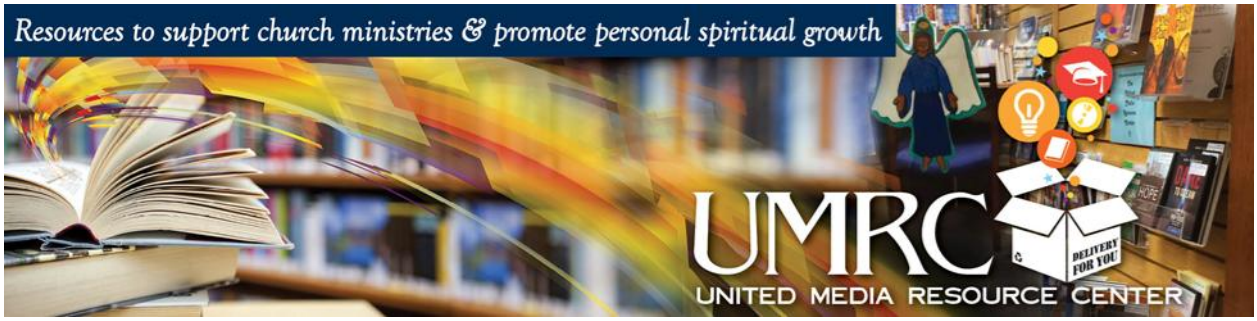
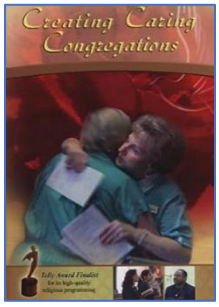


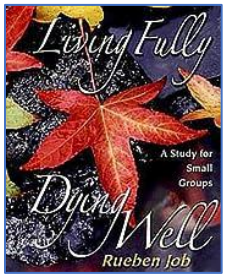
Resources on Aging – Older Adult Ministry

available to borrow from the **United Media Resource Center** http://www.igrc.org/umrc
Contact us at umrc@igrc.org
or search for and request items using the online catalog

DVDs:



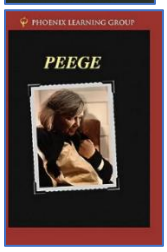
CREATING CARING CONGREGATIONS (103023) This DVD is an ecumenical resource to educate clergy and lay persons for the purpose of decreasing the stigma associated with mental illnesses in our faith communities. Individuals share their personal stories in three of the segments. Segments: Introduction (3 min.); Shawn's Story tells of an adolescent's experience with bi-polar depression, addiction, and suicidal thoughts (5 min.); Carol's Story is about the most common illness of the brain, clinical depression, with accompanying anxiety issues (6 min.); Jan's Story highlights how the normal life changes associated with the aging process can lead to depression in older adults (4 min.); How Congregations Can Respond (12 min.). Includes guide. CLOSED CAPTIONED. 30 Minutes.



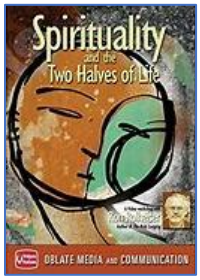
LIVING FULLY, DYING WELL (112021) Author: Job, Rueben P. This 8-session study inspires us to talk openly about faith and mortality and encourages us to live each day to the fullest. DVD includes eight chapters: 1) Living Fully (8 min.), 2) Theology of Aging (10 min.), 3) Our Culture of Aging (8 min.), 4) Finding Purpose and Meaning (8 min.), 5) Getting It All Together: Practical Decisions (9 min.), 6) Dying Well (12 min.), 7) What Happens When We Die? (10 min.), 8) How Then Shall We Live? (22 min.). Kit includes DVD, Leader's guide, Participant's guide, three booklets, and three stand-alone study guides (one for use with youth). Age: Middle school – Adult. 87 Minutes.



NEW BEGINNINGS: THE GIFTS OF AGING (114001) This DVD looks at aging in our society and provides a glimpse at a variety of creative church ministries that are being enjoyed by older adults. Use the mission, teaching, and service projects highlighted to spark creative ideas for your church's ministries with older adults! This presentation encourages and empowers older adults to live out their lives in meaningful service and Christian discipleship for the transformation of the world. Includes leader's guide. 20 Minutes.

