

Resources for Congregations

Contents

Older Adults Health.....	2
Today—A time to re-claim our past and re-imagine our future.....	4
Is Your Church Older Adult Friendly?.....	6
Resources for Aging is Changing – Are You?.....	9
I. Introduction	9
II (a) Resources for the Small Church (less than 100 members).....	10
II (b) Resources for Larger Congregations (greater than 100 members).....	10
III. General Resources (educational programs, awareness, liturgies, worship).....	11
IV. Ecumenical Resources on Aging and Older Adult Ministry	13
V. Selected Bibliography	14
Caregiving.....	14
Christian Formation	15
Dementia.....	15
Elder Abuse	16
End of Life Issues.....	16
Financial Wellness.....	16
Health and Fitness.....	16
Pastoral Care	17
Quality of Life.....	17
Retirement	18
Spirituality	19
Worship and Prayer	20

Older Adults Health

By Dr. Marie Bernard

It has often been stated that aging is not for sissies. There is some truth to that saying. As we age, there are changes in our bodies that remind us that we are no longer in our 20s. However, we are fortunate to live in an era that affords considerable longevity. The focus of this essay will be to review the data regarding longevity and the illnesses that may accrue over time. Actions that can be taken to optimize health and longevity will be highlighted.

At the beginning of the 20th Century, average life expectancy was only 40 to 50 years. Now, in the 21st Century, newborns can anticipate living at least to age 78. Once one passes the 65th birthday, the likelihood of making it to 85 is high. If you make it to 85, the likelihood of making it to 92 or older is even higher. The fastest growing segments of the population are octogenarians and centenarians.

Ultimately, the cause of death in the 21st Century, as opposed to early in the 20th Century, is chronic diseases, rather than infections and injuries. Heart disease, cancer, stroke, diabetes, lung disease, Alzheimer's disease, are among the top causes of death in those 65 years of age and older. Common illnesses that accompany and often underlie these illnesses are high blood pressure, arthritis, and high lipid levels. It is common for an individual who is well beyond the age of 65 to have more than one chronic condition, requiring multiple medications. With the accumulation of chronic illnesses, and particularly with advancing age, it is not uncommon for an individual to have declining strength and vitality. Medical professionals often describe individuals who have advanced forms of decline as frail.

There are changes in the body with aging that contribute to the development of frailty, regardless of the development of chronic illness. As we age, we hit our peak bone, and muscle size or mass in our 30s. Thereafter, there is progressive decrease in both. For women, around menopause, there is a particular decrease in bone mass due to decline in estrogen levels. By the time men and women reach their 70s, they have demonstrable decreases in the mass of both bone and muscle, leaving them at risk for fractures with falls, and less able to carry packages or conduct activities that require strength. Of course, the degree to which there is a decline varies among individuals. However, even master athletes demonstrate declines.

Of course, everyone worries about declines in mental function with aging. It is clear that some functions change. Short-term memory and the rapidity with which one can respond to mental stimuli become less efficient than when one is younger. However, with age there truly is wisdom. Older individuals are better than their younger counterparts in synthesizing information. Nonetheless, progressive age is associated with increased risk for Alzheimer's disease (AD) and other dementias. Probably fewer than one in 20 adults 65 and older have evidence of AD. However, the risk goes up with age, and as many as one in four individuals 85 and older may have evidence of AD.

So, what is one to do? There are a number of things that can be done to optimize health with longevity. Exercise and a good diet can help limit risk for heart disease, stroke, and diabetes. Exercise can also help diminish the decline in muscle mass that occurs with aging, and balance exercise can help prevent falls that may lead to fracture – a particular risk with decreased bone mass. It is never too late to start exercising. However, if one has not been active, it is important to consult with your primary care provider to be assured of what activities are safe. There are a number of resources to help with exercise guidance, noted at the end of this essay. The important consideration is activity that is enjoyable and sustainable – e.g., walking, gardening, dancing. It is recommended that one engage in up to 30 minutes of activity most days of the week. Activity that includes aerobics, stretching and strengthening of muscles, and balance, can help overcome some of the declines in muscle and bone strength described above.

