

Resource Guide for Older Adult Ministries

ISSUE 66

2021 SUMMER

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A MESSAGE FROM THE EDITOR

Good Morning from Oregon,

The theme of this issue of *PNN* is *What's Done with Love is Well Done*. Vaccinations against COVID-19 are making a difference. In many areas of our country, the number of new cases of COVID-19 is rapidly decreasing, and folks are beginning to return to gathering together face-to-face.

Four articles in this issue of *PNN* share insights on *What's Done with Love...*:

- "President's Reflections" by Pat Baker
- "MEMO from Membership" by Linda Rauenbuehler
- "Little Free Pantry" by Nancy Richter
- "What's Done with Love..." by Quentin Holmes

Other articles in this issue include:

- "POAMN 2021 National Conference" by Lillian Rhudy & Adrienne Knight
- "POAMN Webinar – led by Fern Cloud
- "POAMN Webinar – led by Rev. Ida Rosario
- "POAMN Webinar – led by Rev. Dr. Jae Hong Kim
- "Lara's Grandmother's Cheesy Potatoes" – a recipe
- "A Little Flower" by Sam Cooke

PNN is your newsletter. We need you to send us short notes about things you have done or ideas that your group has found to work. The theme of our fall issue will be "*And now Faith, Hope, and Love Abide.*" Deadline for manuscripts is September 15th, 2021. Many older adults are in our congregations. By the power of God, plus our faithfulness and our warmth, we can reach out.

Thanks be to God!

Quentin A. Holmes

Quentin A. Holmes / Marcola, OR



Quentin & wife, Jane, Holmes

"Make your life a mission – Not an intermission."

(Arnold H. Glasgow)



Pat Baker
POAMN President

POAMN PRESIDENT'S REFLECTION

Happy Summer Everyone!

There is no doubt that summer is in full swing in Georgia, but we're not the only state that has already had hot weather. I pray that each of you will have a "cool" and safe summer.

The theme of this edition of PNN is "What's done with love is well done." My husband and I, Pappy and Grandma, just had a delightful LOVE-filled month with our daughter and grandson visiting from Portland, OR. Oregon is a long way from Georgia, and after not seeing them for well over a year, this visit was greatly anticipated. We must admit that we are DG's (doting grandparents) and we've been deprived of playing that role recently due to the pandemic and being long distance grandparents. Our other grandchildren live in Oklahoma, also a long way from Georgia!

DG's try to do their best to love well, often trying to make up for the times they feel they might not have been the best parents. Our grandson, almost five years old, has had the attention of his parents, mainly my daughter, almost 24/7 for the past 15 months. Not only were we anxious to see them, but our daughter was anxious to be in a different home environment with adults who were going to help her entertain this inquisitive child. We can't say enough about the love our daughter has for her son and how well she is doing raising him with her partner.

It has been a while since this Pappy and Grandma have been around a 4-year-old for any extended time. He began talking around 6:00 am and didn't stop taking until he talked himself to sleep. I contemplated counting the number of times he asked "why?" or "what if...?" I'm sure it must have been one million times the month they were here. I'm telling you all this because when I saw the theme for this edition, I realized that what I loved the best about this child of God was that when he loved, he loved well: with all his heart and the biggest grin you've ever seen. He is by far not a perfect child, but he already knows how to express love and concern for others. If he has this big of a heart at four years old, God only knows what he'll do in his future.

Thanks for taking the time to read this DG's reflections. I'm all ears when it comes to listening to DG stories, so don't hesitate to call me and share yours.

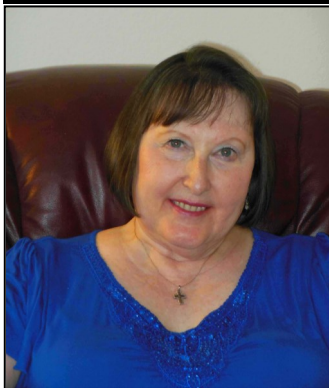
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Pat Baker with 4-year old Grandson, "Novy"

*"Be very careful never to forget what you have seen the Lord do for you.
Do not let these things escape from your mind as long as you live.
And be sure to pass them on to your children and grandchildren."*

(Deuteronomy 4:9)



Linda Rauenbuehler
Membership Committee Chair

MEMO FROM MEMBERSHIP

“What’s done in love is well done” is the theme for this issue of the PNN. Upon googling this theme, I was directed to 1 Corinthians 16:14: “Do everything in love.” (NIV) I was also directed to a quote by Vincent Van Gogh, “Love many things for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is done well.”

