

Workshops, presentations, and retreats may be tailored to meet specific needs and time frames.

Worship leadership available

Cost:

\$100/hour plus expenses
Sliding scale available to smaller churches

Contact:

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**Older Adult Ministries
Committee
Synod of the Mid-Atlantic**

Your source for

Customized workshops, seminars, retreats, worship, and short programs designed to help members of your church and community learn more about creative aging and faithful response to the challenges and opportunities of later life.



Jan McGilliard holds an MS in Adult Development and Aging from the Family and Child Development Department, College of Human Resources from VA Tech. She has served as the Associate for Older Adult Ministries for the Synod of the Mid-Atlantic since 1989. Jan has served as President of POAMN (Presbyterian Older Adult Ministry Network) and Secretary of NICA (National Interfaith Coalition on Aging), a subsidiary of National Council on the Aging. She has extensive experience in speaking and consulting on a wide variety of topics related to aging and the generations.

OLDER ADULT MINISTRIES

**SYNOD OF THE
MID-ATLANTIC**

**WORKSHOPS,
RETREATS, AND
PRESENTATIONS
FOR
CONGREGATIONS
AND PRESBYTERIES**



**Older Adult Ministries
Synod of the Mid-Atlantic
Workshops, Retreats, and
Presentations for
Congregations and Presbyteries**

Aging as a Spiritual Journey

Target Audience: Senior adults and
Church Professionals

Objectives

- Explore opportunities for spiritual growth
- Survey our spirituality
- Identify and practice spiritual disciplines

The Age Wave: Myths and Facts on Aging

Target Audience: All

Objectives

- Raise awareness about Aging in America
- Explore the implications of the Age Wave
- Examine the role of the church

Congregational Models for Older Adult Ministry

Target Audience: Senior Adults and
Church Professionals

Objectives

- How to survey needs/resources of elders
- Provide effective models for ministries with seniors
- Review older adult ministry resources

Creating Caring Congregations

Target Audience: Adults and Church
Professionals

Objectives

- Identify challenges/opportunities of congregational care
- Explore/share effective models for care/nurture of the congregation
- Review resources

Bubblegum to Bifocals: Connecting the Generations

Target Audience: All

Objectives

- Raise awareness about the generations
- Explore benefits of intergenerational experiences
- Provide models to encourage intergenerational exchange

The Gift of Dying

Target Audience: Adults, Church
Professionals

Objectives

- Promote responsible planning for late life
- Encourage leaving a legacy of faith
- Provide legal information from faith perspective
- Plan for memorial/funeral services

Sharing Our Life and Faith Stories

Target Audience: Senior Adults and
Church Professionals

Objectives

- Promote life review and its benefits
- Provide methods for life review
- Understand the role of the faith journey
- Promote late life development

Caring for the Caregiver

Target Audience: All

Objectives

- Raise awareness about caregiving issues
- Identify challenges of and resources for caregivers
- Identify the role of the church in caregiving

You and Your Aging Relative

Target Audience: All

Objectives

- Learn how to advocate for elders near and far
- Identify challenges of and resources for advocacy
- Learn your limits; how to delegate

Changes and Challenges of Aging

Target Audience: All

Objectives

- Identify changes that occur as we age
- Discuss common responses to change
- Develop a plan to adapt to change