

Mid-Atlantic OAMNews
December, 2004

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Mid-Atlantic OAMNews – is a bi-monthly e-newsletter dedicated to the promotion of spiritual health and well-being of older adults and their families – offering information, resources, model ministries, stories, and humor! Visit our web-site at www.synatlantic.org and click on Older Adult Ministries. Jan McGilliard, Editor

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Greetings and blessings this Advent season!



“Behold I’m about to do a new thing; now it springs forth, do you not perceive it?” Is. 43:19

For the past 15 years generations of the Older Adult Ministries Committee have carried out its mission to educate, advocate, empower, and encourage ministries by, with, and for older adults and their families. This has been done in many ways – through leader development, resources, a network of Advocates and presbytery committees, the Outstanding Older Adult Award, the establishment of the Mid-Atlantic OAM Endowment Fund with the Presbyterian Church (USA) Foundation, a fabulous web site.... Committee members and Advocates of Aging have planted seeds and grown programs throughout the region and will continue their efforts into the future. Sunnyside Retirement Communities and The Presbyterian Homes, Inc. of North Carolina have steadfastly supported the Synod’s OAM program through the Mother’s Day/Father’s Day Offering, and have taken an active part in the OAM Committee.

Older Adult Ministries will not disappear. God isn’t done with us yet! Look for the OAM page on the Synod web site. The Shared Ministries Committee is considering a funding proposal from the Older Adult Ministries Committee that outlines a follow-up project to

the OAM survey done in January, 2004. There will be a small advisory board to oversee any funds received by the Synod for this ministry. As always, contributions to Older Adult Ministries are welcome and have a useful purpose. On the Synod site you will find a list of consultants representing many of the missions/ministries under the umbrella of Shared Ministries.

From Jan

At the end of this month the OAM Committee concludes its work, and I as staff Associate for Older Adult Ministries have started a new consulting enterprise called **ElderConnections**. I feel like a snake in molting season – shedding the old skin for a new one, and it's an exciting time for me. It's always bittersweet to leave the familiar and to **boldly go** forward in faith, but this is what God firmly calls me to do. I have a sound structure built of experience, connections, and continuing education that have caused me to grow and develop as a child of God. I will offer an array of services to include consulting, leader development, grant writing, teaching, keynoting, lay preaching, and the development of resources for congregations and presbyteries throughout the country. I will continue to write an e-newsletter on a regular basis. You can find **ElderConnections** linked to the Synod web site at www.synatlantic.org. Just click on the OAM page.

I want to convey my heartfelt thanks for all the support and hospitality shown to me over the years by colleagues, committee members, our retirement community representatives, Advocates, presbyteries and congregations.....and the hundreds of individuals I've met through teaching and leadership opportunities. May God's abundant blessings be with you all.

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BILL MOYERS ON HIS RETIREMENT

"I am not leaving because anyone is pushing me, but because something is pulling me. I turn 70 this year and while there's no marker at the border, I know I'm entering unfamiliar territory. It's as if some imaginary trip wire breaks and the little odometer on your psychic dashboard starts clicking faster and faster... All of a sudden you want to get to know the person who's been sitting there in the seat beside you all these years, when the only thing zipping by faster than the traffic was life itself."

For the full text, visit:

<http://www.why.org/widerhorizons/documents/MoyersRetirement.DOC>

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BOOKS OF INTEREST (from Harry Moody's newsletter)

Historical Views on Aging

GENDER AND AGING IN MESOPOTAMIA: The Gilgamesh Epic and Other Ancient Literature, by Rivkah Harris (University of Oklahoma Press, 2003).

OLD AGE IN THE ROMAN WORLD: A Cultural and Social History, by Tim G. Parkin (Johns Hopkins University Press, 2003).

GROWING OLD IN THE MIDDLE AGES: 'Winter Clothes Us in Shadow and Pain', by Shulamith Shahar and Yael Lotan (Routledge, 1997).

THE DECLINE OF LIFE: Old Age in Eighteenth-Century England (Cambridge Studies in Population, Economy and Society in Past Time), edited by Susannah R. Ottaway et al (Cambridge University Press, 2004).

OLD AGE: From Antiquity to Post-Modernity (Routledge Studies in Cultural History), edited by Paul Johnson and Pat Thane (Routledge, 1998).

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HOW TIME GOES IS UP TO YOU

Anna Ornish, Age 81

"When I was little, a day seemed to last forever, especially a school day. Now a day is nothing, just the blink of an eye. You know intellectually that a month is still a month, a week is a week, a day is a day, but it goes so much faster the older we get.