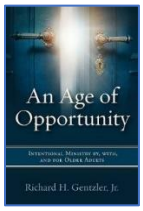


PEEGE (116026) This touching film, a gerontological classic, portrays a family's visit to their grandmother, a patient in a nursing home, and their sense of despair and isolation as they struggle vainly to communicate. When other family members leave the room, the college-age grandson stays behind to share memories with her. As he leaves, unsure whether he's penetrated her loneliness, the camera shows her begin to smile. She is alone again, but with a feeling of worth, knowing that someone cares. Includes discussion questions. Bonus features include commentaries by the director and a gerontologist/film professor. CLOSED CAPTIONED. Age: Middle school - Adult. 28 Minutes.

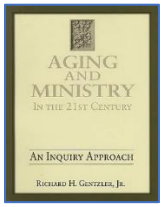


SPIRITUALITY AND THE TWO HALVES OF LIFE (119022) Author: Rolheiser, Ron. A DVD Workshop with Fr. Ron Rolheiser, author of 'The Holy Longing.' Growth and discipleship have two distinct parts. We leave home at an early age and spend many years trying to find our way back. How do we get back home again? That's the spiritual task for the first half of life. But, where do we go once we're back home? That's the spirituality for the second half of life. No matter which half you're in, you'll gain new insights in this 3-part presentation taped before a live audience at the King's House Retreat and Renewal Center in Belleville, IL. Part 1: 41 min. Part 2: 38 min. Part 3: 33 min. Includes guide. 112 Minutes.

Books:



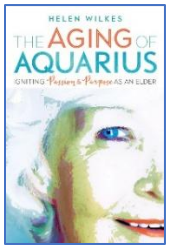
AGE OF OPPORTUNITY: INTENTIONAL MINISTRY BY, WITH, AND FOR OLDER ADULTS (818135) Author: Gentzler, Richard H. Chapters: Why older-adult ministries?; Understanding the aging process; Aging and the spiritual journey; The new seniors - boomers?; Intentional ministry by, with, and for older adults; Organizing for intentional ministry in the local church; Organizing for intentional ministry in the conference; Congregational care ministry; Additional ideas for intentional ministry; Trends in aging. 228 Pages.



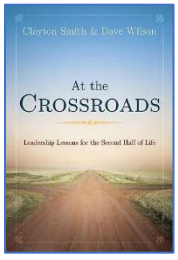
AGING AND MINISTRY IN THE 21ST CENTURY (809003) Author: Gentzler, Richard H. An Inquiry Approach. Designed for either individual or group use, this book will help you learn about the developmental stage of older adulthood and how to move deeper into a comprehensive and intentional ministry by, with, and for older adults. Chapter titles: Myths, realities, and aging; Health and aging; Retirement and aging; Spirituality and aging; Caregiving and aging; Death and aging; Ministry and aging; Boomers and aging. Includes bibliography. 141 Pages.



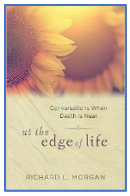
AGING: GROWING OLD IN CHURCH (820068) Author: Willimon, William H. Seasoned pastor and church leader Will Willimon excels at creating thought-provoking, accessible books for working pastors and seminarians. In this book, he takes a theologically rich look at numerous aspects of growing old. Drawing on Scripture, literature, current research, and his experiences as an aging adult, he reflects on aging as a spiritual journey. He explores the challenging realties as well as the rewarding joys of growing old and shows pastors how to help their congregants grow old gracefully and in good Christian hope. He also offers practical advice on helping church members as they encounter retirement, aging, caring for the aging, loss, bereavement, and finding faith in the last quarter of life. This eloquent, delightfully Christian perspective on aging will be of interest to all who care for aging souls. Chapters: Aging with Scripture; The storm of aging; Retiring with God; Successful aging; With God in the last quarter of life; Growing old in church; Ending in God. Includes name and Scripture indexes. Part of the 'Pastoring for Life: Theological Wisdom for Ministering Well' series. 178 Pages.



