

## **Notes for implementation of Finishing Faithfully Series**

Designed and written by Dr. Marcia Blake, PhD, MSPH

Sun City Christian Church (Disciples of Christ)

9745 Palmeras Dr., Sun City, AZ

(623) 972-6179

---

### Background

Sun City Christian Church (SCCC) is located in Sun City Arizona, a Dell Webb age-restricted community for adults aged 55 and older. SCCC celebrated 50 years worshipping together in November 2024. The majority of members live in the area year around, but several “snowbird” members reside in the area during the winter months and return to their summer residents.

This series was presented by the wellness team, whose mission is to empower individuals to be self-advocates for their medical care and wellness, as well as that of their loved ones and to alleviate isolation and loneliness. Individuals are encouraged to seek ways to remain active, better understand the aging process, community resources, and the medical system through all of the church programming.

### Notes

- Our series was completed over 7 weeks of the Lenten Season. The series was an opportunity for members to review their current plans and resulted in many updates to individuals plans.
- Several sessions were presented by internal experts
- We were careful to fully vet all external speakers to ensure they were the best in their field and that they presented critical information vs. advertising their agency.
- We include a light lunch with each session, including the Finishing Faithfully sessions. Favorites include an assortment of soups; build a sandwich or salad with sliced meat and cheeses, Mexican, or hot dogs; or pizza. Veggie trays, fruit trays, chips, drinks, and dessert are standard additions.
- Another resource for recording wishes is the “Five Wishes” program. Copies can be ordered at [www.wellspan.org/HorizonPlanning](http://www.wellspan.org/HorizonPlanning)
- The last 2 weeks were spent with internal personnel when many forms were witnessed by each other
- During the Lenten season, sessions were aligned with weekly bible study and sermon topics
- Wellness committee and pastor were available at each session for discussion, etc. Individuals continue to use the information provided in these sessions to make changes in their choices.
- Sessions were advertised through local social media sites and attracted individuals from the community as well as church members
- Keep copies of wishes and service planning tool in a secure location as family may not have access to information when needed

Attached are 1) text from initial flyer as well as individual sessions, 3) SCCC Memorial Service Planning tool

## **FINISHING FAITHFULLY**

The Wellness Committee of Sun City Christian Church (Disciples of Christ) is offering a special series on Wednesdays during the 2025 Lenten Season (March 3 – April 16) entitled “Finishing Faithful”. Each of the seven sessions support living faithfully to finish faithfully. Participants will learn how to document their beliefs, values, and preferences, along with suggestions on how to start a conversation with their loved ones about their wishes. All are welcome, and attendees are welcome to attend one, several, or all the sessions:

- Week One March 5<sup>th</sup> - we will learn how to write our own story
- Week Two March 12<sup>th</sup> - we will discuss the information we all need to record and share in case of emergency (e.g. emergency when not at home, accident or hospitalization, death) and how to talk with physicians about your healthcare needs and desires at end-of-life
- Week Three - March 19<sup>th</sup> - Patti Sheridan of Hospice of the Valley will share about Comfort care, including palliative and hospice care
- Week Four - March 26<sup>th</sup> - Ryan Couch of SG Insurance and Estate Services will share information about financial and legal needs
- Week Five - April 2<sup>nd</sup> - Nancie Scalerchia of Menke Funeral Home and Crematory will explain funerals, cremation, and processes
- Week Six – April 9<sup>th</sup> we will discuss with our inhouse experts how to start the discussions with our family members and others
- Week Seven – April 16<sup>th</sup> - with our inhouse experts we will formulate our personal, family, and spiritual plans

The Wellness Committee of Sun City Christian Church (Disciples of Christ) at 9745 W Palmeras Dr, Sun City offers educational sessions collaborating with qualified internal and community professionals. The mission of this project is foremost to empower individuals to be self-advocates for their medical care and wellness, as well as that of their loved ones through the programs and information provided by the project. A secondary goal is ensuring trusting relationships are built between participants that help alleviate isolation and loneliness. In addition, individuals are encouraged to seek ways to remain active, better understand the aging process, community resources, and the medical system.

A light lunch will be provided each week with a suggested donation of \$3 per person.

For information about this program, please call Sun City Christian Church at (623) 972-6179.

*Example of detail for weekly flyers to cut and paste (without banners)*

## **FINISHING FAITHFULLY**

The Wellness Committee of Sun City Christian Church (Disciples of Christ) is offering a special series on Wednesdays during the 2025 Lenten Season (March 3 – April 16) entitled “Finishing Faithful”. Each of the seven sessions support living faithfully to finish faithfully. Participants will learn how to document their beliefs, values, and preferences, along with suggestions on how to start a conversation with their loved ones about their wishes. All are welcome, and attendees are welcome to attend one, several, or all the sessions:

### **Week Two March 12<sup>th</sup>**

Dr. Marcia Blake, PhD will discuss keeping and organizing passwords and important documents. Dr. Blake will share the information we all need to record and share in case of emergency (e.g. emergency when not at home, accident or hospitalization, death) including organizing and recording passwords to ensure we don't forget or lose them, emergency information we need to carry and have available in our homes, and providing for pets.

Dr. Bill Finch, M.D., will help us understand how to talk with physicians about on-going healthcare needs and desires at end-of-life. We will explore some specific questions to ask physicians in different settings as well as information to share for the most effective care possible.

