



July 29, 2017

Did you know?

The definition of disability as given in the Americans with Disabilities Act (ADA) is “An individual with a disability is defined by the ADA as a person who has a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment. The ADA does not specifically name all of the impairments that are covered.”

Nearly 20 percent of Americans live with a disability according to the 2010 report from the U.S. Census Bureau.

“A recent survey conducted by Baylor University of 6,000 church members of several denominations found only about 27 percent of people with mental illness and their families attend church. One of the reasons cited for not attending: they do not feel welcome.” NAMI FaithNet

For resources:

<https://www.presbyterianmission.org/ministries/phewa/pdc/>

<http://www.phewacommunity.org/pdcdisabilityconcerns/pdcresources.html>

Please join PDC in celebrating the gifts of all God’s people on May 28.

Questions????

Carol Brown

Moderator, Presbyterians for Disability Concerns

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Marshall, NC 28753

989-430-9751

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Disability Concerns Consultants [PC(USA)]

The questions can be overwhelming:

- Help! I need curriculum help for children and adults with intellectual disabilities.
- Can you give me information about accessibility audits/checklists/surveys?
- My presbytery meets in a church that's not accessible. Don't they get it?



Presbyterians for Disability Concerns

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

- How can our church begin a ministry with persons who are deaf?
 - What do I say to a child who asks, “Why me?”

Four consultants hired by the Office of Social Welfare Ministries/PHEWA are available to help the church with questions like these.

To contact the consultants directly, the best procedure is via email. The consultants work in a variety of professional capacities and are glad to be of assistance. However, they can better serve you if given some time to focus on your question and gather information prior to calling you back or responding via email. Please leave a detailed message concerning your question or concern and how best to contact you.

The Reverend Sue Montgomery, Lead Consultant, Mobility/Accessibility
P.O. Box 16, Knox, PA 16232 814-797-1226
Email: suemontgomery@windstream.net

The Reverend Raymond Meester, Consultant for Hearing
Heritage Presbyterian Church,
880 South 35th Street, Lincoln, NE 68510-3499 402-477-
Email: Raymond1970meester@gmail.com /TTY 402-477-

Reverend Rick Roderick, Consultant for Visual Disabilities
2215 Westridge Rd., Louisville, KY 40242 502-423-8195 or 502-429-4460
Email: rickrod@twc.com or rickrod@insightbb.com

Mr. Milton Tyree, Consultant for Intellectual Disabilities
P.O. Box 22638, Louisville, KY 40252 502-333-2747
Email: PDCmtyree@me.com

CROSSROADS ANTIRACISM TRAINING

AUGUST 18 - 20, 2017 • MONTREAT.ORG/CROSSROADS



This introductory workshop by Crossroads Antiracism Organizing & Training will provide participants with a shared analysis of systemic racism in the United States. Using an action-reflection model, the workshop will seek to answer three questions: What is the current reality of racism in the US? Why is this still our current reality? How can we intervene strategically to disrupt and dismantle racism?

The workshop will include definitions of key concepts such as racism, prejudice, power, and dominant culture. Participants will receive capacity-building tools and resources to work for antiracist transformation in their churches and institutions.

IS THIS TRAINING RIGHT FOR ME?

This introductory training is appropriate for any group seeking to prioritize racial equity and dismantle embedded racism in their organization. While many of the workshops (listed on the back) include religious subject matter, the topics being discussed and tools provided are appropriate for anyone seeking to work towards dismantling embedded racism in the workplace, home, schools, or church. In the past, Crossroads has worked with institutions in the following categories:

Governmental/Municipal
Educational

Faith-Based
Non-Profits

Whether you are a church leader, church member, teacher, administrator, civil employee, non-profit professional, or frequent volunteer, this training will equip you as you begin or continue to disrupt and dismantle systematic racism. Questions about how this workshop can apply to you? Contact Carol Steele at carols@montreat.org or 828.419.9832.

ABOUT CROSSROADS ANTIRACISM ORGANIZING & TRAINING

Since 1986 Crossroads Antiracism Organizing & Training (formerly Crossroads Ministry) has been providing organizing, training, and consulting to institutions striving to dismantle racism. This includes analyzing internal policies and procedures that maintain white power and privilege, and helping to create an intervention strategy to dismantle oppressive systems. A key strategy for institutional organizing is creating internal antiracism teams. Through this work we also strive to create and strengthen structures of accountability to people and communities of color and other socially oppressed groups, both within the institution and in the wider community.

This event is sponsored by Montreat Conference Center in partnership with
Crossroads Antiracism Organizing and Training.



MONTREAT
CONFERENCE CENTER

CROSSROADS ANTIRACISM TRAINING

AUGUST 18 - 20, 2017 • MONTREAT.ORG/CROSSROADS

WORKSHOPS

AT HOME AND CHURCH SCHOOL: ANTI-BIAS EDUCATION FOR CHILDREN AND FAMILIES

Led by Rev. Michelle Hwang and Rev. Mamie Broadhurst

Research shows that children as young as three develop biases based on race. How can our Christian education efforts incorporate methods for acknowledging and addressing unconscious bias? This workshop is for parents, educators of young children, Sunday school teachers, and church pre-school personnel.

