

OLDER ADULT MINISTRY **- Bibliography -**

INDIVIDUAL

101 Ways to Reinvest Your Life, by Steve and Janie Sjogren (NavPress)

Are you approaching the second half of your life with a dream in your heart? Do you want what you do to be meaningful, to count for something? You'd be surprised at how many ways you can use your gifts skills and experience to invest in the lives of others, share your faith, and turn the latter part of your life into the most redemptive time of your life. This book has 101 ways to jump in!

Aging in Stride, by Chris Himes, et. al. (Caresource Healthcare Communications, Inc., 2004) ISBN 1878866249

Aging in Stride is a practical, easy-to-understand guide to the broad range of issues associated with successful aging and effective eldercare. Organized into separate issue discussions, each followed by a list of additional resources, plus a collection of forms to help gather and organize information and plan for the future. Issues range from diet and exercise, to Medicaid/Medicare, to legal and financial.

Aging is an Attitude, by Cecil Murphey (AMG Publishers, 2005) ISBN 0899571573

Cecil Murphey shows how life can be an adventure, with the later years more challenging and exciting than ever. He embraces the advantages of growing older and shows how we can accept our age as an achievement. In pondering the process, he turns the tables on our culture's tendency to look down on the elderly by quoting the apostle Paul's admonition to Timothy, "Don't let anyone think less of you because you are young." Depending on our attitude, our age can be either right or wrong.

Aging: The Fulfillment of Life, by Henri Nouwen and Walter J. Gaffney (Image, 1976) ISBN 0385009186

The author shares his moving and inspirational thoughts on what aging can mean to all of us. It is a warm, caring book that shows us how to make the later years a source of hope rather than a time of loneliness.

The Art of Growing Old: A Guide to Faithful Aging, by Carroll Saussy (Augsburg Fortress, 1998) ISBN 0-8066-3617-3

This book shows not only how to embrace the challenges of a long life but also how to engage the possibilities of creativity and depth of soul available to those who have acquired a wealth of experience. Activity suggestions are included, making this ideal for both personal and group study.

As Long As I Live: Thoughts on Growing Older, by Jacob Eppinga (Faith Alive Resources) ISBN 978-1-56212-052-8

Engaging anecdotes, personal insights, and well-known scripture passages characterize this delightful book. Topics include: "Are we growing old or growing up?" and "Can our losses be turned into gains?" Includes discussion questions for use in group settings. Also available in Braille.

As We Grow Old: How Adult Children and Their Parents Can Face Aging with Candor and Grace, by Ruth Fowler (Judson Press, 1998) ISBN 0817012761

Fowler examines post-retirement depression and anxiety, physical illness, grief, and assisted living.

A Deepening Love Affair: The Gift of God in Later Life, by Jane Marie Thibault (Upper Room) ISBN 0-8358-0685-5

This book is about being loved by God and about learning how to allow ourselves to receive that love. *A Deepening Love Affair* shows the reader that it is never too late to become aware of God's gifts or to respond to them. It is a book that is written to enrich the spirituality of older adults who are still searching for "something more" to allow them to experience the abundance of life that Christ has promised to us. *A Deepening Love Affair* is an important work for older adults as well as for pastors, families, and health-care providers who seek to serve, love, and care for older adults.

Every Day Is Saturday: A Christian Guide to a Fantastic Retirement, by L. James Harvey and Jackie Harvey (Concordia, 2001) ISBN 0570052505

For retirees and those anticipating retirement, the term "refocused" is suggested here as an alternative emphasis. The authors list their "Ten Commandments for a Successful Retirement." Putting faith at the core, the elements of relationship, health, activity, and finance are fully discussed, along with a Christian view of death. A special feature of this practical book is the advice for seniors to get with the Information Age, using the computer, email, and the internet.

A Funny Thing Happened on My Way to Old Age: Life Changes After 50, by Stanley C. Baldwin (InterVarsity, 2005) ISBN 0830832785

The author shares opinions, observations, options, and looks to the future with optimism. He writes with humor about topics such as: not being a grouch; forgetting one's joys, the "place shifts" we make in our life span; the rule of moderation; new friends we make with change, caregiving, and mentoring; and rewards of a life well lived.

