
PRESBYTERY of DES MOINES
Older Adult Ministries (OAM) and Congregational Health Ministry
FEBRUARY '09 E-Newsletter

These e-mails go to each church in our Presbytery and are for your information to use if applicable by each of you and in your churches.

The e-mails are by, with and for Older Adult Ministries and healthy congregations. Please send ideas, articles, etc. that you would like included. In sending e-mails, lets all put in the subject line Presbytery OAM Email so none of it gets deleted as spam mail.

In faith,

Darlene Shepherd
Older Adult Ministries Task Force Moderator
Presbytery of Des Moines
dshep@mahaska.org
641-673-5793

Someone once stated: “Some grow up in the Lord, but others just grow old in the Lord”.

It can become all too easy to just ‘grow old in the Lord’, – to be caught up in the routines and rituals of our faith, instead of all those crossroads and challenges that accompany it... the maturing process of not only drinking the ‘milk’ of the faith, but of chewing (and digesting) ‘solid food’ as well.

An excerpt from *Honoring Our Elders in Today's Church* by Rev. J. Ronald Sauer.

A valuable resource: *Older Adult Ministry – A Resource for Program Development* is produced by Presbyterian Publishing House in Atlanta, Ga. and available for under \$10.

The preface was printed when there was a Presbyterian Office on Aging. However, the material is ageless. There are 13 topics in the table of contents. Included are questions for reflection. A few of the topics are:

Aging: Life Between Promise and Fulfillment; Planning and Developing Older Adult Programs Ministry with Later-Life Families; Racial and Ethnic Concerns in Aging; Concerns of Older Women; and Concerns of Older Men.

One of the suggestions (page 96) is to have a Senior Newsletter in your church, with older persons encouraged to serve as writers and editors.

Older Adult Week/Day is May 3. The 2009 pamphlet should be sent out by the end of March to all Presbyterian churches. Check with the church secretary for its arrival.

POAMN Annual Conference in Tucson, Ariz., Sept. 29 through Oct. 2, 2009. Consider sending a member of your church or combine resources with another church. About 1/3 of those attending are men, and about 1/3 are pastors. Others include: youth pastors, session members, the categories are numerous. Go to www.POAMN.org, then find 'Upcoming Events' and click on 'More Details' to register.

To be a member of POAMN: go to www.POAMN.org, then find 'Join the Association' an explanation of joining, or click on 'Renew or Become a Member' to submit your request to join.

To subscribe to the quarterly newsletter *Presbyterian Network News* (PNN) contact Mike Fonfara at: 269-692-3176, or mikefonfara@sbcglogal.net.

Noted in previous copies of the PNN:

www.journeytothecross.org, is a daily devotional website sponsored by the PC(USA), The Episcopal Church, and the Cooperative Baptist Church. This is an easy format to read and a little on the contemplative side. The devotions are prepared for adults of all ages.

www.letssaythanks.com, you can easily send postcards to deployed U.S. troops – no political agenda or ulterior motives involved except to be friendly to service men and women. There is no cost to the senders or troops. It is sponsored by Xerox.

Are you a home caregiver? Could the person you care for obtain immediate assistance for you, in the event of your sudden illness or a fall (and can't get up)? If not, perhaps it is *you* the *caregiver* who might consider some kind of personal alarm/med alert system.

The Baby Boomer generation will have as many years caring for parents as they did their children.