St. Andrew Senior Ministry Annual Report for 2025

In 2018, The St Andrew Senior Ministry Committee was formed. One of the first things we did was phone outreach to seniors during the pandemic by recruiting volunteers to help identify isolated seniors in our parish. For the past 3 years we have led monthly Lunch and Learn events. On the second Monday of each month, the Senior Ministry team uses the Oscar Romero room to host lunch and a speaker/discussion leader. We have been fortunate to partner with Multnomah County's Older Adult Behavioral Health Initiative who has provided several of the speakers and paid for all of the catered lunches!

Topics for sessions are gathered from polling participants. The planning team (Jill Williams, Mary Ann Henry, Joseph Finnigan, and Joy Wallace) then work to identify subject matter experts and recruit their talent. Many of the speakers donate their time and others have been paid by County funds.

The topics offered for 2024/25 were:
Housing and Care Options for Seniors
Age Café - Discussion Groups
Our Voices Decide - AARP
Chair Yoga and Better Balance
Mental Health in our Unstable World
Pain, Older Adults and the Brain
Spiritual Groundedness
PSU's Senior Adult Learning Program
Dementia and Caregiving
Picnic at Peninsula Park

Attendance varies from 32-44 participants and seems to be growing bit by bit every year. The Senior Ministry team is currently planning for next year and will be gathering topics at the summer picnic in June!