Getting Home Before Dark: Stories of Wisdom for All Ages, by Peter J. Dyck (Herald Press, 2000)

A senior himself, author Peter J. Dyck tells stories and shares thoughts in the hope of aiding other seniors to live a full life—whatever their age. The book's title is borrowed from a poem, "Let Me Get Home Before Dark," by Robertson McQuilken. He prays that he will be able to get "home" before complete darkness descends on his life. How do we spend our senior years? What tasks are required of us now? What opportunities to "do good" remain for us? Each chapter is full of ideas and possibilities. Dyck shares lessons he has learned, leading him on till he is ready for the final surrender—a personal and total surrender to God.

Growing Old in Christ, edited by Stanley Hauerwas, et. al. (Eerdmans, 2003) ISBN 0802846076

This book presents a theological reflection on what it means to grow old, particularly in our culture and particularly as a Christian. Eighteen first-rate Christian thinkers survey biblical and historical perspectives on aging, look at aging in the modern world, and describe the "Christian practice of growing old." Along the way they address many timely issues, including the medicalization of aging, the debate over physician-assisted suicide, and the importance of friendships both among the elderly and between the elderly and the young. Weighty enough to instruct theologians, ethicists, and professional caregivers yet accessible enough for pastors and general readers, this book will benefit anyone seeking faith-based insight into growing old.

Help, Lord! I'm Having a Senior Moment: Notes to God on Growing Older, by Karen O'Connor (Regal Books) ISBN 03807.34406

While growing older has plusses, its downside poses big challenges. Physical decline, loss of spouses, relatives and friends, memory lapses, feelings of inadequacy or uselessness—such things can give us those “senior moments” that sidetrack us with fear and worry. This book brings encouragement to people in their golden years, prompting them to reflect, laugh, play and to take both burdens and joys to the Lord who cares for them. Each of the 90 short pieces contains a note to God about a topic of special interest to seniors, a word from God in Scripture, a prayer and a place for the reader to write her or his note to God.

Learn to Grow Old, by Paul Tournier (Westminster, 1991) 0-664-25190-0

Paul Tournier deals specifically with many aspects of aging: society's attitude toward the elderly, second careers; the quality of life; financial difficulties; boredom; health; loneliness; and facing death. He believes we must all learn to grow old, and that the process is most successfully accomplished when we prepare and plan for it throughout life.

Life's Best Chapter: Retirement, by Johnnie C. Godwin (New Hope, 2000)

This book is full of ideas for retirement. Drawing from his own experiences, the author presents “life's best chapter” in upbeat terms. The theme of hope is strong. Varied aspects of retirement are included: work and leisure options, family and social relationships, economic realities and concerns, personal values and attitudes, faith and religious practices. The book is spiced with scriptural quotations and the wisdom and experience of such personalities as Jimmy Carter and Elton Trueblood. Suggestions for entering retirement in gradual steps and for taking occasional sabbaticals from retirement are included. Study sections are included after each chapter.

Remembering Your Story: Creating Your Own Spiritual Autobiography (Revised Edition), by Richard L. Morgan (The Upper Room, 2002) ISBN 0-8358-0963-3

Remembering Your Story invites readers to connect their faith stories with others and with God's story as revealed in scripture. Morgan guides readers to deeper memories of God's presence in all portions of their lives. Individuals and small groups will find this book offers them blessings as they discover God's working throughout their journey. This new revised edition of Morgan's work reflects his workshops, seminars, and conversations concerning spiritual autobiography. It also more intentionally focuses on faith stories. Morgan includes a chapter titled “Across the Generations,” which connects older and younger generations and encourages intergenerational ministries in the church. *NOTE: A separate leader's guide is available.*

Settling In: My First Year in a Retirement Community (Enlarged Print), by Richard L. Morgan (Upper Room) ISBN 978-0-8538-9908-6

Morgan speaks frankly about the losses and realities as he approached his own not-yet-frail “fourth quarter” (after age 75). Drawing from his journals of those sometimes-agonizing months, he takes us through his decision to move to a long-term facility and the first year of setting in. He addresses the fears of life after 75: loss of health, cognitive ability, short-term memory, independence and status. Fifty-two scripture passages, meditations and prayer offer hope for those along this intense pilgrimage. Morgan's reflections are invaluable for those considering a move to a retirement community, current residents, their family and friends, and staff of facilities.

