

Resources on Aging – Older Adult Ministry

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DVDs:

BEYOND THE NEWS: FACING DEATH (102037) Three segments with a study guide provide stories of those who face death opening the way for others to talk with friends and family about this inevitable experience. 1) Sandy's Story, 2) A Good Death, 3) Prepared for Death. Includes guide. Copy 1 CLOSED CAPTIONED; Copy 2 not CC. Bonus materials (not Closed Captioned): Funeral planning (12 minutes), Hospice care (20 min.), Physician-assisted suicide (7 min.), Talking to children (4 min.), A community experiment (5 min.). Age: MHYAS. 34 Minutes.

CARING FOR A LOVED ONE WITH ALZHEIMER'S: AN EMOTIONAL JOURNEY (103096) Author: Doka, Kenneth; Geist, Mary Ellen; Coste, Joanne Koenig. This DVD is segmented and can be used in a support group setting. Topics include: Grieving the losses of their life and yours; When an unexpected side of your loved one comes out; When it feels like your love no longer helps; Hungering for simple recognition; How to handle frustration and anger; Feeling exhausted - and what to do when that happens; Finding support; Learning to accept the person that s/he is now. Includes guide. Age: A. 50 Minutes.

CREATING CARING CONGREGATIONS (103023) This DVD is an ecumenical resource to educate clergy and lay persons for the purpose of decreasing the stigma associated with mental illnesses in our faith communities. Individuals share their personal stories in three of the segments. Segments: Introduction (3 min.); Shawn's Story tells of an adolescent's experience with bi-polar depression, addiction, and suicidal thoughts (5 min.); Carol's Story is about the most common illness of the brain, clinical depression, with accompanying anxiety issues (6 min.); Jan's Story highlights how the normal life changes associated with the aging process can lead to depression in older adults (4 min.); How Congregations Can Respond (12 min.). Includes guide. CLOSED CAPTIONED. Age: A. 30 Minutes.

EMBRACING AGING: FAMILIES FACING CHANGE (105023) How can we make aging the best it can be? Families, experts, and 'wise ones' share insights on aging, housing choices, facing illness, cooperating as siblings in the care of aging parents, and more (58 minutes). Bonus features: Finances (8 min.); Driving (4 min.); Assessing the Need (5 min.); Choosing a Facility (3 min.); Cohousing (6 min.); Role of the Church (8 min.). Captions available in both English and Spanish. Includes guide. Age: AS. 58 Minutes.

GROW OLD ALONG WITH ME: THE POETRY OF AGING (107023) Hosted by Richard Kiley and Julie Harris, this DVD features poetry and commentary about the gifts of aging from a variety of artists, poets, actors, and others. Age: HYAS. 57 Minutes.

LIFE STORIES: AGING AND THE HUMAN SPIRIT (112040) Focusing on the importance of writing and telling our own stories, this DVD documents a group of senior citizens who gather twice a month to 're-member' their lives through poems and stories. With honesty and poignancy, they model the art of accepting the past so that life in the present can be free of regret and open to affirmation. Age: AS. 57 Minutes.

LIVING FULLY, DYING WELL (112021) Author: Job, Rueben P.. This 8-session study inspires us to talk openly about faith and mortality and encourages us to live each day to the fullest. DVD includes eight chapters: 1) Living Fully (8 min.), 2) Theology of Aging (10 min.), 3) Our Culture of Aging (8 min.), 4) Finding Purpose and Meaning (8 min.), 5) Getting It All Together: Practical Decisions (9 min.), 6) Dying Well (12 min.), 7) What Happens When We Die? (10 min.), 8) How Then Shall We Live? (22 min.). Kit includes DVD, Leader's guide, Participant's guide, three booklets, and three stand-alone study guides (one for use with youth). Age: MHYAS. 87 Minutes.

LIVING WITH NO REGRETS (112102) A four-session study created to help participants explore and discuss issues related to aging and dying. The purposes of this study are threefold: 1) to help older adults and their caregivers explore the issues of aging; 2) to begin a discussion about practical matters such as living wills, financial matters, and final arrangements; 3) to ask questions and begin to find solutions for how our local communities and communities of faith can help make the lives of older adults better. You are encouraged to invite members of the community to participate in the discussion -- it has been designed to be used with individuals with little or no faith foundation as well as those who are active in their communities of faith. DVD sessions are 14 - 19 minutes long; sessions are designed to last 60 - 90 minutes. The guide includes leader notes and participant handouts. Age: YAS. 67 Minutes.