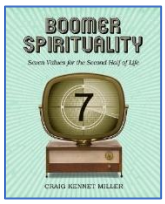
AGING OF AQUARIUS: IGNITING PASSION AND PURPOSE AS AN ELDER (819149) Author: Wilkes, Helen. Your career has wound down, the kids have moved out and your schedule is clear . . . for the next 30 years. Now, with the rest of your life ahead, you can make this next stage of your life the most powerful yet. But where to start? Helen Wilkes, a retired professor and activist, takes readers on an inspiring journey to find renewed purpose in retirement, helping readers as they transition to a post-work identity. Larger than average print. *2020 UMW Reading Program: Nurturing for Community. 188 Pages.



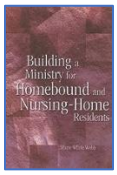
AT THE CROSSROADS: LEADERSHIP LESSONS FOR THE SECOND HALF OF LIFE (816258) Author: Smith, Clayton and Wilson, Dave. This book is a six-week Bible-based study offering comprehensive, practical help for Christians who are approaching, entering, or already in retirement. Readers can work through the book on their own or as part of a group. Chapters: Discovering your life story; Transitions -- changes, challenges, and opportunities; Seeking a higher purpose; Joy for the journey; Caring conversations with family and friends; Legacy planning empowers legacy living. A free leader's guide is available online. 90 Pages.



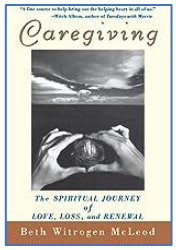
AT THE EDGE OF LIFE: CONVERSATIONS WHEN DEATH IS NEAR (816231) Author: Morgan, Richard. Richard Morgan offers practical suggestions about how to talk about extremely personal and profound issues in the last phase of life. Topics include: Accepting your dying; Making preparations; Finding closure; Dying moments. It can be used by family members and caregivers in their interactions with the elderly or by individuals contemplating their own lives. Includes bibliography. 72 Pages.



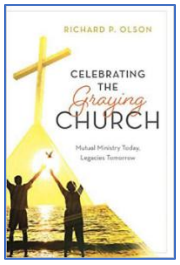
BOOMER SPIRITUALITY: SEVEN VALUES FOR THE SECOND HALF OF LIFE (817138) Author: Miller, Craig Kennet. As the boomer generation navigates dramatic change as it ages, it will be informed by a unique spirituality that was forged in the tumultuous years of the 1960s and 1970s. If you are a boomer, you are sure to be reminded of the events and experiences that had an impact on you when you were young. If you are the child of a boomer, this book will help you understand why your parents act the way they do. If you are creating ministry for this generation, this will be your guide to the way boomers view the world and look toward the future. Chapter titles: Brokenness; Loneliness; Rootlessness; Self-seeking; Godliness; Supernaturalism; Wholeness. 188 Pages.



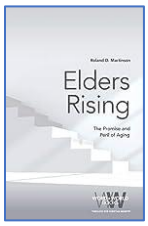
BUILDING A MINISTRY FOR HOMEBOUND AND NURSING-HOME RESIDENTS (804265) Author: Webb, Marie White. Chapter titles: Why do we need a ministry of visitation?; How can we organize?; Go where they are; Learn from follow-up visits; Alleviating fears; Leading worship. Includes guides for a 6-session small group study and a 3-hour session to train visitors. 64 Pages.



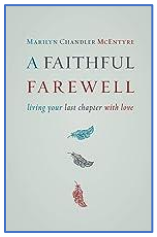
CAREGIVING: THE SPIRITUAL JOURNEY OF LOVE, LOSS, AND RENEWAL (811034) Author: McLeod, Beth Witrogen. Chapter titles: What family caregiving is; Women and caregiving; The medical/financial maze; Caring for aging parents; Spousal caregiving; The nature of loss; The stresses of caregiving; Caregivers and depression; Hitting bottom; Support strategies and everyday miracles; Caregivers, religion, and spirituality; End-of-life concerns; Caregiving as a rite of passage; Awakening the heart; The urge to serve; Caregiving and community. Includes index. **Up to nine copies available**. 264 Pages.