IN THE PUBLIC SQUARE: WHAT DOES IT LOOK LIKE TO SHOW UP IN TOWN?

Led by Rev. Alonzo Johnson and David LaMotte

There's plenty of work to do in our congregations, but showing up externally is also God's work. How does a congregation survey its local landscape for need, injustice, and enmity, and how does it show up in racially equitable ways in those places where hope is in short supply?

WITH YOUTH AND YOUNG ADULTS: ENGAGING IN THE WORK OF ERADICATING RACISM

Led by Rev. Abbi Heimach-Snipes and Joy Bailey
What do youth and young adults have to teach us about the ways they understand and experience systemic racism in their school and on campus? How do church leaders engage these age groups in critical conversations about their landscapes that will help them act faithfully on behalf of themselves and others?

IN THE PULPIT: STRATEGIES FOR PREACHING

Led by Rev. Dr. Christine Hong

How does one most effectively and faithfully use the authority of scripture and preaching to awaken God's people to the human, theological, and ecclesial issues that are at stake when we address racism? (Or, perhaps equally important, what are the ways we can really mess this up?)

AS CHURCH LEADERS: HOW DO WE MOVE THE CHURCH BEYOND CLUBS AND SYMBOLISM TOWARD

BECOMING ANTIRACIST ANTI-OPPRESSIVE INSTITUTIONS?

Led by Rev. Jessica Vazquez Torres

What is the church holding onto that might be preventing it from prophetically decrying racism? What might congregations have to let go off in order to fully embrace the work of dismantling racism? What adaptive changes might the church have to make to ensure that it can withstand the pressure to be silent?

RATES & REGISTRATION

The commuter rate for this training is \$77 per person. Rooms and meal packages are available at additional cost. For complete rates and registration information, visit www.montreat.org/crossroads

Learn more at www.montreat.org/crossroads.



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POAMN Network News

Presbyterian Older Adult Ministries Network

Resource Guide for Older Adult Ministries

ISSUE 47

2017 SUMMER

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all of your extra gifts
are tax deductible.

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A MESSAGE FROM THE EDITOR

Good Morning from Oregon,

The theme of this issue of *PNN* is, *Serving the Aging and Those Who Care for Them*. A person who has just turned 65 years old will, on the average, live another 15 years if they are male and another 18 years if they are female. As more and more of us become oldest adults the burden of caring for us will often fall on our children and/or our family members. Caregiving is not for the faint of heart. All too often a caregiver becomes so focused on caring for their loved one that they neglect to take care of themselves. Three articles in this *PNN* issue touch on helping the oldest saints in your local congregation and those who care for them:

- o Serving the Aging and Those Who Care for Them by Mary Lemm Davis
- o A Birthday Party for Iva by Quentin Holmes
- o Church as a "Go To Place" for Family Caregivers – Evidence Based Programs by Michele Hendrix

The 7th International Conference on Ageing and Spirituality took place June 4th-7th in Forest Park, Illinois. POAMN was one of its sponsors – and it was truly a win-win for everyone involved! Henceforth, POAMN will not only be more ecumenical it will also have an international flavor. Articles about what transpired during this informative and uplifting conference are:

- o 7th International Conference on Ageing and Spirituality by Quentin Holmes
- o Retired Ministers, Spouses and Survivors by Rev. Dennis Haines
- o NEW FACES: New POAMN Officers by Quentin Holmes

Upcoming POAMN events are:

- Regional Older Adult Ministry Conference in Winston-Salem on October 19th, 2017 (see article Save the Date)
- 2018 POAMN Conference at Zephyr Point Conference Center/ Lake Tahoe on June 5th - 8th, 2018.

PNN is your newsletter. We need you to send us short notes about things you have done, or ideas that your group has found to work. Many older adults are in our Congregations. By the power of God, plus our faithfulness, and our warmth, we can reach out.

Thanks be to God!

Quentin Holmes / Marcola, OR



Quentin Holmes – Logging in the Woods



Michele Hendrix
POAMN President

POAMN PRESIDENT'S REFLECTION

[Editor's Note: At the close of the 7th International Conference on Ageing and Spirituality, Michelle Hendrix told Dr. John Holton, Director, Center for Gerontology at Concordia University, Chicago – “We came together as individual religious groups and we are leaving this conference as a community of faith - a God gift for sure! Kudos to you and your team!”]

POAMN has had a good year in 2017 thanks to the loyalty of our members and the commitment of our Executive Committee. Our participation in the 7th International Conference on Aging & Spirituality brought many POAMN members and other “Church Workers” to participate in this conference at Concordia University in Chicago. This conference brought people from all over the world and truly embodied a global collaboration of the brightest minds in the field of spirituality and aging. There were over 200 people in attendance and 70 experts who shared their knowledge, ideas, practical experiences and lessons learned in their respective fields and vocations. Throughout the conference there were opportunities to engage in meaningful discussions with the plenary speakers, presenters, and other participants during our time together.

