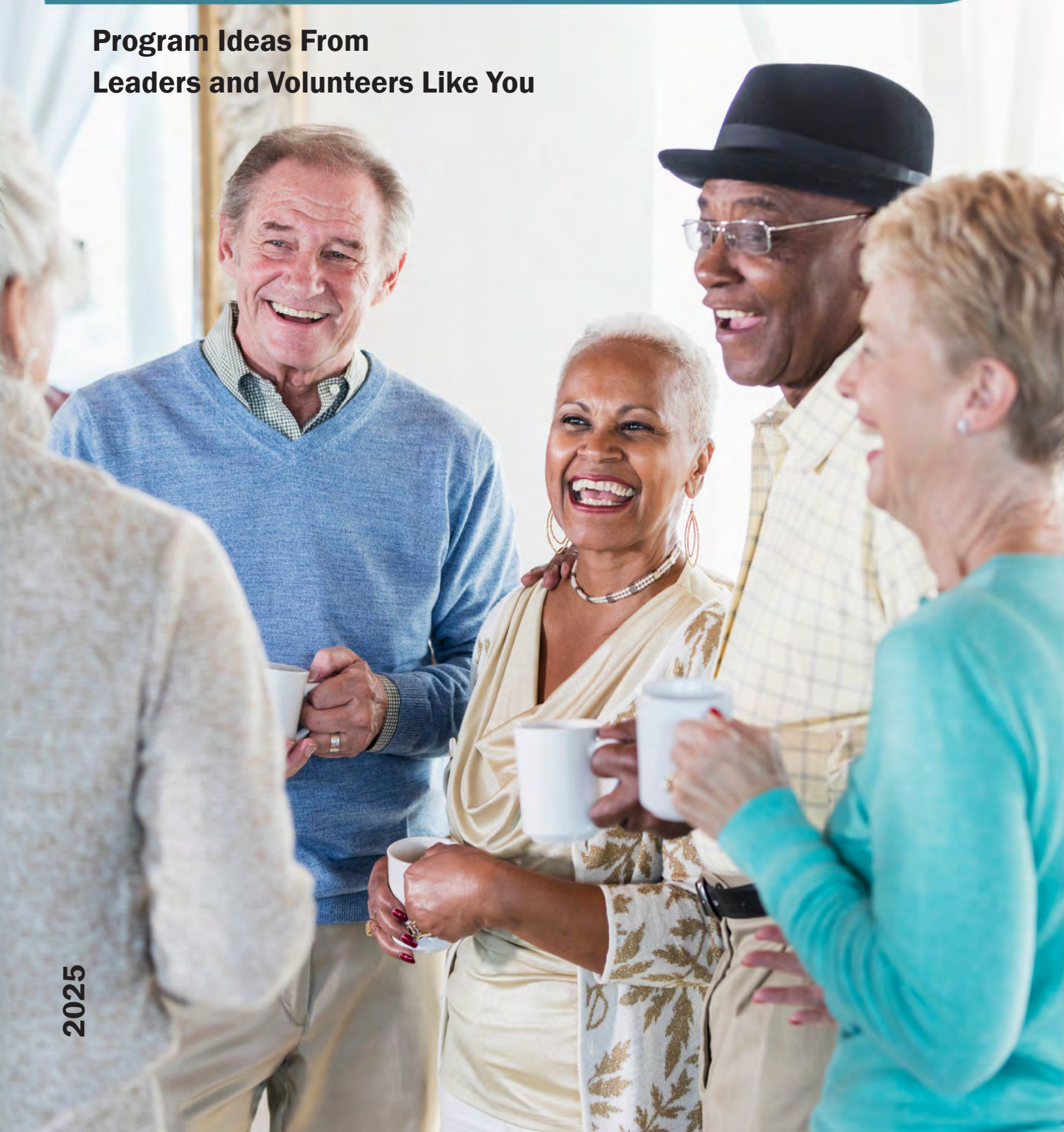


# RESOURCE GUIDE FOR **Older Adult Ministry**

**POAMN**  
Presbyterian Older Adult Ministries Network

**Program Ideas From  
Leaders and Volunteers Like You**



2025

Published by



[www.poamn.org](http://www.poamn.org)

January 2025  
Edited by Kelley Hope



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# Welcome

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The POAMN Board is once again pleased to bring you this annual resource guide to provide valuable tools and ideas for older adult ministry activities at your church or community. We urge you to circulate this physical copy or the electronic version (available at [poamn.org/resource-guides](http://poamn.org/resource-guides)) among your leaders.

In this edition, we have focused on a few special areas as well as provided some general topic ideas. All the articles are meant to stimulate opportunities for group discussions and meaningful older adult activities.

As many of you will already appreciate, older adult activities are not solely content-centric. They also can be a catalyst for quality social interaction to help stem loneliness and isolation or just break up boredom. For some individuals, who might find it hard to join in with group activities, it will help get them involved in a way that's non-threatening or less intimidating.

Finally, we'd love to know what older adult activities you are pursuing in your church or senior community. Please don't hide your light under a bushel! Send your good works to us so that we can share them in a future resource guide or our monthly newsletter.

We hope you find value throughout the year from this year's guide and look forward to hearing from you. Connect with us through the POAMN website, [poamn.org](http://poamn.org); by e-mail at [info@poamn.org](mailto:info@poamn.org); or on Facebook at [facebook.com/poamn](https://facebook.com/poamn).

Peace and Blessings,

The POAMN Board of Directors

Find This  
 Guide  
 and Past  
 Editions  
 Online



*We greatly appreciate our sponsors (pages 36-37), without whom this publication would not be possible. Thank you for your continued support of POAMN's mission.*





# Get Ready for May

## Begin Planning Your Older Adult Week & Month Activities Now

The Presbyterian Church (USA) has designated the first Sunday in May (May 4, 2025) as the beginning of Older Adult Week. Many congregations choose to celebrate older adults for the entire month of May. The resources in this guide, including the worship on page 30, can be used throughout the year at any time that works for your congregation.

## Supporting Christian Formation Through Every Age and Stage

POAMN works in collaboration with the Office of Christian Formation in the Presbyterian Church (USA). POAMN is a member of the Christian Formation Collective that supports and provides resources across every age and stage of ministry.



Presbyterian Church (USA)  
Office of Christian Formation  
[pcusa.org/formation](http://pcusa.org/formation)



Presbyterian Older Adult  
Ministries Network  
[poamn.org](http://poamn.org)



Association of Partners in  
Christian Education  
[apcenet.org](http://apcenet.org)



Presbyterian Church Camp and  
Conference Association  
[pccca.net](http://pccca.net)



Presbyterian Youth  
Workers' Association  
[pywa.org](http://pywa.org)



UKirk  
Collegiate Ministries  
[ukirk.org](http://ukirk.org)

# Explore Opportunities in Ministry With Older Adults

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In 2024, POAMN launched a new online resource for people who minister to and support older adults.

“Expressions of Older Adult Ministry” covers guiding principles for serving with older adults, a reformed theology framework, and a multitude of practical ideas you can implement in your context.

The resource was created by Presbyterian Older Adult Ministries Network in partnership with the Office of Christian Formation.

Expressions content is available as short videos (many with transcripts if you prefer to read). There are also discussion questions and activities. Find it at [poamn.org/expressions](https://poamn.org/expressions).

Ministry with older adults looks different depending on the context, size of church, number of older adults, community setting, and more. In POAMN’s Expressions resource, you can find examples of programs with and for older adults from congregations and communities across PC(USA). Each module can provide an opportunity to grow in skills and knowledge about the community you serve.



## Millennial Leaders and Older Adult Ministry

Many churches comprised of older members are served by pastors or formation leaders in their 30s and 40s. If you are a millennial church leader or volunteer, learn from those in similar circumstances as they share experiences of being in ministry with older adults. Hear their tips, perspectives, challenges, and joys.



## Discovering or Refocusing your Mission and Ministry

Learn about an innovation process through the eyes of a Presbyterian church in Wisconsin and their thriving ministry. Then become familiar with questions you can ask for discovering mission and ministry with Older Adults in your context and how to innovate by taking small steps.