Still Here: Embracing Aging, Changing, and Dying, by Ram Dass, et. all. (Riverhead Books, 2001)

Like other baby boomers, the author has learned the hard way that aging is unkind to the body. But he has also learned that it can be an opportunity for growth. While others begin to devalue you, you can reconnect with the spiritual, grow into wisdom, and create value for yourself.

What Will I Do With the Rest of My Life? by Brenda Poinsett (NavPress, 2000) ISBN 1576831515

The author shatters the myths of what it means to be a middle-aged woman. Addressing the challenges of what she calls "middlence," she invites women to embrace life after 40 and discover God's exciting new direction for the rest of their lives. A discussion guide is included for small group use.

When Christians Retire: Finding New Purpose in Your Bonus Years, by Dwight Hervey Small (Beacon Hill, 2000) ISBN 0834118386

The author explores the adjustments you will inevitably face in retirement and then turn expectantly to the exciting possibilities ahead. Just as God had a plan for you in your youth, he has a plan for you in retirement!

Winter Grace: Spirituality and Aging, by Kathleen R. Rischer (Upper Room, 1998) ISBN 0835808505

The author deals with a variety of topics concerning aging and then relates these topics to the larger and more holistic life-issue of spirituality. Some of the topics include sexuality and sex, the deaths of friends, the passing of wisdom on to the next generations. She offers insights into the deepening of one's own spiritual life.

Your Fabulous 50s: Answers to Your Most Asked Questions about Life After 50, compiled and edited by Mike Yorkey (Victor, 2000) ISBN 1-56476-729-9

This is a unique collection of advice and encouragement on this sixth decade of life in an attempt to answer most-asked questions.

CONGREGATIONS

Agenda – this newsletter is published quarterly and circulated free of charge via email to persons interested in ministry with older adults. A ministry of the General Assembly Council, Presbyterian Church (U.S.A.), you may order this publication directly from: Presbyterian Church (U.S.A.), Room 1617, 100 Witherspoon Street, Louisville, KY 40202-1396. If you wish to be placed on the email list, call: 502/569-6487. You may also download issues at: <http://www.pcusa.org/olderadults/resources.htm#agenda>.

Aging and Spirituality: Spiritual Dimensions of Aging Theory, Research, Practice, and Policy, edited by David O. Moberg (Haworth, 2001) ISBN 0789009390

Aging and Spirituality comprehensively surveys the issues of spirituality, from the groundwork of basic definitions to detailed assessments of the role it plays in the lives of the elderly and on to suggested directions for further research. This book combines scholarly research and practical nuts-and-bolts suggestions for service delivery.

Aging, Spirituality, and Religion: A Handbook, Volume 2, by Melvin A. Kimble and Susan H. McFadden (Fortress Press, 2003) ISBN 0800632737

Aging, Spirituality, and Religion, Volume I (published by Fortress Press in 1995) provided the sociological, psychological, and theological perspectives for examining the ways in which spirituality and religion are experienced by aging persons in our society.

As such, it provided the theoretical foundations for considering aging, spirituality and religion. Volume II picks up where Volume I left off—with practical advice and tools for ministry with the aging in a variety of settings. Gerontological and theological perspectives undergird the practical guidance, and a final section addresses the unique ethical issues involved in ministry with aging.

Aging Well: Surprising Guideposts to a Happier Life, from the Landmark Harvard Study of Adult Development, by George E. Vaillant (Little Brown & Co., 2003) ISBN 0316090077

This book pulls together data from three separate longevity studies that, beginning in their teens, followed 824 individuals for more than 50 years. The subjects were male Harvard graduates; inner-city, disadvantaged males; and intellectually gifted women. The author presents personal narratives about people from these studies who he interviewed personally in their 70s and 80s. He describes their history, relationships, hardships, philosophies, and sources of joy. We also learn what makes old age vital interesting. Vaillant discusses the important adult developmental tasks, such as identity, intimacy, and generativity (giving to the next generation), and provides important clues to a healthy, meaningful, satisfying old age.

Amazing Grays: Unleashing the Power of Age in Your Congregation, by Leona Bergstrom and Richard Bergstrom (Churchhealth, 2000) ISBN 0970555202

This is a practical guidebook to help church leaders understand why and how to develop effective and powerful ministries for and by older adults in their local congregations.

