If the call to SH/FT, reach out to your community in new and creative ways, has got you wondering what to try next, you might want to call your area ADRC. ADRC stands for Aging and Disability Resource Center. These are government agencies, usually covering several counties, that help families and individuals find the right care for their loved ones. ADRC’s match older adults and people with disabilities with services that help people stay as independent as possible for as long as possible. ADRC’s also do education programming on issues such as diabetes maintenance, Alzheimer’s Disease, pain management, and caregiver support.

If a congregation wants to put on a program with broad appeal to older adults, people with disabilities, their family members, and those who love someone with a long-term illness, the ADRC can help.

Early this summer Barneveld Congregational UCC hosted an event for clergy and church leaders on ministering to people with Alzheimer’s Disease and other forms of dementia. The Alzheimer’s educator from Southwest ADRC did almost all of the planning and organizing. We led a brief worship service, sent some emails, and opened the doors. The ADRC put together the program, designed a flyer, and even brought snacks. It was an easy way for our congregation to serve the community.

Your ADRC may be willing to speak about their services on a Sunday morning or a week night. They may be willing to hold an education series on good nutrition at your church. They may be willing to help you become a dementia-friendly congregation. You can find out your Aging and Disability Resource Center through your county website. Give them a call and bounce around ideas. The ADRC’s services are generally free.