

Mid-Atlantic OAMNews
July/August 2003



This newsletter is sponsored by:
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Mid-Atlantic OAMNews – is a 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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Meet our Outstanding Older Adult 2003

Daniel P. McDonald, member of McDonalds Chapel Presbyterian Church in Aberdeen, NC, has received the 2003 Outstanding Older Adult Award sponsored by the Older Adult Ministries Committee of the Synod of the Mid-Atlantic. An active 90 year-old and life-long Presbyterian, Dan can be found volunteering, leading, advocating, and care giving on any day of the week. His involvement in prison ministry for Moore County is just one example: He is involved in prison visitation, worship services, and counseling, assists families of prisoners; co-founded a program called *Restart*, a ministry devoted to providing summer camp experiences for children of incarcerated persons at the Presbytery's Camp Monroe. Each year he raises funds, visits families in their homes, provides clothing, transportation, and necessary camp items for the children attending a week of camp.

A quote from the Session's nomination: ***Dan is a living example of service to others for the glory of God. We admire and commend his commitment, dedication, and faith in Jesus Christ.*** Dan received the Synod award at the meeting of Coastal Carolina Presbytery on June 26, surrounded by many who know and love him. We've heard the celebration cake was good, too! Congratulations, Dan!

Fall Getaways

Looking for a Fall getaway in a pretty place? Look no further than our own conference centers at Massanetta Springs and Montreat!!!

Montreat Fall Older Adult Conference: October 6-10. This conference fills up fast, so don't delay! Conference theme: ***To Everything There is a Season***. Keynote speaker: J. Barrie Shepherd. For more information, go to www.montreat.org, or call 1-800-572-2257.



Massanetta Springs Conference Center will host its second **God of All Ages Adult Conference** October 20-23. For details, go to www.massanettasprings.org and click on Programs or call 1-888-627-7774.

POAMN (Presbyterian Older Adult Ministry Network) Annual Conference to be held in Tempe, AZ , October 22-25 at the Fiesta Inn Resort, 2100 S. Priest Dr. (fly into Phoenix). Theme: **Spirituality: Health and Well-being**. Keynoter is Marty Richards, Social Worker and Consultant on Aging. Worship leader: Dosa Carlson, UCC Minister, Founder of Beatitudes Center for Developing Older Adult Resources in Phoenix. Workshops include The Nuts and Bolts of Older Adult Ministries, Faith and Health, How to do a Needs Assessment in the Congregation, Aging with Vision, Good Grief, Encircling Care, Older Adult Ministries in any size church, How a Church Takes Care of Family Caregivers, etc. There will be a special workshop for Presbytery Representatives in Older Adult Ministries. Scholarships available for first time participants - contact David Taylor, Tel. 212-874-6633. View complete brochure on-line at: <http://horeb.pcusa.org/olderadults/> - click on upcoming meetings.

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May Issue of AGenda available on-line!!

View the latest issue of AGenda, quarterly publication of the Office on Aging, PC(USA) by visiting the OAM website at: <http://horeb.pcusa.org/olderadults/> It's an excellent issue. Don't miss it!

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OAM Committee Plans for Future

Here's a summary of current activities:

- On May 5-6 a Synod Consultation on Older Adult Ministries was held – contact Jan McGilliard if you desire more details: jmcgill@bev.net or phone: 540-552-3233
- In June the OAM Committee met with an Organization Development Consultant



- Next steps: *Consider* becoming a non-profit organization that serves congregations within the Synod of the Mid-Atlantic; Survey congregations within the Mid-Atlantic region about their needs for adult ministries
- The OAM Committee will meet in September to continue mapping the future

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Outstanding Older Adult Award 2004

In the past five years the **Outstanding Older Adult Award** has been received by five exceptional individuals. All presbyteries have participated in the process and have cooperated in every way to make the award process go smoothly. The committee has agreed it is time to invite **presbyteries** to carry on the tradition of the Outstanding Older Adult Award should they choose to do so. The committee’s goal has been to establish the award, make annual improvements, and ultimately, to offer the model back to the presbyteries.



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National Organizations Benefit Adult Ministries

POAMN – Presbyterian Older Adult Ministry Network, is a network of persons engaged in ministry with older adults. They work in presbyteries and synods, are leaders in congregations, and some serve in specialized ministries such as chaplains in care facilities and presbytery staff who are involved with older adult ministry committees. POAMN is related to the Congregational Ministries Division, Presbyterian Church (U.S.A.) through the Office of Older Adult Ministries. Membership dues are very reasonable! To learn more and/or to join, click on:

<http://horeb.pcusa.org/olderadults/poamn.htm>

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Don’t miss the March/April issue of **Church & Society**, Presbyterian Church (USA), entitled **Encircling Care: A New Vision for Congregational Caregiving** and the May/June issue entitled: **Encircling Care: Alzheimer’s Disease and Congregational Caregiving**. They provide an excellent overview of caregiving trends and expectations, a history of the Care Team movement and the theological resources for this concept, stories of congregational caregiving, and more. Order your copies today from PDS at 1-800-524-2612, Order #PDS 72-630-02-602. Single copies cost \$2.50.