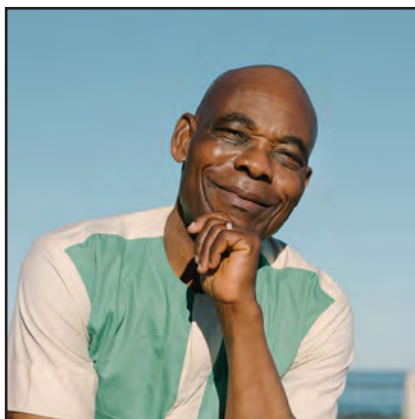
### **Ministry with LGBTQIA+ Older Adults**

How can a church or person of faith create a supportive and engaged community for those in the LGBTQIA+ community? Discover hurdles around aging faced by this community and learn proactive ideas to provide ministry through this video and reflections questions.



### **A Ministry of Presence with Older Adult Widowers**

Legacy Village Senior Living Community in Xenia, Ohio, is home to a group of widowers who were primary care partners with their spouses. The Rev. Dr. Charles Tinsley provided a space through a ministry of presence for these men and shares their stories in this video.



### **The Third Thirty**

Help those in your community explore the challenges of aging in the third part of our lives (nominally ages 60-90). The guide will enable you to lead group discussions on aging wisely, smartly, sensibly, gracefully, and spiritually.

## **Did You Know?**

POAMN has been around for more than 40 years. We started in the early 1980s as a project funded by Presbyterian Women.



# A New Tradition: Celebrating Intergenerational Bonds



After 20 years, funding limitations and decreased attendance threatened the viability of an annual cookout for older adults put on by the Golden Nuggets senior ministry of Knox Presbyterian Church in Baltimore, Maryland.

“With thanks to God, the ministry applied for and received a grant from POAMN that allowed us to continue,” shared Ruling Elder Adrienne Knight. “We used the opportunity to change the event from senior-focused to intergenerational and invited the entire church community.”

In July 2024 at Turner Station Park, more than 100 people gathered, an increase of 25 to 50 percent over recent years. It was a successful event, complete with delicious food and friendly fellowship.

The day included multiple opportunities for older adults and youth to interact.

At the lake, seniors taught youth how to put worms on hooks and coached them in fishing.

Multiple games invited friendly competition. One paired an



individual older adult with a youth to compete together. Each team worked to identify items from their respective generations.

Another game, styled like the popular TV program Family Feud, pitted senior church members against young adults and teens.

The older adults also enjoyed time for sharing stories of previous generations.

The event was praised by all in attendance and has become a new tradition for our church.

“This was the best day! I can’t wait until next year,” said one of the youth participants.



What a wonderful celebration of the gifts and talents of the old and young.



# Start or Enhance Your Ministry With a POAMN Grant

Have an idea for a new program or event focused on older adults? Need funds to boost an existing activity?

Apply for a grant from POAMN. Our grants give POAMN members a little financial help (typically \$250 to \$500) to explore a new opportunity.

Use the funds to:

- Initiate and build a new older adult ministry.
- Re-imagine and re-shape an existing program.
- Be innovative and experimental.

Grants may be used for a single event, like a workshop, or a recurring activity.

Individual, affiliate, and designated representatives of organizational POAMN members are invited to apply.

Visit [poamn.org/grants](http://poamn.org/grants) to learn more.

Teaching  
seniors about  
technology

Offering a craft, art, or  
religious arts course

Studying a topic like end-  
of-life decision-making

Building intercultural bridges  
with another faith group

Supporting caregivers



## **Bright Ideas in Older Adult Ministry**

Planning a  
mission trip  
or activity

Making church facilities  
older adult-friendly

Organizing community  
nutrition workshops

Focusing on a timely issue  
such as ageism or racism

Organizing a retirement  
workshop

# Sharing Meditation Practices: A Journey of Faith and Reflection

Robin Johnson, Clear Lake Presbyterian Church, Houston, Texas



Gayle Smith, a lifelong learner and member of Clear Lake Presbyterian Church (CLPC) in Houston, TX, is passionate about her faith and aging well.

“Free time is a gift of ageing that I love,” Gayle shares.

Raising a family of five and owning a business for 35 years didn’t leave much extra time.

“I did pray and attend church. It took till I was 55 years old to learn that prayer was not just what I told God to help me with—I had to listen quietly for God’s words, too” she elaborated.

Gayle is a leader of an Al-Anon group that meets weekly at CLPC. As part of her Al-Anon journey, Gayle learned to meditate. Meditation became a core part of her spiritual practice.

“Meditation lifted a ton of bricks off my shoulders. I wanted others to learn this too.”

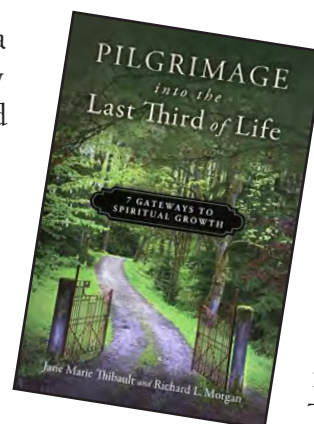
Last spring with a book club, Gayle read *Pilgrimage into the Last Third of Life*.

This collection of scripture-based meditations by Jane Thibault and Richard Morgan inspired her to go further into the practice of meditation.

It also challenged her to reflect on scriptures such as Matthew 28:20, where Jesus said “I am with you always.” In questioning where she found Jesus, she realized He was wrapping His arms around her every minute of the day.

*Pilgrimage into the Last Third of Life* made such an impression on her that she began looking for a way to share it with others. In the summer of 2024, Gayle introduced the book and meditation practice with members of the Clear Lake Presbyterian Church community through a four-week class.

The *Pilgrimage into the Final Third of Life* class was held on four Wednesday mornings in August for two hours. The first part of the class was a time of meditation instruction and practice. The second part of the



class was discussion of the book shaped by questions offered by the authors.

About 50 adults aged 65 and over gathered each week for a time of learning and practicing meditation. Participants were introduced to a variety of meditation practices including breath prayers, guided meditation, and body scanning. The meditation session ended with a time of questions and answers along with reflection.

Each meditation session was led by a different person. Leaders included pastors, professional

counselors, and lay people. Each leader brought their own experiences and interests to their session, including their personal experience with meditation as a faith practice.

Gayle chose to hold the meditation session of class in the CLPC sanctuary because it provided the space and atmosphere that she felt would enhance meditation. She also wanted to reinforce the idea that meditation is as much of a faith practice as worship and one that can be utilized outside of Sunday morning worship.

Following the time of meditation, participants moved to the CLPC library for the study and discussion of the Pilgrimage into the Last Third of Life.

To guide the conversation each week, Gayle chose members who were active in the church though not necessarily existing leaders in older adult programming. Each was assigned one or two chapters of the book to cover during discussion.

Conversation questions were drawn from the book. These were emailed prior to the class so that participants had time to contemplate them in advance. Gayle chose to do this because purchasing/reading the book was not a class requirement.

“This class was more about lived experience than the knowledge of experts, so discussion was solely based on personal experience,” she explained.

Most of the discussion took place in table groups or with partners then participants were

See MEDITATION on page 10





## MEDITATION (continued)

given the opportunity to share their insights with the entire class.

Gayle worked with church staff on logistics for the class. Round tables that seated six to eight people plus homemade cookies and coffee were conducive for discussion. A cordless microphone that could be passed around was helpful in ensuring everyone could hear.

In after class evaluations, participants appreciated the discussion topics and the fact that all the presenters were older adults. The biggest complaint was that the class

didn't offer enough time for the sharing the participants desired.

"My hope was that more CLPC members could find this peace, too," Gayle said. Attendance was "way beyond" her expectation.

Gayle has plans for extending this class experience. She intends to find a comfortable quiet place to offer contemplation/meditation every week. Her goal is to identify a room in the church where anyone can sit and practice "listening" to God in community.

*Robin Johnson is the director of Mental Health and 55+ Adult Ministry at Clear Lake Presbyterian Church (Houston, TX). In this role, she invites church members and those in the community to engage in mental wellness throughout their lives. She also implements programs and encourages habits that foster strong faith and community in later life. Robin is a former educator, administrator, and counselor.*





# Save the Date for POAMN's 2025 Conference



POAMN invites you to our 2025 conference, September 17-19, at Frasier Meadows in Boulder, Colorado.

Join ministry leaders, chaplains, and lay leaders for fresh perspectives on older adult ministry. Come ready to be inspired with new ideas to implement. Leave with tools to deepen your spiritual connection to serving older adults in your faith community.