Above and beyond physical activity, it is important to be engaged mentally and socially. There are no proven studies that show that mental engagement can ward off the ravages of Alzheimer's disease. However, individuals who are engaged with their community have greater well-being than those who are isolated. International studies have shown that there is more cognitive decline among individuals in countries with early retirement than in countries with later ages for retirement. Individuals who are active with faith communities appear to experience greater well being than individuals who are more isolated.

Finally, it is important to take advantage of the medical advances that have contributed to increased longevity, and to work with your health care new Annual Wellness Visit (AWV) benefit. This visit is at no cost to the Medicare beneficiary, and allows a focused visit with the health care provider to consider preventive health. It is not a physical exam. It is a review of risk factors for things like breast cancer, colon cancer, cognitive impairment, etc. The health care practitioner will use information gathered at the visit to deploy evidence-based interventions to decrease risks that may be identified. Beyond the AWV, it is of course important to be in regular contact with the primary care provider for monitoring and treatment of any identified chronic illnesses.

As noted at the outset, aging is not for sissies. However, the added years of life that have developed in the last century are an unprecedented opportunity. Those years can be optimized with focus on good health practices.

Resources that may be helpful:

- Administration on Aging – www.aoa.gov – AoA has a number of programs that may be useful for older adults in the community.
- Centers for Disease Control and Prevention – www.cdc.gov – CDC has a healthy aging program, and information regarding exercise and diet that may be helpful for older adults.
- NIH Senior Health – www.nihseniorhealth.gov – This resource from the National Institutes of Health covers aging issues from A to Z.
- Go4Life campaign – www.go4life.gov – This program developed by the National Institute on Aging of the National Institutes of Health is designed to assist seniors in becoming more active.

Today—A time to re-claim our past and re-imagine our future

Bud Holland, Member, Older Adults Ministries Task Force

Opportunities: Come to Terms with our History, Identify our Gifts in New Ways, and Share our Legacy

As we age, assuming our health allows us to do it, we have the opportunity to come to terms with our history, identify our gifts in new ways, and consider how we might pass on our legacy. One way of engaging this work is to see life as an accumulation of experience, skills, and reflections, and understand them in terms of a life portfolio.

We come to worship or other gatherings for “meaning making” from the context of our living. Sometimes the context of our living can seem to be overwhelming in its complexity. We choose to gather because we realize that we need to have other perspectives and support in order to live fully in the context. We also know instinctively that we know ourselves and life most fully in the company of others.

In our gathering we move to the holy table which can be for us not only the holy table for Eucharist but other tables of conversation and nourishment. It is here that we can catch an even larger perspective of life, and its many dimensions, as well as reflect upon what God has been up to in creation and history, what God might be saying to us now, and where God might be leading us in the unfolding future. We are often tempted to stay on this “mountaintop” but we know that we cannot forever. We are dismissed to go back into the context of living.

So we are a people of the context, a people of the gathering, a people of the table, and a people of the dismissal. As we make this journey, we also realize that we have been engaged in another set of explorations:

- a) **Remembering**
- b) **Being reminded**
- c) **Being open to be surprised**

As we gather we weave together in new ways this journey of remembering, being reminded, and being surprised into what we might call a **Life Portfolio**. Portfolios are repositories of our significant life experiences, experiences that have informed our relationships, work, spiritual and vocational journeys, the stewardship of our resources, and the care of our emotional and physical health.

We have many things in our portfolios: our early work, various transitions in our lives and work, the difficult times where our journey may not have been clear or was especially struggling, the ways we have worked through these experiences, examples of our best learning and work, and many other remembrances.

Portfolios may also be filled with pictures that highlight our life or written examples of work or stories/homilies/reports/art/music we have shared or memories of significant events/people/transitions in our life or journals or a whole host of activities gracing our remembrances; the times we were reminded of a gift before us or within us, and times when we were surprised by grace and joy. Sometimes portfolios are carried in satchels or are dispersed around our offices and homes. But the creation and presence of them helps define who we are, what we value, and perhaps where and who we yearn to be.

