

Resource Guide for Older Adult Ministries

ISSUE 70

2022 SPRING

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A MESSAGE FROM THE EDITOR

Good Morning from Oregon,

The theme of this issue of *PNN* is, *The Saints Among Us*. The past 24 months have been challenging. Now, as COVID-19 restrictions are being relaxed, many of us find ourselves wrestling with how best to move forward from here. We need to step back, take a deep breath, and be thankful for the saints among us – folks who have quietly “been there” for others during this long, long ordeal on many fronts.

Four articles in this issue of *PNN* share insights on *The Saints Among Us*:

- “President’s Reflections” by Pat Baker
- “MEMO from Membership” by Linda Rauenbuehler
- “RUTH KOENIG: A Lifetime of Drawn to Social Justice” by Quentin Holmes
- SIDEBAR “Kindness” by Naomi Shihab Nye

Other articles in this issue include:

- “ALTER: A Dementia-Friendly Program for African American Churches” by Quentin Holmes
- “POAMN Virtual Worship Service Honoring Older Adults on May 22nd” by Quentin Holmes
- “A Friendly Reminder to BE PREPARED!” by Adrienne Knight
- “SAVE THE DATE! POAMN Retreat at Ferncliff Camp & Conference Center” by Adrienne Knight
- “The Dash” A Poem by Linda Ellis
- “May 2022 Calendar for Older Adults” by Adrienne Knight

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 Summer issue will be “*Rejoice in the Lord Always.*” Deadline for manuscripts is June 15th, 2022. 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



Jane & Quentin Holmes



Pat Baker, POAMN President

POAMN PRESIDENT'S REFLECTION

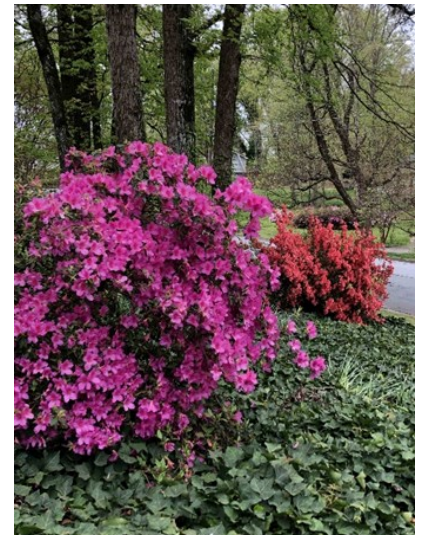
Happy Spring to everyone! As many of you may know, Atlanta is known for our azaleas. The family that built the house we live in probably put in all the azalea bushes over thirty years ago, so they are really large. The weather in Georgia has been perfect this year for them to thrive, so I thought I'd share with you their vibrant color. I hope you enjoy the pictures!

The theme of this month's newsletter is "The Saints Among Us." The word "saint" in this context, I believe, is not referring to the canonized individual, but the "angels" among us or those who have departed to heaven. In that sense, I believe I've had the privilege of knowing many saints in my lifetime.

One of the first persons I would identify as a saint showed up in the form of an interim pastor at the church my husband and I were attending, First Presbyterian Church in Bryan, Texas. His name was The Reverend Mel Nesbit. A lot was going on with our family. I had quit my job to start our family and had a toddler at the time. My father had just died very unexpectedly, and we were living 800 miles away from my mother and siblings. I was wanting to continue to work with older adults, but not sure what direction to take that would allow me to be with my daughter and earn some income at the same time.



I was feeling the call to work in the church and had even approached the former pastor about the possibility of the church starting an older adult ministry. My request fell on deaf ears and soon after that he left. Along came Reverend Nesbit as interim. After he'd been there a few months, I went to him with my idea and the feeling of this calling as a lay person. He said that he thought it was a great idea and asked what I was "going to do with that idea." As they say, "the rest is history." That was over forty years ago, and even though I didn't stay in Older Adult Ministry all those years, now that I'm back doing it, I often thank him in my heart for accepting that young woman who wanted to work with older adults while raising her young family.



Reverend Nesbit was also my strength and counselor during that very difficult time after my father's death. Except for my husband, I didn't have the support of family or friends because I lived so far away. I needed someone with whom I could talk about my grief. Every time I went to his office with great sadness on my heart, he dropped everything and said all the right words. Being an interim pastor, he wasn't in my life very long. But he was there when I really needed that spiritual support and to me, he was a saint!

Pat Baker

"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)



Linda Rauenbuehler
Membership Committee Chair

MEMO FROM MEMBERSHIP

The theme for this issue of POAMN Network News is *"The Saints Among Us."* According to the Oxford Dictionary, an informal definition of *"saint"* is a very virtuous, kind, or patient person.

