
PRESBYTERY of DES MOINES
Older Adult Ministries (OAM) and Congregational Health Ministry
August 2010, Monthly E-Newsletter

OUTSTANDING OLDER ADULT AWARDS – Forms for your church to honor a person(s) or group are available at the Presbytery office or contact a member of the Older Adult Ministries Task Force. Your nominee should be actively living out their faith in service to the church and community.

Forms are also located on the Presbytery's Web site:
www.presbyteryofdesmoines.org/mission.htm.

Questions? Contact **Older Adult Ministries Task Force Moderator Darlene Shepherd**, eddy62osky@mahaska.org or 641-673-5793.

THE PAPER PLATES – There were 24 churches responding by writing their older adult activities on paper plates at the May 18 Presbytery Meeting in Des Moines. The OAM Task Force appreciates your responses! The notes made were similar and yet varied.

The commonality was in the fellowship of food. Nearly everyone mentioned food in some context. There were holiday meals for members and also shared with others – weekly and monthly meals – helping at food pantries – meals combined with Bible study, learning healthy lifestyles, or speakers. Some groups are men's breakfast, sometimes a ladies or widows group was noted. (I especially liked the names – 'Wisdom Keepers', 'Kindred Spirits', and 'Ladies Who Lunch'.) One church provides meals for their youth group.

It was frequently listed that most of the church were older and in each activity of the church. One church mentioned that they encourage leadership positions for their older members.

Working in conjunction with or doing the activities of Deacons was frequently listed. (It would appear that a member of the older adult committee should serve on the Deacons and help coordinate activities.) Here are the activity ideas from our churches:

- Groups send cards, especially to acknowledge volunteers
- Go caroling
- Regular short trips out of town
- Watch for handicap accessibility needs
- Visit shut-in's and nursing facilities
- Hosting Bingo and birthday parties, often doing communion and presenting a weekly worship service
- Combine with youth who make crafts for these groups
- Assist with individuals bills
- Provide blood pressure checks
- Explore Parish Nurse Ministry
- Teach Sunday school

- Host tax preparation sites
- Hold grief support groups and occasional seminars for members and others
- Sew lap quilts for individuals with Alzheimer's as well as bereavement quilts for families
- Deliver bulletins combined with visits to shut-ins
- Game time
- Change LOGO's to WOW and combine all ages
- Yearly OAM church service
- Include OAM on Christian Ed Committee
- Put a page (or article) in monthly newsletter in regard to OAM activity and pertinent information (could include a web site)
- Library shelf with books on issues of aging
- Volunteer at Head Start, etc.
- Serve on auxiliary board at nursing facility
- Mentoring program for Communion class that includes older members
- Church-wide family reunion
- Book discussion
- Assist Bible College students
- Prayer list
- Watch for ways to improve audio and visual aides
- And last but not least – a special women's night which meets in different homes each month. This is a time to visit, fellowship, needlework... mostly a time for sharing and relaxing together.

That is a list to print off and put on everyone's refrigerator! We can't possibly do each activity. However, perhaps it gave you ideas to do something different, or more than is happening currently.

Presbytery Older Adult Ministries Task Force members are: Sue Nelson, Martie Larson, Rev. Marcy Campbell, Sue Kimball and Darlene Shepherd



Older Adult Ministry Conference Set in October: The Presbyterian Older Adult Ministries Network, a network of people who are engaged in ministry with older adults, has scheduled its annual conference Tuesday through Friday, Oct. 12-15, in Orlando, Fla. POAMN is related to the Presbyterian Church (U.S.A.) as a covenant network of the General Assembly Council. The conference, *Connecting the Generations: Model, Methods and Mentors in Ministry*, takes place at the International Palms Resort and Conference Center and features 11 workshops. A limited number of scholarships are available. To receive more information and an application for partial scholarship, contact Ginny Nyhuis at 615-426-1545 or gnyhuis@verizon.net. The deadline for completed scholarship applications is Aug. 31.