Our portfolios are not static nor do they say all that can be said about us. We learn from our successes, failures, strengths, weaknesses, hopes, despairs, and wholeness, fractures and disconnects. All of our lives are treasure troves of learning, giftedness, and wisdom.

So we have opportunities to remember, be reminded, and be surprised. In our looking back, we will have the opportunity to consolidate our learning. In looking at where we are now we will have the opportunity to embrace life as it is presented to us. In looking forward we will have the opportunity to imagine some new directions for ourselves.

Every 30 Seconds Someone Turns 65.

Is Your Church Older Adult Friendly?

The Older Adult Ministries Task Force compiled the following list of questions to help congregations think about the inter-generational aspects of their church in reference to an aging society. The ideas range from the basic to more innovative and are meant to be thought-starters.

SERVICES

- Do ushers respectfully offer to help elderly people to their seats, communion, coffee hour, etc?
- Is the communion table accessible from the floor of the nave? If not, is there a side rail or a ramp?
- Is there a good sound system? Are ministers “attuned” to speaking to aging ears?
- Are hearing devices provided and readily available? How do congregants know of their availability?
- Is the church well lit for both reading purposes and for preventing accidents?
- Do you include congregants of all ages in all aspects of the service (e.g., as readers, ushers, etc.?)
- Could a lector /intercessor do his/her scripture reading from their seat with a hand held mike?
- When the congregation is asked to stand or kneel, are the words “as you are able” included?

COMMUNICATIONS

- Are there large print prayer books, Bibles, and bulletins available?
- Is your signage for restrooms, and stairs well placed?
- If name tags are used, are names bolded and in large face type?
- Is a large font size used on the church website? If not, is there an enlarger button prominently displayed?
- Is there a special complete services bulletin with all hymns, etc?

CHRISTIAN FORMATION

- Do you offer faith formation programs that respond to the spiritual needs of older adults?

- Are older adults consulted on program development?
- Are the programs held in easily accessible locations?

PROPERTY

- Do you have open ended pews to accommodate wheel chairs? Are pews at various locations?
- Do you have chairs in addition to the pews for easier seating?
- Do you have easily accessible bathroom facilities on the main floor?
- Do you have a ramp for wheelchairs or those who cannot climb steps?
- Are church doors equipped with long handled door knobs?
- Are sidewalks and steps free of ice, snow, wet leaves and bird droppings?
- Is there a paper cup dispenser near the water fountain?
- Do you have a hand sanitizer prominently placed?

TRANSPORTATION

- Do you identify who in the congregation needs assistance getting to and from Church?
- Do you have an escort type program?
- Is transportation available for those with scooters?
- Do you have accessible parking spaces for elderly people with signage?
- Do you have a well lit parking lot?

ACTIVITIES

- Do you have age diversity on the Vestry?
- Are committees inter-generational? Are they developed by age segment?
- Do you reach out and ask elder people to be on committees to show you value their skills?
- Do you honor your elders with any type of celebration?
- How do you encourage lay leaders to engage older members in activities?
- Do you offer programs that help children help their aging parents?
- Do you offer programs during times that are accessible and safe for elderly people?
- Do you have a support group for caregivers?
- Do you provide information on end of life issues, estate planning, funerals, and mourning?
- Do you have a parish nurse?

- Do you offer CPR or First Aid courses?
- Do you know who has recently transitioned from their jobs and are depressed or disengaged?
- Do you have a listing of services available to seniors in the local community?

OUTREACH

- Does the church have a relationship with a senior center?
- Does the church have a relationship with a retirement community?
- Does the church have a relationship with local non-profits?
- Does the church have a relationship with Area Agency on Aging?
- Could the church become a hub for seniors looking for new volunteer activities outside of the church?

The OAM Task Force knows that The Episcopal Church is diverse. If you are doing these activities already we say kudos and to those of you in the early stages we hope this list is helpful.

For more information about Older Ministries, please visit our website at

<http://www.episcopalchurch.org/page/older-adult-ministries> or contact [Ruth-Ann Collins](#), officer for Adult Formation and Lifelong Learning.

Resources for Aging is Changing – Are You?

