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

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*One of the many things no one tells you about aging is that it is such a nice change from being young. (Be honest – being young wasn't always great either.)*

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**June 20, OAM Opportunity in Urbandale** – The Iowa Annual Conference Older Adult Ministry Council is sponsoring a workshop entitled “Aging and Ministry in the 21<sup>st</sup> Century” on Saturday, June 20, 2009, from 9:00 a.m.-3:30 p.m. at the Walnut Hills UMC, 12321 Hickman Rd. in Urbandale. Rev. Dr. Richard Gentzler, Director of the Center on Aging and Older Adult Ministry with the General Board of Discipleship will keynote the event. Mr. Gentzler is a widely recognized and respected leader in Older Adult Ministry, (Methodists use the term ‘ministry’ as opposed to our ‘ministries’.) Mr. Gentzler has a long list of books and articles published. A \$25.00 registration fee includes all materials, lunch and breakout sessions. Contact Christine Anders at 515-244-6209 or [Christine@dmfirstchurch.org](mailto:Christine@dmfirstchurch.org) for more information.

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**Three workshops** coming up in Oskaloosa, by Older Adult Ministries of **First Presbyterian Church** and also St. Paul Congregational United Church of Christ will cover the full circle of caregiving. In preparing for this, Darlene Shepherd found many Web sites with a vast amount of information. Look at [www.alzheimersplaybook.com](http://www.alzheimersplaybook.com); [caregivingresources.org](http://caregivingresources.org); [thefamilycaregiver.org](http://thefamilycaregiver.org); [embracingaging.com](http://embracingaging.com); [AARP.org/foundation](http://AARP.org/foundation) – just for starters.

Sooner or later caregiving will affect every family in America and we are not prepared, either as an individual or as a society to deal with it. The need for caregivers will increase 2.3% of the rate of family available to care for them.

When an elderly spouse is the caregiver of chronic illness, the mortality rate rises by 63%, and when a caregiver of dementia, the impact on the immune system can last up to three years. When one person of a couple is sick, two people need help.

~Family Caregiving Magazine ([familycaregiver.com](http://familycaregiver.com))

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**Legacy Fund Grant** – POAMN has funds to offer a few church senior service groups grants of up to \$150 to further their work. If interested, write a simple letter explaining the project that will benefit from a modest grant and send it to:

Rev. Tom Tickner  
619 Renee Lane  
DeSoto, Texas 75115  
[TTickner@preses.org](mailto:TTickner@preses.org)

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National Older Adult Month has come and gone. These adults are still with us. Take a moment now and then to thank them for something they have said to you or done for

you in the past and how much it meant to you. Listen – really listen – and empathize with their response. You will both be blessed.

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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:

Linda Kelly  
2212 Beacon Ridge Dr.  
Las Vegas, NV 89134

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[AARP.org](http://AARP.org) – A very valuable Web site for information on aging, and for newsletters. *Prepare to Care – A Planning Guide for Families* from the AARP Foundation covers every piece of information one needs to have available, down to when garbage is picked up and who trims the dog.

*When you are dissatisfied and would like to go back to youth – think of Algebra.*

[ALZ.org](http://ALZ.org) – Also a vast Web site of information. Both offer a great deal of pamphlets, etc. at no cost or for a donation. Especially look for *Coach Broyles Playbook*. You may want more than one copy. Possibly pastors will have it in their pocket when making calls. (Some of the tips can apply to managing young children also.) One tip is hanging a curtain in front of a door so the confused person doesn't realize it is an exit.

*Concerned about dying tonight? The question is – how will we live and use our tomorrows to minister to others?*

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Are you looking for articles for your church newsletters? Go to [www.poamn.org](http://www.poamn.org), Under 'resources' you will be find connection to all previous editions of the *POAMN Network News* (PNN).