For the past several years, I have served on the staff of our church as Director of Congregational Care. Due to the pandemic, we were reduced to a skeleton crew of people who held the church together to provide online church services, Zoom lessons for the youth, and care for our congregation. An anonymous donor recognized the effort of the staff over this past year and added an extra \$300 for each of us in our latest paycheck. I believe I can speak for every member of our staff when

I say we did our jobs with love. We got through the weirdest year we have ever endured by experiencing and exhibiting a sincere love for our jobs, our church, and our special congregation.

I think Van Gogh had it right in that love provides true strength to perform and accomplish much. *“What’s done in love is well done.”*

Upcoming Events – 2021 National Conference (virtual)

Please mark your calendar for POAMN’s Annual National Conference on October 26-28, 2021. Information will be coming to our website (poamn.org) and to your email as plans develop.

Certificate of Older Adult Ministry

POAMN collaborates with Columbia Seminary in Decatur, Georgia, on classes leading to a Certificate of Older Adult Ministry. Please check out this wonderful opportunity. Information can be found by going to Columbia Theological Seminary’s website and looking under Lifelong Learning.

Respectfully submitted,
Linda Rauenbuehler
POAMN Membership Chair

CIRCLE OF LIFE

A POAMN Webinar led by Fern Cloud on April 22nd, 2021

Written by Scott O’Neil | Presbyterian News Service

[Editor’s NOTE: To help congregations prepare for Older Adult Week, POAMN presented three webinars as part of its Celebrating Longevity Around the World series. This article is about the first of those three webinars.]

POAMN’s webinar on Thursday, April 22nd, 2021, was titled, “The Circle of Life,” and featured speaker Fern Cloud, a citizen of the Sisseton-Wahpeton Dakota Oyate, on the Lake Traverse Reservation in Agency Village, South Dakota. The Circle of Life has been referred to as a medicine wheel, or sacred circle, by the Dakota Oyate nation and others for generations. It’s used for health and healing and as a tool for learning and teaching. It symbolizes four directions, four seasons, and four stages of life.

Fern Cloud led a webinar on Native Wisdom as part of Presbyterian Older Adult Ministries Network’s Celebrating Longevity Around the World series.



Fern Cloud

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The medicine or sacred wheel symbolizes many things in Dakota culture.

“There are many beautiful stories that encompass a way of life for us,” said Cloud. “The medicine wheel is a cross within the circle and has many meanings and much symbolism — most often the four directions, but it’s also symbolic of the four seasons in nature.”

“The circle also brings meaning to the four parts of our being: we have the physical part of us, the emotional part, and the mental and spiritual parts of us. All of this makes up who we are.”

Cloud, who is Stated Clerk and Treasurer of Dakota Presbytery and pastor of Pejuhutazizi Presbyterian Church on the Upper Sioux Dakota Community in Granite Falls, Minnesota, opened the gathering in prayer thanking God in celebrating the wintertime of our life, the time when God is most clear and close to us. She said that the wheel also symbolizes the four stages of life: birth, adolescence, adult and elder.

“The physical body that we have is the body our spirit inhabits during our full circle of life. The four stages also bring meaning and life experiences, and we come into the circle when we are born. We travel around adolescence and go into adulthood, then we come into the most important part of the circle — our elder,” said Cloud.

An overarching theme of Cloud’s presentation revolved around elder responsibilities. Leaving the adult phase and coming into being an elder is extremely important to Indigenous cultures. Cloud joked that unfortunately there are a lot of old people but very few elders.

“Being an elder encompasses so much responsibility: taking all the experiences that you’ve had throughout the circle of life from birth to entering eldership and learning how to take care of your mental and physical health,” noted Cloud. “There is a lot of responsibility being an elder and you have to learn how to be confident. It’s a wonderful time but also a big responsibility.”

The wisdom of elders is a significant part of the Dakota culture. Many elders possess knowledge which has passed from generation to generation, which is an oral tradition. During the winter, families would gather and the elders would tell stories to the children.

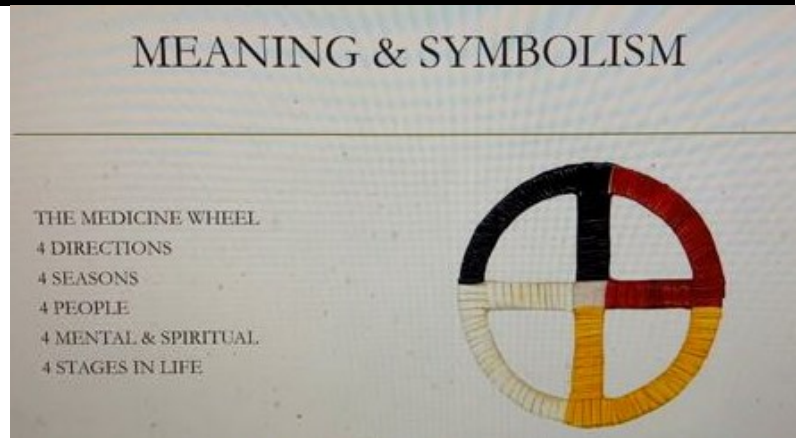
“Winter was a very important season for us,” said Cloud. “It was a time of learning. The traditional knowledge of elders extends to telling your family about your relatives, so I know who my people are and where I come from because my elders taught me that. This is the type of traditional knowledge elders hold. Our technology is taking us away from this relationship.”