NOTE: the resources need to be written in the Chicago manuscript style

I. Introduction

This resources section represents the next step in disseminating information obtained about best practices and resources involving older adult ministry. It is intended to help congregations, clergy, and lay leaders become more aware of and knowledgeable about the enormous growth in the number of older parishioners, the diversity of these individuals regarding needs (e.g., spiritual, communal, emotional, financial, and physical) and interests. In planning for ministry by, with and for older adults the Task Force on Older Adult Ministries believes that it is important to keep in mind that every older adult is a unique individual and effective ministry is a creative endeavor of discerning the diversity of older members.

This resource section has several objectives including (1) identifying resources that congregations of different size, geographic location, and demographic composition can use in initiating, developing, and expanding ministries *by, with, and for older adults*, (2) identifying important and helpful websites, (3) identifying places and people for consultation, and (4) providing a bibliography on selected topics. The resources are, for the most part, considered as best practices or tools available. They have been recommended by members of the Task Force on Older Adult Ministries with expertise in gerontology and by consultants from other denominations. As time and opportunity allow, the intent is to update the resource section periodically. For example, it is expected that some websites may change and more information will certainly be published.

To assist the reader in using the information contained in this section, resources for smaller congregations (II a) and for larger congregations (II b) are listed separately below. There is some intentional overlap. The resources for smaller and larger congregations are compromised from recommendations by the Princeton Theological Older Adult Ministry Consultation (2007) with some additions from the Task Force on Older Adult Ministries.

The listing of general resources (III) which follows the listings for smaller and larger congregations is organized into the following categories: (1) Educational programs/resources for awareness and (2) Worship / liturgies.

The resources in these categories are rated according to level of experience and training as **Level I** for staff and lay leaders without any credentialing in gerontology or previous experience in older adult ministry and **Level II** for specially trained or educated staff or lay members in gerontology and older adult ministry. These levels are indicated with the headings of the category. A listing of ecumenical websites (IV) follows next. These websites cover a wide domain of topics and are not rated into levels. Several sites, which provide their own bibliographies, are indicated with asterisks (***) . The final section (V) is a selected bibliography

arranged by the following topics: Caregiving, Christian Formation, Dementia, Elder Abuse, Financial Wellness, Health and Fitness, Pastoral Care, Quality of Life, Retirement, Spirituality, and Worship and Prayer.

II (a) Resources for the Small Church (less than 100 members)

1. Dunn, D. (2010). *Episcopal church committee on older adult ministries: Survey data and analysis* (contact TFOAM for copies)
2. Knutson, L.D. (1999). *Understanding the senior adult: A tool for wholistic ministry*. Alban Institute, publications@alban.org
3. Gentzler, R.H. (2000) *Getting started in older adult ministry*. Discipleship Resources, P.O. Box 340003, Nashville, TN 37203 www.aging-umc.orgwww.kintera.org/atf/cf/...598f.../GETTINGSTARTEDOA08
4. Gentzler, R.H. (2000) Facilitator manual for use in equipping congregations for ministry by, with, and for their adults over 50 <http://www.flumc.org/beyond50/manual.pdf>
5. Gentzler R.H., (2000). *Designing an older adult ministry*. Discipleship Resources, P.O. Box 340003, Nashville, TN 37203 www.gbod.org
6. Gentzler, R.H., (2002). *The graying of the church: A leader's guide for older- adult ministry in the United Methodist church*. Discipleship Resources, P.O. Box 340003, Nashville, TN 37203 www.gbod.org
7. Morgan, R.L., (2006). *Dimensions of older adult ministry: A handbook*. Witherspoon Press, Presbyterian Church (USA)
8. Michael Collyer, Claire Dalpra, Alison Johnson, and James Woodward (Ed.) (2008). *A mission-shaped church for older people? Practical suggestions for local churches*. Publisher: Church Army & The Leveson Centre www.leveson.org.uk
9. Urich, S. (2010) *Health ministry in the local congregation: An introduction and opportunity*. Congregational Vitality Series # 6. National Episcopal Health Ministries. www.episcopalhealthministries.org

II (b) Resources for Larger Congregations (greater than 100 members)

