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

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**The following Twitter conversation can help with older adult ministry.** Missy Buchanan is a special contributor and author of *“Living with Purpose in a Worn-Out Body: Spiritual Encouragement for Older Adults* (Upper Room Books). She writes a column, Aging Well, for the *United Methodist Reporter*. You can visit her online at [www.missybuchanan.com](http://www.missybuchanan.com). Here are excerpts from two blog articles that you might be interested in using for your church ministry.

- [www.ReadtheSpirit.com](http://www.ReadtheSpirit.com) – *It’s “Older Americans Month”, so what are the spiritual gifts of aging? Here are 10 tips for ministry...* 1.) Encourage a range of different senior groups; 2.) Unleash the power of laity; 3.) Be consistent; 4.) Remind seniors that they still can minister to others; 5.) Celebrate long life; 6.) Show respect for all older adults by honoring their reality; 7.) Become an encourager; 8.) Help older adults be mindful of God’s presence; 9.) Engage older adults with a story prompt; 10.) Build intergenerational ministry opportunities. Go online to: [www.readthespirit.com/explore/2009/05/433-spiritual-gifts-aging-10-tips.html](http://www.readthespirit.com/explore/2009/05/433-spiritual-gifts-aging-10-tips.html).
- Aging Well, *Bringing music to aging ears...* Missy writes about *Young @ Heart*, a documentary film featuring members of a senior adult chorus in Massachusetts. Go online to: [www.umportal.org/article.asp?id=5555](http://www.umportal.org/article.asp?id=5555)

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**Christian Association Serving Adult Ministries GenerationPLUS** includes news, information, helps, and write-ups focused on inspiring and equipping men and women in midlife and early retirement seeking joy and fulfillment in their Christian walk and meaning and purpose in Christian service. [www.gocasa.org/](http://www.gocasa.org/). A recent of article has an article about *The Intergenerational Challenge* and includes a chart of the various generations, their likes, dislikes and needs.

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**Attend the second of three workshops in Oskaloosa** at the **First Presbyterian Church** and also St. Paul Congregational United Church of Christ. Sponsored by the Older Adult Ministries group from the churches, their plan is to focus on the cycle of life in caregiving. The next workshop is July 11, on “Preparing to Become a Caregiver”. The final workshop will be Sept. 12, addressing “Aging Mindfully and Spiritually”. For more information call 641-673-8879 or 641-504-0155.

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**Membership in POAMN** – \$30/year provides you with access to many articles and contacts relating to older adult activities and issues, aside from supporting and maintaining the understanding of the National scope. Contact:

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