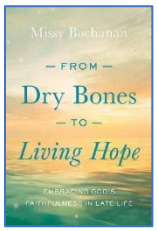
CELEBRATING THE GRAYING CHURCH: MUTUAL MINISTRY TODAY, LEGACIES TOMORROW (821076) Author: Olson, Richard. Today, many churches and their related agencies and ministries are shrinking. Often a large portion of those who remain are older adults. This book suggests that this is an opportunity for a new and different kind of ministry -- a ministry to, with, and from older adults who may have wisdom to pass on to the legacy of the future generations. It offers opportunities, ideas, and guidance for this new vision and practice of ministry, while also describing how aging adults in ministry can support each other and their faith communities. Chapters: Introduction – consider a different perspective on the graying church; Learn about the changing scenes, size, and cohorts of today's elders; Sooner or later, have an 'attitude adjustment' time; Discern – profiles in courage, caring, coping, and creativity; Laugh and play with us; Hear and respond – our housing and work questions; Hear and respond – our health and illness issues; Help us explore – Why am I (still) here?; Help us recognize and claim our passions and legacies; Experience spiritual journeys and growth with us elders; Remember the doing in the caring; Prepare yourself and us to say goodbye; Grieve – with us and for us; Getting there. Includes: Ministry with older adults after the pandemic; older adult survey; movies of interest; bibliography; general and Scripture indexes. 201 Pages.



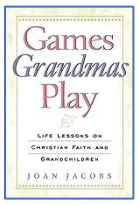
ELDERS RISING: THE PROMISE AND PERIL OF AGING (819012) Author: Martinson, Roland. Roland Martinson explores aging in the U.S. and the biblical and theological understandings of elders and their roles in the church and society. He encourages communities, including faith communities, to better serve the needs of elders and to integrate elder wisdom and capacity into mission and ministry. Chapters: The age wave and early navigators; Aging and the Christian faith; Elderhood - a new life stage; Presence - the capacity to accompany; Relationships - better together; Passion - compelling interests; Purpose - making a difference; Power - ability to influence; Playfulness - enjoyment and leisure; Peril - vulnerability and resiliency; Living with loss; Navigating change; Elders rising; Elders rising - families and churches. Includes discussion questions. 275 Pages.



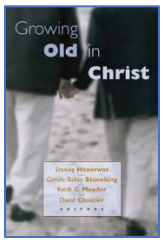
FAITHFUL FAREWELL: LIVING YOUR LAST CHAPTER WITH LOVE (815173) Author: McEntyre, Marilyn Chandler. Appropriate for personal reflection or devotions with older adults or those facing terminal illness, this book includes short readings on a variety of topics: what we dreaded, sharing the bad news, losing control, pain, unhelpful help, anger, boredom, the good days, remembering, new identity, regrets, forgiving, blessings, preparations, stuff, other people's fear, a time to weep, the bad days, looking ahead, opportunity, doubt, this body, growing as I go, listening, seeing, bequeathing, leave-taking, and more. Includes a selection of prayers for the final days. 143 Pages.



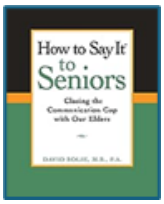
FROM DRY BONES TO LIVING HOPE: EMBRACING GOD'S FAITHFULNESS IN LATE LIFE (821099) Author: Buchanan, Missy. Though the shadow side of aging is a reality, author Missy Buchanan brings spiritual light and nourishment to people in the later years of life. Older adults struggle with chronic pain and diminished physical abilities. They contend with losses that pile up like the dry bones in the prophet Ezekiel's vision—the loss of loved ones and friends, the loss of their home and belongings, the loss of independence, and the loss of purpose. In a culture that values youth more than age, older adults often feel forgotten and without purpose. Each of the 20 brief chapters of this book opens with an intimate, prayerful lament to God from the perspective of the older adult who longs for spiritual renewal and purpose. The authentic voice of lament establishes credibility with older readers who yearn for others to empathize with their struggles. The second part of each chapter, "Cultivating Hope," guides them to God's perspective on aging and specific actions they can take that lead to hope and joy. LARGE PRINT. 144 Pages.



