
PRESBYTERY of DES MOINES
Older Adult Ministries (OAM) and Congregational Health Ministry
February '10 E-Newsletter

Looking to help the Presbytery's task force for Older Adult Ministries?

We are always looking for more volunteers to serve on the Presbytery's Older Adult Ministries Task Force. Current members are:

Moderator Darlene Shepherd,
(Oskaloosa, First)
641-673-5793 or
dshep@mahaska.org

Rev. Marcy Campbell (member at-large)
Sue Kimball (Indianola, Trinity United)
Martie Larsen, CLP (Clive, Heartland)
Sue Nelson (Ankeny)

Tweet Idea for Valentine's Event

[MissyBuchanan](#) writes on Twitter, January 27, in 140 characters or less: "College and youth ministries! Consider hosting a Valentine's dinner dance for older adults at care centers or at church."

Older Adult Ministries Week is coming in May!

The PC(USA) church-planning calendar designates the first week in May as *Older Adult Week*. We dedicate this week to older adults because they are the backbone of our church, our nation and the world. The purpose of Older Adult Week is to help congregations recognize aging as a natural part of living, involving life from birth to death and to affirm the worth of persons in all stages of development and at all functional levels.

Each year, a special thesis is chosen around Older Adult Week and POAMN produces a planning guide to help congregations recognize and honor older church members. The ***OAM Planning Guide*** is available as a free printable Adobe Acrobat profile. Go to www.POAMN.org, click on "Resources". It also can be ordered for \$2 from Ginny Nyhuis at gnyhuis@verizon.net. (Each church in the Des Moines Presbytery will receive a free copy in the mail – courtesy of the Presbytery's OAM Task Force Committee.)

A Worthy Website – www.car-fit.org (from the POAMN quarterly newsletter, *POAMN Network News* (PNN)). This is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them.

Do you know: the minimum distance you should have between your chest and steering wheel – the best way to adjust mirrors to reduce blind spots – adjust drivers seat to reach brake and gas pedals yet still have room for the air bag to deploy?

The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community.

POAMN – Presbyterian Older Adult Ministries Network – their calling is to provide support and training to those ministering to older adults in the Presbyterian Church. This is provided through a network of colleagues across the country who are working through similar issues regarding Older Adult Ministries.

As POAMN has evolved, a few seminaries have included special seminars which focus on older adults, and presbyteries are including workshops on this ministry in their regular meetings and leader training events.

For the full benefit and support of the above, consider becoming a POAMN member. There are 10 levels of membership, depending on the individual, or the size of the governing body. The governing body rates range from \$50 for small church size of under 150 members, to \$1,000 for Synods. An individual membership is \$30. Contact POAMN Treasurer Bill Cooley, at revsbjcooley@earthlink.net or 52 Lake Hunter Dr., Lakeland, FL. 33803. You also can join online at www.POAMN.org.

Suggestions for your Worship Committee

From *OLDER ADULT MINISTRY – A Guide for the Session and Congregation* – “Include all ages in the leadership of worship. Be aware of who is the target audience for the worship service. In prayers, the sermon illustrations, litanies, and in all ways, include the concerns, achievements, joys and struggles of older persons. Remember that most of the older adults in most congregations are older women who live alone, and they need especially to feel included in the different features of the worship service.”

Resources could include:

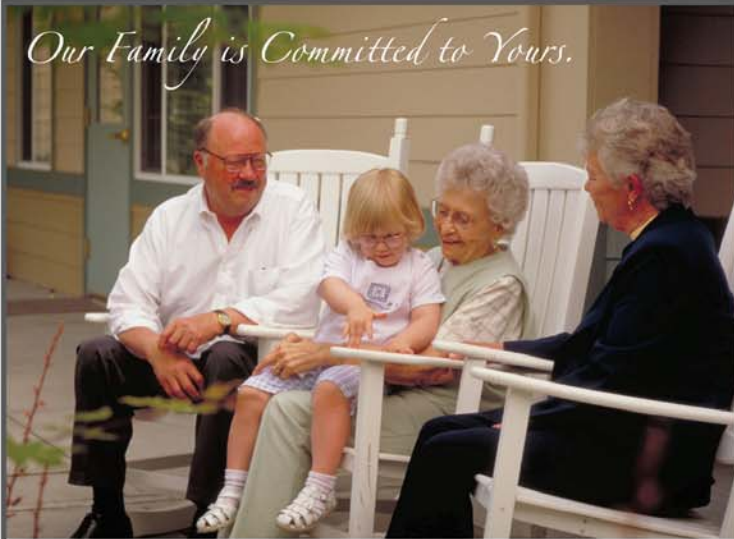
Graceful Aging. Sermons for Third Agers, by Richard L. Morgan (1990)
Graying Gracefully: Preaching to Older Adults, by William J. Carl Jr. (1997)

More recent publications include:

Fire in the Soul – A prayer book for the later years, by Richard L. Morgan
Living With Purpose in a Worn-Out Body, by Missy Buchanan

Emeritus at Urbandale invites you to join them for a monthly class on “Coping with an Aging Loved One”. Held on the first Wednesday of each month from 7–8:30 p.m., this class lead by Dr. Sonia Steen, founder of LessStress Coping Solutions, will offer education, coping skills, and support to those who are struggling with the challenges of caring for an aging loved one. See the attached flier for more info and the location. First class is tonight, Feb. 3!

Our Family is Committed to Yours.



EMERITUS AT URBANDALE

Invites You To Join Us For

Coping With An Aging Loved One Support Group

First Wednesday Every Month,
Starting Wednesday February 3, 2010
7:00 PM to 8:30 PM

Emeritus at Urbandale and Dr. Sonia Steen welcome you and your family to join us for an educational, informative, supportive and monthly community event.

- Are you currently caring for an aging loved one?
- Do you sometimes feel overwhelmed by this responsibility?
- Would you like to have information on how to cope?
- Does talking with others who share this experience sound helpful?

Emeritus at Urbandale is partnering with Dr. Sonia Steen, Founder of LessStress Coping Solutions, to offer FREE Community Support Services to those caring for an aging loved one. Our monthly Support Group Program will offer education, coping skills, and support to those who are struggling with the challenges of caring for an aging loved one. Our goal is to help people to help themselves.

Dr. Sonia Steen is a licensed PHD psychologist and the founder of LessStress Coping Solutions. She is considered to be an expert in her field. Dr. Steen has offered services to our community for over 20 years. Dr. Steen offers individual, family, couple and group counseling and support services as well as Corporate Training Programs, and she teaches college level courses. Dr. Steen is a frequent television and radio guest, and currently hosts her own web/internet radio program called "Stress Talk With The Doc" which can be found on the web at desmoineslocallive.com.

Emeritus at Urbandale has an innovative memory care approach, "Join Their Journey" provides us the ability to meet each resident's and family's needs at each stage of the disease process. We join the journey of your loved one by recognizing individuality, encouraging choices and allowing them the dignity to live their lives in a way that feels familiar to them. We join the journey of the family by building a partnership based on communication, education, support and our commitment to your family.

Call today to come experience our family's commitment to yours.

(515) 331-0970

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www.Emeritus.com



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at Urbandale