I could not figure out where to begin with this topic until my husband suggested that we are seeing saints everywhere, right now. Look at the people of Poland who have taken in over 2.5 million of the Ukrainian refugees. That is 60% of the total exodus since the Russian invasion began. On March 12, the Polish Parliament passed legislation to help Ukrainians arriving in the country by giving them the right to stay in Poland for 18 months and allowing access to the country's labor market, healthcare system, social benefits, and education. Many other countries are stepping up, also, to do what they can to help the millions of refugees. This is such a sad and unsettled time in our world. Every day, we are seeing not only the absolute worst in some people, but we are also seeing some of the very best. What can you do to help and honor *"The Saints Among Us?"*

Upcoming Events

A Worship & Celebration of Older Adult Month is coming on Sunday, May 22, 2022, at 7:00 PM (Eastern Daylight Time). Join us for this virtual multicultural worship celebration with the writers of worship services from the 2021 Program Ideas and Resource Guide.

POAMN, in partnership with the Office of Christian Formation of the Presbyterian Mission Agency, will offer an Older Adult Ministries Leadership Retreat, November 9-12, 2022, at Ferncliff Camp & Conference Center near Little Rock, Arkansas. This will be a time to come together in person to retreat, relax, learn, and network with our POAMN friends from across the nation. Watch for more details and registration coming soon at www.poamn.org.

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 obtained by going to Columbia Theological Seminary and looking under LifeLong Learning.

Respectfully submitted,

Linda Rauenbuehler

POAMN Membership Chair

*"A friend knows you
as you are,
understands
where you've been,
accepts who
you've become
and still invites
you to grow."*

(Author Unknown)

PNN HARD COPIES, A WORD FROM OUR TREASURER

by Chris Pomfret, POAMN Treasurer

On our membership renewal forms, we ask you whether you prefer to receive POAMN Network News (*PNN*) by email or hard copy. While most people opt for the email version, we fully understand that some of you want it in hard copy for one of several possible reasons. (I, like many of you, opt for the email version and then print it out at home to read it more comfortably. I also save it on my computer for future access).

However, the costs of printing and mailing has risen significantly in the last year or so, and we have calculated that 5 issues of PNN, printed and mailed to a member, is now eating up most of that individual's annual membership fee.

Therefore, in our constant quest for diligent financial stewardship, we would like to ensure that we mail hard copies only to those who really need it in that form. We are thus asking all current hard copy recipients to confirm their continued desire for a hard copy. If we don't receive such a request, then we will revert you to an electronic version. In making your choice, we respectfully ask that you try to opt for an electronic copy unless there are specific reasons that require you to receive a hard copy.

Just send an email to gnyhuis@gmail.com, saying that you wish to continue to receive a hard copy; if you prefer to let us know by postal mail, there is a small tear off slip below.

Thanks for your understanding and your help to keep our distribution costs to a minimum.

REQUEST FOR HARD COPY OF POAMN NETWORK NEWS

Please complete the following slip by June 15th 2022 and return to:

Ginny Nyhuis
PO Box 700311
Oostburg WI 53070

I wish to continue receiving POAMN Network News by hard copy:

Name _____

Date _____

Address _____

We need to find God, and he cannot be found in noise and restlessness.

God is the friend of silence.

See how nature - trees, flowers, grass- grows in silence;
see the stars, the moon and the sun, how they move in silence...

We need silence to be able to touch souls."

(Mother Teresa)

ALTER: A Dementia-Friendly Program for African American Churches

by Quentin A. Holmes, Editor PNN

POAMN hosted a webinar on February 28, 2022, entitled *ALTER: A Dementia-Friendly Program for African American Churches*. Dr. Fayron Epps, PhD, RN, FAAN –the founder of ALTER– was introduced by POAMN President Pat Baker. This article is based on that webinar.

Dr. Epps is an Assistant Professor in the Neil Hogson Woodruff School of Nursing at Emory University. The mission of ALTER is to enable Quality of Life for families affected by dementia. The idea began in Dr. Epps' congregation when she noticed that people stopped coming to church after they developed dementia. *"It's hard to communicate with someone who has difficulty communicating – the church wasn't there for them."* To address this, Dr. Epps put together a program for their congregation. When this program worked, their bishop said, "Fayron, this is all fine and good. Now, what are you going to do with it to help other congregations?" And, ALTER came into being.