The workshops will help you address emerging challenges and needs of older adults, caregivers, and faith communities.

Find information at [poamn.org/conference](https://poamn.org/conference).



**September 17-19**  
Frasier Meadows  
Boulder, Colorado  
[poamn.org/conference](https://poamn.org/conference)



PHOTOS FROM OUR 2024 CONFERENCE IN SOLANA BEACH, CALIFORNIA

# Looking Back, Looking Forward

Janet E. Miller, PhD, CRE

On the Season 3 premiere (October 2024) of *Wiser Than Me* podcast, Julia Louis-Dreyfus sits down with visionary scientist and conservationist Jane Goodall. Toward the end of the discussion, Julia asks Jane if she has ever done a life review.

Julia had recently interviewed Jane Fonda who shared about doing a life review, going back over her life to understand her life fully and understand where she is now and where she could be in the future. Jane Fonda was now a huge fan of life reviews.

Jane Goodall replied that she always knew where she was going.

“At a certain point it hit me, and this may sound strange,

but I truly believe I was put on this planet with a mission,” said Jane.

## Uncovering Patterns

Are you a Jane Goodall, knowing where you were, where you are and where you are going? Or are you like most and cannot comprehend your life in a concise way?

People often wonder about the meaning of life in general and about the meaning of their own lives in particular. As we age, these contemplations about

meaning often feel more urgent. Socrates said, “The unexamined life is not worth living.”

That is, one should think about one’s life and what one is doing with the gift of life rather than going by routinized patterns.

Wake up, coffee, exercise, shower, work, lunch, more work, chores, dinner, reading, bed, and repeat the next day. You may go through the motions of living but what is the overall pattern, the highlights and challenges that make your life something special? Are you skeptical that there is and has always been a pattern?

A life review is a process during which a person systematically goes through the life lived.



**The unexamined life is not worth living.**

Socrates

After completing the Older Adult Ministry Certificate and a capstone project through Columbia Theological Seminary, I led a series of life review classes at the church I attend.

While there can be various focus for a life review, the goal of our church’s classes was for participants to grasp what the purpose of their life was and where to go from here. By looking back and examining the past, one can look forward, figuring out what can be done next that is fulfilling.

One participant in the sessions was skeptical that her life had a pattern. However, as she thought deeply week by week about her life, she felt sure that there was a divine pattern, even taking into consideration a few devastating challenges that she had suffered. She said she felt more connected to existence now that she had identified a pattern.

### Mapping Your Memories

There are countless methods and books, but to give you a sense of what is involved, I will describe one practice from my capstone project.

Take a sheet of paper and fold it in half horizontally. Mark lines showing age groups such as 0-18, 19-40, 41- 60, and 61 and up as shown below. Mark the upper half to be positive memories and the bottom half to be negative memories. The middle is a neutral axis. Refer to the illustration in Figure 1.

Going chronologically through your life experiences, mark positive and negative memories with dots on the paper in the appropriate rectangle. Start with “I was born...” and end with “And now I am here.”

Place extremely positive or negative events farther from the neutral axis.

Connect the dots from left to right to give yourself a visual of your life. Then, take time to consider what made the memories positive or negative.

On another paper, write a brief summary or succinct sentence of each event including important information such as context and other people involved in the experience.

For example, at age 17, while I was considering what to do with my life, I met a woman in the US Army. I had never known anyone in the military service but ended up joining the US Navy. This chance meeting was a springboard for me to eventually travel

See LOOKING on page 14

Figure 1. Life Review Sketch Template

Positive memories		Neutral Axis	
Ages 0 - 18	Ages 19 - 40	Ages 41- 60	Ages 61 and up
Negative memories			



## LOOKING (continued)

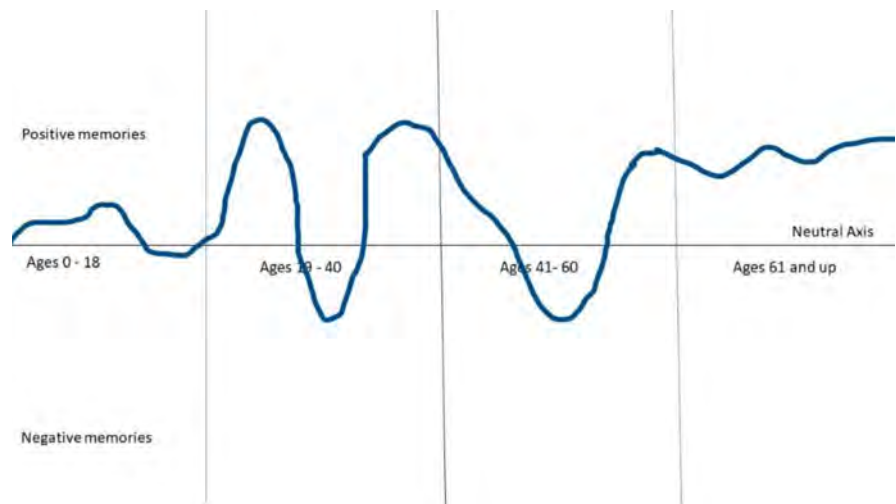
all over the world, building a worldview of people and places that I would not have otherwise had. My worldview has spurred my mission work both in the church and through organizations such as Habitat for Humanity and affected my financial support to organizations.

Of course, we believe God has a role in our lives. In addition to reviewing your life's path, then, imagine God was with you, perfecting you, over your life's difficulties. The pattern you are working to uncover is the pattern God had for you all along. Trace your finger along the path of the connected dots and give a prayer of gratitude for the life that you have. Ask for insight into any of the experiences you have noted but did not understand. Be open to unexpected answers.

See Figure 2 for an example of how a completed trace might look. Yours will be unique to your life experiences.

Maybe you are not like Jane Goodall, having a sense of purpose your whole life, but the pattern of your life is there just under the surface waiting to be found to surprise and delight you.

Figure 2. Life Review Sketch, Connected Events



## Further Reading on Life Reviews

### Books

The Gift to Listen, the Courage to Hear, by Cari Jackson

Remembering Your Story (Revised Edition), by Richard L. Morgan

The Healing Art of Storytelling, by Richard Stone

### Articles

A 'Life Review' Can Be Powerful at Any Age, by Emily Laber-Warren  
[nytimes.com/2024/08/29/well/mind/life-review-therapy.html](https://nytimes.com/2024/08/29/well/mind/life-review-therapy.html)

Erik Erikson's Stages of Psychosocial Development, by Saul McLeod  
[simplypsychology.org/erik-erikson.html](https://simplypsychology.org/erik-erikson.html)

*Janet E. Miller is a graduate of Columbia Theological Seminary's Older Adult Ministry Certificate program. She is a commissioned ruling elder, serving the Presbytery of the Miami Valley (PMV), Dayton, Ohio in outreach to their retired clergy and their spouses. In her home church of Bath Presbyterian, she is on Session and serves as the Mission chair. She can be contacted at [janetoptimist@gmail.com](mailto:janetoptimist@gmail.com).*



## Enhance Your Ability to Serve Older Adults With Courses From Columbia Seminary

Want to know more about older adults so you and your faith community can more effectively serve and minister among them? Sign up for online courses through the Center for Lifelong Learning (CLL) at Columbia Theological Seminary.

The older adult ministry (OAM) certificate program is a partnership between POAMN and the seminary. It includes four courses:

- The Process of Aging and Implications for Ministry
- Teaching for Transformation with Older Adults
- Theological Reflection in Older Adulthood
- Spiritual Formation and Older Adults

Individuals who complete these courses will earn a certificate in older adult ministry. Those wishing to go deeper can earn a Level II certificate by completing a capstone project. Find information about the program at [poamn.org/courses](http://poamn.org/courses).



## Intergenerational Ministry Idea



“Grandparent Retreat: Building Memories” is a resource available to help older adults and elementary-aged children gather across generations. Participants will enjoy exploring and discovering together through a variety of activities.

The guide creates opportunities to spend time growing together, learning, playing, sharing, and exploring God’s word and world. The activities meet campers where they are on their faith journey, both young and young-at-heart.

The program can be adapted for nonfamilial groups by eliminating the grandparent/grandchild titles.

Download the free guide at [pcusa.org/resource/retreat-module-grandparent-camp](http://pcusa.org/resource/retreat-module-grandparent-camp).