NEW BEGINNINGS: THE GIFTS OF AGING (114001) This DVD looks at aging in our society and provides a glimpse at a variety of creative church ministries that are being enjoyed by older adults. Use the mission, teaching, and service projects highlighted to spark creative ideas for your church's ministries with older adults! This presentation encourages and empowers older adults to live out their lives in meaningful service and Christian discipleship for the transformation of the world. Includes leader's guide. Age: A. 20 Minutes.

PEEGE (116026) This touching film, a gerontological classic, portrays a family's visit to their grandmother, a patient in a nursing home, and their sense of despair and isolation as they struggle vainly to communicate. When other family members leave the room, the college-age grandson stays behind to share memories with her. As he leaves, unsure whether he's penetrated her loneliness, the camera shows her begin to smile. She is alone again, but with a feeling of worth, knowing that someone cares. Includes discussion questions. Bonus features include commentaries by the director and a gerontologist/film professor. CLOSED CAPTIONED. Age: MHYAS. 28 Minutes.

SPIRITUALITY AND THE TWO HALVES OF LIFE (119022) Author: Rolheiser, Ron. A DVD Workshop with Fr. Ron Rolheiser, author of 'The Holy Longing.' Growth and discipleship have two distinct parts. We leave home at an early age and spend many years trying to find our way back. How do we get back home again? That's the spiritual task for the first half of life. But, where do we go once we're back home? That's the spirituality for the second half of life. No matter which half you're in, you'll gain new insights in this 3-part presentation taped before a live audience at the King's House Retreat and Renewal Center in Belleville, IL. Part 1: 41 min. Part 2: 38 min. Part 3: 33 min. Includes guide. Age: AS. 112 Minutes.

TRANSFORMING POWER OF CAREGIVING: RETURNING TO LIFE AFTER CAREGIVING ENDS (120056) Whether you have cared for your loved one for one year or many years, when it ends, it will feel abrupt. In this DVD, caregivers who have been through the experience share insights on how to adjust to the change and establish a 'new normal' for your life. Includes three segments: A new beginning, A new normal, New life discoveries. Includes guide. Age: AS. 45 Minutes.

WHEN YOUR PARENT NEEDS YOU: A GUIDE TO POSITIVE GROWTH WHEN CARING FOR AGING PARENTS (123026) Caring for an aging parent is an all-encompassing experience that affects every aspect of our lives. This DVD focuses on the positive aspects of caregiving and on what caregivers can obtain from their experience. Topics include: Becoming your parent's caregiver; Experiencing life changes through caregiving; Recognizing and dealing with the stress of caregiving; Growing as a caregiver. Includes leader's guide. Age: A. 35 Minutes.

Books:

AGING AND MINISTRY IN THE 21ST CENTURY (809003) Author: Gentzler, Richard H.. An Inquiry Approach. Designed for either individual or group use, this book will help you learn about the developmental stage of older adulthood and how to move deeper into a comprehensive and intentional ministry by, with, and for older adults. Chapter titles: Myths, realities and aging; Health and aging; Retirement and aging; Spirituality and aging; Caregiving and aging; Death and aging; Ministry and aging; Boomers and aging. Includes bibliography. Age: A. 141 Pages.

ALONE AND INVISIBLE NO MORE (813007) Author: Teel, Allan S, MD. How Grassroots Community Action and 21st Century Technologies Can Empower Elders to Stay in Their Homes and Lead Healthier, Happier Lives. *2013 UMW Reading Program: Nurturing for Community Age: A. 196 Pages.

AT THE CROSSROADS: LEADERSHIP LESSONS FOR THE SECOND HALF OF LIFE (816258) Author: Smith, Clayton and Wilson, Dave. This book is a six-week Bible-based study offering comprehensive, practical help for Christians who are approaching, entering, or already in retirement. Readers can work through the book on their own or as part of a group. Chapters: Discovering your life story; Transitions -- changes, challenges, and opportunities; Seeking a higher purpose; Joy for the journey; Caring conversations with family and friends; Legacy planning empowers legacy living. A free leader's guide is available online. Age: AS. 90 Pages.