Dr. Epps introduced three other women – the ALTER team if you will– who share her passion for helping the church be there for people with dementia. These women were: Mia Chester, MA – Project Coordinator; Adrienne Jones, MA – Community Liason; Janelle Gore, MPH – Public Health Consultant. *"You will frequently hear me say 'I', but I really should say 'we', for these women are the ones who do the majority of the work."*



Fayron Epps, PhD, RN – Founder of ALTER,
Assistant Professor at Emory University

Background: Alzheimer's dementia affects some 5.7 million Americans, and this number keeps growing. African Americans are twice as likely to get Alzheimer's dementia than white Americans. By the year 2030, some 40% of the people living with dementia will be either Black or of Hispanic background. Alzheimer's is our nation's fourth leading cause of death among older African Americans.

Purpose: The purpose of ALTER is two-fold.

- To encourage cultural change, shift perception of dementia, and strengthen supportive services within African American churches;
- Through partnerships with churches, create a supportive environment for African American families affected by dementia.

The Problem: Social isolation! Our churches are more than just a place of worship. ALTER works to preserve access to churches for families living with dementia.

The Solution: ALTER is a faith-based program with the aim to give churches and faith leaders of predominantly African American churches the resources and tools they need to ensure members affected by dementia are welcome, are supported, and accepted – whatever their burdens might be.

"Each individual with dementia is unique. No two individuals are alike. Just because you knew someone who had dementia, don't assume you understand someone else who has dementia."

ALTER does Training. A four-hour course that is mainly for church leaders.

ALTER does Virtual Dementia Tours. This tour provides you with an introduction to brain health.

ALTER provides support for their Church Partners.

"We're coming in to change the culture so that dementia is no longer regarded as a hush-hush sort of thing."

(Continued on page 6)

(Continued from page 5)

An ALTER dementia-friendly church is one that:

- a) Accepts and values people regardless of cognitive abilities;
- b) Ensures the person living with dementia and their care partners are supported through their journey;
- c) Makes sure the person living with dementia and their care partners are both spiritually and pastorally supported and nurtured;
- d) Is open to what people living with dementia have to offer and supports and encourages the use of gifts so that they may participate in the community that is the body of Christ.

“I remember my own mother, who developed dementia in her later years. Helping to clean and sweep the church building brought her such joy.”

ALTER Partnerships: An ALTER Partnership is a formal relationship that involves:

- A Memorandum of Understanding
- Partnership Initiative: This involves conducting eight Core Activities over a two-year period, plus eight additional activities that offer an opportunity to create and customize activities for your particular church.
- Support for the church partner
- Worship: Traditionally, worship in an African American church often lasts for 3 hours, and an online worship service may last for 50 minutes. These times are much too long for an individual with dementia. ALTER will help you develop a worship service that is 6-10 minutes in length yet still retains all the key elements.
- A Welcome Kit
- Financial Contribution: When there is a desire to begin a much-needed program, often money to do so is simply not available. To help overcome this hurdle, ALTER provides \$1,000 to each Church Partner to use as they see fit.

ALTER signed up its 1st Church Partner in January 2020 – just as the COVID-19 Pandemic hit. When the number of Church Partners grew to be three, Fayron felt like they were sitting pretty and could take care of everything. However, that comfortable feeling didn’t last long. *“When you are doing God’s Work, you aren’t the one in charge. God is in charge. The number of Church Partners just kept growing and growing.”*

Currently, ALTER has twenty-one Church Partners. Most of these Church Partners are located in the state of Georgia, with a few in the state of Illinois. Meanwhile, a number of churches in Minnesota, South Carolina, and Kentucky are in various stages of signing up to become ALTER Partners.

What an informative and inspiring webinar by a woman of deep faith, vision and energy, and an infectious passion for enabling churches “to be there” for families experiencing dementia!

For more information please contact ALTER directly 770-636-7730 or visit www.alterdementia.com

WE NEED YOUR STORIES

As Quentin Holmes, the editor of *PNN* always says...“POAMN Network News works because you folks send in informative articles. *PNN* is a collaborative effort.” Older Adult Month, May, is upon us and many churches will be celebrating with special services featuring their older adults and the programs they offer. I’m challenge each of you to consider putting together a short account of your worship service or programs that you offer and send that in to Quentin holmes3324@msn.com. Also, please include pictures of the events or services. The deadline for the summer issue is June 15th, 2022 and the theme is “Rejoice in the Lord always” which is a perfect theme for older adult month celebrations. Please take this challenge and run with it!

