

Resource Guide for Older Adult Ministries

ISSUE 67

2021 AUTUMN

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A MESSAGE FROM THE EDITOR

Good Morning from Oregon,

The theme of this issue of *PNN* is *And now faith, hope, and love abide*.

Four articles in this issue of *PNN* share insights on *And now faith, hope, and love abide*:

- "President's Reflections" by Pat Baker
- "MEMO from Membership" by Linda Rauenbuehler
- "Faith, Hope & Love Abide at Monte Vista Grove Homes" by Huw Christopher
- "Reflections and Transitions ... After COVID-19" by Kathleen Rankin

Other articles in this issue include:

- "POAMN 2021 National Conference" by Lillian Rhudy
- "Worship Leaders at the 2021 National Conference" by Dennis Haines, HR
- "Meet Your Deacon Sunday during COVID-19" by Quentin Holmes
- "How I Found POAMN," an interview with Adrienne Knight
- "Care for the Caregiver" by Cindy Wright
- "All are Welcome Mural" by Quentin Holmes

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 Holiday issue will be "*I am the vine, you are the branches*." Deadline for manuscripts is December 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

*Never doubt that a small group of thoughtful,
committed, citizens can change the world.
Indeed, it is the only thing that ever has.*

(Margaret Mead)



POAMN President
Pat Baker with "Sassyfrass"

POAMN PRESIDENT'S REFLECTION

I pray everyone is well and enjoying the last days of summer as we move into the fall of 2021. Georgia is finally seeing some cooler weather and my morning walks are close to being pleasant.

The theme for this Autumn Issue is, *And now faith, hope, and love abide*. I know the themes are picked months in advance, but our editor, Quentin Holmes, seems to have a sixth sense about topics and they always relate perfectly with what is going on in the world of older adult ministry.

Almost 40 years ago a small group of Presbyterians started thinking about putting together a network of individuals from all over the PC(USA) to explore older adult ministry in our congregations. I was lucky enough to join that small group early on in the planning. We had *faith* that there was work to be done on behalf of our older members, *hope* that the denomination, synods, presbyteries, and local congregations would see this ministry as an important part of PC(USA), and *love* of the vast

numbers of older congregants who often felt overlooked in the ministry of their local churches.

POAMN has advocated, mentored, educated, developed, shared resources, and trained leaders by raising awareness around issues facing aging adults and those who serve those aging adults, all in a covenant relationship with the Presbyterian Mission Agency of the Presbyterian Church (U.S.A.).

To fulfill our goals and remain a vibrant part of congregations, **POAMN needs your help!** Becoming a member of POAMN is part of that and you'll find another article in this issue about the importance of membership and its benefits. Another thing I'd like each of you to consider is how you can become a more active member of POAMN by accepting a position as an officer on the board of directors.

We're looking for a few good folks who are willing to share their talents of administration, planning, and organizing to be considered for our board of directors. Please check out the POAMN.org website under "Who We Are - Officers" and click on the box "Become an Officer". If you'd like more information, please do not hesitate to contact me. I can answer your questions and give you more details. pat@sapctucker.org or 678-438-3673. With the help of caring individuals like you, who feel called to minister *to, for, and with older adults*, faith, hope, and love can abide as we serve members of the church in their later years.

Please check out information on the up-coming virtual conference October 26-28 at POAMN.org. We've planned an excellent conference with Keynotes from Missy Buchanan, worship, and workshops covering a wide variety of topics, from *Friendship: Medicine for the Soul* with Kendra Oglesbee to *Rituals for the Last Third of Life* with Mary Currie and many more.

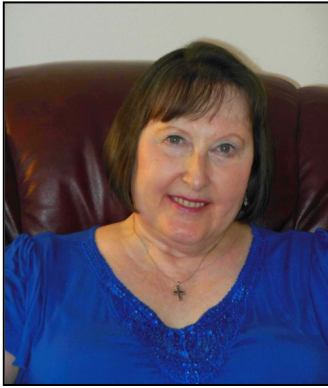
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*I alone cannot change the world,
but I can cast a stone across the waters
to create many ripples.*

(Mother Teresa)



Linda Rauenbuehler
Membership Committee Chair

MEMO FROM MEMBERSHIP

"And now faith, hope, and love abide" is the theme of this issue of POAMN Network News. Faith is an assurance from God that his promises will never fail. Hope is to trust in something beneficial that could happen in the future, and love brings meaning to our lives and guides us in a positive light.

I am so grateful that I found POAMN seven years ago. It has been an avenue for me to experience faith, hope, and love as I network with others all around the country who also work with, and advocate for, older adults.

POAMN has offered leadership development and education for almost 40 years. There are numerous benefits to being a member of POAMN. Members receive our newsletter 5 times a year plus our popular Older Adult Ministries Planning Guide each year. Members can register for our annual conference at the membership rate. Regional conferences are also offered. We partner with The Center for Lifelong Learning at Columbia Theological Seminary to offer a Certificate of Older Adult Ministry. Grants and scholarships are available help fund innovative ideas for older adult ministry or to attend conferences.