In addition to traditional knowledge, kinship, spirituality, parenting, and health and well-being are all key components of elder wisdom, according to Cloud. She wrapped up her presentation by defining wisdom as “the accurate application of knowledge” and citing teachings from the Book of Job and other wisdom literature:

“Wisdom is found with the elderly and understanding comes with long life. Is not wisdom found among the aged? Does not long life bring understanding? Wisdom belongs to the aged and understanding to the old. Wisdom is with the aged and understanding in length of days.”

[NOTE: A recording of “The Circle of Life” webinar is available on the POAMN events web page.]

Reference: <https://www.presbyterianmission.org/story/webinar-series-kicks-off-older-adult-week/>



LITTLE FREE PANTRY

by Nancy Richter, Elder and Member of Ministry of Mission and Christian Discipleship
Central Presbyterian Church / Eugene, Oregon

I was recently asked by Quentin Holmes to write about our Little Free Pantry program at Central Presbyterian Church in Eugene, OR. I am excited about this program because it has taken on a life of its own since introduced as part of the Burrito Brigade. So, let me back up a bit to explain about both of these initiatives to help those in need of food and sustenance.

At Central Presbyterian Church, our Ministry of Mission and Christian Discipleship (MCD) chose Burrito Brigade to be the January/February recipients of our Coin Offering, a bi-monthly dedication of loose coins from the offering plates to chosen recipients in the community. We have helped various children's organizations, climate issues, the McKenzie River Trust, CASA, those facing housing and food insecurities, Sponsors Inc. (men and women coming out of prisons, facing re-entry into their communities), and so forth. Burrito Brigade was featured in our local newspaper, *The Register Guard*, in December of 2020 for receiving a grant for their Waste to Taste Food Rescue program. Even though this group was new to our church, they were not new to the community. They were founded by Jennifer Denson in 2014, and both of her brothers assist in various ways with Burrito Brigade. They have now expanded to Portland, OR.

Burrito Brigade is a solution to the rigid food distribution system where unhoused, undocumented, unemployed poor people bear the heaviest burden in our society. The Brigade makes and provides over 800 burritos every weekend in the Eugene-Springfield area of Oregon and even more in Portland, OR.

Burrito Brigade also offers another means to alleviate food insecurities through their Little Free Pantries, located throughout Eugene-Springfield, OR. This program brings neighborhoods together to help those who don't have the ability to drive long distances to get free food. Besides stocking microwavable foods, ready-to-eat foods, instant mashed potatoes, soups, mac-n-cheese, meats, peanut butter, cereals, canned fruits and vegetables, they also stock essential hygiene products, like toothbrushes and toothpaste, tampons, and bars of soap. Recently, someone even donated some Bombas socks.

There are now over 600 Little Free Pantries around the world. In Eugene, OR, Burrito Brigade began their Pantries program in August of 2018. Willamette High School's woodshop class builds the pantries, as do volunteers from the University of Oregon. Burrito Brigade provides the building materials. The various groups, individuals, and churches paint or decorate the pantries being placed on or near their properties. Our MCD took the idea of hosting a pantry to session for approval in early March, 2021. The idea received a unanimous "yes" vote from everyone on the Zoom meeting. I contacted Jennifer Denson immediately following that session meeting to place our order for a pantry. We received our pantry in early April, and on a drizzly, cool Saturday, April 10, our Church School Youth, with the added assistance of a couple of adults, painted and decorated our Little Free Pantry. (By the way, we have some very talented young artists!)



Central's Church School Youth decorated the Little Free Pantry

Then, on April 18, from 1-3 p.m., MCD hosted a "drive-by" event to collect donations for the pantry. We collected enough food to stock both our Little Free Pantry and the dedicated pantry inside the church that will be

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used to restock the outside pantry. Once again, our truly generous congregation and friends came out in strong support of the MCD event. We have hosted food drives and warm clothing drives several times during this COVID-19 pandemic. Even though we could not meet in person, we've been well-supported by so many of our congregation and friends who were willing to come out on a Sunday afternoon in their cars and masks and with a twinkle in their eyes (hard to see smiles under their masks, but the twinkle in their eyes said how much they cared). We have always included our Church School Youth in these "drive-by" events. They help with unloading food or clothing from the cars, organizing the tables inside the hallways, and assisting wherever needed. These events are intergenerational because, after all, "it does take a village."