At the conference we also sponsored a POAMN display table, which added to our POAMN membership numbers. We had 13 people join while we were there, and one new member is from Canada, thus providing national and international exposure for POAMN. POAMN was invited to participate in this conference in October 2015 by Nancy Gordon (who hosted the 6th ICAS in Los Angeles.) The Executive Committee voted to continue in the conversation and then made the decision to participate in the early spring of 2016. I was in conversation with the Planning Team for 20 months prior to the conference. Last year our own POAMN Conference Team visited Chicago and then provided ongoing support for the conference until its completion in June. This was our first ecumenical and international endeavor, and everyone enjoyed our time together while engaging in our own spiritual transformation and transcendence – our conference theme.

We had many great plenary speakers throughout the conference, especially our own Presbyterian plenary presenters for the Congregational/Chaplains Track - The Rev. Dr. Eileen Linder and Rev. John Buchanan, whose plenary session, “Concluding Well: Meaning, Generativity, and Spirituality,” was excellent.

I am now looking forward as we prepare for the first POAMN Regional Conference in Winston-Salem, NC, on October 19, 2017, and our 2018 Annual Conference, June 5-8, 2018, at Zephyr Point on Lake Tahoe. Save the dates! You will find more information about both of these conferences in this edition of PNN. If you haven't renewed your membership, there is still time. Many exciting things are on the horizon for POAMN, and we want to encourage your continued support of this exciting organization and the valuable work we do. Please remember that we are a 501 (c3) organization and you may also donate to POAMN. I hope all of you enjoy a fantastic summer and take time out to “savor” the journey of aging!

Blessings,

Michele Hendrix

POAMN President

Email – tmichelehendrix@icloud.com

*And now faith, hope, and love abide, these three;
and the greatest of these is love.*

- 1 Corinthians 13:13



Linda Rauenbuehler,
Membership Committee Chair

MEMO FROM MEMBERSHIP

A couple months ago, I was honored to be asked to serve on the POAMN Executive Board with the Membership Committee. It will be a huge challenge for me to follow in the footsteps of Mike Fonfara, and I wish him the best as he deals with health challenges.

The summer of 2014 is when I first found POAMN while I was exploring around on the internet. I had just retired from the school district where I worked as a librarian. Upon retirement, I knew that I wanted to work with senior citizens, so I went to work putting my plans in order. I was already volunteering at a library in a senior center. (Little did I know that less than a year later, I would be coordinating the 35 volunteers in that library, which I have now been doing for 2 years.) I also started driving seniors to doctor's appointments through a local hospital's "Helping Hands" program. Next, I approached my minister. I was finishing up my last few months of serving as the Moderator of the Deacons, which I had been doing for 4 years. I discussed with my pastor a need that I saw, which was to give our senior citizens some extra attention in addition to that which they received from their Deacons. My special concern was keeping our shut-ins (including temporary and partial shut-ins) connected to the church. A few months later, I was added to our church staff as a volunteer Director of Senior Adult Ministries.

The autumn of 2014 is when I joined POAMN. The annual conference was going on in Missouri, but I set my sights on attending the next conference in Albuquerque in 2015. I have now attended three POAMN conferences, having just returned from the 7th International Conference on Ageing and Spirituality in Chicago. Each conference provided a wonderful opportunity to reconnect with old friends and make many new friends. Also, on that POAMN website, I discovered information about a Certificate of Older Adult Ministry through Columbia Theological Seminary in Georgia. This was of interest to me, and I took two classes each spring in 2015 and 2016. I just need to complete my Capstone Project to receive my certificate.

Through POAMN, I have found a network of people around the country who have a special interest in senior citizens. I receive newsletters and planning guides that give me information and ideas. Now that I am on the Executive Board, working with Membership, I cherish the opportunity to spread the word about this wonderful organization.

If you have not renewed your membership for 2017, please take this opportunity to do so now.

Respectfully submitted,
Linda Rauenbuehler

RETIRED MINISTERS, SPOUSES AND SURVIVORS

by Rev. Dennis J. Haines HR, Liaison member on POAMN Executive Committee

What a wonderful way to begin our new relationship with POAMN. ARMSS, as it was once known, has now officially become one with POAMN at the Annual Meeting of POAMN, where we met in conjunction with the 7th International Conference of Ageing and Spirituality in Chicago, Illinois.

What a great conference it was! So much was shared and so much learned. It was truly a wonderful beginning for the future of POAMN and its new ecumenical adventure.

My particular joy was to share the award that ARMSS gave to the Rev. Dr. Robert Worley in memoriam. This award was presented to his widow, Irene, at a special event on April 20-21 at McCormack Seminary in Chi-

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cago held to honor Dr. Worley. I also shared the lovely note that Irene sent to me commenting on how much she appreciated ARMSS support of him and his ministry to Matanzas Seminary in Cuba.