### **Week Three - March 19<sup>th</sup>**

Patti Sheridan, of Hospice of the Valley will share information about the services provided by Hospice of the Valley, ranging from supportive care, dementia care, volunteer companionship, grief support, programs to honor veterans and comfort care which includes palliative and hospice care that provides compassionate comfort care and dignity for individuals and their loved ones.

### **Week Four - March 26<sup>th</sup>**

Ryan Couch, of SG Insurance and Estate Services, will share information about the importance of financial and legal planning is the foundation of ensuring your plan is accomplished. He will discuss needs including how to prepare for seeking services with a variety of specialists including estate attorneys, financial planners, wealth management specialists, and life insurance consultants, as well as sharing important information to consider when making plans.

### **Week Five - April 2<sup>nd</sup>**

Nancie Scalercio of Menke Funeral Home and Crematory will share information and explain funerals, cremation, and processes and what to expect at each stage of this difficult time of life. In addition, she will discuss pre-planning and pre-payment options, which allow one to select services and locks in the price of services.

### **Week Six – April 9<sup>th</sup>**

Rev. Brett Winters, along with Fred Wieck, MC, and Judith Stockman, CANP, RN, (expert leader of five Wishes Advance Care program), will discuss how to prepare and start Advance Care discussions with our family members and loved ones.

### **Week Seven – April 16<sup>th</sup>**

Rev. Brett Winters, along with Fred Wieck, MC, and Judith Stockman, CANP, RN, will discuss the formation of our personal, family, and spiritual plans, and discussing them with our family members and loved ones.

The Wellness Committee of Sun City Christian Church (Disciples of Christ) at 9745 W Palmeras Dr, Sun City offers educational sessions collaborating with qualified internal and community professionals to promote health and wellness. The mission is foremost to empower individuals to be self-advocates for their medical care and wellness, as well as that of their loved ones through the programs and information provided by the project. A secondary goal is ensuring trusting relationships are built between participants that help alleviate isolation and loneliness. In addition, individuals are encouraged to seek ways to remain active, better understand the aging process, community resources, and the medical system.

A light lunch will be provided each week with a suggested donation of \$3 per person.

For information about this program, please call Sun City Christian Church at (623) 972-6179.

## Memorial Service Planning Tool

Name: \_\_\_\_\_

Date of Birth/Date of Death: \_\_\_\_\_ / \_\_\_\_\_

Place and Time of Memorial Service/Funeral: \_\_\_\_\_

\_\_\_\_\_

Y/N Visitation: \_\_\_\_\_

*(if Yes, date, time, location details)* \_\_\_\_\_

Y/N Obituary: \_\_\_\_\_

*(If yes, on file, Online, through funeral home, to be written by family, etc.)*

Y/N Funeral director on-site for funeral/memorial Service:

Y/N Gravesite or internment services: \_\_\_\_\_

\_\_\_\_\_

*(clergy requested, military honors, after service, later time)*

Y/N Funeral Bulletin: \_\_\_\_\_

*(Service bulletin like Sunday worship, different that what a funeral home may provide. The front cover often has a photograph and basic information. Inside panel may include a poem or scripture and service elements including participant in the service. Back cover often has obituary printed.)*

Y/N Guest Book Stand: (if guest book is furnished by family)

Y/N Table for photos and memorabilia: \_\_\_\_\_

Y/N Photo stands: \_\_\_\_\_

Y/N Plant stands: \_\_\_\_\_

*(for flowers ordered by family or delivered from friends)*

Y/N Card basket provided by church: \_\_\_\_\_

Y/N Communion Table display: \_\_\_\_\_

*(Photo, Urn, Candle, Cross, Other)*

Y/N Slides: \_\_\_\_\_

*(A slide show of pictures brought in a flash drive, to be run during visitation or before service begins)*

**WORSHIP SERVICE ELEMENTS**

**Y/N Holy Communion:** \_\_\_\_\_

*(Ininction, trays, family to serve, elders and deacons requested, names)*

**Hymms:** \_\_\_\_\_

**Special music:** \_\_\_\_\_

**Musicians:** \_\_\_\_\_

*(specific individuals to play special music or hymns)*

**Scriptures of importance:** \_\_\_\_\_

**Poems or Readings:** \_\_\_\_\_

**Family members to participate:** *(and in what capacity)* \_\_\_\_\_

**Eulogy Speakers:** \_\_\_\_\_

*(Specific family members or friends, minister from family, etc.)*

**Y/N Open Mic Sharing:** \_\_\_\_\_

**Wishes for processional/recessional of family:** \_\_\_\_\_

*(congregation rise for formal entry, casually seated, greet guests in narthex or in reception space)*

**Y/N Meal or Reception following services:** \_\_\_\_\_

*(catered, provided by church, family only, open to all attendees)*

**Estimated Number of anticipated family** \_\_\_\_\_ **Other guests** \_\_\_\_\_

## **Stories:**

**What do we need to make sure we don't miss sharing about the deceased?**

**What words would you use to describe their character and personality?**

**What will they be remembered for?**

**What would you say about their faith?**

**Stories that most often get told that they are involved in?**

**Stories they would most often tell?**

**Interests/Hobbies/Favorites**