

Pastoral & Spiritual Care

A Newsletter from Pastoral & Spiritual Care • Calgary Presbytery • The United Church of Canada



Calendars are available for
\$12 + shipping.

They can be ordered

online:

www.pastoralcareunited.ca

or by phone

(403) 294-0378.



LEGACYCALENDAR

Pastoral and Spiritual Care, Calgary Presbytery is pleased to present the "Legacy Calendar." This calendar is dedicated to the seniors in Calgary's United Churches in honour of their faith and in grateful thanks for their many contributions.

The Legacy Calendar features drawings of seniors, many in their nineties, from eleven Calgary churches and includes their favourite recipes – everything from brownies to canned beets. Aaron Navrady, a Calgary illustrator and youth minister who has enjoyed "many a home cooked meal" in the course of his work, designed the calendar and drew the portraits of the volunteer participants.

The calendar is the brain child of Nan Rose from Lakeview United Church. "Whether during Holy Communion, the fellowship of church potlucks or the provision of a meal to people in need of a caring token, food has always been part of the church's expression of love."



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FIVE THINGS YOU MIGHT NOT KNOW ABOUT MEALS ON WHEELS

While most of us are familiar with the work Meals on Wheels does to deliver food to people who are unable to cook for themselves, the organization has other programs that are not as well known.

Food & Fellowship

Food & Fellowship is a catering service for seniors and seniors' groups. It is the perfect solution for:

- Potluck lunches - this way everyone can attend and Calgary Meals on Wheels does the work!
- Special events- if you have a special activity planned for the afternoon, Calgary Meals on Wheels will cater a hot lunch for your group to enjoy prior to the activity.
- Holiday meals- enjoy a catered meal to celebrate a holiday (ie. Thanksgiving, Christmas, Easter etc.).

Calgary Meals on Wheels will deliver a family style hot meal (for under \$10) that can be shared in a common room at your facility. Our dietician would be happy to speak to your group (at no additional cost) about the nutrition topic of your choice following your Food & Fellowship gathering.

Hot Soup

Calgary Meals on Wheels provides a hearty, nutritious soup, crackers or buns twice weekly to students in "high-risk" elementary schools. "Hot Soup" ensures children coming to school without lunch have the energy required to concentrate and learn. This program feeds about 960 children in Calgary elementary schools, or some 54,250 servings of hearty soup. Fifteen schools are on the waiting list for this service.

Working Homeless Lunch Program

Calgary Meals on Wheels provides a sandwich and a sweet for the working homeless to add to their lunch bag, ensuring that these individuals have the sustenance to complete a day's work.

To assist in fostering independence, workers at the Calgary Drop-In Centre assemble their own bag lunches from the sandwiches and baking supplied by Calgary Meals on Wheels.



In 2008, 218 lunches were provided per day, for a total of 54,216 lunches.

This program is a joint venture with the Calgary Drop-In Centre. The cost is subsidized by Calgary Meals on Wheels and the United Way of Calgary & Area.

Food & Caring

Food & Caring is a special service that provides a hot noon meal on a temporary basis to those individuals or families facing a crisis such as a terminal illness diagnosis or the recent death of a loved one. The service is intended as one means to reduce added stress by eliminating the need to prepare a meal.

Calgary Meals on Wheels will deliver hot noon meal(s) for the individual(s) at their place of residence. An additional cold bag lunch can also be prepared if requested.

Frozen Entrees

Calgary Meals on Wheels Frozen Entrée program is an innovative service for clients who need an occasional meal that is already prepared but may not need a meal delivered daily. These meals consist of a starch, a protein and a vegetable and can be kept in the freezer until clients need them. The meals are easy to heat up in a microwave or conventional oven.

Frozen Entrées are available for anyone in need of balanced, accessible, affordable meals, who desire the flexibility of choosing when and what they eat. This includes seniors, convalescents and people with disabilities. They also make a nice gift for family or friends.