Our Little Free Pantry has been in operation for about two months and is very successful. We are happy to help those in need in our neighborhood and be a witness to the glory of God. We are greatly blessed because He has surrounded us with a loving, caring, generous congregation that works together across the generations, young and young at heart, to serve God and our neighbors.



Little Free Pantry
"Take if you have need.
Leave if you have extra."

VIBRANT AND FAITHFUL AGING: LEGACIES ACROSS GENERATIONS

The National POAMN Conference for 2021 is going VIRTUAL!

SAVE THE DATE: October 26-28th, 2021

This conference is featuring our longtime friends Donna and Dennis Haines from Kansas, leading our music and worship. The Keynote Speaker is Missy Buchanan, from Texas. Seven Workshop leaders bring a wealth of knowledge, wisdom, and experience in addressing the many aspects associated with aging. They include Richard Morgan, Kendra Oglesbee, Jim Kirk, Carolyn Mitchell, Mary Currie, Stephanie Fritz, and others. More about our leaders and their workshop titles will be posted on the POAMN website soon. A theme in these workshops is Story Telling and its importance in cultural healing and across generations. Please watch our website poamn.org for updates.

The total cost for three days is only \$75.00, and if your time is limited you will be able to use the passcode issued only to paid registrants to go back and watch them at your leisure.

Lillian Rhudy and Adrienne Knight
POAMN Conference Committee Co-Chairs

*"It is in loving, not in being loved
The heart finds its quest;
It is in giving, not in getting
Our lives are blest."*

(Author Unknown)

MINISTERING THROUGH THE CHALLENGES AND GIFTS OF OLDER ADULTS OF HISPANIC HERITAGE

Webinar led by Rev. Ida Rosario on April 27th, 2021

Written by Tammy Warren | Presbyterian News Service

[Editor's NOTE: To help congregations prepare for Older Adult Week, POAMN presented three webinars as part of its Celebrating Longevity Around the World series. This article is about the second of those three webinars.]

POAMN's webinar on Tuesday, April 27th, 2021, was titled, "Ministering through the challenges and gifts of older adults of Hispanic heritage."

In the second of a three-part webinar series sponsored by POAMN, Rosario shared that some of these challenges have come about because grandparents, parents, and children are socialized to the norms of America to increasingly greater degrees in succeeding generations.

Rev. Ida Rosario has served as a commissioned lay pastor and an ordained minister of Word and Sacrament of Brentwood Presbyterian Church in the Presbytery of Long Island, New York, for 12 years. About a year before she joined the staff of BPC, Rosario was part of a group that worked to bring Primera Iglesia Presbiteriana Hispana, a Hispanic congregation of more recent immigrants, into partnership with Brentwood Presbyterian. The partnership between BPC and PIHP continues today. The Presbytery of Long Island, a Matthew 25 presbytery of the Presbyterian Church (U.S.A.), is committed to hunger relief, immigration ministries and youth outreach.



Rev. Ida Rosario

Rosario opened the webinar presentation with a bilingual prayer:

Almighty God,

Dios Todopoderoso,

We give you thanks for the beauty and gifts that are present in the diversity of your people.

Te damos gracias por la belleza y los dones que están presentes en la diversidad de tu gente.

Open our hearts and minds that we might know, understand, and love each other as Christ has loved us.

Abre nuestros corazones y mentes para que podamos conocernos, comprendernos y amarnos unos a otros como Cristo nos amó.

As we discuss the needs and contributions of older adults of Hispanic heritage, may your Holy Spirit minister to participants, that we might be united as one in love and ministry, through Jesus Christ our Lord.

Mientras discutimos las necesidades y contribuciones de los adultos mayores de la Herencia Hispana, permite que su Espíritu Santo ministre a los participantes para que podamos ser unido en amor y ministerio a través de Jesucristo nuestro Señor.

Amen

amén.

"Very often we think of Hispanics as being homogenized as one group," Rosario said, "but the distinctions are great."

According to a study by the Pew Research Center, as of 2018, Hispanic Americans included these origin groups: Mexican (60%), Puerto Rican (10%), Cuban (4%), Salvadoran (4%), Dominican (3.5%), Guatemalan (2.5%), Colombian (2%), Honduran (1.5%), Spaniard (1.5%), Ecuadorian (1%), Peruvian (1%), as well as many others.

In looking at the ratio of poverty by race and age, relative to total population, the U.S. Census Bureau reported

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in 2019 that the incidence of poverty for Black and Hispanic people was approximately twice that of the general population. These disparities were especially evident among children and adults 65 or older, according to the report.

