Grayful Spirits is sponsoring a special event on **Sunday, April 29, from 12:15 to 1:45 PM in Leach Hall** titled **Preparedness for Senior Adults**. Our program will feature Grapevine's Emergency Coordinator, Matt Feryan, and our church's **Respecting Choices** team. In addition, our Grayful Spirits team will be promoting their **In Case of Emergency** initiative.

You do not have to register for this event, but, for those who do RSVP, Grayful Spirits will pre-order a Jason's boxed lunch to enjoy during the program. RSVP and pay by check for your $10 lunch in the church office no later than **April 26**. (See choices on page 4.) Or, you may prefer to just bring your own snack. Tea and water will be provided.

Questions? Contact Joetta King (jopaulwill@msn.com).

**Matt Feryan** is the Emergency Management Coordinator for the City of Grapevine where he works to enhance emergency preparedness, response, and recovery capabilities of the city and community. The title of his program will be **“Preparedness for Seniors. Do You KnoWhat2DO When Disaster Strikes?”** Learn the basics of disaster preparedness in an interactive presentation. Throughout the session, attendees will **THINK** about the many hazards facing North Texas, learn how to **PREPARE** for the unique challenges facing older adults, and find out ways to **ACT** when disaster strikes.

Matt is a Certified Emergency Manager (CEM) from the International Association of Emergency Managers and is a graduate of FEMA’s National Emergency Management Advanced Academy.

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If you have any questions about the Grayful Spirits group and its activities or suggestions for future events, contact any of the committee members: Bob Campisi, Carolyn Ernst, Dick Guckel, Joetta King, Kathy Langham, Helen Jean Reed, Linda Tidmore, Miriam Ward, and Walt Milner.
FUMCG Respecting Choices

Church members Nancy Johnson and Julie Croft will present an overview of the Respecting Choices Ministry of our church at the Preparedness program on April 29. The Respecting Choices Ministry provides free confidential conversations with certified Advance Care Planning Facilitators to help guide people to be proactive concerning their advance care directives. “Advance directive” is a general term for any written health care instruction specifying your wishes or naming a proxy/health care agent and includes both health care proxy forms and living wills. It states which medical treatments you want or would not want if you are no longer able to make decisions on your own.

90% of people say talking with their loved ones about end-of-life care is important but 27% have actually done so. 82% of people say it’s important to put their wishes in writing but 23% have actually done it. Even if you are not sick now, planning for health care in the future is an important step toward making sure you get the medical care you would want if you are unable to speak for yourself. Another aspect to advance care planning is learning about what care you may or may not want such as ventilation, CPR, and artificial nutrition.

Being proactive while you are healthy enables you to consider what care you would want if you became very ill or disabled as well as who you would want to be your health care agent. The Respecting Choices Ministry can help you prepare your advance directives as well as facilitating these conversations with your family or review any existing advance directives.

Medical POA, health advocate, Living Will and related documents will be available.

In Case of Emergency Initiative

It is very important when participating in church sponsored activities that the church staff knows whom to contact if something happens to you, such as an accident or illness. We are establishing a database that will enable the church to maintain that information so that you will not need to fill out a form each time you participate in an activity. The information from the form on page 5 will be included in the database. The form can be completed and given to Bonita Ramsey in the church office or simply bring it to the Preparedness for Senior Adults program on April 29.
More 2018 Activities
Mark your calendars!

Grayful Spirits enjoyed traveling by motorcoach in January to listen to a gospel music concert sponsored by the Gospel Music Artists Association in Mesquite. In February we enjoyed soup and salad supper before attending the Grapevine High School production of “Into the Woods” starring Noel Alvarado, son of our own Armando Alvarado. In an effort to continue offering learning and social events with fellow Christians, we have plans for a June event and October tour. Additional details will be available later at fumcg.org/seniors and the FUMCG Wednesday E-News.

VOCAL MAJORITY CONCERT
STAR SPANGLED SUNDAY
SUNDAY, JUNE 24 – 3:00 - 4:00 PM
WHITE’S CHAPEL UNITED METHODIST CHURCH

Vocal Majority is a Dallas-based men’s chorus of more than 100 volunteer musicians who have performed though out the U.S., Canada and the UK. Their lush, multi-layered harmonies make each performance an extraordinary experience. In its 40-year history the VM has been known for its a cappella music, but the chorus has also enthralled new audiences by singing with many symphony orchestras.

DALLAS FALL TOUR
WEDNESDAY, OCTOBER 17
8:30 AM - 2:45 PM

*Autumn at the Arboretum* is a superb time to visit the Dallas Arboretum as the fall perennials are at peak bloom and the creative pumpkin displays are amazing. So plan a peaceful stroll of the gardens with Grayful Spirits at this exceptional botanical garden.

Having developed an appetite during our outdoor excursion, we will have lunch at Highland Park Cafeteria before traveling to the Museum of Biblical Art. If you haven’t been to the museum since it reopened in 2010, you will be impressed with this much improved museum and its ever changing Biblically-themed art exhibits.
Preparedness for Senior Adults

Lunch Options

Please complete this form to obtain a boxed lunch from Jason's and submit with your payment of $10 per lunch, preferably by check (no credit card), to Bonita Ramsey in the church office no later than April 26.

Make check payable to FUMCG and indicate Grayful Spirits on the check memo line.

Your Name _____________________________________ Phone______________________

Put a checkmark in front of your meal preference. If you are ordering for more than one person, write their name(s) on the line for their lunch choice.

- ___ Roasted turkey breast on multigrain wheat _________________________________
- ___ Baked ham on rye_____________________________________________________
- ___ Chicken salad with almonds and pineapple on multigrain wheat _________________

All boxed lunches will include leafy lettuce, tomato, chips, pickle, and a white chocolate macadamia nut cookie.

There will be no refunds for pre-ordered lunch. If you are unable to attend, you may offer your lunch to another attendee. Please let Miriam Ward know their name in advance.

m-i-ward@juno.com or 817-488-1650
In Case of Emergency Initiative

Please complete the following and submit at the April 29 Preparedness for Senior Adults program in Leach Hall or put in a sealed envelope and give to Bonita Ramsey, Receptionist & Membership Secretary, in the church office.

The information will be recorded by FUMCG staff for use in case of emergency should you become ill or have an accident at church or while on a church related activity.

Your name__________________________________________________________
Home Address_______________________________________________________
Home phone_______________________ Cell phone________________________
Email address_____________________________________________________

IN CASE OF EMERGENCY CONTACT INFORMATION (ICE)

Person living at the same address:
Name________________________________________________________________
City________________________________State___________________________
Cell phone________________________Work phone________________________
Relationship________________________

Person not living at the same address:
Name________________________________________________________________
Cell phone_______________________ Home phone_______________________
Work phone________________________
Relationship________________________

If you live alone have you considered designating a friend or relative to make wellness calls on a regular basis? If so, please share their name and phone number.

Name:______________________________________Phone:______________________

Your signature:______________________________  Date:___________________