# Cope with Change Using the Rearview Mirror

## Past Experiences Can Help Us Meet the Challenges of Today

Linda Henry, 3rd Act Magazine, Winter 2021 (reprinted with permission)

Since the pandemic began, who among us has not been waiting for a time when life settles following a traumatic event? We are eager to know how it will look and whether it will last.

In his book, *Transitions: Making Sense of Life's Changes*, William Bridges states that change creates both opportunities and turmoil. Transition is the inner psychological process that people go through as they internalize and come to terms

with change. He maintains that there are three stages in any transition—the ending, the neutral zone, and the new beginning.

I recently received a phone call from a cousin with whom I had not spoken in some time. “Just checking in,” she said. After discussing the status of other family members, the conversation naturally turned to life during the pandemic. She shared that she’d lost her longtime job, but upon reflection, discovered she

likes her new position better because it affords her new opportunities.

Our conversation reminded me of how when we look at our lives through a rearview mirror, we often discover how positive change can be.

A friend of mine shared the story of a woman (we will call her Susie) whose job was eliminated while she was in the middle of a divorce. It was only later, reflecting on this painful period in her life, that she realized how happy she now was with her new position and remarriage. She was enjoying her new normal.

In today’s upside-down world, it seems to me that we are existing in what Bridges calls the neutral zone, a time when the old is gone, but the new isn’t fully operational. And whatever that new normal may look like, it is likely to change yet again.

The challenge then for us is to learn how to manage times





of change. What have we learned from past experience that will help us today?

First, consider looking in your own rearview mirror to identify an event(s) that transformed your life. When young, maybe your family moved from your home, forcing you to leave friends and school. As an older adult, perhaps you've downsized into a smaller apartment, requiring you to move from your neighborhood and close friends. Have you settled into a new normal, assuming life will remain stable? In the case of Susie, her normal changed yet again when her work offered new career opportunities for her and her spouse. Likely, life will continue changing.

Thinking of past changes, list the ways in which you managed those transitions. What actions did you take? What would you have done differently?

It may well be that our new normal, at least for now, is continuing to live in an ongoing neutral zone. We can't change reality, but we can develop strategies to make it easier to cope based on our past experience. I plan to look in my rearview mirror to remind myself that I have moved through change with success. How about you?

*Linda Henry writes regularly on topics related to aging, health care, and communication, and is the co-author of several books, including Transformational Eldercare from the Inside Out: Strengths-Based Strategies for Caring. She conducts workshops nationally on aging and creating caring work environments. Her volunteer emphasis is age-friendly communities.*

## ONLINE LEARNING COHORTS

### Study, Share Ideas, and Grow With Peers

Participating in an online learning cohort through the PC(USA) Office of Christian Formation can be a process of transformation.

Each cohort is comprised of five to eight participants that have a similar focus or interest in ministry development, such as older adult ministry. Colleagues learn and support one another while identifying goals, challenges, and options for the future.

Each cohort is led by an International Coaching Federation-trained coach and meets via Zoom for a designated number of sessions, typically over six weeks.

These cohorts are offered at no cost to church or worshiping community leaders to include educators, pastors, commissioned ruling elders (CRE), youth workers, and volunteers.

Find out when new cohorts are forming by reading POAMN's monthly email newsletter. Subscribe online at [poamn.org/newsletters](https://poamn.org/newsletters).

# The Gift of Longevity

Stephen Sinclair, 3rd Act Magazine, Fall 2023 (reprinted with permission)

*Tell me, what else should I have done?  
Doesn't everything die at last, and too soon?  
Tell me, what is it you plan to do  
With your one wild and precious life?*

This, the final stanza of Mary Oliver's well-known poem "The Summer Day" challenges readers to reflect upon the purpose of living, especially for those experiencing increasing longevity in the third act of their lives. She asks us to take stock of what we've done until now and then what we envisage ourselves doing with the time we have remaining—the use of the words wild and precious give these questions a sense of urgency.

I've found that most people simply answer that they want to do whatever will bring them happiness. After all, our culture is forever telling us that the goal of life is to be happy. Even in the 19th century this was an oft-expressed sentiment, something that caused Ralph Waldo Emerson to write, "The purpose of life is not to be happy. It is to be useful. To be honorable. To be compassionate. To have it make some difference that you have lived and lived well."

Happiness is a byproduct of right living—of being fully engaged in the world and doing what we sense Spirit is calling us to do.



When thinking about how to age artfully—creating a life that's a manifestation of our dreams and a reflection of our core values—we should first think about how we can be of service to others and to our communities. If we do this, we will have a conscious, purpose-filled life.

In my own life there have been periods where it seemed that life just happened to me, that my decisions about the direction of my life were made as a reaction to forces out of my control or choices made by others. Inevitably, I suffered because of it.

Aristotle taught that choice, not chance, determines one's destiny. It's up to us to step off the merry-go-round we no longer wish to ride, and take stock of who we are and how we want to live. We can then become the driver of our destinies—the creator of our lives.

Up until the middle of the last century most people didn't live long enough or have the economic security that would allow them to consider how best to live in their senior years. In the U.S., life expectancy in 1900 was only 47 years. By 1950, it increased to 68 years and, up until the COVID pandemic, had risen to 79 years. For most of history the majority of people worked right up until the time of their death. The option





of retirement and the question of how best to spend their last years never arose.

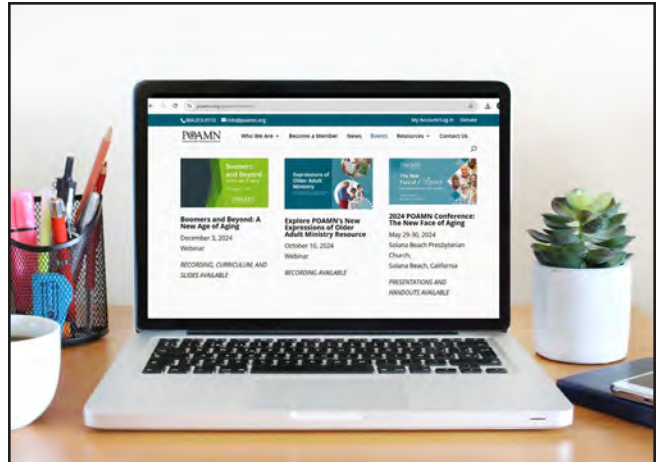
It is a privilege that those of us with sufficient financial resources can reimagine who we are and how we want to live our lives. However, no matter one’s economic means or health status, we can all choose to live a life filled with purpose, creativity, personal growth, and grace.

We do this by starting where we are. We accept that we have certain abilities and not others, and ask ourselves the following questions:

1. How can I be of service to humanity?
2. What have I dreamed of doing, but am afraid to try?
3. What did I once like doing, but then stopped?
4. Why do I care what anyone thinks about me and what I do?

What we come up with when answering these questions will be rich, varied, and maybe even surprising. Perhaps we have a skill or ability that could be used in a volunteer setting, or our life experience or career can help someone who is struggling with their life circumstances or work. We may remember talents we exhibited as children, but weren’t given a chance to develop. Conceivably there are things we once liked doing such as dancing or painting, but quit because we thought we weren’t good enough.

Life is precious—and finite. How do you choose to spend the remainder of “your one wild and precious life?”



## Find POAMN Event Recordings Online

POAMN records many of our online events. These recordings are available for those who are not able to attend live or want to revisit the content later. Find these recordings on our website at [poamn.org/poamn-events](https://poamn.org/poamn-events).

*Help POAMN offer more free events by becoming a member or renewing your membership at [poamn.org/membership](https://poamn.org/membership).*

*Stephen Sinclair lives in Seattle’s Capitol Hill neighborhood. Earlier in his life he enjoyed a career in show business while working out of New York and Chicago. A career as an ordained Unitarian Universalist parish minister and a hospital chaplain followed. Most recently, he worked with the homeless and is a weekly volunteer visitor at the Monroe Correctional Complex.*

# Creating Goals to Promote Joy

Larry Pazier, Westview Presbyterian Church, Longmont, Colorado

When working with older adults, an important focus can be helping individuals find ways to have joy in their lives. One way to add joy to life is by continuing to pursue goals.

Throughout our lives, we have set goals to achieve things we either wanted or needed. A child may dream of being a nurse or a firefighter. A young person's goals may include achieving higher education or getting started on a career. Goals may be focused on family life and hobbies, too.