The past year-and-a-half has not been easy for POAMN, and we need your help to remain vibrant and continue providing resources. We pick up many of our new members at our in-person regional and annual conferences. Since we have not had an in-person conference in two years, we have not gotten as many new members as usual. We implore you to please renew your membership for 2022 and to encourage those you work with, as you serve older adults, to join POAMN. The participants who attend the virtual annual meeting on October 26-28, 2021, will have a chance to join or renew for 2022 at the ½ price rate. I've already taken advantage of this opportunity and I hope you will also!

What can you do to help?

1. Please visit our website at poamn.org to see all that POAMN has to offer.
2. Please register for the 2021 National Conference (virtual) and attend the 3-day event on October 26-28.
3. Please use the opportunity, when you register, to join or renew your membership for 2022 at the special discounted conference rate.
4. Please submit articles to the PNN or write a Quicksheet so your successful ideas can be passed on to others.
5. Please consider serving on one of our committees and/or serving on the POAMN Executive Board.
6. Please consider earning a Certificate of Older Adult Ministry through our collaboration with Columbia Seminary in Decatur, Georgia. Information can be found by going to Columbia Theological Seminary's website and looking under Lifelong Learning.

I have FAITH that God continues to lead me where he needs me to be each day in my job as Director of Congregational Care at my church and as Membership Chair for POAMN. I have HOPE that God is guiding each of us through this difficult time of many challenges, and it is LOVE that makes living each day to its fullest worthwhile.

Respectfully submitted,

Linda Rauenbuehler

POAMN Membership Chair

HOW I FOUND POAMN

Based on a “Zoom” interview with Adrienne Knight/ Bowie, MD

[Editor’s NOTE: Adrienne Knight currently serves as Co-Chair of the POAMN Conference Planning Committee.]

Adrienne, where were you born? “I am a military child. I was born at Ft. Meade in Anne Arundel County in Maryland.”

Where did you grow up? “When I was three years old, my father got stationed in Orleans, France, and our whole family moved there. When you are just a kid, you learn whatever language is being spoken around you. So, I learned to speak French and became quite good at it. Later, around age 6, when my family moved back to the USA, I didn’t have anybody to speak French with so I learned to speak English. When we moved to France, my brother and I were all that my parents had. But, while we were in France, my parents adopted a pair of young twins – so we went over as a family of four and came back as a family of six.”



Adrienne Knight

Was there a particular person who greatly inspired you as you were growing up? That would be my neighbor, Mr. Thomas Wilson. He lived right behind us and we would meet and talk along their fence. Mr. and Mrs. Wilson didn’t have any children of their own. When I was 10, I told them I wanted them to be my Godparents. I became their little girl, and they took me to church –a Methodist church just down the street. My mother always told me, ‘Your church, your school, and your home should all be close by so you can take an active part.’” I feel equally at home in a Methodist church or in a Presbyterian church.

How would you describe yourself? “I tell people that I’m a Senior-in-Training. I did NOT want to wait until I was a Senior to understand what older adults in my congregation are good at and enjoy doing.”

How did you find POAMN? In 2010, POAMN had its National Conference in Orlando, Florida. Two ladies from my church in Baltimore, Maryland – Elizabeth Day and Alberta Hughes Smith – helped out with that POAMN Conference. Elizabeth Day was one of the musicians; she played her recorder, along with Rev. Jon Brown on a guitar. Elizabeth and Alberta had no idea that I was going to that conference. When I showed up, it took them totally by surprise. They asked me, ‘Adrienne, what are you doing here?’ I told them I wanted to find out about becoming a senior. At that National Conference I not only learned about older adults, I also learned about folks who cared for older adults – they reminded me of my own grandparents. I initially expected POAMN to be more of a social organization, but I discovered that POAMN is more educational than social. I have learned that in order to be effective in the church of today, you have to be willing to think outside of the box.”

Adrienne, what is your title in your local church? “My official job title is ‘Media/Worship Lead Person.’ In reality, I serve as liaison to every other committee in our congregation because my mind is always thinking ahead in time. If something new and different needs to get done, folks usually ask me to help do it. I really enjoy helping others accomplish new things.”

Adrienne Knight is a special person. Her mind is always thinking way, way off in the future to stave off potential problems BEFORE they occur. POAMN is indeed blessed to have Adrienne Knight –“A Senior-in-Training”— on its Executive Committee!



POAMN'S 2021 NATIONAL VIRTUAL CONFERENCE



YES, HURRY, THERE IS STILL TIME TO SIGN UP FOR THIS AMAZING CONFERENCE - October 26th-28th!

