

THE 60+ CIRCLE COMMITTEE, a sub-committee of Church & Society
Annual Report 2009

The 60+ Circle Committee continued in 2009 with its relationship with FPC's senior center operated by The Caring Community on weekdays in the Morrow Room of the South Wing. In small ways (flowers for the center's monthly birthday lunches) and in large (a summer bus trip to Stony Point Conference Center), the Committee demonstrated FPC's appreciation for the center's work. Logistical problems arising from the center's use of space in the South Wing were handled through Richard Pease, Parish Associate, FPC's liaison to the center, and member of the Committee. The Committee's relationships continued to be excellent with the center's Director Nicole Brown and the center's Social Worker Olivia Duerr. The Committee was particularly pleased that FPC member Pam Brown volunteered every Tuesday to work in the center's office and that Heta Wagenhals, RN, continued to volunteer her services to monitor blood pressures.

The Committee organized the following 8 events through the Marie Sibilla "Aging Well" Lecture Series:

January: "Estate Planning" with attorney Brian Raphan

February: "After Retirement, Then What?" with Joseph Brown

March: "The Brain and Aging" with Steven Ferris of NYU School of Medicine

April: "When Your Parents Need Help to Continue to Live Independently" with Diane Sherwood, CMSW, elder care planner and manager

May: "Living Depression Free in Later Years" with therapist Edward Franco

September: "Heart Health" with cardiologist Atul Sharma

October: "What's 'Organic' About Organic?," with film maker Shelly Rogers

November: Jane Brody's Guide to the Great Beyond with author and *New York Times* columnist Jane Brody

In response to the enthusiasm engendered by Edward Franco's "Aging Well" presentation in May, the Committee sponsored a support group for seniors on the topic of living depression free. The group met every other week for six weeks beginning in October.

The Committee has begun to strategize with "First Forward" (20- and 30-somethings) to include topics in the "Aging Well" series that will attract an audience with a wider age range. These efforts are in their infancy but the hope is to increase interaction among FPC members of all ages. This will be an on-going focus in 2010.

Submitted by,
Kara Van Norden, Chair

Committee Members:

Pietro Aparicio *	John Davis	Kathryn Ketcham	Rita Rochford
Eloise Cathcart	Jean Duncan *	Margo Lundell	Joseph Sibilla
William Claytor	John Johnson	Georgia Pease	Kara Van Norden
Mary Cordero	Rebecca Johnson	Richard Pease	Heta Wagenhals

* Rotated off the Committee in 2009