After focusing on their ambitions over a lifetime, older adults may feel that they have moved past the importance of setting goals. This is not true!

Older adults may have miles to go on their journey. Utilizing the journey time that God gives us, we can continue to be productive in His eyes.

You may try these questions to help older adults think about setting new goals:

- When you were a child or teen, how did you think about the future?
- As a young adult, did you have a life or career goal?



- What about at mid age?
- What goals have you achieved?
- Do you have a goal now?
- Do you feel joy in your life now?

If the answers to the last two questions are no, how do you work with older adults to come up with a relevant goal or goals for this stage of their journey? You might start helping them by developing a wheel of life (WoL).

A WoL is a self-assessment tool to identify topics and possible actions that are important

or beneficial in one's life.

Developing the WoL can be fun and rewarding as it reveals what is present in a person's life. It also can illuminate a possible problem area that may be an obstacle to finding joy.

To start a WoL, ask the individual (or individuals if you have a group) to make a small circle in the center of an 8x11 sheet of paper (this could be the goal if they have one) and then display "spokes" on the wheel (to start maybe 8 spokes) off the circle. From there, ask them to make some small (two, three, or four) branches off each spoke.



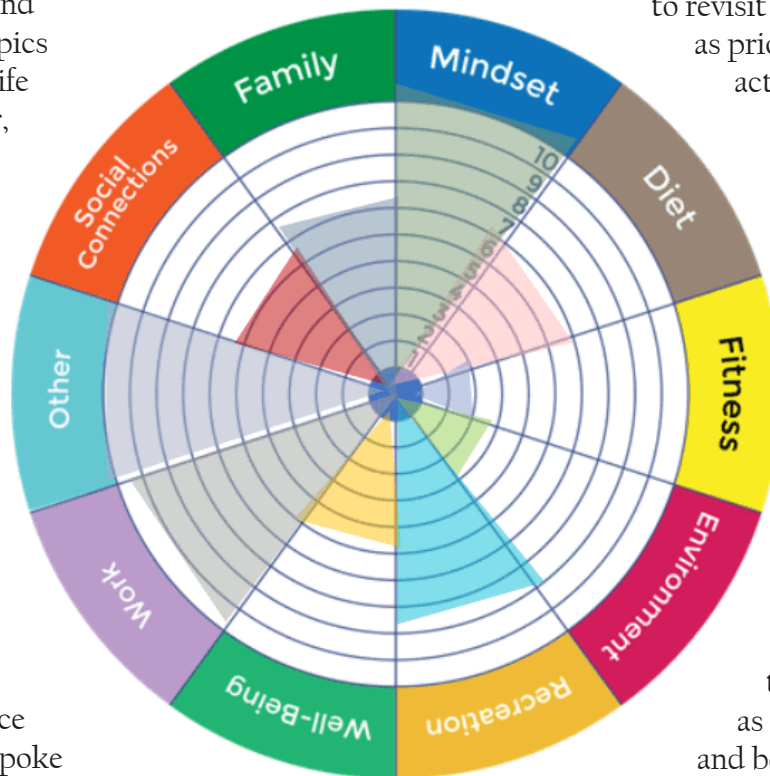
Each spoke represents topics or areas that are important to the individual's life. A few ideas are loved ones, health, finance, leisure/fun, and spirituality. Other topics that might impact a life today could be career, retirement, where to live, environment, personal development, etc.

On the branches, the individual should enter activities that they are undertaking that fulfill that area.

Once the wheel is completed, review each spoke and discuss the importance of each topic on the spoke relevant to the individual. If a spoke is empty or only has a few activities, then the individual may have identified an opportunity for change.

Obstacles to achieving joy also may be revealed through the various parts of the wheel. Offer to brainstorm together on ways to add joy in the various areas.

A big topic will probably be diminishment. This is a good time to focus on spiritual



Find this Wheel of Life template at [anticancerlifestyle.org/anticancer-wheel-of-life-worksheet-2/](http://anticancerlifestyle.org/anticancer-wheel-of-life-worksheet-2/).

enlightenment. Discuss the positives that are still available and how one deals with what our Lord has given us. Promote that it is a blessing to be alive. Is there something He still has planned for you?

Continue to remind the person of the importance of having fun in their life which again can promote joy. Encourage them to revisit the WoL periodically as priorities, interests, and activities change.

Always keep the focus on God throughout life's journey.

The spirituality spoken on the completed WoL can be a blessed source of comfort.

After all, whose master plan are we all following?

Again, not everyone gets the opportunity to think about goals as an older adult. Rejoice and be glad!

*Larry Pazier is an elder on the Spiritual Journey team at Westview Presbyterian Church in Longmont, Colorado. He lives in Casa Grande, Arizona. He has 15 years of experience working in the senior ministry arena and teaches an eight-session class called Older Adult Spiritual Journey.*

# Embracing the Journey of Writing Your Personal Narrative

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Chris Pomfret, POAMN member, New Orleans, Louisiana

Many of us would like to write our life story but are quickly overwhelmed by the magnitude of the project. As a result, telling our story becomes a nice idea that remains unfulfilled, especially as the energy needed to embark on the task wanes as we age.

The value of writing your life story should not be underestimated. Once we have passed away, our loved ones will be thrilled to have a written legacy available.

If the idea of writing on your own is intimidating, here are two suggestions to successfully pursue this worthy initiative.



## Group Support in Writing and Memory Sharing

For many, comradery can increase the easiness of doing something. Churches and retirement communities can facilitate this by holding weekly get-togethers of aspiring authors.

Invite members to share anecdotes during each gathering. Then allow time for participants to think quietly and write or type their memories.

The group setting serves as motivation, makes participants accountable to each other, and provides excellent socialization and mental stimulation opportunities.

The captured memories can be published on a blog site or printed and inserted into a folder, binder, or other medium to share.

## Online Memoir Writing Tools and Services

Others might enjoy working through an online platform. Options include Memorygram, Storyworth, A Life Untold, My Life in a Book, Remento, and Memowrite.

Storyworth was started by a father and son team. The site prompts your memories into text and compiles them into a quality hardcover book over the course of a year.

After signing up, you receive an emailed question each week with a deadline to reply. Your response can be two sentences or 20 pages. The weekly prompt and deadline help make the writing task easy to manage.





Typical questions are:

- “What was your mom like when you were a child”?
- “What were you like as a teenager”?
- “What is your best advice for raising children”?

You can involve loved ones in your project by asking them to pick the questions. You also can submit photos with your writing for inclusion in your finished book.

For a \$99 fee, the subscriber receives a year of story prompts and one hardcover book. For more information, visit [storyworth.com](http://storyworth.com).

However you facilitate the process of documenting your memoir, you will be creating a gift of great meaning and sentimentality for your loved ones.

*Chris Pomfret is a 10-year member of POAMN and the current treasurer. He is a retired aerospace engineer who, while watching his parents age into their 90s, felt that we could all probably benefit from better planning for our last third of life. He thus started “The Third Thirty Initiative”, a series of group discussions aimed at helping us all to age wisely, safely, sensibly, gracefully, and spiritually.*

## Supporting Care Partners

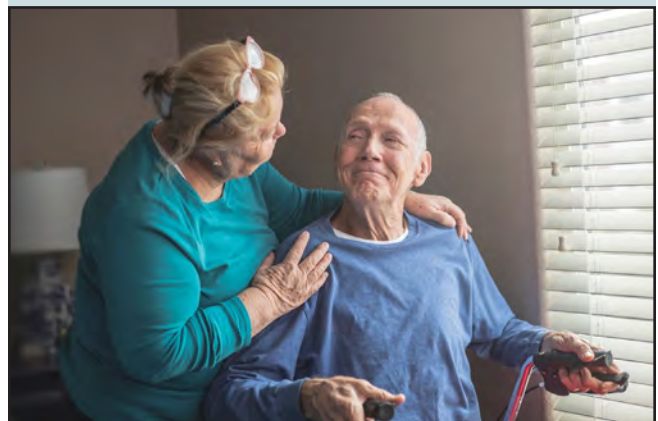
### Resource for Individuals and Faith Communities

Becoming a care partner is one of the most important roles a person will take on behalf of a loved one. Whether it begins with transportation to a doctor’s office for a friend or starting an important conversation with one’s parents about their future, it is part of God’s calling to show mercy and compassion.