"Even to your old age and gray hairs I am He, I am He who will sustain you"
(Isaiah 46:4a)

Vibrant & Faithful Aging: Legacies Across Generations

POAMN in partnership with the Office of Christian Formation, Presbyterian Mission Agency, PCUSA, is working with the production company GNTV Media Ministry to offer our National Conference. This virtual conference begins on Tuesday, Oct. 26th at 3:00 p.m. EDT, and ends at 7:45 p.m. EDT. **Missy Buchanan**, our keynote speaker, hails from Rockwall, TX. She is an internationally recognized author of several books, and speaker on issues of aging faithfully, drawing from her personal experience as a caregiver for her own aging parents. The title of her first keynote is **SEIZE THE SEASON**: How older adults can use their later years to build a bridge to younger generations. On Wednesday, the title of her second keynote is **FROM RHETORIC TO REALITY**: Impacting younger generations by taking action to create life-changing legacies.



Our worship and music leaders are **Rev. Dennis and Mrs. Donna Haines**, a dynamic duo from Independence, MO, who both recently turned 80 years old! This team will bring inspiration and praise to the worship experience of this year's conference. Their themes are: **Coming out of the Wilderness, Wandering and Waiting: Building Faith, Bringing Hope and Sharing Love**. Dennis and Donna have enjoyed a lifelong journey of ministry, serving churches and leading retreats, and in retirement, they find their journey of ministry continuing to unfold. Dennis and Donna were active in the Association of Retired Ministers, Their Spouses or Survivors (ARMSS) for over 15 years. They are longtime friends of POAMN, having joined ARMSS and POAMN together to plan and hold six joint national conferences. Their mission together is to serve Jesus Christ as Lord and Savior. Communion will be offered during the worship service on Thursday, so please bring your own elements.

On Wednesday and Thursday, the conference begins at noon EDT and ends around 8:30 p.m. EDT. Over the course of the three days, eight workshops will offer some outstanding and timely topics led by inspiring leaders. They include the following:

- ***Go into All the World: Partnering with Presbyterian Disaster Assistance to Make a Difference*** - Jim Kirk.
- ***Remembering Your Story*** - Dr. Richard L. Morgan.
- ***Friendship: Medicine for the Soul*** - Kendra Oglesbee.
- ***Preserving One's Legacy Through Photography*** - Mary McGuire.
- ***Continuing Help Remotely for Older Adults*** - a panel discussion led by Stephanie Fritz.
- ***Help, I'm Afraid to Die*** - Carolyn Mitchell.
- ***Prayers & Rituals for the Last Third of Life*** - Mary Currie
- ***Spirituality: A Vital Element That Binds All Generations*** - Chris Pomfret.

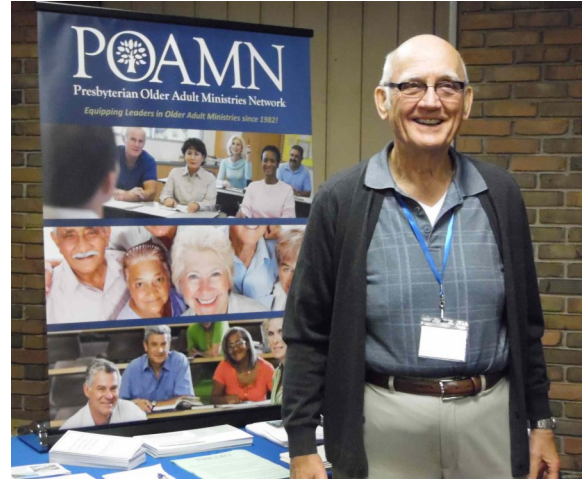
In addition, POAMN will hold a virtual 2021 Annual Business Meeting.

The cost for three days is **only \$75.00**. If you find some of these times overlap other plans, as a paid registrant you will be able to go to a conference website and watch them at your convenience. In addition, books by Dr. Richard L. Morgan and Missy Buchanan are available at a reduced cost when you register online, and a surprise gift will be mailed to all who register for this conference. Register today at poamn.org!

THE WORSHIP LEADERS AT POAMN 2021 NATIONAL CONFERENCE

Rev. Dennis J. Haines HR and Mrs. Donna Haines will be serving as our Worship Leaders for POAMN's 2021 National Conference.

Dennis and Donna met at the University of Dubuque where they both graduated together in 1963 with BA Degrees. Dennis went on to Pittsburgh Theological Seminary and graduated in 1966 with a Masters of Divinity. During this time, Donna worked as a Director of Christian Education in several churches. Ordained in May of 1966, Dennis and Donna began a lifelong journey of ministry, serving churches, leading retreats, and in retirement they find their journey of ministry is still unfolding. Dennis and Donna were active in the Association of Retired Ministers, Spouses and Survivors (ARMSS) for over 15 years with Donna planning several of the National Conferences. Dennis and Donna both enjoyed the joint conferences between POAMN and ARMSS. Dennis is a pastor/preacher of some 55 years and counting - with Donna as his partner. They've been married for 59 years. Donna supports ministry with her musical talents and caring disposition. The team will bring inspiration and praise to the worship experience at this year's conference. Building Faith, Bringing Hope and Sharing Love - it's their mission together to serve Jesus Christ as Lord and Savior. Be prepared to experience this dynamic duo!