Thanks,

Pat Baker, POAMN President

POAMN VIRTUAL WORSHIP SERVICE HONORING OLDER ADULTS ON MAY 22

by Quentin A. Holmes, Editor PNN

May is Older Adult Month. At 7:00 PM EDT Sunday, May 22, 2022, POAMN is holding an online worship service honoring older adults. The theme is *"The Saints Among Us."* The worship celebrates a variety of cultures. Our worship leaders will be:

- Pastor Jose H. Lopez-Chapa is the current pastor of Comunidad Presbiteriana La Trinidad(CPT). Pastor Lopez-Chapa is a native Texan, of direct Mexican descent. Pastor Lopez-Chapa is married with two young children, Noah and Clara. He has been serving CPT since 2019.
- Rev. Joyce McEachran has served as an Associate Pastor in Hickory, NC, as an interim in Union Mills/Rutherfordton, NC, as a Hispanic Ministry Coordinator for Western North Carolina Presbytery, and as a pastor of a small congregation in Jacksonville, NJ. She is a wife, mother, and grandmother to four grandchildren.
- Rev. Keith O. Paige is pastor of Cherry Hill Community Presbyterian Church in Baltimore, MD. A native of Portsmouth, VA, he is a graduate of Manor High School in that area. He is also a graduate of Averett University in Danville, VA, and Princeton Theological Seminary in New Jersey. He served as a Chaplain Resident at Maryview Medical Center in Portsmouth and a Campus Ministry Intern at Texas Southern University in Houston, TX. He served as pastor of Grace Hope Presbyterian Church in Louisville, KY, for 8 years and has been pastor of his current congregation for the past 20 years.



Music for worship will be provided by an organist, a piano player, and a drummer. Please go online to www.poamn.org to sign up and receive the link to this online event.



POAMN Retreat at Ferncliff Camp & Conference Center November 9-12, 2022

POAMN is having a **RETREAT!** We are going to be in the Ozark Mountains in November – to be together, to celebrate the beauty of the outdoors, and to refresh our inner spirits. Ferncliff Camp & Conference Center is renowned for its restful setting and lovely nature trails.



Helping us refresh our spiritual side will be the inspiring Joyce MacKichan Walker. Joyce retired in 2018 after thirty years of ministry at the Nassau Presbyterian Church in Princeton, New Jersey, as minister of education and mission and director of Christian education. Her first love within Christian education is teaching, which she actively practices as instructor of certification classes for Christian educators, for older adult ministry, and as a workshop leader. Joyce recently taught the *Teaching for Transformation* Older Adult Ministry Certification course at the Center for lifelong Learning at Columbia Theological Seminary. Joyce was the APCE Educator of the Year in 2008.



Lakeside View of Ferncliff Camp & Conference Center

Come! Be together after lo these 2 years of COVID-19. Treat yourself to a respite from this crazy, busy, uncertain world

A FRIENDLY REMINDER TO BE PREPARED!

by Adrienne Knight, Chairperson POAMN Conference Planning

"Be alert at all times. Pray so that you have the power to escape everything that is about to happen..." Luke 21:36

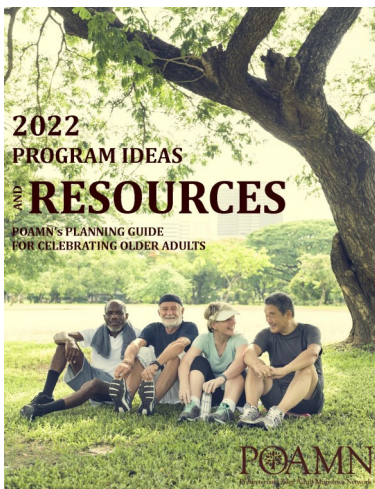
Let's be prepared for the summer storms and storms of life.

Store supplies – enough to survive in your home for 3 to 14 days. Place items in a sturdy, pest-free container and place in an accessible location:

- Water -- one gallon per person per day, in a plastic container. *Mark date of storage on container. Replace every three months.*
- Non-perishable foods (don't forget to include pet food if applicable). *Replace every six months.*
- Manual can opener
- Flashlights with extra batteries
- Extra pair of prescription eyeglass, contact lenses (and cleaning solution)
- Battery-operated radio or TV and extra batteries
- Prescription drugs that are used regularly
- First aid kit
- Extra set of car keys and house keys
- One blanket or sleeping bag per person
- Information (style, serial number, etc.) on critical medical devices (respirator, pacemaker, etc.)
- Small amount of cash and a credit card
- Children's toys, games, books, pictures, etc.
- Extra battery for cell phone and plugs
- Sanitation supplies.