1. Address, R. & Rosenkranz, A. (2005) *To honor and respect: A program and resource guide for congregations on sacred aging*. Union for Reform Judaism. New York, NY: (URJ) Press
2. Dunn, D. (2010). *Episcopal church committee on older adult ministries: Survey data and analysis* (contact TFOAM for copies)
3. Gentzler, R.H. (2008) *Aging, and ministry In the 21st century: An inquiry approach*. Discipleship Resources, P.O. Box 340003, Nashville, TN 37203 www.gbod.org
4. Gentzler, R.H. *Getting started in older adult ministry*. Discipleship Resources, P.O. Box 340003, Nashville, TN 37203 www.kintera.org/atf/cf/...598f.../GETTINGSTARTEDOA08
5. Gentzler R.H., (2000). *Designing an older adult ministry*. Discipleship Resources, P.O. Box 340003, Nashville, TN 37203 www.gbod.org

6. Gentzler, R.H., (2002). *The graying of the church: A leader's guide for older- adult ministry in the United Methodist Church*. Discipleship Resources, P.O. Box 340003, Nashville, TN 37203 www.gbod.org
7. Gearing up for the age wave: A guide for synagogues: Highlights of “aging and the 21st century synagogue: A think tank on creating positive futures”
<http://www.rrc.edu/distancelearning/sites/default/files/legacy/GearingUpfortheAgeWave.pdf>
8. Knutson, L.D. (1999). *Understanding the senior adult: A tool for wholistic ministry*. Alban Institute, publications@alban.org
9. Morgan, R. L. (2006) *Dimensions of older adult ministry: A handbook*. Louisville, KY: Witherspoon Press, Presbyterian Church (USA), 250 pgs.
10. Princeton Theological Seminary (2007) *Now is the time: The churches challenge for older adult ministry* <http://www.rrc.edu/site/c.1qLPIW0EKrF/b.2485811/>
11. Simmons, Henry C. (n.d.). Religion, aging, and spirituality: An online-annotated bibliography for graceful aging. <http://gargoyle.union-psce.edu/aging/>
12. *Toward a Society for All Ages: A Practical Guide for Congregational Ministry*. Cumberland Presbyterian Board of Christian Education, (2005). The Presbyterian Church (USA), The Lutheran Church, and The United Methodist Church, Memphis, TN. www.cumberland.org/bce/Thirdagemanual.html

III. General Resources (educational programs, awareness, liturgies, worship)

- **Educational programs/resources for awareness (Level I)**

1. Best Practices in Older Adult Ministry. PowerPoint presentation by Richard Gentzler, Ph.D. at the American Society on Aging (2009).
http://episcopalachurch.org/adults/109435_116091_ENG_HTML.htm (level I)
2. 2011 Older Adult Ministries Planning Guide; Presbyterian Church USA.
<http://www.pcusa.org/resource/2011-older-adult-ministries-planning-guide/> (level I)
3. Episcopal Society for Ministry on Aging (1985). *Affirmative aging: A resource for ministry*. Minneapolis: Winston Press. (level I)
4. Goldsmith, M. (2006). *Grow old with me: A creative approach to ageing*. Social care lecture for the Archdiocese of Edinburgh & St. Andrew's at Gilles College Edinburgh.
www.faithinolderpeople.org.uk (level I)
5. **RespectAbility: Older Americans renewing communities.**info@respectability.org (level I)
6. Snowdon, D. (2001). *Aging with grace: What the nun study teaches us about leading longer, healthier, and more meaningful lives*. Bantam Books, NY, New York.
www.nunstudy.org (level I)

- **Educational programs/resources for awareness (Level II)**

1. **Still kicking: DVD Film about elders who live with heart and soul.**
www.goldenbearcasting.com (level I and II)