The Care Partner Tool Kit helps people approach the role with confidence and reminds them they are serving God in all they do for others.

This resource is a collaboration between POAMN and the Association of Partners in Christian Education with the Office of Christian Formation in the Presbyterian Mission Agency, PCUSA.

Find the tool kit at [poamn.org/care-partner-tool-kit](http://poamn.org/care-partner-tool-kit).



# Empowering Senior Adults in Navigating the Digital World

Hugh Plappert

Senior adult pastors play a crucial role in bridging the digital divide for older adults in their congregations. While seniors increasingly use computers and the Internet, they face significant challenges, including digital literacy, health limitations, and safety concerns. However, the digital world also offers numerous benefits, such as cognitive stimulation, reduced isolation, and increased independence.

Churches have a unique opportunity to assist seniors in navigating this digital landscape. Initiatives can range from technology classes leveraging tech-savvy volunteers and partnering with programs providing technology resources. The key to success lies in tailoring these initiatives to meet seniors' specific needs and abilities.

To facilitate this, follow the practical approach encapsulated in the 5 Ss: Show, Safe, Simple, Sight, and Sound.



## Show

Teaching seniors to use a computer requires patience and understanding. Instructions should be clear, practical, and allow seniors to learn at their own pace. Incorporate familiar topics to make training engaging and relatable. Take time to translate the technical jargon.



## Safe

Online safety is paramount. Regularly review settings and safety applications and educate seniors on basic rules for protecting themselves from fraud. The goal is to empower seniors with knowledge, not to scare them away from technology.



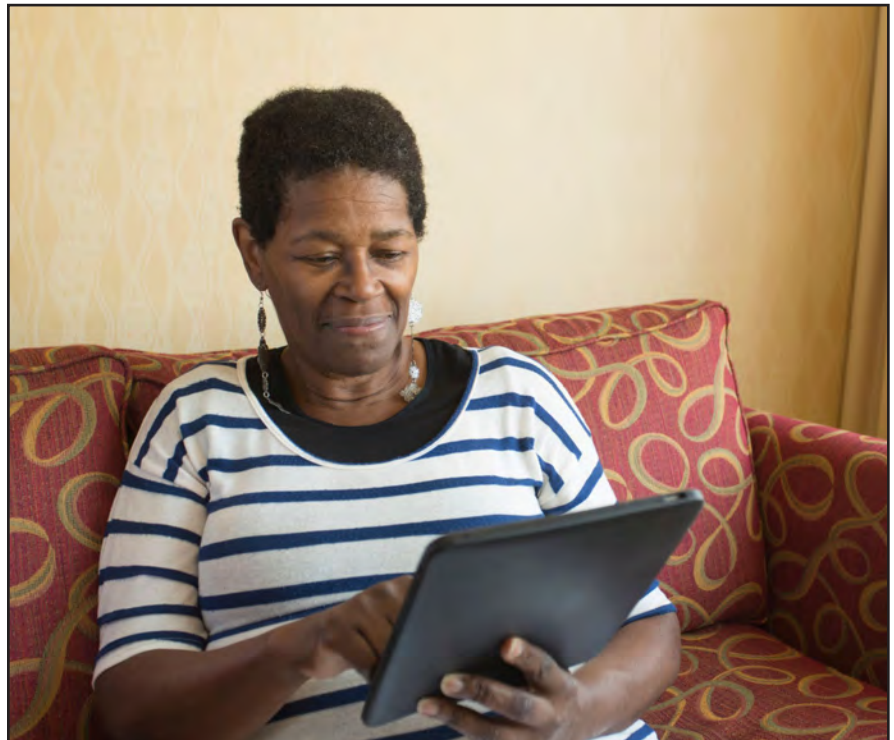
## Simple

Keep instructions simple. Leverage seniors' existing knowledge, provide clear benefits, use relevant examples, and simplify the process wherever possible.



## Sight

Poor eyesight can hinder seniors' online experience. Make digital content accessible to see and read by setting up applications in dark mode and using larger fonts. Encourage the use of online audio resources for longer texts.



## Sound

Hearing loss can impact seniors' ability to enjoy multimedia content. Encourage the use of headphones or external speakers, closed captions or subtitles, and adjusting audio settings on their devices.

*Hugh Plappert, COO of [PhoneLive.io](#), applies his unique blend of ministry and consulting experience to serve others. He is part of the team at [PhoneLive.io](#), which connects 22,000 shut-ins to their churches via phone broadcasts every Sunday. His past work includes streamlining local, state, and national ministry operations and enhancing business bottom lines for Inc 500 and Fortune 500 firms.*

# The Art of Mentorship

## A Mutually Rewarding Arrangement

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Bobbi Linkemer, 3rd Act Magazine, Fall 2023 (reprinted with permission)

My mentor said: “I know talent when I see it, and I see it in you. Keep writing!”

Those few words set me on a path I would travel for the rest of my life. The person who said them was a newspaper reporter with many years of experience as a writer. I was a 30-year-old space salesperson for a small newspaper, who wrote at night when the dishes were done and my kids were asleep. I had no idea if what I wrote was any good or if I was merely indulging in a fantasy. My first mentor saw something in me I didn’t see in myself. In a single sentence, she gave me permission to take my writing seriously and stick with it, which I have done for 56 years.

Words are powerful. If I didn’t know that then, I have certainly learned it over the years. Words can crush you when someone says you don’t have what it



takes to make it, or they can ignite a spark that will keep on burning as long as you nurture it.

That journalist was only the first of many professionals who guided me through the rough terrain of building a career when there was little to suggest I could. I didn’t have a journalism degree or even a background in English. I had never had a job as a writer. In those early days, I had yet to have anything published. But for reasons I could not fathom,

there were people who believed in me. And so, I began to believe in myself.

One of those people was a powerhouse in the public relations field. She was a founder of a prestigious PR firm and a known supporter of young women who were trying to make it in a highly competitive arena. She was

outspoken and brash, two traits I experienced up close and personal, sometimes flinching at her unfiltered honesty. But she also provided me with support, insight, and endorsements for close to 20 years.

Another woman I greatly admired wrote a weekly column for a respected community newspaper. She never missed a week unless she was traveling, and during those times her column did not appear—except the week she asked me to write about the Broadway production





of *Fiddler on the Roof*, which I had never seen. Her shoes were impossible to fill, even for one week, but I did enough research on that play to write a book. She liked it, her editor liked it, and her readers let her know they liked it, too. I was over the moon with joy at the response and remember that feeling even now, after more than 50 years.

There were other mentors over the years. Some turned into friends, others passed through my life for too short a time to be able to thank them. No one had yet coined the phrase “pay it forward,” which was the natural thing to do, especially in the writing world. If someone helped you, guided you, mentored you, you can’t pay that person back in kind. You can only pass the gift along. And I was in a perfect position to do that.

My first writing job was as the editor of a city magazine—an insane choice on the part of the publisher who hired me. At that point, I was a green freelance writer who was suddenly running a magazine, something I knew nothing about. I needed

help with a lot of things, but one of the most important was filling the magazine with content. I did it by talking to many gifted writers—editing their articles, sometimes even rewriting them, and conducting “journalism school” when necessary.

The writers were euphoric, not only because I published their work, but also because I seemed to be the only editor in town who was willing to talk to anybody, read anything, and consider any piece of writing. It’s hard to say who benefited more—writers who wanted to be published or this editor who needed high-quality material to publish.

It was a wash. Everybody won, but in the meantime, without realizing it, I had become a mentor. What made it possible to assume that role was the little plaque on my desk that said, “editor.” Fortunately, throughout my working life, I found many other opportunities to help writers write, which became my mantra.

All of this came full circle in the last phase of my career

when I became a ghostwriter, editor, and book coach. There is no better way to help writers achieve their creative goals than to wear any one of those hats, and I was fortunate to wear all three.

As much and as often as I was able to pass along the gifts my mentors had given me, I did so. The secret nobody told me during those early years is that when you teach, you also learn; when you put someone in touch with their own gifts, you become more aware of your own; and when you help another person become her best possible self, you become the best possible you.