"Snowmagedon" - In 2019, a huge winter storm isolated Oregon's Mohawk Valley for 3 days!



2022 OLDER ADULT MINISTRIES PLANNING GUIDE!

The Older Adult Ministries Planning Guide is one of the ways that POAMN fulfils its mission of enabling ministries *with*, *to*, and *for* older adults.

Depending on the age of your typical member, your congregation will consider an "Older Adult" anyone over the age of 75, 70, 65, or perhaps even age 60. Regardless of the actual definition, older adults are a marvelous resource for a congregation. They tend to stay in the same location longer, pray more often, and contribute more financially than younger members. Some regard them as living "saints" – folks who helped build our church buildings, served as elders and deacons, and taught Sunday School during the years when we were young and busy raising our own children.

The 2022 Older Adult Ministries Planning Guide was written to help you and your congregation address life issues that are important to older adults, utilize their wisdom and talents, and actively involve them in the life of your church. The planning guide is so useful because it is easy to read, practical, yet broad and deep enough to be of lasting value for ministering *with*, *to*, and *for* the older adults in your congregation. Download at poamn.org/planning-guides or order extra hard copies for \$3 each by emailing poamnetwork@gmail.com

RUTH KOENIG: A Lifetime of Drawn to Social Justice

By Quentin A. Holmes, Editor POAMN Network News

Part 1 of 2:

Few would guess that cheerful regular Ruth Koenig, age 81, of Central Presbyterian Church in Eugene, Oregon, has stepped into several precarious situations during her lifetime supporting social justice movements.

When asked about her penchant “standing up for fairness,” Ms. Koenig credits her immigrant parents who exemplified Christ’s kindness, caring and healing for her. Ruth’s Christian upbringing and faith inspired her choices to help others through the years.

Ruth was born in 1941 in Scotia, New York -- population 7,000. Both Ruth’s parents were immigrants. Her mother was a Roman Catholic from Poland; her father was a Protestant from Berlin, Germany. They met after arriving in the USA and married in Connecticut. A close family, Ruth has an older brother Ronald who is five years her senior. Her brother Glenn was six years younger. Ruth says she has always shared with Glenn a protective bond of unconditional love. Their father worked as a foreman at American Locomotive Company in the city of Schenectady, New York. Their mother’s role was to stay at home and raise the family. Alas, at age 4, Glenn suddenly became severely ill, was taken to a special children’s clinic, and died shortly after arriving there. “I didn’t know why he died.”

Growing up, Ruth and her siblings were aware that both parents survived World War I and its horrific aftermath. As children, they were told that widespread famine was such that after the war more than 5,000 people starved to death in Berlin alone. Ruth says she “considers herself as a combination of the rolling hills of Poland and the gritty streets of Berlin.”

Childhood Memories

From the time she was about five years old, Ruth attended Sunday school. She recalls two lovely, elderly, sisters-in-law who taught her about Jesus and his kindness, and his caring and his enduring love. These formative childhood years provided the bedrock of Ruth’s faith. Later, when her brother Ronald was bullied in junior high school by three older boys, little Ruth jumped on one attacker’s back. She remembers that she “flailed the back of his neck as hard as I possibly could. I simply could not understand how anyone would be so cruel to a person who had done nothing to them!”

Teen Years

Ruth was active in a church youth group led for several years run by assistant minister Rev. Lane, whose son was also in the group. “Rev. Lane helped us look at Christianity through the eyes of contemporary theologians such as Paul Tillich & Marcus Borg.” Alas, Rev. Lane moved to a church in another city, taking his family – and his handsome teenage son – along with him.

Still, “I could ask the head minister, Bruce Clements, any question, and he would answer my question with thoughtfulness and sensitivity.”

During adolescence, Ruth felt conflicted about her German heritage. Her parents never mentioned the Holocaust! To resolve this inner turmoil, Ruth found solace and hope in the Expressionist charcoal drawings and



RUTH KOENIG

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paintings of German artist Käthe Kollwitz (1867-1945). The story of Kollwitz and her husband, Dr. Hans Kollwitz, as Nazi resisters who remained in Germany to aid survivors resonated with Ruth. To this day, for Ms. Koenig, Käthe Kollwitz's life embodies fairness in the face of irrational hate that can wend its way into a community.