Rosario discussed themes that are important to people of Hispanic heritage:

- Needs of “family”+ take precedence over individual needs
- Mutual respect and trust-building
- Respect for family hierarchy
- Emphasis on meeting current priority needs
- Maintaining spiritual connection

Hispanics are people of deep beliefs in God, prayer, and the possibility for there to be a real connection between the spiritual and the temporal in both positive and negative ways, said Rosario. “They do believe that God intervenes in answer to prayer. They also believe that there is a world of the spirit which includes angels that are serving at God’s direction. That there are good spirits and there are evil spirits.”

Regardless of which subgroup is being discussed, “family is of uttermost importance,” Rosario said. “You will find, quite frequently, that living arrangements are multigenerational — not just out of necessity, but out of choice. Within that arrangement, each one has a role to play, each one contributes to the well-being of the whole, and each one receives the benefits of all that is brought into that multigenerational living arrangement. It can be a source of great strength,” Rosario said.

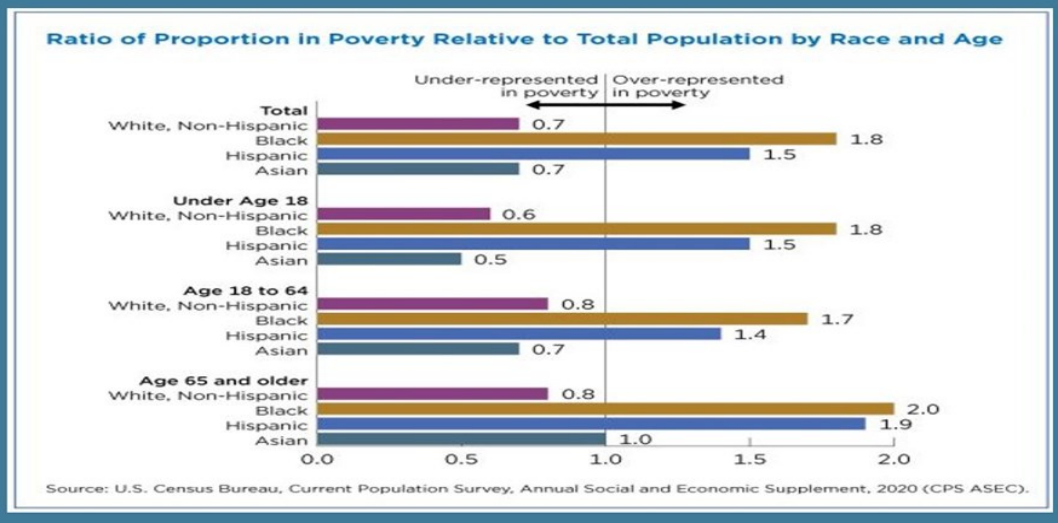
“Unfortunately, in this time of COVID, it [multigenerational family living] was a reality that put our Hispanic community very much at risk because of the fact that it is so easy to spread COVID when people are living in close quarters and when there is difficulty to separate and isolate,” Rosario said.

These multigenerational living arrangements do not limit themselves to a bloodline of family relatives, she added. “Yes, there is the grandmother and the parents and the children, but often there is an aunt or an uncle who is single, or maybe a widowed person who has no children, who is also brought into the family.” It’s what is known as “familia de crianza,” which means you are “family because you were raised together.”

“It is that willingness to integrate into your family someone who is not a blood relative, who may have an immediate need, and therefore is welcomed in,” Rosario said. “I experienced it when I left my grandparents’ home to join my mother and we entered into the world of poverty. But I also found a home that was opened to us within a Puerto Rican-Hispanic family of 10 children, a mother, and a father who was a minister in one of those storefront churches. They welcomed my mother and me, just as part of the family. That’s where I learned to speak Spanish and read and write all over again.”

How can we, as people of faith, minister to some of the needs of older Hispanic adults?

- **Provide communication in English and Spanish** It is also crucial to use trusted access points with



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which to deliver the communications, being respectful and sensitive to family structure/hierarchy/lines of authority.

- **Support Hispanic outreach ministries** By working together to have a presence in the community, outreach such as bilingual health fairs and workshops for senior adults can be offered, providing education and information about available resources.
- **Support mission churches and their leaders** By networking with other churches working directly to advocate for Hispanic families in the community, translation, transportation, financial assistance, health services, and other needs can be met.
- **Support the caregivers in the home** Caregivers need care, too. They may need training, help with money management/financial budgeting, help with insurance forms, and assistance in unraveling the complexity of government programs. They need support groups and assistance in connecting to resources. They need people to understand and encourage them through prayer and action. In 2018, 42% of money spent on caregiving was spent by Hispanic-Latino families, who comprised about one-quarter of all caregivers in the U.S. that year.
- **Support development and accessibility of community resources** Churches can become aware of resources available in the community and maintain a list of these resources and have them available, so that when those who trust you come and have a need, you can be the one to connect them to the resources they need, such as community health services.