I also want to share the joy I experienced working with Chris Pomfret, Vice-President of POAMN. Together, we led a workshop on the spiritual needs of retired clergy and their particular experience upon retirement. With a dramatic role play, we illustrated what clergy feel upon recognizing what Honorably Retired means in real life with the closure agreement most Presbyteries ask them to sign. What was concluded by those in attendance is that present practices of PC(USA) could be improved. More discussions are necessary to prepare retired clergy and the churches involved as to what retirement really means — its pros and cons. How might retired clergy be seen by both churches and presbyteries as assets, rather than liabilities? Clergy, on an average, are living between 10-20 years beyond retirement. Both Chris and I were excited that the Rev. Lori A Neff LaRue, from the Board of Pensions, was able to attend our workshop and give us valuable feedback. She stressed that the Board of Pensions is interested in this vision, and she looks forward to further dialogue between the Board and POAMN.



Rev. Dennis Haines, HR

I came away from the conference looking forward to the future of how the mission of the “old ARMSS organization” is going to be continued in our new venture with POAMN. On October 19, Chris and I will repeat our workshop at the one-day regional conference in Winston Salem, NC. My hope is that many more retired clergy, their spouses and survivors will be able to attend and give us valuable feedback!

ARMSS members who are waiting to join forces with POAMN, folks now is the time!! Let's all who loved and supported ARMSS in the past, support its mission by joining forces with POAMN. Bring your time and talent to the table in this new adventure!

7th INTERNATIONAL CONFERENCE ON AGEING AND SPIRITUALITY

Quentin A. Holmes, Editor POAMN Network News

The 7th International Conference on Ageing and Spirituality was held at Concordia University in River Forest, Illinois, on Sunday, June 4th – Wednesday, June 7th. The setting was the campus of a large Lutheran university in a lovely suburb on the west side of Chicago. The theme of the conference was, *Transition and Transcendence: Transforming Aging Through Spirituality*. This article is the first in a two-part series that seeks to share the spirit of this informative and uplifting conference.

For 35 years POAMN has held a national conference that brings together folks from all across the USA with a passion for working with older adults. This year, for the first time ever, POAMN helped sponsor an International Conference. The combination brought together more than 200



Werner Auditorium at Concordia University

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attendees. Many were from the USA. However, attendees also came from England, Scotland, Germany, South Africa, and Australia. Faith-wise, there were Presbyterians, Lutherans, Methodists, Catholics Episcopalians, and members of the Jewish faith. A number described themselves as “Spiritual but not religious,” while several others were Mystics.

The first presentation on Sunday, June 4th was a one-woman play by Dr. June Boyce-Tillman from North West University in South Africa. **When I Grow Down: Music and Memory Loss** presented the role of music over a life’s course, from babyhood into aging, including how music can improve the quality of life for people diagnosed with memory loss. The play began with her softly singing a lullaby to a baby doll, just as a mother would to a baby. An hour and 15 minutes later, as the play drew to a close, she groveled incoherently on the floor, confused and distraught – in an advanced stage of dementia. Then someone in the audience began softly singing a lullaby, whereupon she slowly got up and began mouthing the lyrics. The power of music to connect people even when words can’t is truly amazing! Afterwards, Dr. Boyce-Tillman answered detailed questions from the audience for 45 minutes.

Each morning the conference began with Concordia University professor Robert Atchley playing his acoustic guitar and singing songs that he had written during his lifetime as a musician. Prof. Atchley grew up playing/ singing songs by the Kingston Trio. This was how he paid his way through college. Listening to the Conference Bard for 15 minutes each morning was relaxing, fun, and inspirational in an informal sort of way.

There were Plenary Presentations in the early mornings and early afternoons, Posters during coffee breaks, and Concurrent Sessions in the mornings and afternoons, plus lots of time in-between for visiting and sharing ideas one-on-one. Each day’s fare was varied, insightful, and often very uplifting.

On Tuesday afternoon, Chris Pomfret and Rev. Dennis Haines presented a workshop entitled **Retired Clergy: Asset or Liability?** The workshop began with a skit wherein the good reverend, who was retiring after 30 some years of faithful service to his local congregation, met with the Executive Presbyter of his Presbytery. As they talked, the Executive Presbyter successively removed:

- o The retired minister’s necklace with its crucifix
- o The retired minister’s Stole, and
- o The retired minister’s Robe.

After insisting that the minister could no longer have any contact with his former congregation or its members, the Executive Presbyter told him, “Oh, yes, and in just a few months you will begin getting a retirement check.” Isn’t it odd that the Book of Order has 6 pages devoted to what procedures are to be followed in the event of sexual misconduct by an ordained minister, but only 2 sentences about what is to be done when an ordained minister retires? This workshop is just the beginning of a dialogue about this complex issue. At the end of their workshop, Pomfret and Rev. Haines were invited by Rev. Lori A Neff LaRue to attend PC(USA)’s annual Board of Pensions Conference!