1960s: College Years and Civil Rights

There was never any question about Ruth going to college; her family assumed she would. Ruth went to a public college in Cortland, NY. Following graduation, Ruth's first job was as a physical education teacher in Shelton, Washington, a town of about 7,000 people located on the southwest side of Puget Sound. It was the first year that children from the Skokomish Native American tribe were able to attend public schools in that state. On her first day of teaching, while going out to the soccer field, a young girl named Lymeta came up and asked, "Miss Koenig, do you like salmon?" "Yes. I do," answered Ruth. "O.K., my father will bring you some." After a couple of minutes, the girl's father approached and handed Ruth a wrapped package of salmon. That act of kindness – by Lymeta, her father, and their tribal custom – meant the world to Ruth. The salmon was fresh, juicy and delicious!

The early 1960s was an era of turmoil. On September 15, 1963, the nightly TV news reported that a black church in Birmingham, Alabama, had been bombed on a Sunday morning. Four young black girls – all of them around the same age as the girls Ruth was teaching – were killed.

In the spring of 1964, Ruth applied and was accepted to Freedom Summer, a program lead by Rev. Brad Clements and the Congress of Racial Equity. The group would assist African-Americans to register to vote in Mississippi. "In order to understand what was going on in Mississippi, I needed to go there as a participant," said Ruth.



Congress of Racial Equality and members of the All Souls Church march in memory of the 16th Street Baptist Church bombing victims on Sept. 22, 1963

Ruth drove to New York City in her red Volkswagen Beetle - a graduation present from her parents. At the New York Port Authority she picked up one of Rev. Clements' students, whom she had never met. The two drove straight through to Memphis, Tennessee, for training. Upon arrival, they lodged in a house that had been used as an office by a black doctor who had retired. Ruth remembers the place "had lots of little clinic rooms." The next morning Ruth awoke to find her travel buddy and all of his luggage in the hall. He had decided to go back home. "That was the loneliest moment of my life," she recalls.

After an abbreviated training, Ruth travelled by bus down to Holly Springs, Mississippi, leaving her red VW behind in Memphis while she was helping register voters. In late June, her group arrived and were taken to two small houses across the street from Rust College, a Historically Black College. Ruth thought, "Oh, I guess this is where we will be staying." She was partially correct. One house served as an office, the other was a community center of sorts. "The women slept in the college dorms." said Koenig.

Freedom Summer involved a mix of religion and civil rights activism. Ruth didn't have a specific job as such. Some days, Ruth taught biology to junior high and senior high girls. Other days she led recreational activities with large groups of children while rallies were being held. Ruth often swept the porch and made the peanut

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butter sandwiches, which all the volunteers subsisted on. At times, she went out to help with voter registration on certain, relatively safe streets and in small churches. Ruth and a nurse also went to high-need areas to assess the level of health care that was available to black people.

Ruth's parents were undoubtedly worried. They hoped for her safe return from Freedom Summer. While Holly Springs, Mississippi, was not as dangerous as volunteering in the Mississippi Delta, Freedom Summer workers were sometimes beaten. A number of times, volunteers driving back from an event were run off the road by other cars. Ruth wrote several letters to her parents telling them what she was doing; but Ruth was careful never to mention anything about the beatings or the volunteers sometimes being chased while driving in Mississippi.

Freedom Summer lasted for just three months. Ruth departed from Mississippi in August, 1964. Many months later, Ruth received a letter from a friend and learned that two friends in Holly Springs had been intentionally run off the road by another car after registering voters. One volunteer died at the accident scene; the other was refused treatment at a local hospital and had to be driven forty miles to Memphis for emergency care.

Through the years, Ruth has given talks about Freedom Summer a number of times. Frequently, she is introduced as being one of the "Freedom Riders." However, Ruth always clarifies this; she was just one of the 600-1,000 – mostly white – volunteers who went to Mississippi as participants in Freedom Summer.

Eugene, Oregon

Ruth moved to Eugene, Oregon, in 1966 to attend the University of Oregon. She needed only a few more credits to earn a master's degree in education. Upon her graduation, Ruth was hired by Eugene School District 4J as a physical education teacher. Working as a full-time teacher for 5 years, then as a part-time teacher for 2 years, then working full-time as a community education coordinator until her retirement.

Later on, Ruth started attending Central Presbyterian Church and was impressed by the way Central's members stood up for social justice causes. Ruth became a member of Central and continues as a member today. If you visit Ruth Koenig in her home today you will see a large picture containing her favorite Poem "Kindness" by Naomi Shihab Nye (See Sidebar – "Kindness").

In the next edition of PNN, Ms. Koenig recounts her involvement with the anti-apartheid movement in Johannesburg, South Africa in the early 1980s, and travelling to Nicaragua 6 different times in support of social justice in the mid-late 1980's.