2. Gentzler, R.H., (2005). *New beginnings: The gifts of aging*. Nashville, TN: Disciple Resources @ www.gbod.org, VHS: 20 minutes (levels 1 and II)
3. Choi, G., Tirrito, T., Mills, F. Caregivers's spirituality and its influence on maintaining the elderly and disabled in a home environment www.geragogia.net/editoriali/caregiver (levels I and II)
4. Aging in the United States – The churches response. From The Book of Resolutions of The United Methodist Church — 2004. Copyright © 2004 by The United Methodist Publishing House. <http://archives.umc.org> (level II)
5. Broken Trust: Elders, Family, and Finances. MetLife study of elder abuse www.metlife.com (level II)
6. *Crimes of occasion, desperation, and predation against America's elders - a study of elder financial abuse*. MetLife's follow up study of Broken Trust www.metlife.com (level II)
7. Dreher B.B., 2001. *Communication skills for working with elders*, Second Edition. New York: Springer Publishing Company. (level II)
8. Lukens, J.E. (Ed.), (1994). *Affirmative aging: New Edition*. Harrisburg, PA. Morehouse Publishing, 14 pg. (levels I and II).
9. Hendrickson, M.C. (1986). *The role of the church in aging*. New York and London: The Hawthorne Press (level II)
10. Knuston, L. D. (1999). *Understanding the senior adult: A tool for wholistic ministry*. Alban Institute www.alban.org/bookstore (level II).
11. **Living Old: Frontline Program Aired 2007**
12. www.pbs.org/wgbh/pages/frontline/livingold/view (level II).
13. Tadd, W. (2005). *Educating for dignity: Dignity and older Europeans. A multi-disciplinary workbook*. <http://www.cf.ac.uk/dignity> (level II)
14. Tomorrow's choices: Preparing now for future legal, financial, and health care decisions AARP publication. www.aarp.org (level II)
15. Hale W.D., Bennett R.G., (2003). Addressing health needs of an aging society through medical-religious partnerships: what do clergy and laity think? *The Gerontologist* 43:925-930. (level II)
16. Payne, B.P. & Brewer, E.D. (1999). *Gerontology in theological education*. Psychology Press. (level II)
17. Northwest Parish Nurse Ministries: [Keep Your Mind for Later Use!](#)

- **Worship / liturgies - All Level II**

1. Address R. and Rosenkranz, A. (2005). *To honor and respect: A program and resource guide for congregations on sacred aging*. New York, NY: URJ Press www.urj.org
2. Annual Evensong 2006: Presentation of the David Paul Hegg, II Lifetime Achievement Awards to Diocesan Seniors. Newark: Episcopal Diocese of Newark www.dioceseofnewark.org
3. Episcopal Diocese of Florida. (2003, 2005, 2007). *Celebrations of couples married 50 or more years: Holy Eucharist and Renewal of Marriage Vows*. Jacksonville, FL. www.diocesfl.org
4. Evans, A.R. (2006). *Healing liturgies for the seasons of life*. Louisville, KY: Westminster John Knox Press, 486 pg.

5. Gentzler, R. A litany for aging. Center on Aging and Older Adult Ministries. General Board of Discipleship, United Methodist Church. Nashville, TN. E-mail: rgentzler@gbod.org Web Site: www.aging-umc.org
6. Gentzler, R. Older adult resources for celebrating older adult Sunday. Center on Aging and Older Adult Ministries. General Board of Discipleship, United Methodist Church. Nashville, TN. E-mail: rgentzler@gbod.org Web Site: <http://www.kintera.org/atf/cf/%7B3482e846-598f-460a-b9a7386734470eda%7D/OASUN-RESOURCES.PDF>
7. Rowthorn, J. Alfred, W.(2007).*The wideness of God's mercy: Litanies to enlarge our prayers*. New York, NY: Church Publishing Company.
8. Standing Committee on Liturgy and Music of the Episcopal Church. (2007). *Changes: Prayers and services honoring rites of passage*. New York, NY: Church Publishing Company.
9. *Worshipping with Lifelong Seekers (Worship Booklet)*. Committee of Affirmative Aging. Diocese of Michigan. www.edomi.org
10. Bock, S. (2008). *Liturgy for the whole church: Multigenerational resources for worship*. New York, NY: Church Publishing.
11. Buchanan, M. (2011). *Aging faithfully: 28 days of prayer*. Nashville: Upper Room Books.
12. Standing Committee on Liturgy and Music of the Episcopal Church. (2007). *Changes: Prayers and services honoring rites of passage*. New York, NY: Church Publishing Company.