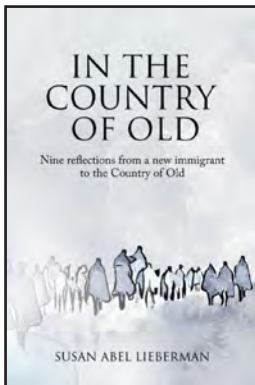
There is no better example of a win-win situation.

*Bobbi Linkemer has been a professional writer for more than 50 years. She has written 28 books, coached many aspiring authors on how to write and publish their books, developed and taught writing courses, and written on a wide array of subjects for print and electronic media. Her most recent book is *How to Age with Grace: Living Your Best Life in Your 70s, 80s, and Beyond*.*

# Meaningful Books for Senior Discussion Groups

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## In the Country of Old



This short, 44-page booklet is a novel way of looking at the journey we all, without any choice, experience: getting older. The author looks at herself as if she is an immigrant entering a new country (The Country of Old) and reflects on nine aspects of aging. She is very descriptive and scatters beautiful humor into what might otherwise be a dull or depressing topic.

She writes: “What I like in this Country called Old is that it is not awkward to wear hearing aids, or to avoid driving at night, or use a walking stick, or even a walker. Physical declines that come with aging need not be hidden or provoke shame. This is how people live here.”

She reflects on gratitude: “I am told that gratitude can make me more patient, more content, less anxious, enjoy increased friendships, and greater productivity.” And then she humorously adds, “If only it would also make me thinner”.

Another area of reflection is Parenting 2.0. She writes: “For decades, I had the leading lady role in a dazzling regional comedy/drama called ‘Raising the Kids’. When I first took the stage, our boys were babies, the script was skimpy and I flubbed my lines. Just

when I really felt I had command of my craft, a couple of comely ingenues started taking over. Soon I had been demoted to a supporting role. New stage directions read ‘Speak only when asked.’”

These are just two examples of her light-hearted, humorous style that provokes much thought and reflection in the reader’s mind. It’s a fun book to read together in a group. In our church group, we read two chapters a week ahead of time and then had illuminating discussion as members of the group gave their own reflections relevant to the author’s.

I feel the book generates endorphins (happiness, pleasure) from a topic that would not normally lend itself to such traits. The wit and wisdom are both clever and make the book a lot of fun to read. Susan has written other books including “Death Dying and Dessert” which, based on my experience of The Country of Old, I am drawn to read.

*Recommendation by Chris Pomfret*



## My Two Elaines



Marty Schreiber writes a candid reflection on the years that he was a caregiver to his wife Elaine as she lived through the ravages of Alzheimer's.

The young lady Schreiber married supported his professional pursuits as a lawyer and politician, as he eventually became governor of Wisconsin.

That Elaine, before she started to suffer from Alzheimer's in her sixties, is a stark contrast to the Elaine he cared for as the disease progressed.

While he narrates a deeply personal tale, many of us will recognize the broad outlines and challenges that he portrays and will gain an insight into what any of us might face if a loved one were to develop dementia.

Alzheimer's is now the sixth leading cause of death in the US (120,000/year) and there are many who believe that we all need to become more knowledgeable about the disease and, more importantly, become more confident and competent in our interactions with people with dementia, especially our loved ones.

Through the book, one can feel the confliction that caregivers will experience via everyday instances of what we would deem irrational,

uncharacteristic, or hurtful behaviors.

Does one just let it go or do we correct the incorrect statement that was just uttered? Is reasoning effective or even appropriate? Readers get to see first-hand how the author dealt with these types of issues and the lessons learned.

The author also shows the importance of taking care of yourself. This might mean occasionally putting yourself first and taking a break from the 24/7 strain. He also illustrates the importance of asking for help and accepting help from friends and organizations, such as the Alzheimer's Association.

Despite the subject matter, Marty is purposely humorous on occasion to help lighten the mood. The book is littered with metaphorical "sticky notes" covering the things he wished he'd known about before embarking on the caregiving role and the things that, with hindsight, he'd do differently.

My Two Elaines is an easy read (130 pages) that will not only generate vibrant discussions in a church book group but also teach us many valuable lessons that Marty had to learn the hard way.

*Recommendation by Chris Pomfret*

# Worship Service: No Matter Our Age

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Rev. Denise Shannon, POAMN moderator, Thornton, Colorado

This service is designed to celebrate and honor the spiritual journey of older adults, acknowledging their continued contribution to the life of the church. It integrates themes of gratitude, wisdom, and the promise of God's faithfulness across all ages.

## Call to Worship

Leader:

We gather today to worship the Lord, the Creator of all ages,

People:

The One who walks with us through every stage of life, and sustains us with His grace and mercy.

Leader:

As we reflect on the years You have given,

People:

We honor the wisdom of those who have walked this journey longer than us.

Leader:

In Your presence, we find peace and joy.

People:

Blessed be the name of the Lord, from this time forth and forevermore. Amen.

## Opening Prayer

O God, we come before You today with hearts full of gratitude.

We thank You for the gift of life, for the years You have granted to us,

And for the faithful ones who have paved the way for us.

May Your Spirit dwell richly among us as we worship You,

Especially remembering the wisdom, strength and faithfulness of our older brothers and sisters in Christ.

Bless our time together, that we may grow in faith, hope, and love.

Through Jesus Christ, our Lord, Amen.

## Call to Confession

The psalmist tells us, "The Lord is near to all who call on Him, To all who call on Him in truth."

In the quiet of this moment, we acknowledge that we are in need of God's mercy, no matter our age, for we all fall short of His glory.

Let us now confess our sins to our gracious and forgiving God.

## Prayer of Confession

*in unison*

Holy and loving God, we confess that we have not always honored You in our thoughts, words, and deeds. We have failed to love our neighbors as ourselves, and we have sometimes neglected the wisdom of those who have walked with You longer than we have. Forgive us, Lord.

Grant us Your grace to live humbly, with gratitude for every season of life, and to care for one another as You have cared for us. In the name of Jesus, we pray. Amen.





### **Assurance of Pardon**

Hear these words of assurance from the book of Isaiah:

“Even to your old age and gray hairs I am He, I am He who will sustain you.

I have made you and I will carry you; I will sustain you and I will rescue you.”

In Christ, we are forgiven and embraced by a love that never fades,

No matter our age. Thanks be to God!

### **Suggested Scripture Readings**

Old Testament:

Psalm 92:12-15

“The righteous will flourish like a palm tree,

They will grow like a cedar of Lebanon.

Planted in the house of the Lord,

They will flourish in the courts of our God.

They will still bear fruit in old age,

They will stay fresh and green, Proclaiming, ‘The Lord is upright;

He is my Rock,

and there is no wickedness in Him.”

New Testament:

2 Corinthians 4:16-18

“Therefore we do not lose heart.

Though outwardly we are wasting away,

Yet inwardly we are being renewed day by day.

For our light and momentary troubles are achieving for us an eternal glory

That far outweighs them all. So we fix our eyes not on what is seen,

But on what is unseen, since what is seen is temporary,

But what is unseen is eternal.”

### **Response of Faith (Apostles’ Creed)**

Leader:

Let us declare together our faith in God, Father, Son, and Holy Spirit.

People:

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit,

born of the Virgin Mary,

born of the Virgin Mary,

## Worship Service (continued)

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suffered under Pontius Pilate,  
was crucified, died, and was  
buried;  
He descended to the dead.  
On the third day He rose again;  
He ascended into heaven,  
He is seated at the right hand of  
the Father,  
and He will come to judge the  
living and the dead.  
I believe in the Holy Spirit,  
the holy catholic church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.

### Call for the Offering

We give thanks to God for the  
abundant gifts He has given us,  
including the wisdom, grace,  
and faith of those who have  
gone before us.

As we offer our gifts today, we  
honor the contributions of older  
adults, who continue to serve  
the Lord and bless His church

with their faithfulness.

Let us give with joy and  
gratitude.

### Prayer of Thanksgiving

Let us pray.

Gracious God, we thank You  
for the blessings You have  
poured out on us.

We offer these gifts to You, that  
they might be used for Your  
glory

And the furthering of Your  
kingdom.

May we, like the older saints  
who have gone before us,

Live lives of service, wisdom,  
and love.

Through Christ our Lord, Amen

### Benediction

May the grace of God, who is  
the giver of wisdom and love,  
rest upon each of us today.