Kindness

A Poem by Naomi Shihab Nye – 1952

Before you know what kindness really is
you must lose things,
feel the future dissolve in a moment
like salt in a weakened broth.
What you held in your hand,
what you counted and carefully saved,
all this must go so you know
how desolate the landscape can be
between the regions of kindness.
How you ride and ride
thinking the bus will never stop,
the passengers eating maize and chicken
will stare out the window forever.

Before you learn the tender
gravity of kindness
you must travel where the Indian
in a white poncho
lies dead by the side of the road.
You must see how this could be you,
how he too was someone
who journeyed through the
night with plans
and the simple breath that kept him alive.

Before you know kindness as the
deepest thing inside,
you must know sorrow as the
other deepest thing.
You must wake up with sorrow.
You must speak to it till your voice
catches the thread of all sorrows
and you see the size of the cloth.
Then it is only kindness that makes
sense anymore,
only kindness that ties your shoes
and sends you out into the day
to gaze at bread,
only kindness that raises its head
from the crowd of the world to say
It is I you have been looking for,
and then goes with you everywhere
like a shadow or a friend.

THE DASH

A Poem by Linda Ellis

I read of a man who stood to speak at the funeral
of a friend. He referred to the dates on the tombstone
from the beginning... to the end.

He noted that first came the date of birth and spoke
of the following date with tears, but he said what
mattered most of all was the dash between those years.

For that dash represents all the time they spent
alive on earth and now only those who loved them
know what that little line is worth.

For it matters not, how much we own. The cars...
the house... the cash. What matters is how we
live and love and how we spend our dash.

So think about this long and hard; are there things
you'd like to change? For you never know how much
time is left that can still be rearranged.

To be less quick to anger and show appreciation
more and love the people in our lives
like we never loved before.

If we treat each other with respect and more often wear
a smile... remembering that this special dash might
only last a little while.

So when your eulogy is being read, with your life's actions
to rehash...would you be proud of the things
they say about how you lived your dash?


May 2022

Older Adult Month

by Adrienne Knight

“Saints Among Us”



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Call a neighbor or friend you have not talked to in a month	Send a card To someone special	Write a note or text a younger person. Tell them Thinking of you!	Lift up in prayer CAREGIVERS	Purchase some flowers for yourself or someone else	Take a walk. 	Wear something green today. As a reminder of long life
8	9	10	11	12	13	14
Remember and pray for retired Pastors	If you can pay it forward.	Pray for Ukraine, Russia, and neighboring countries!	Lift up in prayer DOCTORS	Become a Member of POAMN.org	Pack a give-away bag. For a homeless shelter	Re-read your favorite scripture
15	16	17	18	19	20	21
National Chocolate Chip Day Share a cookie	Is not wisdom found among the aged? Job 12:12	Stay Calm and look at the clouds. What do you see?	Lift up in prayer NURSES	Hum your favorite song!	Donate canned goods to food pantry	National Strawberry and Cream Day Enjoy!
22	23	24	25	26	27	28
Worship with POAMN at 7:00 EDT	Declutter one drawer.	Share a smile with someone you do not know	Lift up in prayer EMT, Police, Firefighters	Give a blanket to a homeless shelter	Pay it forward if you can.	Call a grandchild.
29	30	31				
Pray for those that lead worship	Pray for persons in the military	Celebrate you! Treat yourself				

MEMBERSHIP FOR 2022

Membership fees for 2022 are now being accepted.