IV. Ecumenical Resources on Aging and Older Adult Ministry

1. Administration on Aging www.aoa.gov
2. Alban Institute www.alban.org
3. Access America for Seniors <http://www.seniors.gov> or www.usa.gov/Topics/Seniors.shtml
4. ***(ALOA) The Association of Lutheran Older Adults
5. <http://aloaserves.org>
6. American Society on Aging www.asaging.org
7. American Society on Aging/Forum on Religion, Spirituality, and Aging
8. <http://www.asaging.org/networks/index.cfm?cg=FORSA>
9. American Association of Retired Persons (AARP) <http://www.aarp.org>
10. AARP www.aarp.org/personal-growth/spirituality-faith
11. ***Center on Aging and Older Adult Ministries. General Board of Discipleship, United Methodist Church. Nashville, TN. Web Site: www.gbod.org/coa/
12. Center for Healthy Aging, Ministries, Programs, and Services (CHAMPS)www.champsonline.info
13. Eldercare Locator www.eldercare.gov
14. Elderhostel <http://www.roadscholar.org>
15. Generations Together www.gt.pitt.edu
16. Gray Panthers www.graypanthers.org
17. Faith in Action National Network <http://www.fianationalnetwork.org>
18. Faith in Older People – United Kingdom (Scottish Episcopal Church)
19. www.faithinolderpeople.org.uk

20. Family Caregiver Alliance (FCA) (level I) www.caregiver.org
21. Institute on Aging www.ioaging.org
22. Medical Rights Center <http://www.medicarerights.org>
23. National Adult Day Services Association, Inc. (NASDA)
www.nap411.com/.../National-Adult-Day-Services-Association-Inc
24. National Association of Area Agencies on Aging (N4A) www.n4a.org
25. National Center on Elder Abuse
Includes the Clearinghouse on Abuse and Neglect of the Elderly (CANE)
www.ncea.aoa.gov
26. National Council on Aging (NCOA) www.ncoa.org
27. National Council on Aging (NCOA) Double Honor to Our Elders – Effective Older Adult Ministries
28. <http://www.ncoa.org/attachments/OAM%20Models%20booklet%202007%Epdf>
29. The National Institute on Aging www.nia.nih.gov
30. National Hospice Foundation www.nationalhospicefoundation.org
31. National Senior Citizens Law Center <http://www.nslc.org>
32. ***Presbyterian Church USA Older Adult Ministries
33. <http://pcusa.org/olderadults/>
34. Presbyterian Association of Homes and Services for the Aging www.pahsa.org
35. ***Reformed Church of America (RCA) <https://www.rca.org/sslpage.aspx?pid=1743>
36. SeniorNavigator www.seniornavigator.com
37. Shepherd's Centers of America (SCA) www.shepherdcenters.org
38. United Church of Canada – An Ethical and Theological Statement on Aging
39. <http://www.united-church.ca/allages/seniors/ouch/ethical>
40. ***Union for Reform Judaism <http://urj.org/life/community/family/aging>

V. Selected Bibliography

Caregiving

American Association of Retired Persons. (2010). Prepare to care; A planning guide for families. www.aarp.org/foundation/preparetocare

Aging parents: The family survival guide. (DVD presentation includes a 180 page action guide workbook with over 100 nationwide referral resources.) www.agingparents.com

Bartocci, B. (2008). Grace on the go: Quick prayers for compassionate caregivers. New York, NY: Morehouse Publishing.

Garrett, S. (2006). On the road: Caring for an aging parent. Chicago: Dearborn Financial Publishing.

Gross, J. (2011). A bittersweet season: Caring for our aging parents. NY: Alfred A. Knopf.

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Mace, N. & Rabins, P. (2006). The 36-hour day: A family guide to caring for people with Alzheimer disease, other dementias and memory loss in later life (4th Edition). Baltimore:Johns Hopkins Press.

Morris, V. (2004). How to care for aging parents. New York, NY:Workman Publishing Co.

Nouwen, H. & Mogabgab, J. (2011). A spirituality of caregiving. Nashville:Upper Room Books.

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