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

October is Caregiving Month

Are you a caregiver and don't think about being in that role? Sixty percent of caregivers are women, typically a forty-six-year-old female. 1.4 million children from age 8 to 18 care for an adult relative, with 72% a parent or grandparent.

We can 'fall into' this role in a second. Forty percent of falls require hospitalization, with one half never regaining their pre-fall functioning. Almost one-half of admissions to care facilities are fall related, with most falls occurring at home. These are often due to weak muscles, joint stiffness, poor balance or a medication.

An elderly spouse caregiver has an increased mortality rate and decreased immune system. When the main caregiver becomes ill, there are two people who need our immediate assistance.

Look for information on caregiving on several websites. The above is information from www.AARP.org; www.Alz.org; www.Caregiving.org. There are many other sites. www.seniors.gov – provides information on healthcare, benefits, long-term care, caregivers, legislation... links to state senior services and free e-mail newsletters on topics of interest to seniors.

Joy for the Journey: Equipping the Saints

The Older Adult Ministry Task Force is sending two individuals to the 25th Anniversary of Presbyterian Older Adult Ministry Network (POAMN) Conference in Tucson Sept. 29 - Oct. 2, 2009. This year's event is jointly sponsored by ARMSS, (Association for Retired Ministers, their Spouses or Survivors). Workshops include: *Gifted for a Purpose: Pastor Paula Taylor*; *Forgotten Beloved: Rev. La Donna Scruggs*; *Worship in the World of Dementia: Rev. Tom Tickner & Ginny Nyhuis*; *Humor in the Bible: Rev. John Ahn*. Other interesting workshops are also offered, including how to start and continue OAM in the local settings. Keynote speakers are Rev. Ann Hayman – *And the Laugh Shall Be First*, and Pastor Paula Taylor – *Joy for the Journey: Discovering a Lifetime of Purpose*. Look at www.POAMN.org and then click on 'Upcoming Events' for more information.

PEER Advocate Program

This program is seeking volunteers age 60 or older to serve as advocates for seniors in Polk County. PEER advocates help seniors live independently in the community by connecting them with existing services. Duties may include delivering meals to someone who was recently hospitalized, sharing information or assisting in applications

for community programs. PEER Volunteers empower themselves by helping others. Training provided. Call Ranae at 515-286-2112 for more information.

Counseling Classes for Older Adults is October 5 in Des Moines

Volunteers over the age of 60 are being recruited for a free counseling training program. The next PEER Advocate Volunteer training begins on October 5 at Polk County Senior Services, 1914 Carpenter Ave., Des Moines. Registration ends Sept. 25. This six-day, twenty-hour training focuses on counseling, listening and referral skills. Successfully trained volunteers will help individuals 60 and older remain independent in the community through referrals to services in Des Moines. Trained volunteers offer support, assistance and information. You must have attend initial training and ongoing educational sessions, be available weekdays, have strong communication skills, ability to travel by car or bus, good problem solving and computer skills, and be detail oriented. Contact Ranae Nerem, Program Specialist at rnerem@unitedwaydm.org or 515-286-3679 or 286-3616, for more information or to register for this class.

Senior Driving Site

Older motorists have their own set of driving concerns: changing eyesight, slower reflexes, etc. That's why AAA created a new safety and mobility website, www.AAASeniors.com, for older drivers and their families. At [AAASeniors.com](http://www.AAASeniors.com), learn how to create a step-by-step action plan to continue driving safely, and find out about transitioning to alternative modes of transportation while remaining independent. Site resources include educational brochures, and driver-improvement courses, tips on choosing a vehicle, skill assessment tools and information on free community-based programs.

2010 Older Adult Ministry Recognition Scheduled for Presbytery

Next year, at the November 9, 2010 Stated Meeting of the Presbytery, the Older Adult Ministry Task Force would like to recognize members of our churches who have exemplified positive images of aging in their personal lives, the life of the church and/or community. There are many in our midst who serve/have served as role models to all generations with a sense of God's grace. Forms for these recognitions will be available at the May 18, 2010 Stated Meeting of the Presbytery and also sent by mail, with reminders at appropriate intervals with August 21, 2010, as a deadline.