BABY BOOMERS AND BEYOND: TAPPING THE MINISTRY TALENTS AND PASSIONS OF ADULTS OVER 50 (816121) Author: Hanson, Amy. Chapters: A wake-up call for the church -- a reality we can't ignore; Not what you thought -- new ways to think about aging; Aging well; Relationships and responsibilities; Retirement -- what it is and what it is becoming; Letting go of the 'one size fits all' mentality; Serving -- the linchpin of a successful ministry; Matters of faith -- spiritual growth for the boomer; Melding the generations. Includes index. Age: A. 206 Pages.

BUILDING A MINISTRY FOR HOMEBOUND AND NURSING-HOME RESIDENTS (804265) Author: Webb, Marie White. Chapter titles: Why do we need a ministry of visitation?; How can we organize?; Go where they are; Learn from follow-up visits; Alleviating fears; Leading worship. Includes guides for a 6-session small group study and a 3-hour session to train visitors. Age: A. 64 Pages.

CAREGIVING: THE SPIRITUAL JOURNEY OF LOVE, LOSS, AND RENEWAL (811034) Author: McLeod, Beth Witrogen. Chapter titles: What family caregiving is; Women and caregiving; The medical/financial maze; Caring for aging parents; Spousal caregiving; The nature of loss; The stresses of caregiving; Caregivers and depression; Hitting bottom; Support strategies and everyday miracles; Caregivers, religion, and spirituality; End-of-life concerns; Caregiving as a rite of passage; Awakenings the heart; The urge to serve; Caregiving and community. Includes index. **Up to nine copies available.** Age: A. 264 Pages.

CARING FOR MOTHER: A DAUGHTER'S LONG GOODBYE (807156) Author: Owens, Virginia Stem. In this moving and life-affirming book, the author gives a clear and realistic account of the many challenges of caring for an elderly loved one. Age: A. 163 Pages.

CREATIVE AGING (811045) Author: Bankson, Marjory Zoet. In a practical and useful way, this book explores the spiritual dimensions of retirement and aging. It offers creative ways for you to share your gifts and experience, particularly when retirement leaves you questioning who you are when you are no longer defined by your career. Larger than average print. *2012 UMW Reading Program: Nurturing for Community Age: AS. 138 Pages.

DEEPENING LOVE AFFAIR: THE GIFT OF GOD IN LATER LIFE (804253) Author: Thibault, Jane Marie. The author believes that the development of an intense, mutual, love relationship with God is the primary spiritual task of later life. She has written this book for the mature adult who is spiritually discontented, discussing the inner work that takes us straight to the heart of God. Larger than average print. Age: AS. 207 Pages.

DESIGNING AN OLDER ADULT MINISTRY (804263) Author: Gentzler, Richard H.. Chapter titles: Introduction; Facts and feelings about aging; Forming a working council; Planning programs; Suggested resources; Sample forms and other helps. Includes a guide for a 2-hour workshop. Age: A. 96 Pages.

DO THIS, REMEMBERING ME: THE SPIRITUAL CARE OF THOSE WITH ALZHEIMER'S AND DEMENTIA (816098) Author: Bachand-Wood, Colette. Chapter titles: Then sings my soul; Understanding Alzheimer's and dementia; Spiritus; Faith and families; Tools for ministry; Worshipping with the memory impaired; From where will my help come?; A good death; Putting together a worship service. Age: A. 111 Pages.

ESSENTIAL SPIRIT: PROVIDING WHOLISTIC SERVICES TO AND WITH OLDER ADULTS (816102) Author: Koepke, Donald, editor. Chapter titles: Introduction -- the essential spirit; Spirituality, the sacred domain -- core concepts and implications for practice for older adults; Finding meaning in perceived meaninglessness; Spirituality and the brain -- we know in part; Religion -- friend or foe?; Fostering spirituality in dementia -- looking beyond cognition; The essential spirit in caresharing; Caregiving -- body, mind, and spirit; Touching spirits -- programming for meaning and connection; Using rituals to engage the spirit; Transforming suffering into spiritual

energy -- the practice of 'dedicated suffering;' How diminished income can result in whole persons; Death and dying -- the final act of living; Epilogue -- looking in the mirror: what do I want to be when I grow up. Age: AS. 224 Pages.