We give thanks for the older  
adults in our midst—those  
who have walked the journey  
of faith, who have nurtured the  
seeds of hope, love, and courage  
in our community, and whose  
lives reflect the richness of  
God's steadfast faithfulness.

Go in peace, carrying the legacy  
of those who have gone before,  
and may you always feel the  
embrace of God's love, which  
never grows old, but continues  
to renew and sustain us.

Amen.

*Rev. Denise Shannon is an ordained pastor in the PCUSA and lives in Thornton, Colorado. Denise's passion for older adults began over 25 years ago when she worked as an RN, mostly in hospice care. Now, as a pastor, spiritual director, and hospice chaplain, she feels blessed to hear the incredibly rich stories and life experiences of the older adult population and loves using people's creativity to facilitate their spiritual growth. Denise also is serving as POAMN's moderator.*

**For additional worship services ideas, visit**

- [poamn.org/older-adult-month](https://poamn.org/older-adult-month)
- [pcusa.org/resource/older-adult-sunday-worship-resources-journey-life](https://pcusa.org/resource/older-adult-sunday-worship-resources-journey-life)
- [pcusa.org/resource/older-adult-sunday-worship-liturg-y-and-celebration-ideas](https://pcusa.org/resource/older-adult-sunday-worship-liturg-y-and-celebration-ideas)



## Hymn Suggestions

These hymns from Glory to God are well-suited for an Older Adult Worship Service, reflecting themes of God's faithfulness, gratitude, guidance, and the wisdom that comes with the passage of time. They provide both a sense of celebration and reflection, encouraging older adults to embrace their ongoing journey with Christ.

Hymn	Theme	Why It Fits
"Great Is Thy Faithfulness" (Hymn #39)	God's faithfulness through all seasons of life.	A powerful reminder that God's faithfulness endures no matter the age or circumstance. It speaks to the journey of older adults who have experienced God's care and provision.
"I Sing a Song of the Saints of God" (Hymn #730)	Honoring the faithful, including older adults who have served God and the church.	Celebrates the saints in all their forms, including those who have walked with God for many years, making it perfect for honoring older adults.
"O God, Our Help in Ages Past" (Hymn #210)	God's help and protection across the ages.	A timeless hymn that speaks to the eternal God who has sustained His people from generation to generation, making it an excellent choice for older adults.
"Be Thou My Vision" (Hymn #450)	A prayer for guidance and wisdom throughout all of life.	Emphasizes God's guidance, which is particularly meaningful for older adults who may reflect on the many years of God's leading in their lives.
"How Firm a Foundation" (Hymn #463)	The firm foundation of God's Word and promises.	Reassures us of God's promises, a powerful message for older adults who have lived through various seasons and experienced God's faithfulness.
"I Heard the Voice of Jesus Say" (Hymn #182)	Comfort and invitation to rest in Jesus.	Offers comfort and assurance, especially meaningful to those in their later years who may be looking for peace and renewal in Christ.

# POAMN Continues to Rise From Challenges of Global Pandemic

Larry Pazier, Co-lead of POAMN Connectivity Work Group

With the COVID-19 pandemic causing an upheaval in our society, restricting many in-person activities, the world was forced to create new relationships. And, thank God. He was with us by giving us new technological opportunities to join together.

Like every person, organization, and business, these changes affected POAMN and older adult ministry. Physical restrictions led to the expansion of our virtual world. This introduced opportunities to reach older adults in new ways and for church leaders to be more inclusive.

The global pandemic led to other changes with POAMN. In 2024, POAMN reorganized its structure to better reflect the times in which we live. We eliminated the traditional and typical leadership roles of president, vice president and various committees and replaced them with co-moderators and work groups.

The renewed POAMN is like the mythical bird, the phoenix, emerging from the aftermath of COVID.

The phoenix, an immortal creature that is consumed by fire only to rise again from its own ashes, came to be adopted within early Christian reflection as a symbol of the resurrection and of Jesus Christ Himself.

The new board prayerfully is rising to the occasion with renewed spirit for our old age ministry network. We will continue to focus on uncovering more information on how to minister to our aging community. Praying that what will follow will be a broader reach to the overall



Christian community in supporting our aging adults.

Maybe we can get some ideas from the “early” church or yes, from you. How does our elderly community fit into today’s church society? Or do they? The POAMN ministry as a reflection of the phoenix is here to inspire pastors and others working with our elderly population to focus on what joy God would like them to experience.

**Like the phoenix rising from the flame, we find strength in the face of the mundane. Each setback a chance to grow, to rise above, and let our spirit flow.**





## POAMN Work Groups

### Education, Resources, and Training

- Creates online and in-person activities, events, and tools to support members and older adult ministry leaders in their work
- Plans the annual conference
- Coordinates publication of this resource guide

### Connectivity

- Nurtures communication and connects people with POAMN's resources
- Plans communications/activities that encourage nonmembers to join and keeps current members involved

### Partnerships

- Fosters relationships with the Office of Christian Formation, Christian Formation Collective members, Columbia Theological Seminary's Center for Lifelong Learning, older adult communities/senior living communities, and older adult ministry groups in other denominations

Consider lending your talents and abilities to POAMN. Join us as a work group member in inspiring pastors, chaplains, Christian educators, ruling elders, and volunteers in serving older adults. Contact [info@poamn.org](mailto:info@poamn.org) to learn more.



## Connect with us



Online: [poamn.org](http://poamn.org)



E-mail: [info@poamn.org](mailto:info@poamn.org)



Facebook: [facebook.com/poamn](https://www.facebook.com/poamn)

# Resource Guide Sponsors

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This publication is made possible because of the generous contributions by the following Presbyterian-related retirement community organizations. If you, or someone you know, are seeking senior care, consider one of these fine Presbyterian-related retirement community organizations.



Senior living communities in Arizona, California, Idaho, Nevada, Pennsylvania, and Washington

[www.humangood.org](http://www.humangood.org)



Senior living communities in the Washington D.C. metropolitan area

[www.inglesideonline.org](http://www.inglesideonline.org)



Faith-based, continuing care retirement communities throughout North Carolina

[www.kintura.org](http://www.kintura.org)



Senior living communities throughout Ohio

[www.ohioliving.org](http://www.ohioliving.org)



Senior living communities throughout South Carolina

[www.preshomesc.org](http://www.preshomesc.org)



Senior living communities in Iowa, Minnesota, and Wisconsin

[www.preshomes.org](http://www.preshomes.org)



If you are interested in becoming a sponsor for future OAM Resource Guides, please contact [info@poamn.org](mailto:info@poamn.org). We'd love to partner with you!



Senior living communities in  
Kansas and Missouri

[www.presbyterianmanors.org](http://www.presbyterianmanors.org)



Senior living communities in  
Western Pennsylvania

[www.srcare.org](http://www.srcare.org)



Senior living communities in Ohio,  
Pennsylvania, Maryland, and Delaware

[www.presbyterianseniorliving.org](http://www.presbyterianseniorliving.org)



Senior living communities  
throughout Michigan

[www.pvm.org](http://www.pvm.org)



Senior living communities  
throughout Florida

[www.westminstercommunitiesfl.org](http://www.westminstercommunitiesfl.org)



Presbyterian Association of  
Homes and Services for the Aging

[www.pahsa.org](http://www.pahsa.org)



# POAMN

Presbyterian Older Adult Ministries Network

## Support For Your Ministry With Older Adults

We live in a rapidly aging society. As more of our population ages, we must find new ways to engage older adults and make sure the church remains the place they turn to for faith, fellowship, and community.

POAMN offers program ideas, videos, articles, and reflection topics that share wisdom from seasoned leaders. Whether you are new to serving older adults or interested in learning about a new aspect of this ministry, you'll find something of value.

- **Conferences**
- **Grants**
- **Scholarships**
- **Online Events**
- **Learning Cohorts**
- **Newsletters**

## Older Adult Month

Honor your congregation or community members who are 65 and above in May. This special emphasis was adopted by the Presbyterian Church (U.S.A.) General Assembly in 1992. Find resources for your celebrations, including worship liturgies, at [poamn.org/older-adult-month](http://poamn.org/older-adult-month).

## How to Find Us

Check out our website, become a member, sign up for our emails, and follow us on Facebook.

✉ [info@poamn.org](mailto:info@poamn.org)

f [facebook.com/poamn](https://facebook.com/poamn)

🌐 [poamn.org](http://poamn.org)

