

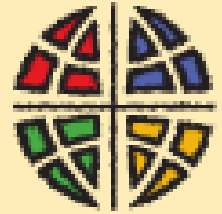
Life Center News

December 2019



The Life Center
At St. Mark's
Lutheran Church

*“Sharing knowledge,
expanding abilities and
cultivating relationships
within the community”*



Evangelical
Lutheran Church
of America

Unique Program Opportunities past and planned by Life Center. The Center was founded in 2007 under the auspices of St. Mark's Lutheran Church in Springfield, Virginia. Incorporated separately, the Center has the freedom to work differently with less constraints than a religious organization. It has access to donations, sponsor funds, and government grants and can also contract with governmental and charitable organizations. Up to 40% of Life Center Managing Board members may be appointed from outside the church. Yet all Life Center programs will be consistent with the mission and principles of St. Mark's.

Welcome Seniors



Senior Activities

- Socialization and fellowship
- Life long learning
- Music engagement
- Health and wellness
- Caregiver support
- Language training
- Community involvement



Hypothermia Prevention Program



Week in January 2019 and again
25 January thru 2 February 2020

- 25 to 40 homeless guests nightly
- Many are Vets
- Socialization
- Hot meals and bed
- 9th year in a row
- Need 100 volunteers



Serving St. Mark's Members and the Community

Life Center at St. Mark's - Factsheet December 2019

Past and planned programs

Life Center at St. Mark's

5800 Backlick Road
Springfield, VA 22150
(703) 451-4331
fax: (703) 451-4374
email: info@stmarks-elca.org
web: www.stmarks-elca.org

Life Center Governing Board

Al Van Nostrand – President
Patti Bruch – Vice President
Dave Appler – Treasurer
Pete Morrison – Secretary
Jeannine Van Nostrand, Janice Carr, Steve
Hendrickson, and Dan Ancona



After School program

- 16 Lynnbrook School students
- Ages 8 to 12- three hours weekly
- Homework, play and music training

Hosted Parenting Education Classes

- Fairfax County social services program on feelings, communication, anger issues, appropriate punishment and more
- Developing skills to recognize and value the thoughts and feelings of others
- We provided dinner for 60 people (adults and children) once per month

School Physicals and Back Packs

- Provided breakfast for the medical volunteers
- School supplies and backpack for 50 kids

Day to Serve September project

- With the faith-based communities
- 98 participants, 16 from St Marks/San Marcos half adults & teens
- Hung 400+ doorknob info packets
- For Fairfax County Office of Emergency Management



Future Vision. The Life Center Board is considering expanding future programs and would value hearing your thoughts and ideas. **Please come to the Life Center annual meeting planned in January 2020** to hear more, share ideas and get free snacks. Watch the St. Mark's Messenger for details to follow.

CUT HERE

Consider Donating Your Time and Resources

CUT HERE

- I, _____, want to become a benefactor of St Mark's Life Center by making this notice of intent to provide a donation, gift or bequest as part of my estate plan.
- The intended value of my donation, gift or bequest will be about \$_____.
- I want to donate my time and talents as a member of Life Center.
- My name may be used in identifying sponsors of the Life Center program.

Life Center Fund Notice of Intent to Donate / Gift / Bequest

Signed Name: _____

Printed Name: _____

Date: _____

Phone: _____