Rev. Dennis Haines, HR
at the 2016 POAMN National Conference

FAITH, HOPE AND LOVE ABIDE AT MONTE VISTA GROVE HOMES IN PASADENA, CALIFORNIA

by Huw Christopher, HR / Pasadena, California

[Editor's Note: Huw Christopher is a retired Presbyterian pastor who served congregations in Washington, Kinston, and Wrightsville Beach, North Carolina and in Marianna, Florida, before retiring to Southern California. Since December, 2014, he has been a resident at Monte Vista Grove Homes in Pasadena, California.]

"And now, faith, hope, and love abide." When I read the theme for this Autumn issue of the POAMN newsletter, my thoughts went to the words of Bishop Michael Curry in his book, "Love is the Way," where he said, "I've officiated more than a few weddings in forty years as a preacher. In the course of preparing couples for marriage and for the actual wedding, I ask them to select a passage of scripture to be read in the service. Nine times out of ten they choose 1 Corinthians 13, St. Paul's great guidelines for love. I've almost gotten them memorized by now. They're famous enough that you might have, too." As a retired Presbyterian pastor, I can identify with Bishop Curry's experience. These words were not read when Rachel and I were married at the Waldensian Presbyterian Church in Valdese, North Carolina, on June 11, 1972, but they were certainly a very meaningful part of our lives as a married couple.

Other words that had become significant to us following Rachel's diagnosis with breast cancer in April, 2018, were spoken by the facilitators of a couples' support group for cancer patients and their spouses at the City of Hope in Duarte, California. As the various facilitators began each support group meeting, they would remind everyone that when they entered into their relationships as couples, they knew that one day it would come to an end. The familiar words of the marriage vows, "as long as we both shall live," remind people that as these

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words of Paul are read at a marriage ceremony, the couple are being asked to remember those things that will abide – faith, hope and love – even when the marriage relationship may have ended because of the death of one partner. I have become even more conscious of this truth since the death of my wife, Rachel, on February 10, 2021.

At the same time, I have had an opportunity to reflect on what helps to keep the truth of Paul's words alive for someone even after the death of their spouse. For me, it has been the way in which Rachel and I had expressed our love for one another by planning for a time when those concluding words of our marriage vows would become a reality. Facing some of these questions may have been easier for us because I was a Presbyterian pastor and we were living in a manse, rather than our own home. We often joked that when I retired, we would be homeless! This reality caused us to have to plan for our later years. While hoping for many, many years of retirement to enjoy together, we were also conscious of the probability that one day we would have to face one of us being left alone. Over the years, we had seen many such situations. We had also seen how such situations were often much easier when a couple had moved into a continuing care community prior to the death of one spouse. As a result, we started to plan towards such an opportunity as I looked to retirement.

As we began our research, we were living in Wrightsville Beach, North Carolina. Subsequently, we moved to Marianna, Florida, for the final eight years of my ministry. This allowed us to become acquainted with continuing care communities, especially the Presbyterian ones, in both of these states. At the same time, our son had moved to Southern California and visits with him gave us an opportunity to get to know Presbyterian retirement communities in that area.

As we began our planning, never in our wildest dreams did we anticipate that our lives would be as blessed as they have been since moving to Monte Vista Grove Homes in Pasadena, California, a very unique Presbyterian Life Plan community which has sought to provide support, especially for Presbyterian Church (U.S.A.) workers in their later years, since 1924.

Here at Monte Vista Grove Homes (MVGH) we have seen the truth of Paul's words lived out. Our faith has been encouraged and expanded as we have listened to the stories of those who have served God in so many parts of the world. Besides the opportunities to worship in a variety of local congregations, weekly prayer groups, convocations, and conversations at meals have helped us to appreciate more what the faith - that has been so important to both of us all of our lives - has meant to others in so many different places. At the same time, we have had the opportunity to continue putting our faith into practice with many volunteer opportunities to serve others both here on our campus and through local churches and presbyteries.



Main Entrance to Monte Vista Grove Homes

I am not sure what we listed as things for which we might hope in our retirement years. However, MVGH has exceeded our expectations in terms of good meals, a beautiful well-maintained campus with a wellness center, swimming pool, beauty salon, book and video library, as well as a variety of meeting rooms for groups of dif-

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ferent sizes. Their campus is set in a good neighborhood with safe walking areas giving easy access to shopping, banks, post office, and restaurants, as well as pleasant weather year-round. Rachael and I appreciated the security of being able to leave our unit for brief or extended periods of time, knowing that our mail and newspapers would be picked up, the lawn would be cut, and staff and neighbors would be keeping an eye on everything for us. We felt comfortable knowing that, as need might arise, there were call bells in our unit linked directly to our health center, and if more help was needed, there were many excellent hospitals not far away. When we moved here, we never anticipated the Covid-19 pandemic. The MVGH staff has certainly exceeded anything we could have hoped for in the face of such difficult times.