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Care Giving in the News

The Supreme court has ruled that states may not deny their employees up to 12 weeks of unpaid time to care for their spouse, parents, or children. “The Family Medical Leave Act aims to protect the right to be free from gender-based discrimination in the workplace,” says the opinion written by Chief Justice William Rehnquist. For more information: www.supremecourtus.gov.



Editor's Note: This is a significant ruling in light of the prevalence of multi-generational caregiving. The average caregiver is a woman of 46 years, employed full-time with caregiving responsibilities for at least two generations, younger and older.

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Lawrence Welk to Woodstock

We've all heard about the benefits of a glass of wine, but too much alcohol can be very detrimental to health and well-being. Substance-abuse professionals are particularly concerned about aging boomers. Many in this population are still social drinkers, having experimented with drugs and alcohol in their youth. We do not know the effects on such persons as they age. "We're going from Lawrence Welk to the Woodstock generation," says Dr. Davis Oslin, asst. professor of medicine at University of Pennsylvania. Some helpful information:



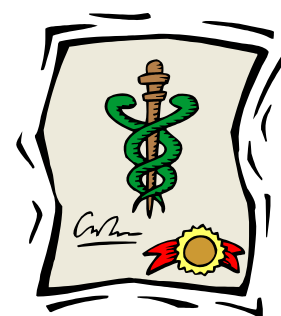
- As the body ages, it loses water volume. A little alcohol has a greater effect on a senior.
- Some seniors start drinking when they retire (less social activity, more time)
- A divorce late in life or a significant change may bring on drinking
- As a response to depression, women generally take medication if they are depressed and men tend to drink alcoholically
- Suicide in white elderly men is more prevalent than for other groups. Depression increases a person's chance of dying by suicide sixfold.
- Drinking may increase depression because of alcohol's effects on the aging body.

- Many seniors are drinking more than they think they are. On the plus side, seniors who start drinking later in life generally respond well to intervention.

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Survey Shows Americans in Denial about Long Term Care

A survey done by the American Society on Aging shows that seniors think long-term care is an important issue but aren't doing much to prepare for it. "We know that after age 65, Americans have more than a 70% chance of needing some form of long-term care. This is a real wake-up call for all of us to redouble our efforts to get good information on long-term care financing out into the community," says Jim Emerman, Vice President of the American Society on Aging. "Americans are stuck in a classic high-anxiety position: knowing they need to do something, but not quite sure what, or when to get started, or how to fit it in against other financial needs."



A major problem is the confusion over coverage. More than half (62%) had at least one serious misconception about who provides long-term care or the conditions under which it is offered. For example, 40% didn't know Medicare provides limited coverage for skilled nursing care.

ASA doesn't advocate long-term care insurance for everyone. Some might be better off funding long-term care through a reverse mortgage or entering a continuing-care retirement community. For those with few assets, Medicaid will cover them. **But for those who would benefit from it, they should start thinking about it at age 45 or 50.** For more information, contact Jim Emerman at [jemerman@asaging.org](mailto:jemergen@asaging.org).

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Resources for Spiritual Renewal

Here's a noteworthy pair of books dedicated to spiritual renewal for individuals and groups: ***Spiritual Classics: Selected Readings for Individuals and Groups on the Twelve Spiritual Disciplines***, edited by Richard J. Foster and Emilie Griffen, and ***Devotional Classics: Selected Readings for Individuals and Groups***, edited by Richard J. Foster and James Bryan Smith. Pat Valentine of Presbytery of the James has used these books very successfully in a retirement community setting and gives them high marks. Both are published by Harper SanFrancisco and are well worth \$16 each to have in your collection. ***Spiritual Classics*** focuses on twelve disciplines and include Inward Disciplines of meditation, prayer, fasting, study; Outward Disciplines of simplicity, solitude, submission, service; and Corporate Disciplines of confession, worship, guidance, and celebration.



Devotional Classics includes the following sections: Preparing for the Spiritual Life, The Prayer-Filled Life, The Virtuous Life, The Spirit-Empowered Life, The Compassionate Life, and The Word-Centered Life.

Each volume features the writings of well-known figures in the Christian tradition, such as St. Augustine, Thomas Merton, Frederick Buechner, Evelyn Underhill, Christina Rossetti, Thomas More, Anne Morrow Lindbergh, Martin Luther King Jr.....to name a few! There are discussion questions; individual and group exercises to help guide readers and leaders.

Happy Summer! Jan McGilliard, Editor