EVERYBODY WANTS TO CHANGE THE WORLD: PRACTICAL IDEAS FOR SOCIAL JUSTICE

(807036) Author: Campolo, Tony and Aeschliman, Gordon. This book provides numerous practical ideas for compassionately responding to the needs of others. Chapter titles: Poverty--Caring for the Poor; Evangelism--Proclaiming the Good News; The Environment--Tending God's Creation; Prisoners--Befriending the Outcast; The Oppressed--Upholding the Downtrodden; **The Elderly--Honoring the Wise**; The Sick and the Disabled--Serving the Afflicted; Immigrants--Helping Those New to Our Land; The World--Caring for the People of All Nations; Take Action--Ideas for Healthy Activism. Includes discussion guide for individual or small-group use. Age: A. 224 Pages.

FAITHFUL FAREWELL: LIVING YOUR LAST CHAPTER WITH LOVE (815173)

Author: McEntyre, Marilyn Chandler. Appropriate for personal reflection or devotions with older adults or those facing terminal illness, this book includes short readings on a variety of topics: what we dreaded, sharing the bad news, losing control, pain, unhelpful help, anger, boredom, the good days, remembering, new identity, regrets, forgiving, blessings, preparations, stuff, other people's fear, a time to weep, the bad days, looking ahead, opportunity, doubt, this body, growing as I go, listening, seeing, bequeathing, leave-taking, and more. Includes a selection of prayers for the final days. Age: AS. 143 Pages.

GAMES GRANDMAS PLAY (804237)

Author: Jacobs, Joan. Life Lessons on Christian Faith and Grandchildren. The author explores the grandmother/grandchild relationship, showing grandmothers how to offer practical guidance and spiritual wisdom in a way that encourages the development of their grandchildren. Chapter titles: Hide and seek: listening and being found; The playground: making choices; Puzzles: working through it; Coloring: living inside and outside expectations; SORRY: managing the musts; Imagination: coming alive inside; Chutes and ladders; handling the ups and downs; Scrabble :playing with what you have; Little League and beyond: being a spectator; God's game plan: being part of the ultimate game. Age: A. 95 Pages.

GRAYING OF THE CHURCH (804264)

Author: Gentzler, Richard H.. A Leader's Guide for Older-Adult Ministry in the United Methodist Church. Chapter titles: Demographics of our older population; Generational differences of midlife and older adults; Why focus outreach on older adults?; Older-adult ministry in the UMC; S.E.N.I.O.R.S.:A comprehensive older-adult ministry; Motivation and older adults; Models for older-adult ministry; Selected resource directory. Age: A. 96 Pages.

GROWING OLD IN CHRIST (807159)

Author: Hauerwas, Stoneking, Meador, Cloutier. Chapter titles: The Christian practice of growing old--the witness of Scripture; Special gift and special burden--views of old age in the early church; The Christian practice of growing old in the Middle Ages; Modernity--the social construction of aging; Growing old in a therapeutic culture; Differences among the elderly--who is on the road to Bremen?; The language of death--theology and economics in conflict; The last gift--the elderly, the church, and the gift of a good death; Captured in time--friendship and aging; Worship, the Eucharist, baptism, and aging; The virtues of aging; Generational conflict--continuity and change; The pressures to die--reconceiving the shape of Christian life in the face of physician-assisted suicide; Memory, funerals, and the communion of saints--growing old and practices of remembering. Includes index. Age: A. 310 Pages.

HOW TO SAY IT TO SENIORS (807160)

Author: Solie, David. Closing the Communication Gap with Our Elders. This book explores the reasons why communicating with the elderly is sometimes so frustrating and offers strategies and skills for overcoming these difficulties. Part 1: Holding On and Letting Go -- The Unappreciated Agendas of Older Adults. Part 2: The Everyday World of Older Adults -- How It Looks, How It Feels, How It Sounds. Part 3: New Strategies for Communicating with Older Adults. Includes index. Age: A. 212 Pages.

