

Selected Resources For Older Adults

A Spirituality of Caregiving: The Henri Nouwen Spirituality Series by Henri J.M. Nouwen and John S. Mogabgab, series editor. Upper Room Books, Nashville, TN (2011). In this encouraging book Henri Nouwen communicates warmth, respect, and compassion as he shares heartfelt insights on what it means to be a caregiver and to be cared for.

Ageless: Take Control of Your Age and Stay Youthful for Life by Edward L. Schneider, M.D. Rodale (2003). This resource refutes the myth that age equals loss – of our health and our physical and mental vigor.

Aging and Ministry in the 21st Century, An Inquiry Approach by Richard H. Gentzler, Jr. Discipleship Resources, Nashville, TN (2008). This resource offers church leaders a structured approach to implementing strong ministries by, with, and for older adults.

Aging: Concepts and Controversies by Harry R. Moody. Pine Forge Press, Thousand Oaks, CA (2000). An excellent resource that helps readers confront many of the issues impacting both aging persons and our aging society.

Aging Faithfully: 28 Days of Prayer by Missy Buchanan. Upper Room Books, Nashville, TN (2011). This book is divided into four weekly themes: Accepting the Challenges of Aging, Finding God's Purpose in Aging, Overcoming the Temptations of Aging, and Discovering the Joys of Aging. Each week contains daily Bible-based readings, scripture, prayers, and suggestions for practical application or deeper thought.

Aging, Spirituality, and Religion edited by Melvin A. Kimble, Susan H. McFadden, and all. Fortress Press, Minneapolis, MN (1995). Volume 1. This book examines the ways religion and spirituality are experienced by aging persons within an aging society.

Aging, Spirituality, and Religion, Volume 2 edited by Melvin A. Kimble and Susan H. McFadden. Fortress Press, Minneapolis, MN (2003). Picking up where volume 1 left off, this book contains substantive theoretical essays on how religion and spirituality are encountered in the growth experiences and life crises of older adults.

Aging Well by George E. Vaillant, M.D. Little, Brown and Co., New York, NY (2002). This book is based on what is arguably the longest study of aging in the world – the Study of Adult Development at Harvard University.

The Creative Age: Awakening Human Potential in the Second Half of Life by Gene D. Cohen, M.D., Ph.D. Quill (2001) This resource helps debunk the harmful myths about aging and illuminates the biological and emotional foundations for creativity.

A Deepening Love Affair: The Gift of God in Later Life by Jane Marie Thibault. Upper Room Books, Nashville, TN (1993). A classic book on spirituality in life's later years and ways to become aware of our gifts.

Don't Write My Obituary Just Yet: Inspiring Faith Stories for Older Adults by Missy Buchanan. Upper Room Books, Nashville, TN (2011). This book offers a glimpse into the lives of active, giving, and prayerful older adults who are seventy, eighty, ninety, and even one hundred years old. Readers explore what it means to develop a deep attitude of gracious acceptance of the life God has given them.

Faith in the Future: Healthcare, Aging, and the Role of Religion by Harold G. Koenig and Douglas M. Lawson. Templeton Foundation Press, Radnor, PA (2004). The authors believe a major role for the church is to train volunteer caregivers and other volunteers to interact with the growing numbers of older adults.

Gen2Gen: Sharing Jesus Across the Generations is a collection of articles about the newest trends and issues that are impacting individuals, families, churches, and communities. Developed by a staff team at GBOD of The United Methodist Church, ***Gen2Gen*** is a valuable resource for pastors, teachers, and leaders in your church. Available by visiting <http://tinyurl.com/c6o5jrs>

Growing Old in Christ edited by Stanley Hauerwas, Carole Bailey Stoneking, Keith G. Meador, and David Cloutier. Eerdmans Publishing, Grand Rapid, MI (2003). Presents a serious theological reflection on what it means to grow old.

In Ministry with Boomers and Beyond: A Leader's Guide for Aging and Ministry in the 21st Century by Richard H. Gentzler, Jr. Discipleship Resources, Nashville, TN (2008). This course in Learning and Leading may be used as an advanced course for Lay Servant Ministries or for leadership training in other venues. Available only as a PDF download at <http://bookstore.upperroom.org/cart/upperroom/c-4480.htm?iServ=MjgzMDE2MTU3NCZpVHlwZT1TVE9SRUhPTUU=>

Joy Boosters: 120 Ways to Encourage Older Adults by Missy Buchanan. Upper Room Books, Nashville, TN (2012). A powerful and practical pocket guide filled with ideas to encourage older adults on their spiritual walk.

Lay Pastoral Care Giving by Timothy M. Farabaugh. Upper Room Books, Nashville, TN (2009). This resource offers a systemic way for pastoral care to happen within congregational life using the caring gifts among the laity in the church.

Living With Purpose in a Worn-Out Body by Missy Buchanan. Upper Room Books, Nashville, TN (2008). This book will be a comfort for those who are living out their last long years and a help for those who love to care for them.