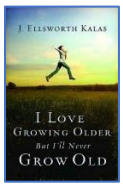
GAMES GRANDMAS PLAY (804237) Author: Jacobs, Joan. Life Lessons on Christian Faith and Grandchildren. The author explores the grandmother/grandchild relationship, showing grandmothers how to offer practical guidance and spiritual wisdom in a way that encourages the development of their grandchildren. Chapter titles: Hide and seek: listening and being found; The playground: making choices; Puzzles: working through it; Coloring: living inside and outside expectations; SORRY: managing the musts; Imagination: coming alive inside; Chutes and ladders; handling the ups and downs; Scrabble: playing with what you have; Little League and beyond: being a spectator; God's game plan: being part of the ultimate game. 95 Pages.



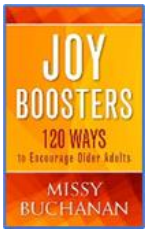
GROWING OLD IN CHRIST (807159) Author: Hauerwas, Stoneking, Meador, Cloutier. Chapter titles: The Christian practice of growing old--the witness of Scripture; Special gift and special burden--views of old age in the early church; The Christian practice of growing old in the Middle Ages; Modernity--the social construction of aging; Growing old in a therapeutic culture; Differences among the elderly--who is on the road to Bremen?; The language of death--theology and economics in conflict; The last gift--the elderly, the church, and the gift of a good death; Captured in time--friendship and aging; Worship, the Eucharist, baptism, and aging; The virtues of aging; Generational conflict--continuity and change; The pressures to die--reconceiving the shape of Christian life in the face of physician-assisted suicide; Memory, funerals, and the communion of saints--growing old and practices of remembering. Includes index. 310 Pages.



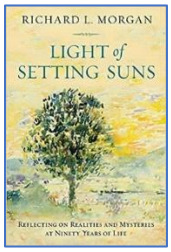
HOW TO SAY IT TO SENIORS (807160) Author: Solie, David. Closing the Communication Gap with Our Elders. This book explores the reasons why communicating with the elderly is sometimes so frustrating and offers strategies and skills for overcoming these difficulties. Part 1: Holding On and Letting Go -- The Unappreciated Agendas of Older Adults. Part 2: The Everyday World of Older Adults -- How It Looks, How It Feels, How It Sounds. Part 3: New Strategies for Communicating with Older Adults. Includes index. 212 Pages.



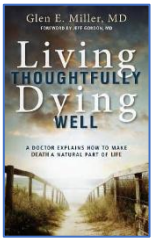
I LOVE GROWING OLDER BUT I'LL NEVER GROW OLD (815216) Author: Kalas, J. Ellsworth. This book is about learning how to make peace with yourself by learning from the past and moving past it. It's about growing and continuing to grow -- personally, spiritually, and in our relationships with God and others. Larger than average print. *2016 UMW Reading Program: Nurturing for Community 156 Pages.



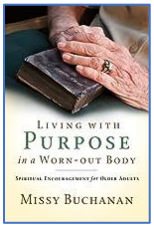
JOY BOOSTERS: 120 WAYS TO ENCOURAGE OLDER ADULTS (814005) Author: Buchanan, Missy. This small book offers suggestions on the following topics: Connecting through questions and conversations; Keeping the faith; Transitioning to a new home; Encouraging from a distance; Using photographs to create smiles; Planning mini-getaways; Making music for older ears; Encouraging hobbies and interests; Finding laughter; Celebrating holidays and special occasions; Bridging the generation gap; Building a legacy. 63 Pages.