Information

www.mealsonwheels.com

403-243-2834.

Meals on Wheels relies on fundraising to support its programs.

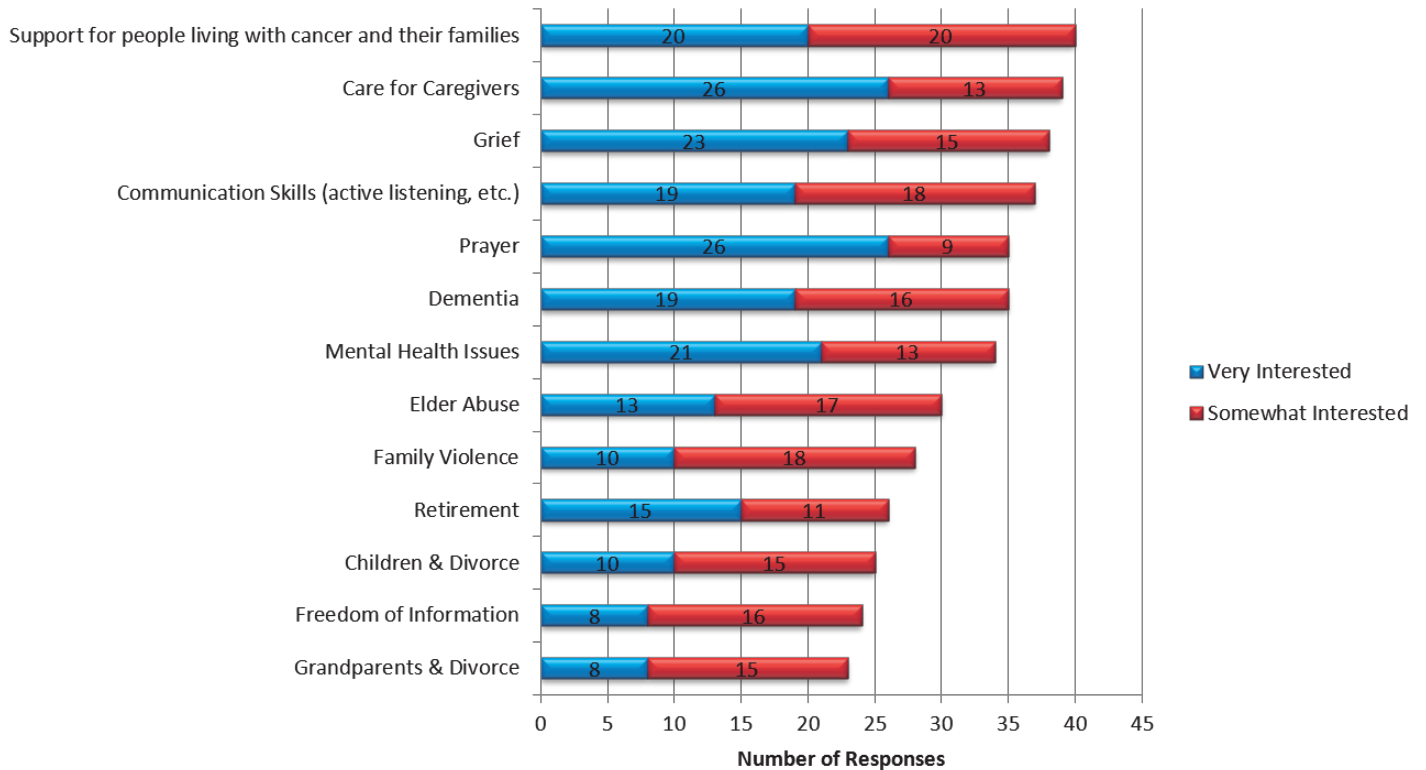
There are many ways to contribute— check the Meals on Wheels website for details.