Rachel and I came to MVGH knowing very few people. We soon came to know that love abides both from the caring staff and from our fellow residents. I feel confident that Rachel died in peace, knowing that I was settled in such a loving, caring community. Soon after Rachel passed away, I was asked whether I was thinking about moving. My response was that one of the main reasons we came here was that when one of us was left on our own, that person would already be settled in a loving, supportive community where he or she was already known. Moreover, if needed in the future, an assisted living, a memory care, and a health center were all available right here, with staff ready to assist with any move that might be needed. Certainly, going through grief following the death of a loved one after over 48 years of marriage can be a very lonely experience, but that loneliness has been eased by being in a community where love abides.



Koi Pond at MVGH

I came to MVGH having originally grown up in Wales, United Kingdom, where I had attended a Baptist Church and received my initial theological training at the South Wales Baptist College. Rachel came out of her Waldensian background in the town of Valdese in North Carolina. Yet in this place where “love abides” we felt welcomed and accepted. As a member of the Diversity Task Force established by the Board of Trustees, I look forward to enabling more Presbyterian Church (U.S.A.) workers, with perhaps even more diverse backgrounds than Rachel and myself, to experience this community where “loves abides.”

If MVGH sounds too good to be true, I invite you to check out their website at www.mvgh.org and perhaps even come for a visit. Even if Monte Vista Grove Homes in Pasadena, CA, may not be for you, I hope that my reflections on how Rachel and I have experienced here the truth of Paul’s words, “and now faith, hope and love abide,” will challenge you to look for a place for your older years where these words are being lived out.

*Gratitude derives from a characteristic of the soul:
it is the most fertile land we can cultivate within ourselves,
it is the key to making sense and seeing the value of the miracle of life to which we are witness.
Gratitude is itself a prayer, being grace multiplied by grace.
I believe that gratitude is the fruit of an awareness we must tend and expand every day:
let us be aware of the beauty around us,
of everything we have, that we may exude grace.*

(Andrea Bocelli)

REFLECTIONS AND TRANSITIONS... AFTER COVID-19

by Kathleen H. Rankin, Grosse Ile Presbyterian Church / Grosse Ile, MI

I brought you this far; why would you doubt me?
 You don't know what you can yet do.
 I know and I will show you, gently.
 You have gifts you don't know.
 I know them.



You are surrounded by people who love you.
 You should know them. I'll give you time to know them better.
 You have untapped skills. I'll show you how to use them.
 I'll give you a year of change and challenge, but you will look back and marvel at what you've done that you didn't think you could do ... or ever thought you'd have to do.

The year will be here and gone before you can think about it. And just when you become accustomed to it, I will challenge you again ... to emerge and resume and reconnect with the people and places that you used to know so well.

You learned to mask and distance and Zoom ... words that were meaningless a year ago.
 Now they have lifesaving status.
 I brought you this far; why would you doubt me for tomorrow?

MEET YOUR DEACON SUNDAY

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

"Your Deacon is someone who cares for you."

(Joan McCormick / Member of Central)

Each spring, the terms of some of Central's ten deacons expire and new deacons are elected by the congregation to take up the role of caring for our members. Traditionally, we hold *Meet Your Deacon Sunday* on the 2nd Sunday in September. This is a gala event in Fellowship Hall following worship. It provides an opportunity for each deacon to meet, greet, and get to know members of their flocks, and vice-versa.

As with many churches, the COVID-19 pandemic over the past 18 months has been a challenging time for Central Presbyterian Church. The average age of Central's members/friends is around 63, with a number of our elderly members having underlying health issues. When the number of COVID-19 cases ramped up in April 2020, Central began holding worship services online. Many months later, in May 2021, Central changed to a hybrid format for worship services (i.e., in-person for those who feel comfortable coming to our church building, with online worship services via "Vimeo" for the many members/friends who do not). During July 2021 the daily number of new cases of COVID-19 in our county dropped down. By then, in-person worship attendance was around 30% of our members, with attendance gradually increasing. Everyone simply assumed that church activities would be "back to normal" by the start of fall. In particular, the pastoral care activities of Central's Board of Deacons.

A lot of planning went into this year's *Meet Your Deacon Sunday*:

1. A Room Setup Form was submitted for Sunday, September 12th;
2. Articles were written for the September newsletter and for the August 29th, September 5th, and 12th

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Church Bulletins;

3. Table decorations were carefully planned;
4. A Rolling Bulletin Board with each deacon's photograph and their Flock List was created.