LIGHT OF SETTING SUNS: REFLECTING ON REALITIES AND MYSTERIES AT NINETY YEARS OF LIFE (821054) Author: Morgan, Richard. This book contains stories of people aged 90 and beyond who have remained vital and spiritually alive, including the author's own experiences. Richard Morgan shows how to discover wellness, even in years of decline, and how these years may be unexpectedly rich and meaningful. This book shows readers that, even at an advanced age, they still have the opportunity to shine with the Spirit. Each of the 32 short meditations includes a Scripture reference and a short prayer. Includes Scripture index and bibliography. LARGE PRINT. 144 Pages.



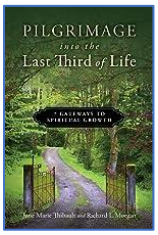
LIVING THOUGHTFULLY, DYING WELL: A DOCTOR EXPLAINS HOW TO MAKE DEATH A NATURAL PART OF LIFE (816030) Author: Miller, Glen. Chapters: The wake-up call; Good deaths and bad deaths; The way we die has changed; Dying regrets or loving memories?; Practical ways to prepare for a good death; Leaning forward as death approaches; Defining beliefs and their application to end-of-life decisions; Comfort at the time of dying through religious practices; A good death. Includes index. 170 Pages.



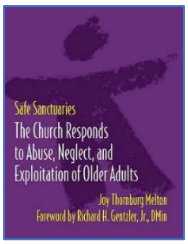
LIVING WITH PURPOSE IN A WORN-OUT BODY: SPIRITUAL ENCOURAGEMENT FOR OLDER ADULTS (813023) Author: Buchanan, Missy. Forty-one one-page meditations on topics such as 'slow motion,' 'late-in-life friends,' 'beginning a new day,' 'not the end of the story,' 'hope,' and more. Each meditation includes two scripture references. LARGE PRINT 93 Pages.



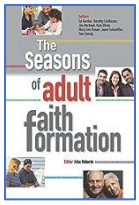
LOVING LATER LIFE: AN ETHICS OF AGING (816229) Author: de Lange, Frits. Chapter titles: Good aging -- toward an ethics of aging; The ethics of love; Why we do not love the elderly; Taking care of your old self; Love for aging neighbors. Includes bibliography and index. 159 Pages.



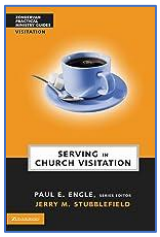
PILGRIMAGE INTO THE LAST THIRD OF LIFE: SEVEN GATEWAYS TO SPIRITUAL GROWTH (814099) Author: Thibault, Jane Marie and Morgan, Richard. The Last Third of life (age 60 and beyond) offers significant challenges that the authors suggest we approach as a pilgrimage. Their brief, scripture-based meditations and reflections examine seven tasks essential to living the Last Third fearlessly and with purpose: 1) Facing aging and dying; 2) Living with limitations; 3) Doing inner work; 4) Living in and out of community; 5) Prayer and contemplation; 6) Redeeming loss and suffering; 7) Leaving a legacy. 142 Pages.



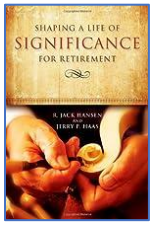
SAFE SANCTUARIES: THE CHURCH RESPONDS TO ABUSE, NEGLECT AND EXPLOITATION OF OLDER ADULTS (814012) Author: Melton, Joy Thornburg. Chapter titles: Older adults in the church; The spectrum of abuse in the older adult population; Special cases of elder abuse; Beginning your ministry with older adults; Basic procedures for safely operating ministries with older adults; Your congregation's plan for responding to allegations of abuse; Your congregation's implementation strategies; How may we minister after abuse?; Looking at intentional inclusion of older adults; A model for training leaders. Includes sample forms. 136 Pages.



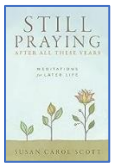
SEASONS OF ADULT FAITH FORMATION (816002) Author: Roberto, John, editor. It's time for every Christian church to commit itself to developing faith formation for every season of adulthood: young adults, midlife adults, mature adults, and older adults. This book is designed to provide pastors, church staff and ministry leaders, adult faith formation coordinators and educators, and all faith formation leaders with a deeper understanding of adulthood today, a vision of 21st century adult faith formation, and the tools and processes for designing faith formation for all the seasons of adulthood. 198 Pages.