“Because Hispanic Americans tend to stay in communities of their own culture, especially in the generations that have first come here, they are able to still appreciate the values, the celebrations, the customs that are theirs,” Rosario said. “But as you begin the acculturation process and you start moving toward ‘the dream,’ the American dream for which your parents and your grandparents and your ancestors have come here, sometimes part of that gets lost.”

Sometimes the effects of achieving the dream, of this upward mobility that is so wanted for the children, can leave these senior adults in a difficult place.

“Señora Lupe called our church. Her mother had died,” Rosario said. “She was alone, she had no children. Community had disappeared around her. She called and said, ‘Is there a church that cares?’ Luckily, we were able to, even though she lived only for a short period of time.”

“I pray that you might continue to have that open heart to be willing to discover who we are and how we can live together, care for each other, and receive the blessings that each of us brings to the family of God,” Rosario said.

[NOTE: A recording of “Ministering through the challenges and gifts of older adults of Hispanic heritage” webinar is available on the POAMN events web page.]

Reference:

<https://www.presbyterianmission.org/story/tag/celebrating-longevity-around-the-world/>

WHAT'S DONE WITH LOVE ...

by Quentin A. Holmes, Deacon, Central Presbyterian Church / Eugene, Oregon

Life is full of surprises that you don't see coming. However, somehow, we always seem to survive thanks to our three daughters: Beth (Bend, Oregon), "CJ" (New York City, New York), Margaret (Nashville, Tennessee), and our friends at church.

In mid-April, Jane had a routine mammogram that turned up two growths in her right breast. Additional diagnostic imaging revealed that it was Level 1 Cancer. On May 20th Jane had surgery - a mastectomy on her right side. Our oldest daughter, Beth, came over from Bend, Oregon, to help Jane and Yours Truly. Because of COVID-19 restrictions, only one person - the same person - could be with Jane in the hospital during a given 24-hour period. I was that person on the day of Jane's surgery, and Beth was there the next day.

I took Jane to the hospital and was with her while she checked in. However, because of COVID-19 restrictions, I was NOT allowed to remain during Jane's surgery. Hours later, following Jane's surgery, her surgeon left a terse message on our answering machine, "Everything went well. She's just waking up. This is Christine Kollmorgen, M.D."

The day after Jane's surgery, Beth's job was "to get Mom home from the hospital." It took hours and hours and hours, but Beth accomplished this.

Beth's staying with us after Jane came home from the hospital was really a great help. Cooking, cleaning, assisting Jane with a sponge bath and also a dry shampoo. The deacons from our church also were very helpful. Our deacon, Laurie Inglis, served as the point of contact with us. I kept Laurie informed of our daily progress, and she in turn flowed that information out to others in our church. Each day cards and more cards came in the mail from folks sending their prayers and kind thoughts.

Jane's recovery from the surgery has been amazing. Jane says she has no pain - and never has had any pain - from her surgery. From the start, Jane was able to move about using her walker. Except for a pair of medical devices hanging on her camisole, she dressed normally. One of those medical devices, a "Wound Vacuum," completed its duty in 7 days. The 2nd medical device, a "Drainage Vial," had to be emptied out, and the fluid measured and recorded, at least twice a day. That device completed its duty in 14 days.

Three days after Jane's surgery, Beth and I helped Jane go outside and water her many, many flowers. Beth used her smart phone to take a picture which she titled, "WELCOME HOME, MOM!" Then Beth had to return to her own busy, busy young family in Bend, Oregon.

Four days after Jane's surgery, Laurie Inglis came out and brought us a lovingly-prepared supper. What a royal repast:

- o Quiche with-1/2 fat Cream Cheese;
- o Eggplant Parmesan Casserole;
- o Fresh slices of Watermelon and Cantaloupe;
- o and Toasted Garlic Bread.

However, what Jane enjoyed the most was just being able to sit and chat with Laurie.



Welcome Home, Mom!

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Two days later another friend from church, Laura Mason, came out and brought us supper. Again, the meal was fine, but Jane having someone to chat with besides me was even better.

Jane and I both feel deeply loved and supported by everybody at Central during this unanticipated and very challenging experience. Jane and I are deeply grateful for all of their prayers and kind thoughts – they indeed made a difference!

Seven days after Jane's surgery, I went out in the woods for just about an hour. While I was away, Jane went outside, picked some of her roses, and created a bouquet. Jane was very pleased and proud of them!

