included Dan Bella, August 8; Hellen Rebholtz, August 14; Larry Schmidt, August 28.

Sarge announced that Fellowship Square Foundation will be sending out an appeal for funding for the Wegener chaplaincy which he encouraged (checks should be made to FSF but reference the Wegener chaplaincy) and they also need some welcome boxes for new residents (contents are described on the website)

Dan Bella presented the scholarship to Michelle Tisch who goes to Old Dominion University in International Studies where she is in her senior year. She is applying to the Peace Corps Master's program where if selected they sponsor her master's studies and then she serves two years in the Peace Corps. Her alternative plan is to go into solar energy programs.



Bella, Tisch, Sargeant

GUEST SPEAKER

Kathryn E. Baerwald, Director of Philanthropy

National Lutheran Communities and Services

301 354 2703

kbaerwald@nationallutheran.org

"National Lutheran Communities & Services - A Vision for the Future"

In 1890, Mrs. Sarah Utermehle of Lutheran Church of the Reformation on Capitol Hill had a vision for the future - she donated land in Washington, D.C. for the establishment of a home for the aged to be completed within five years. The National Lutheran Home for the Aged was created in order:

To provide for aged persons whose circumstances may require a comfortable residence with board, clothing, employment, medical attention, and such other comforts as Christian brotherhood may dictate.

As the needs of seniors have changed, so, too, has the National Lutheran Home for the Aged, which moved to Rockville, Maryland in 1980. A reorganization recently was undertaken in order to expand the services and reach into all three constituting synods - Metropolitan Washington, D.C., Delaware-Maryland, and Virginia. Now known as National Lutheran Communities & Services (NLCS), NLCS supports the growing National Lutheran family. The location in Rockville has become The Village at Rockville - a National Lutheran Community. Ground was broken in May 2011 for The Village at Orchard Ridge in Winchester, Virginia. A new community is being planned in Annapolis, as well.

What is this future for ministry with seniors? How will it change? Is Mrs. Utermehle's vision still relevant?

Kathryn Baerwald began her service at National Lutheran Communities & Services (NLCS) on October 1, 2010, as the Director of Philanthropy, where she will focus both on securing resources for NLCS ministries and on providing grants to faith-based organizations, primarily Lutheran, that serve seniors.

She is a graduate of Valparaiso University, the University of Minnesota Law School and the Georgetown University Law Center. She was the General Counsel and Vice President of Strategic Planning for United Way of America and Deputy General Counsel at Georgetown University. Ms. Baerwald also served as the General Secretary of The American Lutheran Church prior to the formation of the Evangelical Lutheran Church in America.

SPEAKER'S NOTES

Trends in Senior Care: 1) Aging in place: concept of staying in one's own residence for as long as safely possible; avoid breaking up families because of changing needs of one individual; necessitates provision of more community-based care; cannot however become isolated and without adequate social and spiritual support. 2) More focus on independence and remaining in control of choices. 3) Recognition of need for intensive therapy (physical, occupational, speech) that can enhance recovery. 4) As more seniors live longer, realization that of those who reach 85, at least half will have some form of dementia.

Graying of the Suburbs causes following issues recognized by Fairfax County in 2010: provide housing options for every age; affordability; transportation options will ensure independence; engaged older adults (employment and volunteerism); diversity; caregivers; technology; health/mental health; safety and security. Montgomery County saw large increases in senior population from 1980-2000 and expects more.

PACE-Program of All Inclusive Care for the Elderly: not-for-profit private or public entity that is primarily engaged in providing Medicare/Medicaid funded services for seniors including adult day and respite care.

Ministry with Seniors: changing demographics within congregations; many, if not most, congregations have staff whose focus is children or young families; only about 1% have staff for senior ministry; in 2010 persons over 65 represent nearly 45% of the membership of congregations.

National Lutheran Home for the Aged, Inc. was established in 1890 and moved from Washington, DC to Rockville in 1980. It reorganized in 2008 and became the National Lutheran Home & Village at Rockville (NLHV) with a new umbrella corporation assuming the original name. NLHV offers residential living, rehabilitation, respite and skilled long term nursing care in Rockville, Md. The 30-acre wooded campus is undergoing a planned renovation which will result in its ability to provide assisted living, assisted living memory care, enhanced intensive short-term rehabilitation (physical, occupational and speech therapy) and expanded home & community based services for the Residential Living Program.

The new umbrella organization, known as National Lutheran Communities & Services (NLCS), will not just be a collection of fixed facilities but will also include community based health care and be a resource for congregations for senior ministries. These changes recognize the evolution of senior services and the need to extend the mission and ministry beyond a single location, while at the same time prudently utilizing the resources that have been entrusted to NLCS.

Ground was broken in May 2011 for The Village at Orchard Ridge (TVOR) in Winchester, VA with chapel groundbreaking set for August 30, 2011. TVOR is on 132 rolling acres with the first phase to include 127 apartments including some rental units, 51 cottages, Village Green and the Small House for memory challenged residents and those needing extended nursing services. A new concept in licensure is being explored with the Commonwealth of Virginia that will allow all apartments and cottages to be dual licensed so assisted living services can be provided in one's home.

More communities are in the planning stages in Maryland and Virginia: Bentley Commons (108 apartments) in Staunton, VA is slated to be purchased by NLCS in late August as Staunton's first nonprofit rental property. "Safer Aging" technology is scheduled to be implemented in Staunton. Subject to approval by the Maryland Department of Aging, Crystal Spring in Annapolis, Maryland is being planned as a model for "community-integrated living" including intergenerational housing and the possibility of low income housing with all services available to all eligible residents.

More than a service provider, every program of NLCS is part of a ministry, designed to meet the spiritual, social, emotional and physical needs of those being served. NLCS was founded as an agency of the Evangelical Lutheran Church in America and is supported by the Delaware-Maryland, Virginia and Metropolitan Washington, D.C. Synods. Services are open to people of all faiths.

For more information, please contact Kathryn Baerwald, Director of Philanthropy, 301 354 2703, kbaerwald@nationallutheran.org.



Respectfully submitted,

Rodney Smith

Tisch, Baerwald, Sargeant