Sometimes I play a little game with myself. I know it's odd, but I do it just the same. I try to make time pass like it did when I was a child. First, I shut off the television and listen to the ticking of the clock. That slows everything down. Then I tell my worries to back off so I can concentrate. It works like a charm. The morning lasts a long, long time."

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Keep reading below!!!

Resources and Announcements

States Receive Grants to Tell Low-Income Beneficiaries About 2006 Drug Benefit

On Oct. 28, 2004, the U.S. Department of Health & Human Services (HHS) announced \$62.5 million in grants to 21 states for fiscal year 2005 to help educate low-income Medicare beneficiaries who currently get their prescription drugs through state-funded programs, about the new Medicare drug benefit coming in 2006. Another \$62.5 million will be available to these states in 2006. These funds were set aside in the Medicare Modernization Act (MMA) for grants to state pharmaceutical assistance programs (SPAPs). The amount each state operating an SPAP will receive is based on the number of Medicare beneficiaries enrolled in each program as of Oct. 1, 2003. Connecticut, Delaware, Illinois, Indiana, Kansas, Maine, Maryland, Massachusetts, Michigan, Minnesota, Missouri, North Carolina, New Jersey, Nevada, New York, Pennsylvania, Rhode Island, Texas, Vermont, Wisconsin, and Wyoming will receive funds.

Free Video on Home Rehabilitation Treatment Options for the Elderly Is Available

The PBS program "To The Contrary" is offering a free video discussing how, at a time of rising health care costs, doctors are deviating from traditional hospital treatments to meet the needs of a growing elderly population. "Home Rehabilitation," which aired nationally on PBS, explores a novel training program where medical residents leave the hospital floor and visit elderly patients in their own homes. Please e-mail requests for the video to tothecontrary@hotmail.com by Nov. 15, 2004. The Jacob and Valeria Langeloth Foundation is funding distribution.

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DEVELOPING CULTURAL COMPETENCE: SPANISH-LANGUAGE GUIDE OFFERS ADVICE FOR DISCHARGE PLANNING

A free guide for Spanish-speaking family caregivers preparing for the difficult task of bringing disabled or chronically ill relatives or friends home from the hospital is now available. Published by the National Alliance for Caregiving (NAC) and the United Hospital Fund, *_Guia sobre la Planificacion del Alta Hospitalaria para los Cuidadores Familiar_* (2004) provides practical advice in everyday language to caregivers facing challenges of caring for family or friends after a hospital discharge and the difficult transition between hospital and home.

Authors Gail Gibson Hunt and Carol Levine noted that this discharge process happens very quickly and often without adequate preparation or training for the caregiver. In some cases, caregivers aren't even aware that discharge planning exists, says Hunt, president and CEO of NAC and a member of ASA. It's crucial that they be aware of the process and how to be appropriately involved. The Spanish-language guide is available free as a 20-page PDF on the NAC website at <http://www.caregiving.org> (click on the Reports or Informational Products link). The site also offers the publication in English under the title *_A Family Caregivers Guide to Hospital Discharge Planning_* (2002).

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NEW FILM OFFERS POSITIVE RESPONSE TO ALZHEIMER'S DISEASE

Alzheimer's Disease: A New Hope Through Understanding is an 18-minute film emphasizing the importance of early diagnosis and intervention for people exhibiting symptoms of Alzheimer's. Produced in conjunction with the Alzheimer's Association of Northern California and Northern Nevada and the American Society of Consultant Pharmacists, the film is designed for both family and professional audiences. It features interviews with individuals diagnosed with early-stage Alzheimer's; also included are comments from their spouses, along with remarks by a neurologist, a nurse practitioner and a pharmacist. All of the participants convey an overarching message: There is hope and help after diagnosis.

The film is ideal for sparking discussion in group settings, such as senior centers and adult day service centers. Among the topics touched on are the pathology of Alzheimer's, warning signs for the disease and current approaches to early-stage dementia. Available in both DVD and VHS formats, the film sells for \$24.95. For those interested in obtaining 1.5 hours of continuing education credit in nursing, a CD-ROM workbook is available for an added fee (\$29.95 total). For more information or to order, call toll-free (866) 823-8851 or visit <http://www.modelsofhopemedia.com>.

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If you have a story, poetry, a model ministry, concern, or event to share, please contact Jan McGilliard at 540-953-1366 or send her an e-mail at jmccgill@bev.net. Photos are always welcome!

Happy Holidays!

Jan McGilliard, Editor