Building a Ministry for Homebound and Nursing-Home Residents, by Marie White Webb (Discipleship Resources, 2006) ISBN 0-88177-403-0

Spiritual, encouraging, and practical, this book is designed to equip persons in your church to be in ministry with those who are homebound or a nursing-home resident. Although the frail elderly may have limitations, they need to be welcomed in the community, helped toward a relationship with God, nurtured in the faith, and supported in living as disciples in the world. Webb helps us understand the frail elderly, provides guidance for visitation, and offers suggestions for leading worship in a group setting. A guide for training volunteers is also included.

Catch the Age Wave: A Handbook for Effective Ministry with Senior Adults, by Win Arn and Charles Arn (Beacon Hill, 1999). ISBN 0-8341-1800-9

The authors discuss specific ways churches can establish ministries to reach the diverse needs of senior adults. The book begins with a description of the age wave and goes on to give characteristics of successful senior adult programs. Much helpful material is in the sections on starting small groups for senior adults and enlisting these people as volunteers for other church programs.

Designing an Older Adult Ministry, by Richard H. Gentzler, Jr. (Discipleship Resources, 1999) ISBN 0-88177-269-0

This resource provides information on how to develop and strengthen ministries with older adults: Helps congregations look at "why " a ministry by, with, and for older adults; Provides information on attitudes on aging and trends in aging; Explores myths and realities of aging; Offers tools to help congregations assess their current situation; Showcases planning models for consideration; Provides numerous resources for further reading and studying.

Engaging in Ministry with Older Adults, by Dosia Carlson (The Alban Institute) ISBN 1566991862

As America's population ages, congregations are called to minister to today's older adults in new, creative, and engaging ways. Carlson draws on her extensive experience in working with older adults in secular and religious settings. Readers will discover the issues involved in engaging older adults in the ministry of their congregation, as well as in meeting their needs. Explore the possibilities and new directions in "engaging the aging" through examples of what others are doing successfully. Each chapter's "Points to Ponder" helps committees or study groups discover the issues and needs; an extensive appendix lists organizational and print resources.

The Living Spirit of The Crone: Turning Aging Inside Out, by Sally Thomason (Augsburg Fortress, 2006) ISBN 0800637992

Sally Thomason's research and reflection on aging disclose the scientific and medical oversights and cultural biases that inform our attitudes toward aging. It also, based particularly on the experiences of women, proposes a strong, new, holistic perspective that can overcome our cultural misconceptions and animate personal, medical, and religious work by and with the aging.

The Mature Mind: The Positive Power of the Aging Brain, by Gene D. Cohen (Basic Books, 2006) ISBN 0465012035

The Golden Years are being redefined. The fastest-growing segment of the population, those beyond the age of fifty, are no longer content to simply cope with the losses of age. Mental acuity and vitality are becoming a life-long pursuit. Now, the science of the mind is catching up with the Baby Boom generation. The author challenges the long-held belief that our brain power inevitably declines as we age, and shows that there are actually positive changes taking place in our minds. Based on the latest studies of the brain, as well as moving stories of men and women in the second half of life, this book reveals how we can continue to grow and flourish. He shows how we can jump-start that growth at any age and under any circumstances, fine-tuning as we go, actively building brain reserves and new possibilities.

Ministering to Older Adults: The Building Blocks, by Donald Koepke (Haworth Press, 2006) ISBN 0789030497

By 2030, 20% of the people living in the United States will be age 65 or older, with unique spiritual needs that can affect their physical and mental well-being. This book answers the critical need for a ministry that doesn't center primarily on youth and families in its outreach, instead presenting a step-by-step guide to developing a ministry for the aged that is focused on the needs and resources of each congregation. This program has been used effectively with nearly 50 congregations, both large and small, to create a focused older adult ministry. No two congregations are alike. The resources, perspectives, and skills of each congregation are different, as are the needs of its members. The author provides a framework for use by planning groups within communities of any religious tradition. The book presents a process that includes essential questions that allow planning groups to develop answers that fit the needs, cultural, history, and structure of their individual congregations.