INDIVIDUAL MEMBERS

Meredith Alspach Richland, MI	Donna Enersen Lafayette, IN	Jae Kim Suwanee, GA	Jean Myles Reno, NV
Burnetta Armour Cleveland, GA	Sarah Erickson Stone Mountain, GA	Jade King Bass Philadelphia, PA	Terry & Renee Olthoff Arvada, CO
Steve Aschmann & Carol Benson Asheville, NC	Mike & Lynn Fonfara Beverly Hills, FL	Adrienne Knight Bowie, MD	Chris Pomfret New Orleans, LA
Pat Baker Lilburn, GA	Debbie Garber Tumwater, WA	Dean & Sandie Kokjer Springfield, OR	Amy Pospichal Tucumcari, NM
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Dwane Bell Maryville, TN	Gretchen Hammeke Beloit, WI	Jessica Lesko Evans, CO	Linda & Ted Rauenbuehler Henderson, NV
Susan Blank Jeannette, PA	Janis Hamrick Urbana, OH	Nancy Lovingood Buford, GA	Montie Redenius Grinnell, IA
Pepe Bowman & Royal Westerfield Fayetteville, GA	Phyllis Hart Central Point, OR	Lauren McFeaters Princeton, NJ	Zeena Regis Decatur, GA
Mike & Sheryl Campbell Sun City, AZ	Norman Hatter Dunedin, FL	Lisa McGehee Henrico, VA	Charie Reid Pleasant Hills, CA
Donald Carlin Philadelphia, PA	Lynne Heiminga Oakville Ontario, Canada	Marie Martin Gibsonville, NC	Amy Reimer Wilmette, IL
Kimberly Cheng Medina, OH	Jan Holmes Grosse Ile, MI	Avys Massey High Point, NC	Michael & Deborah Reynolds Grosse Ile, MI
Carol Cooper Richland, MI	Quentin & Jane Holmes Marcola, OR	Beecher Mathes Athens, GA	Ralph & Lillian Rhudy Richmond, VA
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Mary Currie Houston, TX	James Horn Blue Bell, PA	Kathy McNair Glenview, IL	Barbara Ross Crossnore, NC
Glenda Denny Sumter, SC	Barbara Hughes Mechanicsburg, PA	Sandie McRory Lakeland, FL	Marjory Roth Oceanside, NY
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Bettye Dixie Huntsville, AL	Bob Inskeep Raleigh, NC	Evi Melberg Rockville, MD	Nancy Sanders Gaithersburg, MD
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Juanita Eldridge Westfield, NC	Walk Jones Ocala, FL	Janet Miller Dayton, OH	Kitch Shatzer Washington, IA
	Grace Karschner Ft. Washington, PA	Leigh Ann Min Mount Olive, AL	Marvin & JoAnn Simmers Avondale Estates, GA
	Debbie Keller Riverside, CA	Sarah Lee Morris Lubbock, TX	

(Continued on page 16)

2022 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: _____

*** I would like to receive future *PNN* issues by: ☐ email ☐ hard copy

Membership Type:

☐ \$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:
POAMN
c/o Chris Pomfret, Treasurer
320 Vallette Street
New Orleans, LA 70114

POAMN Network News
P.O. Box 700311
Oostburg, WI 53070

RETURN SERVICE REQUESTED

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<p><i>(Continued from page 14)</i></p> <p>Barbara Smith Pittsford, NY</p> <p>Anne & Greg Tarbutton Blowing Rock, NC</p> <p>Mitchell Trigger Overland Park KS</p> <p>Lynne Trout Delanco, NJ</p> <p>Linda Turner Reno, NV</p> <p>Kristine Ward Davenport, IA</p> <p>Annabelle Wells Kearney, NE</p> <p>Dan Wiard Mt. Pleasant, SC</p> <p>William Wildey Ponte Vedro, FL</p> <p>Tracy Williams West Columbia, TX</p> <p>Miatta Wilson Louisville, KY</p>	<p>Anne Wright Grosse Ile, MI</p> <p>Cindy & Randy Wright Escondido, CA</p> <p>Dianna Wright Louisville, KY</p> <p>Bill & Bette Young Lower Gwynedd, PA</p> <p>Desiree Youngblood Pickerington, OH</p> <p>AFFILIATE MEMBERS</p> <p>Marvin Bergman Seward, NE</p> <p>Patricia Brook Mansfield, OH</p> <p>Barbara Floryshak Malta, NY</p> <p>Amy Petré-Hill Aurora, CO</p> <p>Tom Wilbanks Dallas, TX</p>	<p>ORGANIZATIONAL MEMBERS</p> <p>Alter Fairburn, GA</p> <p>Bath Presbyterian Church Dayton, OH</p> <p>Bethel Presbyterian Church Philadelphia, PA</p> <p>Central Presbyterian Church Eugene, OR</p> <p>Community Presbyterian Church Pinehurst, NC</p> <p>Faith Presbyterian Church Sun City, AZ</p> <p>First Presbyterian Church Asheville, NC</p> <p>First Presbyterian Church Greenville, NC</p> <p>First Presbyterian Church Stillwater, OK</p> <p>Green Valley Presbyterian Church Henderson, NV</p> <p>Grosse Ile Presbyterian Church Grosse Ile, MI</p> <p>Presbyterian Association of Homes & Services for the Aging Roseville, MN</p> <p>Presbytery of Scioto Valley Columbus, OH</p> <p>Solana Beach Presbyterian Church Solana Beach, CA</p> <p>The Presbyterian Homes, Inc. Cofax, NC</p> <p>Third Presbyterian Church Rochester, NY</p> <p>Trinity United Presbyterian Church Indianola, IA</p> <p>Thank you to those who have joined POAMN for 2022! Special thanks to those who have made an extra donation to POAMN!</p>