Lydia Manning, Conference Chair and,
Michele Hendrix, POAMN President



Rev. June Boyce-Tillman
Performing WHEN I GROW DOWN

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There were opportunities to relax and exercise your creative side during the conference. Monday evening attendees were treated to a musical performance by the Oak Park/River Forest Encore Chorale - a non-auditioned choir of older adults, mostly age 55 and up, who were closing out a 15-day tour. Songs performed for us during their Broadway-to-Hollywood show included: Fly Me To The Moon, My Favorite Things, 'S Wonderful, Embraceable You, Singing In The Rain, and Send In The Clowns. What an enjoyable evening!

Each day, during the 40-minute coffee breaks, those who wished could take part in **Coffee, Create and Converse**, wherein participants created spiritual collages using objects from nature.

On Tuesday afternoon, June 6th, POAMN held its 2017 Annual Meeting. Guest speakers included:

- o Ray Jones – Associate Director Evangelism/ Presbyterian Mission Agency
- o Cindy Ray - Presbyterian Association of Homes and Services for the Aging
- o Rev. Lori A Neff LaRue - Presbyterian Board of Pensions

A highlight of our annual meeting was a brief talk by Rev. Jan Edmiston, Co-Moderator of PC(USA). When asked what she would like us to pray for, her response was, "Pray that Presbyteries and GA Committees will be brave – in challenging times like these it is tempting for your church leaders to be overly cautious."

The following people were nominated, and then duly elected, to be POAMN officers:

- Secretary - *June Begany* (Her 2nd Term)
- Treasurer - *Lynne Trout*
- At Large/Conference Chair Elect - *Lillian Rhudy*
- At Large/Membership - *Linda Rauenbuehler*
- President - *Michele Hendrix* (Her 2nd term)

POAMN President Michele Hendrix then expressed her deep appreciation for the diligence and dedication of the outgoing officers of POAMN:

Cindy Wright - Treasurer, and Mike Fonfara - At Large/Membership.

Details were provided on POAMN's One-Day Regional Conference in Winston-Salem, NC. on Oct. 19th, 2017. POAMN's 2018 Conference will be June 5-8 at Zephyr Point on Lake Tahoe. (*To be continued in the Autumn issue of PNN*)



Lillian Rhudy created a Spiritual Collage



Rev. Jan Edmiston Co-Moderator of PC(USA)

...for the LORD sees not as man sees; man looks on the outward appearance, but the LORD looks on the heart."

- 1 Samuel 15:7

SERVING THE AGING AND THOSE WHO CARE FOR THEM

Mary Lemm Davis, Mission Commission Chairperson, First Presbyterian Church / Pendleton, Oregon

[Editor's NOTE: Last November, a one-day conference with this theme was put on at First Presbyterian Church in Pendleton, Oregon. Thirty-three people had signed up to attend. However, on the morning of the conference, some 65 attendees showed up. Several of them had driven more than 100 miles across high mountain passes to get there! Among the presentations that Yours Truly gave was a workshop, "Make Your Third Thirty a Great Thirty," written by Chris Pomfret. "Third Thirty" was a runaway success.]

By 9 AM on Saturday, November 12th, 2016, some 65 attendees, not counting the speakers, gathered into the Roger's Room of Pendleton's First Presbyterian Church, Pendleton, Oregon. The purpose was to identify, share, and discuss resources for planning to live well in the last third of life. Over the course of the day, 13 people provided thought-provoking presentations, with members of the audience adding their questions and comments. Healthy snacks and a soup and salad lunch were served with help from the local ASTRA organization at Pendleton High School. Volunteers from the church provided support throughout the day. Lunch was provided and a \$10 donation was welcomed, but not necessary, to attend.



First Presbyterian Church, Pendleton, Oregon

The keynote speaker and a workshop facilitator was Dr. Quentin Holmes. Dr. Holmes, a retired NASA Scientist, is the Chairman of the Older Adult Ministries for the Presbytery of the Cascades and also is editor of Network News for the Presbyterian Older Adult Ministries Network. Dr. Holmes brought his own special set of resources to open discussion on ministry *with, to and for* Older Adults.

Additional offerings were provided by speakers from the community, as well as our congregation, on the following topics:

- Aging in Place
- Non-Medical Home Care
- Hospice and Home Medical Care
- Interacting with Dementia
- What the Pastor Needs
- Collecting and organizing information and documents for family and medical professionals
- Yoga and Tai Chi breakouts
- Resources for the Future



Pastor Roger Harwerth – "Welcome"

These offerings, planned for and provided in a respectful manner, allow individuals to stay as long as possible in their own homes. Time was allowed for questions following each presentation. Doing so permitted personal questions, comments, and concerns to be shared and supported.

The following is a brief recap of each individual workshop:

- The local community action program coordinator described services, including Oregon Project Independence, Powerful Tools for the Caregiver, Money Management, and Options Counseling, that allow for support in independent living.