Older Adult Ministry: A Guide for the Session and Congregation (Congregational Ministries Division, Presbyterian Church U.S.A.) PDS No. 70250-00-711; order directly from Presbyterian Distribution Service, 1-800-524-2612

This revised volume focuses on the congregation and starts from "square one," offering suggestions for setting up an Older Adult Ministry Committee, how to educate the committee, how to educate the congregation, guidelines and ideas that can help a congregation develop a ministry with, by and for older adult members, tailored to fit their own needs and issues, and utilize their many skills. Included are discussions concerning the biblical teachings and theological understandings about aging, why it is necessary to develop programs for older adults, and examination of myths and facts about them. Also included is a clear outline and the forms for carrying out a needs assessment among older adults in the congregation so that program planning can be more focused.

Older Adult Ministry: A Resource For Program Development (Presbyterian Publishing House). Order directly from: Presbyterian Distribution Service, 1-800-524-2612

Intended for use by church leaders, this book is designed to help congregations nurture ministries *by* and *with* older adults rather than *to* and *for* them. Specific strategies, practical ideas, and effective program plans are provided.

Senior Adult Ministry in the 21st Century: Step-by-Step Strategies for Reaching People Over 50, by David P. Gallagher (Wipf & Stock Publishers, 2006) ISBN 1597526630

The author offers insights, practical ideas and successful strategies for ministering effectively to people over 50. Includes reproducible worksheets and handouts.

Soulful Aging: Ministry through the Stages of Adulthood, by Henry C. Simmons and Jane Wilson (Smyth & Helwys, 2001) ISBN 1-57312-346-3

This is a ministry resource for older adults as they journey through the later years of life. The authors have excerpted from important works that address the issues of spirituality in older adults and have developed pathways for spiritual growth. For each stage of life, the authors conclude with a short reading and a suggested pastoral strategy for group discussion or sermon preparation. Finally, the authors have developed a strategy for practical use of the excerpt in a church setting or long-term care setting.

Understanding the Senior Adult: A Tool for Wholistic Ministry, by Lois Knutson (Alban Institute, 2000) ISBN 1566992176. Order directly from Alban Institute, 1-800-486-1318, ext. 244 or www.alban.org

Based on her broad understanding and experience in ministry to senior adults, Knutson has created a practical, comprehensive, and user-friendly assessment format to enrich the one-on-one ministry of pastors and other caregivers in both congregational and institutional settings. Assessment tool comes on CD-ROM disk for ease in adapting to the user's needs. Knutson also includes guidelines for establishing an advisory committee and other resources for ministry with senior adults.

Church & Society – May/June 2003 issue (Presbyterian Church, USA)

The Presbyterian Church (USA) has a journal called *Church & Society*. The May/June 2003 issue is titled, Encircling Care, Alzheimer's Disease and Congregational Caregiving. While this isn't narrowly about witnessing, it has a series of articles that are excellent concerning theological and pastoral responses to Alzheimer's disease. The resource mentioned above is \$3 and can be ordered by calling 800-524-2612. Refer to PDS # 72-630-03-603.

STUDIES

Forty-Sixty: A Study for Midlife Adults Who Want to Make a Difference, by Richard H. Gentzler, Jr. and Craig Kennet Miller (Discipleship Resources) ISBN 978-0-88177-325-5

Identifies issues that people face as they move into midlife, combining information about aging with biblical and personal reflection. 10 sessions

Life's Best Chapter: Retirement, by Johnnie C. Godwin (New Hope, 2000)

This book is full of ideas for retirement. Drawing from his own experiences, the author presents "life's best chapter" in upbeat terms. The theme of hope is strong. Varied aspects of retirement are included: work and leisure options, family and social relationships, economic realities and concerns, personal values and attitudes, faith and religious practices. The book is spiced with scriptural quotations and the wisdom and experience of such personalities as Jimmy Carter and Elton Trueblood. Suggestions for entering retirement in gradual steps and for taking occasional sabbaticals from retirement are included. Study sections are included after each chapter.

Living Fully, Dying Well: A Study for Small Groups, by Rueben Job (Abingdon, 2007) ISBN 0-687-33585-X

This study is designed to assist us in making careful, wise, and prayerful preparation for meeting life's most important moments. Participants will learn how to face openly and unafraid the benefits and limitations of aging and end-of-life decisions.