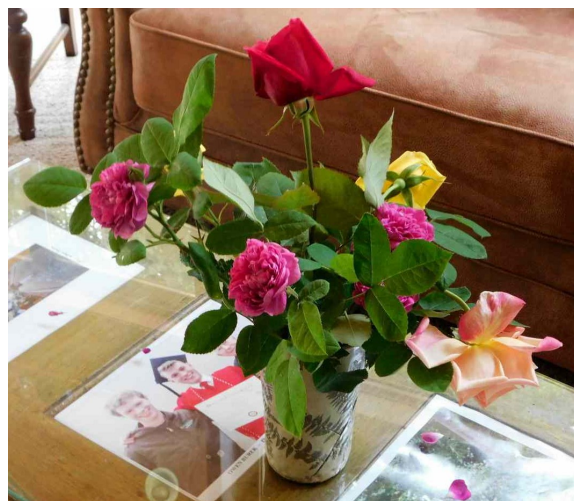
Eight days after Jane's surgery, Beth returned to our house to stay for the weekend. Truthfully, Jane did NOT think that she and I needed any help. However, Jane accepted Beth's offer to come and help because it is so much fun to have Beth here.

Three weeks after Jane's surgery, Jane had a "post-op" appointment with her surgeon. After carefully examining the results of Jane's surgery, Christine Kollmorgen, M.D., said, "Jane, YOU are doing great! You won't need any bandages or wrappings any more. I wish that all of my surgeries were this successful!"

We celebrated Jane's progress by getting both of us a delicious treat from Munchies Yogurt. The next morning Jane was able to take a relaxing shower with tons of flowing hot water. Afterwards Jane felt fresh and clean all over for the first time in weeks.

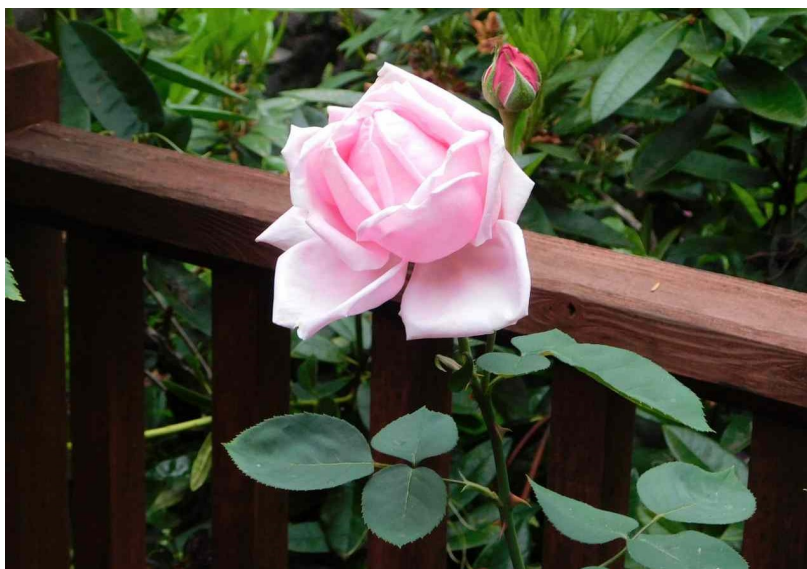
This Sunday, we plan to attend the in-person worship service at church. For Jane and I, this will be our first in-person worship service since COVID-19 broke out back in March of 2020.

Truly, "What's done with love is well done!"



Jane's Bouquet of Her Roses

A HERITAGE ROSE



"Madame Testout" Heritage Rose

Grown on a Cutting from a 100 year-old Rose Plant

(Contributed by Jane Holmes / Marcola, OR)

NINETY IS THE NEW 60 IN KOREAN CULTURE

A POAMN Webinar led by Rev. Dr. Jae Hong Kim on April 27th, 2021

Written by Tammy Warren | Presbyterian News Service

[Editor's NOTE: To help congregations prepare for Older Adult Week, POAMN presented three webinars as part of its Celebrating Longevity Around the World series. This article is about the third of those three webinars.]

POAMN's webinar on Tuesday, April 27th, 2021, was titled, "The blessing of longevity means moving beyond Celebration to Intergenerational Service," and featured speaker Rev. Dr. Jae Hong Kim, senior pastor of New Blessing Church in Duluth, Georgia.

Koreans certainly know how to throw a party, and with average life expectancy steadily increasing - rising from 61.9 in 1970 to 81.9 in 2020 - even more milestone birthday parties are expected in the years to come.

Estimates are that by 2026, nearly 21% of the population in South Korea will be older than 65, said the Rev. Dr. Jae Hong Kim, senior pastor of New Blessing Church in Duluth, Georgia. Kim presented the third and final "Celebrating Longevity Around the World" webinar, hosted by POAMN and the Presbyterian Mission Agency's Office of Christian Formation.

Years ago, Kim said, living to celebrate the big 4-0 or the big 5-0 used to be a goal. But these days many people in Korea and elsewhere are enjoying active, productive lives well into their 70s, 80s and beyond.