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- A church member working as a home health provider recommended agencies that identify and pay for a trustworthy in-home caregiver.
- The Director of Home Health and Hospice focused upon when these services are appropriate and how to access them.
- A clinical psychologist compared and discussed various types of dementia and recommended how to interact with persons so diagnosed.
- The Pendleton Fire Chief dispensed information about a new program offered through the Fire Department that provides safety checks in the home.
- The Pastors' Panel consisted of Pastors from Pendleton First Presbyterian, Peace Lutheran Church, Redeemer Episcopal Church, and First Church of Nazarene. Each shared their own personal experiences in the spirituality of planning for and dealing with grief and dying. Additional topics included services for people with dementia, people without a church home, support for caregivers, and starting the discussion of grief and dying before the time.
- A church member drew upon her own family's experiences and response to the need for specific and organized documentation to ensure that individual wishes are written, recorded, and available for family and professionals.
- The chair of the clinical ethics committee at our local hospital, St. Anthony Hospital, provided copies of and led discussion on the Advanced Directive and the POLST forms.
- In an additional session the Episcopal Minister recognized the many roles and stressors of the caregiver and how support to the caregiver allows the greatest care for the person needing that care.
- Two life-long practitioners of Tai Chi and Yoga from Pendleton First Presbyterian church provided two 7- minute sessions each throughout the day on how to build balance and strength through application of these principles.

The conference ended promptly at 4:30 PM to allow people to drive home safely before midnight.

Early planning with input from many church and community individuals and organizations led to development of our conference. A very special thank you goes to the many people who participated in and gave assistance during this one-day, all-day, conference. Their knowledge and personal effort made it possible.



Mary Lemm Davis
Conference Chairperson

NEW FACES: New POAMN Officers

Quentin A. Holmes, Editor POAMN Network News

Our 2017-18 POAMN Executive Committee will be enriched by the election of three new officers who have been chosen to serve as first-time members of our leadership team. At POAMN's Annual Business meeting on Tuesday, June 6th, Linda Rauenbuehler was elected to a three-year term as At-Large/Membership, Lilian Rhudy was elected to a three-year term as At-Large/Conference Chair, and Lynne Trout was elected as POAMN Treasurer.

Linda Rauenbuehler found POAMN a few years back as she was searching online trying to figure out what she wanted to do in retirement. She currently is a participant in the certification program. Linda was born in Montana, and grew up in Longmont, Colorado, where she met her future husband, Ted. They were married in 1980/. She earned a bachelor's degree in elementary education, and a master's degree in reading education from the University of Northern Colorado. As the wife of a soldier, Linda moved often, teaching in 5 states in

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Linda Rauenbuehler
At-Large/ Membership

8 years. While Ted was posted at Ft. Bragg, she received her Master's Degree in library science from the University of North Carolina at Chapel Hill. She has worked in public schools and academic libraries since 1991. Upon Ted's retirement, they settled in Nevada. Linda began working with senior adults about 10 years ago. Today she is Director of Senior Adult Ministry at Green Valley Presbyterian Church in Henderson, Nevada, coordinates the volunteers in the library at the local senior center, provides transportation to seniors needing transportation to medical appointments, and works 15 hours a week at the public library in Boulder City, Nevada.

Lillian Rhudy officially retired on May 25th. Throughout her life and career she has labored to help and serve others. Lillian grew up in North Carolina and graduated from Mars Hill University. She holds a Master's of Social Work degree from Virginia Commonwealth and is a licensed Clinical Social Worker. Lillian has worked for non-profit organizations: Jewish Family Services, Catholic Charities, Family and Children Services. For 10 years, she was in private practice as a clinical social worker. For the past 16 years Lillian's work has been with older adults assisting them in living independently longer, providing resources to folks coming out of hospitals and rehab. Lillian and her husband, Ralph, have been married for almost 52 years and are the parents of three children – Stephen, Sharyn, and Johnathon. They enjoy their 6 gifted and talented grandchildren. Lillian has been a Presbyterian since the age of 20. Ralph and Lillian met at the New York Avenue Presbyterian Church in Washington, DC. Lillian attended her first POAMN conference in 2014, and organized many of the local arrangements for the 2016 POAMN conference in Richmond. Most recently she serves as co-moderator of the Presbytery of the James Older Adult Purpose Group. Lillian was instrumental in organizing a Second Seniors Fellowship Group at Second Presbyterian Church in Richmond, Virginia. Lillian enjoys travelling, gardening, entertaining, and –in retirement– plans to take more art lessons and write her memoirs.