Alas, nearly 40% of adults in our county have consciously chosen NOT to get vaccinated against COVID-19. In August 2021 the number of new cases of COVID-19 in our county began increasing rapidly due to the Delta Variant of COVID-19. (In our county right now, unvaccinated people account for 90% of COVID hospitalizations.) By September, the daily number of new cases of COVID-19 had become more than triple what it was during the COVID-19 peak in the spring of 2021!

With the daily number of new cases of COVID-19 continuing to soar, the Governor of Oregon announced new social distancing mandates to stem the outbreak. We knew that we wanted to hold *Meet Your Deacon Sunday*, but not every deacon felt comfortable doing this. So, we told each deacon,

"We are all living through an uncharted era. Thank you for expressing your concerns about the risk of spreading COVID-19.

Central's Building Use Task Force, Session, and Pastor Jennifer Martin are keeping close tabs on COVID-19 guidelines from the Governor of Oregon. Central is currently having in-person worship for those members/friends who are O.K. with coming to church in person. *Meet Your Deacon Sunday*, like other church activities, is being held in accordance with their guidance; not everyone is expected to come to it.

Please feel free to participate, or not participate, in *Meet Your Deacon Sunday* in accord with your own personal feelings."

Thus it was, that on Sunday, September 12th, seven of Central's ten deacons played host for *Meet Your Deacon Sunday*. Nearly 45% of Central's members came to church that day, and many of them stopped by Fellowship Hall after worship. This was the very first Sunday in months and months when people actually sat down together and visited with one another. Folks who chose to come had a heartwarming and uplifting experience in the midst of everyone's concern about the high number of new COVID-19 cases.

I now have to make five new name tags for people who asked to have a Central name tag following this event. Praise be to God!



A Typical Table at "Meet Your Deacon Sunday"

*The days of our life are seventy years,
or perhaps eighty, if we are strong...
So teach us to count our days
that we may gain a wise heart.*

(Psalm 90:10, 12)

CARE FOR THE CAREGIVER: 10 TIPS FOR YOU

from Cindy Wright / Solana Beach, California

1. Take charge of your life. Remember that the health condition of the person you care for need not always take center stage.
2. Be good to yourself. Love, honor, and value yourself. Caregiving is a hard job; you deserve time just for you.
3. Watch for signs of depression and seek professional help when you need it.
4. Accept the offer of others to help and suggest specific things they can do.
5. Educate yourself about the health condition of the person you care for. Information is empowering.
6. Trust your instincts. Usually they will lead you in the right direction.
7. Know the difference between caring and doing. Be open to technologies and ideas that promote your loved one's independence and make your job easier.
8. Grieve for your losses; then allow yourself to dream new dreams.
9. Stand up for your rights as a caregiver and as a citizen.
10. Seek support from other caregivers. There is strength in knowing that you are not alone.



SOLANA BEACH PRESBYTERIAN CHURCH

"God is just and will not forget your work and the love you have shown as you have helped others and continue to help them."

Hebrews 6:10 (Paraphrased)

A MURAL FOR CENTRAL'S BUILDING

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

Throughout its 100-year history, Central Presbyterian Church has always taken an active role in social-justice issues. In 1956 the church relocated to a $\frac{3}{4}$ -block lot not far from the University of Oregon Campus so that it could more effectively serve students attending college. In April of 2021 the Ministry of Christian Discipleship Team brought a proposal to session for creating a large mural on the outside wall of Fellowship Hall. Each day hundreds of people drive by this side of the church. The theme of the mural would be "All are Welcome!" It would reflect our response to current social issues laid bare by the murder of George Floyd in Minneapolis, MN.

Session approved the project. A local artist, Kylie Nelson, was hired to create several possible designs. The congregation was asked to provide feedback on the different mural designs. After much discussion, the mural design was finalized.

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An article appearing in Central's Newsletter for July 2021 read,

*Now that the weather is warm and dry, it's time to begin our mural. **We need lots of volunteers of all ages.** Besides painting, there will be many ways to help and we need you to come and support this effort. Call the church to sign up. No skill required. Our muralist, Kylie Nelson, will be in charge and give us lots of guidance and support.*



Final Mural Design

We also need more funds to complete this project. The remainder of the project will cost between \$2,000 and \$4,000. While we have some monies set aside for similar projects, we can use your help. The start date will be set as soon as we have volunteers. Kylie will outline the drawing for us and we will do most of the painting. Actual work will, of course, be dependent on weather and the availability of tools (such as a lift). So, keep your eye on your email and be ready to join the fun.

In mid-July the following e-mail was sent out to each of our members,

UPDATE ON MURAL

2-4 volunteers each night would probably be good, especially if they understand basic color theory (a lot of painting on the bottom half will involve shading and color mixing) and/or like being on tall ladders/the lift. But any volunteers will be great!