He highlighted a few milestone birthdays traditionally celebrated with big parties.

Koreans begin counting age in the womb, he said, so babies are already one year old at birth. The parties begin at a child's 100th day after birth (baek-il). This tradition dates from the days when infant mortality was a very concerning issue. Although no longer a problem, the 100-day party tradition continues.

- The 60th birthday (hwangap), actually celebrating the 61st year of life by Korean count, used to involve inviting huge crowds of people, all relatives, neighbors, and beggars in the village. The size of the hwangap party "represented the family's virtue and honor," Kim said. Not so today. Since life expectancy is rising, some people skip the hwangap party altogether, he said.
- The 70th birthday (gohui or chilsun), meaning "very rare thing from old times." It typically involves a smaller gathering, but is an exceptional event, especially for those who have skipped the hwangap party a decade earlier. The birthday honoree wears traditional Korean clothing.
- At 77 (Hee-Soo), which means "joyful age," another party takes place, typically just immediate family. It is so named because the number 77 looks like the word 'Hee' in Chinese letters, which means joy.
- The 80th birthday party (palsun) is typically a small gathering with family enjoying traditional Korean food, like rice cakes and seaweed soup.
- The next party takes place at age 88 (Mee-Soo), which also takes its name from the appearance of Chinese letters resembling 'Mee,' which means "rice."
- The 91st birthday party (Maang-Baek), refers to the fact that the person is heading toward 100.



The Rev. Dr. Jae Hong Kim

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- The 99th birthday party (Baek-Soo), implies the honoree is almost 100 years old. Baek sounds like the Chinese number 100, with the shape missing just one part.

Celebrating longevity through long-standing birthday traditions contributes to empowering members of the Korean American immigrant church spiritually for mission, Kim said. He previously ministered in the Korean Presbyterian Community Church of Atlanta (KCPC), which had more than 500 adults 65 and over. This diverse group of older adults took an active role in ministries for S.E.N.I.O.R.S.: Spirituality, Enrichment, Nurturing, Intergenerational, Outreach, Recreation, Service, particularly concentrating on missional strategies for the intergenerational service.



Korean Presbyterian Community Church of Atlanta

Since traditional Korean birthday celebrations were being scaled back to include fewer numbers of people, and since the buildings on the church campus had wear and tear issues, Kim encouraged older adults at KCPC to support repairs by donating some of the money they saved from their milestone birthday parties.

Just as Nehemiah the prophet rebuilt the walls of Jerusalem, the session at KCPC created the Nehemiah Fund to address special projects and make repairs. One project completed was the building of a canopy where guests and families with young children could park and enter the church and stay dry on rainy days.

“Church members are to live missional lives until we are called to heaven,” Kim said. “Think about how you will navigate the rest of your life focused on God’s purpose.” “Maan-Soo-Moo-Ghaang-Haa-Soh-Seoh”: May you live long.

[NOTE: A recording of “Ninety is the new 60 in Korean Culture” webinar is available on the POAMN events web page.]

Reference: <https://www.presbyterianmission.org/story/ninety-is-the-new-60-in-korean-culture/>



A LITTLE FLOWER

by Sam Cooke

*A little flower that blooms in May,
A lovely sunset at the end of a day,
Someone helping a stranger along the way,
That's heaven to me.*

- Sam Cooke

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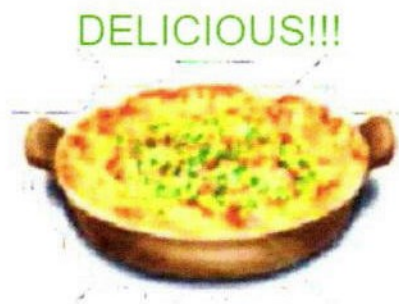
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LARA'S GRANDMA'S CHEESY POTATOES RECIPE*

by Lara Pauley / Solana Beach, California

- o 2 bags frozen hash brown cubed potatoes
- o 2 cans cream of "your favorite" soup
- o 16 oz sour cream
- o 1 medium onion, chopped
- o 2 cups shredded cheddar cheese
- o ½ cup melted butter
- o 2 cups corn flakes, crushed

- 1) Preheat oven to 350 degrees.
- 2) Grease 13x 9-inch casserole dish.
- 3) Mix together all ingredients except butter and corn flakes.
- 4) Pour into prepared dish.
- 5) Mix cornflakes and melted butter.
- 6) Sprinkle over casserole.
- 7) Cover with foil and bake for 60 minutes.
- 8) Uncover and bake an additional 5-10 minutes to brown and add a bit of crunch.



*This recipe is easily cut in half for a smaller casserole.

SERVE AND ENJOY!