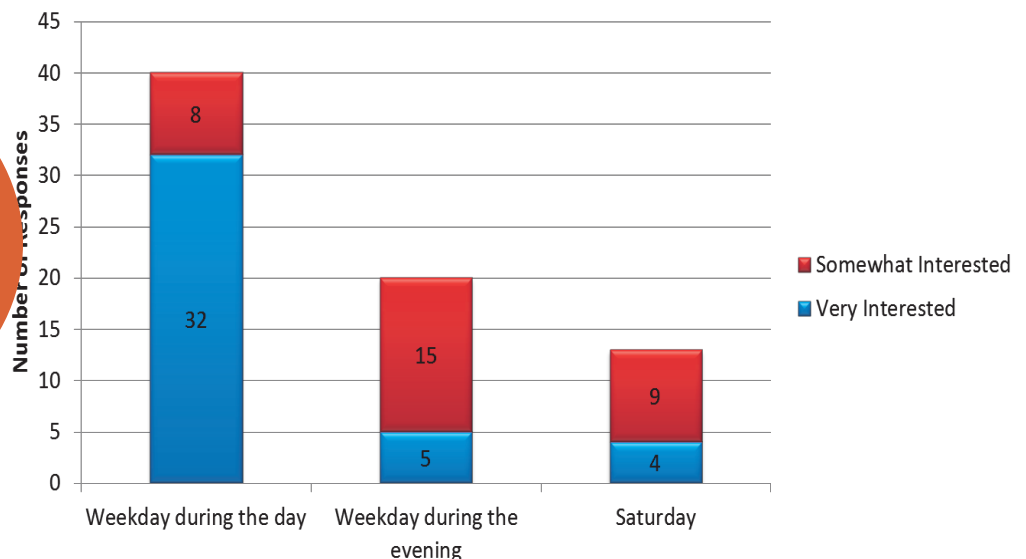
Survey Results

At the Pastoral Care Picnic in June we asked participants to help us plan training sessions for next year. These charts show the results for the two basic questions: 1. Which topics are of most interest to you? and 2. When is the best time of day and week to hold training sessions?

1. Please rate your interest in the suggested topics or feel free to suggest other topics of interest.



When do you prefer to attend pastoral care training?



Based on these results, Pastoral Care will offer a day-long workshop in "Caring for the Care-giver" in February or March of 2011.

Famous Last Words

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Helping Congregations
Help Others



Tips for Caregivers: Coping with Stress and Anxiety

From *Journeys: A Newsletter for Family Caregivers*

Here are a few guidelines you can use to help alleviate your anxiety.

- Be aware of your body's symptoms. Don't let them scare you, let them talk to you.
- Try to pinpoint what it is you are anxious about. What happened yesterday? What were you thinking about before you went to bed? If you can't pinpoint it, don't worry about it and move on.
- Give yourself permission to feel anxious about whatever it is that is bothering you. "Of course, I feel anxious about this problem, anyone would. But how much anxiety is too much?"

If you do know what it is that is bothering you, what can you do to eliminate or minimize the situation in some way so that it isn't so stressful: Most importantly, how can you react differently, so you won't be so affected by this situation: Here are some things to think about:

- Listen to the dialogue within yourself. Are you filling yourself full of negative thoughts about a certain situation? What could you say to yourself that would feel more comforting?
- Listen to the dialogue of those around you. Is someone around you being negative and dragging you down with them? If so, how could you change your reaction to their negative attitude, so that you would be less affected by it?
- Are you overwhelming yourself with "shouldas" and high expectations? If so, which ones could you eliminate?
- Are you blaming someone else for your anxieties, unhappiness, poor health, lack of success etc.? How can you take responsibility for yourself and make some positive changes?
- Give yourself positive reinforcement for even the smallest accomplishments.
- No one lives a life without a certain amount of stress and anxiety. The key is to get the level of both down to a manageable level. Listening to your "inner voice" is a step in the right direction. You know best what you need.