- 7/15 - **No volunteers needed**
- 7/16 - 5:30-7pm volunteers needed
- 7/17 - 4-6pm volunteers needed
- 7/18 - 2:30-4:30pm volunteers needed
- 7/19 - **No volunteers needed**
- 7/20 - 5:30-7pm volunteers needed
- 7/21 - 5:30-7pm volunteers needed
- 7/22 - 5:30-7pm volunteers needed
- 7/23 - **No volunteers needed**

Central's long awaited mural was completed in late August, and the mural was dedicated following worship on Sunday, August 29th, 2021. The mural is certainly a good first step in reminding folks that Central Presbyterian Church is here, and all are welcome. Many of our members have pointed out that it has started conversations with neighbors and friends about the church. The new mural is providing an opportunity to share the story of Central, and turn that into an invitation for those who are looking for a community of faith.



Mural on the East Side of Central Presbyterian Church

MEMBERSHIP FOR 2021

Membership fees for 2021 are now being accepted.

INDIVIDUAL MEMBERS

Burnetta Armour Cleveland, GA	Donna Enersen Lafayette, IN	Leta Kopp Silver Spring, MD	Michael & Deborah Reynolds Grosse Ile, MI
Steve Aschmann & Carol Benson Asheville, NC	Sarah Erickson Stone Mountain, GA	Jim & Kay Layman Montreat, NC	Ralph & Lillian Rhudy Richmond, VA
Pat Baker Lilburn, GA	Mike & Lynn Fonfara Beverly Hills, FL	Marie Martin Gibsonville, NC	Marty Richards Port Townsend, WA
Diane Baldwin Louisville, KY	Gretchen Hammeke Rockford, IL	Avys Massey High Point, NC	Rose Marie Ridgway Silver Spring, MD
Brenda Barnes North Huntingdon, PA	John Hart Columbia, SC	Beecher Mathes Athens, GA	Nancy Sanders Gaithersburg, MD
June Begany Mayfield Heights, OH	Norman Hatter Dunedin, FL	Donna McDaid Milford, NJ	Phyllis Sanders Lexington, SC
Dwane Bell Maryville, TN	Michele & Dale Hendrix New Braunfels, TX	Lauren McFeaters Princeton, NJ	Kitch Shatzer Washington, IA
Pepe Bowman & Royal Westerfield Fayetteville, GA	Jan Holmes Grosse Ile, MI	Jan McGilliard Blacksburg, VA	Marvin & JoAnn Simmers Avondale Estates, GA
Hope Brockway Boca Raton, FL	Quentin & Jane Holmes Marcola, OR	Evi Melberg Rockville, MD	Anne & Greg Tarbutton Blowing Rock, NC
Mike & Sheryl Campbell Sun City, AZ	Rita Hooper Fulton, NY	Janet & John Miller Dayton, OH	Beverly Thompson Black Mountain, NC
Donald Carlin Philadelphia, PA	James Horn Blue Bell, PA	Sandy Miller Maryville, TN	Millicent Thomson Fayetteville, GA
David Coles Houston, TX	Jim & Almeda Huffaker Lynn Haven, FL	SarahLee Morris Lubbock, TX	Lynne & Rick Trout Delanco, NJ
Carol Cooper Richland, MI	Barbara Hughes Mechanicsburg, PA	Helen Morrison Grosse Ile, MI	Linda Turner Reno, NV
Ron Cowgill & Valerie Hershberger Loveland, OH	Susan Hurst Grosse Ile, MI	Jean Myles Reno, NV	Annabelle Wells Kearney, NE
Lisa Cross Suffolk, AL	Bob Inskeep Raleigh, NC	Ginny Nyhuis Oostburg, WI	Tracy Williams West Columbia, TX
Mary Currie Houston, TX	Bill & Joyce Johnson Palm Desert, CA	Christopher Pomfret New Orleans, LA	Anne Wright Grosse Ile, MI
Glenda Denny Sumter, SC	Patrick Johnson Asheville, NC	Paul Rader Chattanooga, TN	Dianna Wright Louisville, KY
Bettye Dixie Huntsville, AL	Grace Karschner Ft. Washington, PA	Linda & Ted Rauenbuehler Henderson, NV	Bill & Bette Young Lower Gwynedd, PA
Juanita Eldridge Westfield, NC	Debbie Keller Riverside, CA	Montie Redenius Grinnell, IA	Desiree Youngblood Pickerington, OH
	Adrienne Knight Bowie, MD	Zeena Regis Decatur, GA	
	Dean & Sandie Kokjer Springfield, OR	Barbara Renton Ellicott City, MD	

(Continued on page 14)

MEMBERSHIP FOR 2021

(Continued from page 13)