I LOVE GROWING OLDER BUT I'LL NEVER GROW OLD (815216)

Author: Kalas, J. Ellsworth. This book is about learning how to make peace with yourself by learning from the past and moving past it. It's about growing and continuing to grow -- personally, spiritually, and in our relationships with God and others. Larger than average print. *2016 UMW Reading Program: Nurturing for Community Age: AS. 156 Pages.

JOY BOOSTERS: 120 WAYS TO ENCOURAGE OLDER ADULTS (814005) Author: Buchanan, Missy. This small book offers suggestions on the following topics: Connecting through questions and conversations; Keeping the faith; Transitioning to a new home; Encouraging from a distance; Using photographs to create smiles; Planning mini-getaways; Making music for older ears; Encouraging hobbies and interests; Finding laughter; Celebrating holidays and special occasions; Bridging the generation gap; Building a legacy. Age: A. 63 Pages.

JOYFULLY AGING: A CHRISTIAN'S GUIDE (814120) Author: Bimler, Richard. A collection of 47 short, life-affirming chapters on aging. With wisdom and humor the author encourages us to enjoy the journey of aging well each day in the Lord. Age: AS. 247 Pages.

LIVING THOUGHTFULLY, DYING WELL: A DOCTOR EXPLAINS HOW TO MAKE DEATH A NATURAL PART OF LIFE (816030) Author: Miller, Glen. Chapters: The wake-up call; Good deaths and bad deaths; The way we die has changed; Dying regrets of loving memories?; Practical ways to prepare for a good death; Leaning forward as death approaches; Defining beliefs and their application to end-of-life decisions; Comfort at the time of dying through religious practices; A good death. Includes index. Age: AS. 170 Pages.

LIVING WITH PURPOSE IN A WORN-OUT BODY: SPIRITUAL ENCOURAGEMENT FOR OLDER ADULTS (813023) Author: Buchanan, Missy. Forty-one one-page meditations on topics such as 'slow motion,' 'late-in-life friends,' 'beginning a new day,' 'not the end of the story,' 'hope,' and more. Each meditation includes two scripture references. LARGE PRINT Age: AS. 93 Pages.

LOVING LATER LIFE: AN ETHICS OF AGING (816229) Author: de Lange, Frits. Chapter titles: Good aging -- toward an ethics of aging; The ethics of love; Why we do not love the elderly; Taking care of your old self; Love for aging neighbors. Includes bibliography and index. Age: YAS. 159 Pages.

PILGRIMAGE INTO THE LAST THIRD OF LIFE: SEVEN GATEWAYS TO SPIRITUAL GROWTH (814099) Author: Thibault, Jane Marie and Morgan, Richard. The Last Third of life (age 60 and beyond) offers significant challenges that the authors suggest we approach as a pilgrimage. Their brief, scripture-based meditations and reflections examine seven tasks essential to living the Last Third fearlessly and with purpose: 1) Facing aging and dying; 2) Living with limitations; 3) Doing inner work; 4) Living in and out of community; 5) Prayer and contemplation; 6) Redeeming loss and suffering; 7) Leaving a legacy. Age: AS. 142 Pages.

ROCK OF AGES: A WORSHIP AND SONGBOOK FOR RETIREMENT LIVING (816135) Author: Gentzler, Benedict, McIntyre. This book was developed to provide a basic resource for those who plan worship and for those who gather for worship in long-term healthcare facilities, assisted-living settings, retirement communities, hospitals, and homes. Includes index. Age: A. 128 Pages.

SAFE SANCTUARIES: THE CHURCH RESPONDS TO ABUSE, NEGLECT AND EXPLOITATION OF OLDER ADULTS (814012) Author: Melton, Joy Thornburg. Chapter titles: Older adults in the church; The spectrum of abuse in the older adult population; Special cases of elder abuse; Beginning your ministry with older adults; Basic procedures for safely operating ministries with older adults; Your congregation's plan for responding to allegations of abuse; Your congregation's implementation strategies; How may we minister after abuse?; Looking at intentional inclusion of older adults; A model for training leaders. Includes sample forms. Age: A. 136 Pages.