Lillian Rhudy
At-Large/Conference Chair



Lynne Trout , POAMN Treasurer

Lynne Trout has been a member of POAMN for over six years, has earned her Certificate in Older Adult Ministries from our collaborative program with Columbia theological Seminary, and she is an ordained hospice chaplain. Lynne recently retired from serving as pastor of the First Presbyterian Church of Delanco, New Jersey, and is a member of West Jersey Presbytery. Lynne is a graduate of Moravian Theological Seminar, M.DIV, *cum laude*, in Bethlehem, Pennsylvania. In retirement, Lynne has been ministering to congregations as a supply pastor. Lynne has been married to Rick –who is also a member of POAMN– for more than 46 years. They have two grown children, Scott age 41 and Karen age 38. Lynne and Rick also have 2 seven-year old rescue dogs, Zeke and Evander. Lynne's hobbies include reading, crocheting, walking, trying to get to the local fitness center, music, and occasionally travelling. She is a 38-year member of the Order of the Eastern Star, a member of her original Pennsylvania Chapter and her current New Jersey Chapter, and has served as a Past Matron in Pennsylvania.

CHURCH AS A “GO TO PLACE” FOR FAMILY CAREGIVERS – EVIDENCE BASED PROGRAMS

by Michele Hendrix / New Braunfels, Texas

[Editor's NOTE: Michelle presented this material during her workshop at the 7th International Conference.]

Chronic conditions are on the rise across the nation and can lower quality of life for older adults and contribute to the leading causes of death among this population. Developing evidence-based programs in your congregations and organizations are a proven way to promote health and prevent disease among older adults. Older Americans overwhelmingly prefer to stay in their homes, churches, and communities as they age. The ultimate goal is to improve the health, function, and quality of life of older adults. Common chronic conditions include:

- Heart Disease
- Cancer
- Chronic bronchitis or emphysema
- Stroke
- Diabetes mellitus
- Alzheimer's & Dementia

Family members often assume a role – caregiving - for which they are unprepared and untrained. The role is based on their relationship with the person, but it is often different than their longstanding relationship with that person. This program aims to help instill or increase a caregiver's sense that s/he understands that caregiving is a new role that s/he has assumed and that s/he is effective in this role.

As a society, we have always depended on family caregivers to provide the lion's share of long-term services and supports (LTSS) for our elders. Yet the need to recognize and support caregivers is among the most significant overlooked challenges facing the aging U.S. population, their families, and society.

By 2030, 72.8 million - more than one in five U.S. residents - will be age 65 or older. The greatest growth will be in the numbers of the “oldest old,” the population that is most in need of help because they are the most likely to have physical, cognitive, and other functional limitations.

While the need for caregiving is rapidly increasing, the pool of potential family caregivers is shrinking. Families have fewer children, older adults are more likely to have never married or to be no longer be married, and adult children often live far from their parents or may be caring for more than one older adult or their own children.

- As our population ages, a growing number of American adults will serve as caregivers for loved ones who are young, disabled, frail, elderly, or suffering from a chronic condition.
- This rapidly increasing number of family caregivers has become an essential component of the nation's health care system, providing more services in the home – free of charge – than the federal government provides in all settings combined.
- The church needs to and must come up with a compassionate response to reach out to their members and to those in the community at large who are hurting.
- A ministry of care to older adults is an opportunity for the church to provide pastoral care, compassion, presence, encouragement, resources, respite, programs and support to individuals and families on the caregiving journey. Members of the congregation are invited to volunteer to serve in ways that are unique, meaningful and life-changing. The church should be one of the best sources for volunteers to serve in our communities.

(Continued on page 11)

(Continued from page 10)

I would like to encourage our congregations to introduce three evidence-based programs as a foundational piece into Older Adult Ministries in their congregations. The importance of introducing Evidence Based Programs (EBPs) as a foundational piece to OAM is that they have been found to be effective, based on the results of rigorous evaluations, and then subjected to critical peer review by experts in the field who have agreed with the conclusions about the programs' effects. They are transformational. These three are:

Powerful Tools for Caregivers – PTC is based on the highly successful Chronic Disease Self-Management Program developed by Dr. Kate Lorig and her colleagues at Stanford University. Powerful Tools for Caregivers is a national program sustained by extensive collaborations with community-based organizations. www.powerfultoolsforcaregivers.org

A Matter of Balance – is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Developed by a grant from Administration on Aging Maine Health's Partnership for Healthy Aging (orig. Boston Univ – Fear of Falling.) PFHA@mainehealth.org

Savvy Caregiver - The Savvy Caregiver Program is licensed to and can be purchased from [Healthcare Interactive](#). The University of Minnesota provided the fundamental research behind today's Savvy Caregiver training program - http://license.umn.edu/technologies/z08156_the-savvy-caregiver-program-for-alzheimer-caregiver-training

I encourage you to find out more about these Evidence Based Programs by going to their websites and learning more about their effectiveness. They can be introduced one at a time and are often offered by local area agencies on aging.

A BIRTHDAY PARTY FOR IVA

by Quentin A. Holmes, Central Presbyterian Church / Eugene, Oregon

One of our congregation's older saints, Iva Ridgley, lives in a nursing home and is no longer able to attend worship. Two of our members wanted to have a birthday party for Iva on the occasion of her 96th birthday. Patty and Margaret arranged with the nursing facility for use of a small meeting room from 2 PM - 4 PM on a Sunday afternoon. Then they invited Jane and Yours Truly and another older couple to come and join in the informal celebration. We arrived to find real plates from Scotland, Irish linen napkins, and a home-made cake -- using their best things was a part of expressing their love for our dear friend Iva. Good fellowship, birthday cards, delicious cake and ice cream, was all very nice. However, the highlight came was when Nonie's husband, John, brought out his accordion and led us all in singing "Happy Birthday" and "Let Me Call You Sweetheart." From our early childhood days all the way thru when we are one of the oldest adults, music has this incredible ability to connect us. Praise be to God!