AFFILIATE MEMBERS

Marvin Bergman
Seward, NE

Nancy Clark
Nile, MI

Mary Cottingham
Kingstree SC

Barbara Floryshak
Malta, NY

Joyce Hetzler
Bay City, MI

Carrie Macaluso
Loganville, GA

Amy Petré-Hill
Aurora, CO

Tom Wilbanks
Dallas, TX

ORGANIZATIONAL MEMBERS

Bethel Presbyterian Church
Philadelphia, PA

Central Presbyterian
Church
Eugene, OR

Community Presbyterian
Pinehurst, NC

Faith Presbyterian Church
Sun City, AZ

First Presbyterian Church
Elizabethtown, KY

First Presbyterian Church
Greenville, NC

First Presbyterian Church
Turlock, CA

First Presbyterian Church
Vero Beach, FL

Green Valley
Presbyterian Church
Henderson, NV

Grosse Ile
Presbyterian Church
Grosse Ile, MI

Ingleside
Rockville, MD

Mount Pleasant
Presbyterian Church
Mount Pleasant, SC

Monte Vista Grove Homes
Pasadena, CA

Office of Christian
Formation, Presbyterian
Mission Agency
Louisville, KY

Point Loma Community
Presbyterian Church
San Diego, CA

Presbyterian
Association of Homes &
Services for the Aging
Roseville, MN

Presbyterian Communities
of South Carolina
Columbia, SC

Presbyterian Homes &
Services
Roseville, MN

Presbyterian Manors of
Mid-America, Inc.
Wichita, KS

Presbyterian Senior Living
Dillsburg, PA

Presbyterian Villages of
Michigan
Southfield, MI

Presbytery of Philadelphia
Philadelphia, PA

Presbytery of
Scioto Valley
Columbus, OH

Solana Beach
Presbyterian Church
Solana Beach, CA

St. Andrew Community
Presbyterian Church
Indio, CA

St. Andrew's
Presbyterian Church
Tucker, GA

United Presbyterian &
Reformed Adult Ministries
Flushing, NY

Thank you to those who have
joined POAMN for 2021!

MEMBERSHIP FOR 2022

INDIVIDUAL MEMBERS

Burnetta Armour
Cleveland, GA

Steve Aschmann &
Carol Benson
Asheville, NC

Pat Baker
Lilburn, GA

Susan Blank
Jeannette, PA

Pepe Bowman &
Royal Westerfield
Fayetteville, GA

Mike & Sheryl
Campbell
Sun City, AZ

Lisa Cross
Suffolk, AL

Mary Currie
Houston, TX

Juanita Eldridge
Westfield, NC

Sarah Erickson
Stone Mountain, GA

Debbie Garber
Tumwater, WA

Gretchen Hammeke
Beloit, WI

Janis Hamrick
Urbana, OH

Linda Hora
Iselin, NJ

Barbara Hughes
Mechanicsburg, PA

Bob Inskeep
Raleigh, NC

Jae Kim
Suwanee, GA

Jade King Bass
Philadelphia, PA

Nancy Lovingood
Buford, GA

Jan McGilliard
Blacksburg, VA

Mary McGuire
Houston, TX

Sandie McRory
Lakeland, FL

Leah Meador
Jupiter, FL

Evi Melberg
Rockville, MD

Janet Miller
Dayton, OH

Linda & Ted
Rauenbuehler
Henderson, NV

Ralph & Lillian Rhudy
Richmond, VA

Marty Richards
Port Townsend, WA

Kitch Shatzer
Washington, IA

Mitchell Trigger
Overland Park KS

Anne Wright
Grosse Ile, MI

Bill & Bette Young
Lower Gwynedd, PA

ORGANIZATIONAL MEMBERS

Community
Presbyterian Church
Pinehurst, NC

Green Valley
Presbyterian Church
Henderson, NV

Solana Beach
Presbyterian Church
Solana Beach, CA

2021 MEMBERSHIP APPLICATION
Presbyterian Older Adult Ministries Network (POAMN)
A 501(c)3 organization
(please print all information)

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Synod: _____ Presbytery: _____

Church: _____ Other/Organization: _____

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☐ \$50 Individual

☐ \$75 Couple

☐ \$35 Affiliate (non-voting)

☐ \$125 Organizational, Church & Judicatory Membership

To continue POAMN's ministry to older adults and those engaged in ministries for older adults, additional gifts are welcome including those in honor or memory of someone. All extra gifts are tax deductible. Gifts can also be given through the PC(USA) Extra Commitment Opportunity (ECO), to account E048101.

Extra gift of \$ _____ to POAMN a 501(c)3 organization

Extra gift of \$ _____ enclosed to the Miriam Dunson Legacy Fund

Gift of \$ _____ enclosed in honor / memory of: _____

(include address if you would like family notified of gift): _____

Gift to support membership of another person or church:
(include all contact information of that person/church)

Make checks payable to:
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c/o Chris Pomfret, Treasurer
320 Vallette Street
New Orleans, LA 70114

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