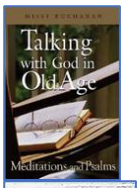
SERVING IN CHURCH VISITATION (807190) Author: Stubblefield, Jerry. Designed for group or individual study, this book encourages faithful church visitors and church staff members who take time from their busy schedules to reach out to people who have needs in their communities. Chapter titles: How does the Bible model the importance of visitation?; What kind of person makes a good visitor?; What kinds of visits are possible?; What kinds of inreach visits can be made?; How should Scripture and prayer be used? A 'Zondervan Practical Ministry Guide.' 95 Pages.



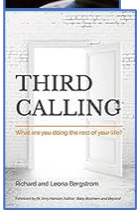
SHAPING A LIFE OF SIGNIFICANCE FOR RETIREMENT (814045) Author: Hansen, R. Jack and Haas, Jerry. This book focuses on the personal dimensions of the move from full-time work to partial or full retirement. Drawing upon conversations with retired professions from around the country it identifies some of the key transitions in the first years of retirement, the unique opportunities for personal growth in this phase of life, and the real challenge we must face. Each chapter includes questions for reflection. 110 Pages



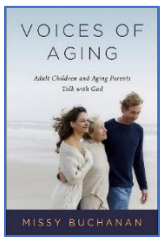
STILL PRAYING AFTER ALL THESE YEARS: MEDITATIONS FOR LATER LIFE (819109) Author: Scott, Susan Carol. The 52 reassuring reflections in this book will help older adults to recognize God's presence in their lives. It will also be a valuable resource for pastors, chaplains, and others who minister with older adults. Includes Scripture index. 126 Pages.



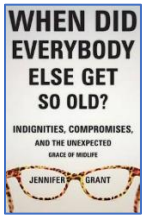
TALKING WITH GOD IN OLD AGE: MEDITATIONS AND PSALMS (810168) Author: Buchanan, Missy. Seniors grappling with the aging process will readily identify with these reflections and find reassurance of God's presence. Caregivers, family members, and others seeking to understand aging loved ones will gain insight into the thoughts and emotions of the elderly frail. LARGE PRINT. 96 Pages.



THIRD CALLING: WHAT ARE YOU DOING THE REST OF YOUR LIFE? (820046) Author: Bergstrom, Richard and Leona. Designed for mature adults who have lived their First and Second Callings (the challenges of young adulthood and the responsibilities of midlife), this book discusses how to make the most of your Third Calling (the opportunities of maturity). Chapters: Popping the question; Following the call; Knowing your purpose; Stepping into your story; Pursuing your passion; Awakening your dreams; Clarifying your values; Discovering your design; Cultivating your creativity; Unleashing your inner entrepreneur; Hearing the One Who calls; Exploring new worlds; Taking the leap; Navigating white waters; Developing your plan; Enlisting your team; Finding your voice; Swimming against the stream; Living a legacy. 161 Pages.



VOICES OF AGING: ADULT CHILDREN AND AGING PARENTS TALK WITH GOD (816063) Author: Buchanan, Missy. Designed as a discussion starter between adults and their parents, Missy Buchanan provides a variety of meditations, each one including a Bible passage, a short reading each for the parent and child, a short passage on moving forward, and a prayer. Topics: doing the best I can, can't take it with you, the car, wisdom, seasons, memories, doctors and hospitals, parent/child, money, dignity, home, siblings, stress, friends, holidays, boundaries, death, laughter, off-center, change. 91 Pages.



WHEN DID EVERYBODY ELSE GET SO OLD? INDIGNITIES, COMPROMISES, AND THE UNEXPECTED GRACE OF MIDLIFE (818203) Author: Grant, Jennifer. This book is Jennifer Grant's unblinking, good-humored and hope-filled look at the transitions of middle age. Exploring the physical, spiritual, and emotional changes unique to the middle years, this is a must-read for anyone facing the flux and flow of age 40 and beyond. *2019 UMW Reading Program: Nurturing for Community. 189 Pages.