No Such Thing as Over the Hill: Making the Most of Life After 60, by James R. Kok (Christian Reformed Church Publications, 2000) ISBN 1-56212-545-1

Getting older in many ways means getting "better" and discovering new challenges. No senior should be without these wise and experiential reflections on topics such as "Old People Should Major in Love" and "I Don't Get Around Much Anymore." Includes questions for group discussion.

Remembering Your Story: Leader's Guide (Revised Edition): Creating Your Own Spiritual Autobiography, by Richard L. Morgan (The Upper Room, 2002) ISBN 0-8358-0964-1

This 72-page leader's guide facilitates group use of Morgan's book *Remembering Your Story*, an invaluable way to meet God in the telling of our own life stories.

Senior Saints: Growing Older in God's Family, by James and Martha Reapsome (Harold Shaw) ISBN 0-87788-746-2

Bible study with 12 sessions. (Part of the Fisherman Bible StudyGuides Series.)

What Will I Do With the Rest of My Life? by Brenda Poinsett (NavPress, 2000) ISBN 1576831515

The author shatters the myths of what it means to be a middle-aged woman. Addressing the challenges of what she calls "middlence," she invites women to embrace life after 40 and discover God's exciting new direction for the rest of their lives. A discussion guide is included for small group use.

PARENTING YOUR PARENTS

How to Talk to Your Senior Parents about Really Important Things, by Theresa Foy DiGeronimo (Jossey-Bass, 2001) ISBN 0787956163

This book is a hands-on guide for adult children who want to talk to their parents about many of life's most challenging issues, including sensitive topics such as driving safety, choosing alternative living arrangements, dealing with grief and bereavement, avoiding scams that target the elderly, unwise romances, and much more. This comprehensive and handy resource offers useful guidelines and expert advice that can be adapted to fit your family dynamics. It will give you a solid foundation for building frank and candid communication with your senior parents.

As We Grow Old: How Adult Children and Their Parents Can Face Aging with Candor and Grace, by Ruth Fowler (Judson Press, 1998) ISBN 0817012761

Fowler examines post-retirement depression and anxiety, physical illness, grief, and assisted living.

A Deepening Love Affair: The Gift of God in Later Life, by Jane Marie Thibault (The Upper Room) ISBN 0-8358-0685-5

This book is about being loved by God and about learning how to allow ourselves to receive that love. *A Deepening Love Affair* shows the reader that it is never too late to become aware of God's gifts or to respond to them. It is a book that is written to enrich the spirituality of older adults who are still searching for "something more" to allow them to experience the abundance of life that Christ has promised to us. This is an important work for older adults as well as for pastors, families, and health-care providers who seek to serve, love, and care for older adults.

LifeSearch: Parenting Your Parents, by Dorothy Gager (Abingdon, 1996) ISBN 0687014980

The focus of this small-group resource is on helping adults think through the issues involved with aging parents, act on these, and find support among others dealing with the same issues. 6 sessions

OTHER SOURCES

Covenant Retirement Communities

www.covenantretirement.com

1-800-255-8989

From its first community established in Chicago in 1886, CRC has become a nationwide network of 14 communities in eight states. A not-for-profit ministry of The Evangelical Covenant Church, CRC's mission is to assist residents in achieving their maximum physical, mental, emotional, and spiritual well-being.

Covenant Trust Company

www.covenanttrust.com

Covenant Trust Company provides trustee and management services for most revocable living trusts and various types of irrevocable trusts arranged by Covenant Estate Planning Services. Covenant Trust Company also assists individuals, local churches, conferences, camps, etc. with additional management and investment services.

Covenant Estate Planning Services

www.covenanttrust.com

Covenant Estate Planning Services provides estate and financial planning, counseling, and assistance to friends and members of Covenant ministries and/or institutions.

Senior Evangelism Partnership

www.Seniorevangelism.org

www.seniorlifestyle.org

The proportion of seniors is steadily rising. This "age wave" is occurring at the same time that use of the World Wide Web is exploding. Senior Evangelism Partnership (SEP) has a vision to capitalize on these trends through its two websites, one to resource ministries, one to reach seniors.

This bibliography was prepared by the staff of the Covenant Resource Center. While not specifically endorsed by the Evangelical Covenant Church, the above resources may be helpful as you plan for ministry. For additional assistance or suggestions, contact the Covenant Resource Center at 1-800-338-IDEA(4332) or resource.center@covchurch.org.