SEASONS OF ADULT FAITH FORMATION (816002) Author: Roberto, John, editor. It's time for every Christian church to commit itself to developing faith formation for every season of adulthood: young adults, midlife adults, mature adults, and older adults. This book is designed to provide pastors, church staff and ministry leaders, adult faith formation coordinators and educators, and all faith formation leaders with a deeper understanding of adulthood today, a vision of 21st century adult faith formation, and the tools and processes for designing faith formation for all the seasons of adulthood. Age: A. 198 Pages.

SENIOR ADULT MINISTRY IN THE 21ST CENTURY (804079) Author: Gallagher, David P.. Step-By-Step Strategies For Reaching People Over 50. Chapter titles: Getting to know senior adults; Getting started in senior adult ministry; Involving senior adults in ministry; Reaching out to senior adults; The serious side of senior adult ministry. Includes reproducible handouts. Age: A. 148 Pages.

SERVING IN CHURCH VISITATION (807190) Author: Stubblefield, Jerry. Designed for group or individual study, this book encourages faithful church visitors and church staff members who take time from their busy schedules to reach out to people who have needs in their communities. Chapter titles: How does the Bible model the importance of visitation?; What kind of person makes a good visitor?; What kinds of visits are possible?; What kinds of inreach visits can be made?; How should Scripture and prayer be used? A 'Zondervan Practical Ministry Guide.' Age: A. 95 Pages.

SETTLING IN: MY FIRST YEAR IN A RETIREMENT COMMUNITY (807109) Author: Morgan, Richard. The author, a retired minister, draws from his personal journal to discuss his process of moving to and living in a continuing care retirement community. Each of the 52 short meditations includes a Scripture reference and a short prayer. Reflective exercises are also provided. Includes Scripture index. LARGE PRINT. Age: AS. 187 Pages.

SHAPING A LIFE OF SIGNIFICANCE FOR RETIREMENT (814045) Author: Hansen, R. Jack and Haas, Jerry. This book focuses on the personal dimensions of the move from full-time work to partial or full retirement. Drawing upon conversations with retired professions from around the country it identifies some of the key transitions in the first years of retirement, the unique opportunities for personal growth in this phase of life, and the real challenge we must face. Each chapter includes questions for reflection. Age: AS. 110 Pages.

SING AND REJOICE: LARGE PRINT EDITION (831777) Author: Auld, William D.. Favorite hymns in large print with lower keys. Age: A. 250 Pages.

SOUL UNFINISHED: FINDING HAPPINESS, TAKING RISKS & TRUSTING GOD AS WE GROW OLDER (814144) Author: Atwell, Robert. How do we live to our fullest potential in the last quarter of life? What is most important? What is the essence of my life? Chapter titles: Invitation, Retirement, Living, Memories, Forgiveness, Becoming, Happiness, Finale. Each chapter includes questions for reflection. Age: AS. 144 Pages.

STILL GROWING: THE CREATIVE SELF IN OLDER ADULTHOOD (816101) Author: Capps, Donald. Chapter titles: Fired up and loaded for bear; A faithful reunion; The three stages of older adulthood; The aging process as forward movement; The creativity of older adults; Relaxed bodies, emancipated minds, and dominant calm; Happy spirits and grumpy souls; Aging horses and wounded healers. Includes bibliography and index. Age: AS. 190 Pages.

TALKING WITH GOD IN OLD AGE: MEDITATIONS AND PSALMS (810168) Author: Buchanan, Missy. Seniors grappling with the aging process will readily identify with these reflections and find reassurance of God's presence. Caregivers, family members, and others seeking to understand aging loved ones will gain insight into the thoughts and emotions of the elderly frail. LARGE PRINT. Age: AS. 96 Pages.

VOICES OF AGING: ADULT CHILDREN AND AGING PARENTS TALK WITH GOD (816063) Author: Buchanan, Missy. Designed as a discussion starter between adults and their parents, Missy Buchanan provides a variety of meditations, each one including a Bible passage, a short reading each for the parent and child, a short passage on moving forward, and a prayer. Topics: doing the best I can, can't take it with you, the car, wisdom, seasons, memories, doctors and hospitals, parent/child, money, dignity, home, siblings, stress, friends, holidays, boundaries, death, laughter, off-center, change. Age: A. 91 Pages.