Singing "Happy Birthday" and "Let Me Call You Sweetheart" to our dear friend, Iva

You are never too old to set another goal or to dream a new dream

- C.S. Lewis

HOW I FOUND POAMN

by Quentin A. Holmes, Deacon, Central Presbyterian Church / Eugene, Oregon

The year was 2007. My wife and I happened to be visiting the church office when our Head Minister received a request from Cascades Presbytery to send someone to attend an Older Adult Ministry Task Force meeting that was being held the following week over on the Oregon Coast, some 60 miles away. When Rev. Bostwick asked my wife if she would be willing to go, Jane replied, "Yes, but only if Quentin will drive me over there."

Thus began my journey in Older Adult Ministry. The objective of the Task Force was to develop a plan for Presbytery emphasis in Older Adult Ministry. The Task Force was comprised of Chairperson Dorian Carter, Rev. Montee Kennedy, Nancy Gardiner, Jane Holmes and Quentin Holmes. Serving as a Facilitator, Rev. Jack Hodges of Kenilworth Presbyterian Church contributed his wisdom as well as his intimate knowledge of how Presbytery actually functions. As our guide, we used a purple book, **Older Adult Ministry: A Guide for the Session and Congregations, revised and edited by Miriam Dunson.**

Chairperson Dorian Carter attended the 2007 POAMN Conference at Zephyr Point on Lake Tahoe. She returned aglow with enthusiasm for Older Adult Ministry. In June 2007, the Task Force presented their report to Presbytery. Key recommendations included:

- Forming an Older Adult Ministry (OAM) Team.
- Goals for the Presbytery OAM Team:
 - 1) **To Make Visible** the Importance of Older Adult Ministry in the Church.
 - 2) **To Support Research and Programming** in Older Adult Ministry.
 - 3) **To Partner at the National and Local Levels** in Older Adult Ministry.
 - 4) **To Provide Training Events** within the Presbytery.

Presbytery of the Cascades received the Task Force's report with gratitude. Implementation began in late 2007.

Times change, and we also change with time. By the spring of 2008, Yours Truly was the only member of the original Task Force remaining on the OAM Team. On behalf of Cascades Presbytery, I attended the POAMN Conference in St. Louis in April 2008. Folks whom I met there for the first time included Rev. Dr. Marj Carpenter, Dr. Miriam Dunson, Helen Morrison, Rev. Dr. Richard L. Morgan, and Susie Johnson, who lead a workshop for first-timer's entitled, **Basics of Older Adult Ministry**. I returned home aglow with enthusiasm for Older Adult Ministry!



April 2008 - **Susie Johnson** (center) / Faith Hospice
Leading **Basics of Older Adult Ministry**

As Chairman of the Older Adult Ministry Team for Cascades Presbytery, I have joyfully attended each POAMN Annual Conference since then. In 2009, Yours Truly was duly elected to serve as Editor of POAMN Network News. And, as they say, the rest is history.

*At some point, you just have to let go of what you thought should happen
and live in what is happening,*

- Author Unknown

POAMN Regional Conference

Celebrating God's Gift of Aging

October 19, 2017

Highland PC, Winston-Salem

8:30 AM - 2:45 PM



Keynote by Rev. Jill Crainshaw,
Faculty Wake Forest School of Divinity

Workshops include: The Practice of Older Adult Ministry; Healthy Living; New Every Morning: Hope Amidst Grief and Loss; Retired Clergy: Asset or Liability; Spirituality; Making Your Third Thirty a Great Thirty; Serving those with Dementia and Alzheimer's Disease

Registration Opens August 1st. Cost \$30 - Group & Partial Scholarships available.

For Hotel Reservations: Click [HERE](#) and follow the prompts
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SAVE THE DATE!!!!

MEMBERSHIP FOR 2017

Membership fees for 2017 are now being accepted. Thank you to those that have joined for 2017!

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A 501(c)3 organization
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Membership Type:

\$50 Individual \$75 Couple

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To continue POAMN's ministry to older adults and those engaged in ministries for older adults, additional gifts are welcome including those in honor or memory of someone. All extra gifts are tax deductible.

Extra gift of \$ _____ to POAMN a 501(c)3 organization

Gift of \$ _____ enclosed in honor / memory of: _____

(include address if you would like family notified of gift): _____

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(include all contact information of that person/church)

Make checks payable to:
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c/o Lynne Trout, Treasurer
410 Richard Avenue
Delanco, NJ 08075

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RETURN SERVICE REQUESTED

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