Lose, Love, Live: The Spiritual Gifts of Loss and Change by Dan Moseley. Upper Room Books, Nashville, TN (2010). This book explores 10 dimensions of loss and change and the gifts of grace that can be found in each part of the grief journey.

Mature Years. Cokesbury, Nashville, TN. A large print quarterly magazine filled with articles and a Bible study based on the International Lessons. Especially written for older adults.

New Beginnings: The Gifts of Aging (DVD) by Richard H. Gentzler, Jr. Discipleship Resources, Nashville, TN (2005). Video looks at aging in our society and provides a glimpse at a variety of church ministries that are being enjoyed by older adults.

No Act of Love is Ever Wasted: The Spirituality of Caring for Persons with Dementia by Richard L. Morgan and Jane Marie Thibault. Upper Room Books, Nashville, TN (2009). This book presents a realistic picture of dementia, and encourages anyone who provides care to persons with dementia and those receiving the care to see caregiving and receiving as an opportunities for spiritual growth.

Not Alone: Encouragement for Caregivers by Nell W. Noonan. Upper Room Books, Nashville, TN (2009). Encouragement for those involved in long-term care for someone with chronic illness or disability to understand their experience as a spiritual pilgrimage and to look for God's embrace along the way.

Our Help in Ages Past: the Black Church's Ministry Among the Elderly by Bobby Joe Saucer with Jean Alicia Elster. Judson Press, Valley Forge, PA 2005. This excellent resource provides a challenge to black churches to act upon the needs of older adults.

Pilgrimage Into the Last Third of Life: 7 Gateways to Spiritual Growth by Jane Marie Thibault and Richard L. Morgan, Upper Room Books, Nashville, TN (2012). This collection of Scripture-based meditations will inspire the reader to move fearlessly into the Last Third, looking forward to the opportunities this time of life can hold.

The Power of the Dream by Marie White Webb. Abingdon Press, Nashville, TN (1999). A moving testimony of faithful living in the later years.

Remembering Your Story: A Guide to Spiritual Autobiography by Richard L. Morgan. Upper Room Books, Nashville, TN (Revised edition, 2002). Designed for small groups, this resource encourages and guides participants through 10 sessions of life review and future direction.

Rock of Ages: A Worship and Songbook for Retirement Living edited by Richard H. Gentzler, Jr. and Dean B. McIntyre. Print on Demand. Available at <http://tiny.cc/im6jq>. This large-print ecumenical songbook and worship guide is for both older adults and leaders – whether local church leaders, chaplains, lay volunteers, or staff – who lead worship in nursing homes, retirement communities, or other long-term healthcare settings.

Safe Sanctuaries®: The Church Responds to Abuse, Neglect, and Exploitation by Joy Thornburg Melton. Upper Room Books, Nashville, TN (2012). This resource offers valuable, practical advice to help churches reduce the possibilities for abuse and exploitation of elders. Learn how your church can recognize and respond to issues of abuse, neglect, and exploitation of older adults.

Settling In: My First Year in a Retirement Community by Richard L. Morgan. Upper Room Books, Nashville, TN (2006). This unique and candid collection of meditations will prove particularly helpful for those considering entering a continuing care/retirement community or for adult children or caregivers of persons facing the decision of retirement living for loved ones.

Shaping a Life of Significance for Retirement by Jack Hansen and Jerry Haas. Upper Room Books, Nashville, TN (2010). This resource looks at the personal dimensions of the transition from working full time to retirement.

Soulful Aging: Ministry through the Stages of Adulthood by Henry C. Simmons and Jane Wilson. Smyth & Helwys, Macon, GA (2001). A ministry resource for older adults as they journey through the later years of life.

The Struggles of Caregiving: 28 Days of Prayer by Nell E. Noonan. Upper Room Books, Nashville, TN (2012). This resource provides an accessible way for caregivers, typically stressed and pressed for time, to devote a few minutes to their spiritual health.

Successful Aging: The MacArthur Foundation Study by John W. Rowe, M.D. and Robert L. Kahn, Ph.D. Random House, Inc., New York, NY (1998). A good book about lifestyle choices which, according to the authors, are more important than genes, in determining how well we age.

Talking With God in Old Age by Missy Buchanan. Upper Room Books, Nashville, TN (2010). This devotional resource sensitively addresses the worries, fears, and frustrations of older adults and extends hope, encourages them to maintain an open dialogue with God.

10 Gospel Promises for Later Life by Jane Marie Thibault. Upper Room Books, Nashville (2004). This helpful resource invites readers to identify their own fears and learn to make the most of God's gift of longer life.

What are Old People For? By William H. Thomas, M.D. VanderWyk & Barnham, Acton, Massachusetts (2004). The author describes how our obsession with youth damages the well-being of all, young and old alike, and he offers an alternative.

Winter Grace: Spirituality and Aging by Kathleen Fischer. Upper Room Books, Nashville (1998). A classic book showing how the losses that accompany aging can lead to freedom and new life.

Other Resources

Beyond Death, What Jesus Revealed about Eternal Life, by Flora Slosson Wuellner Upper Room Books, Nashville, TN

Cultural Aging: Life Course, Lifestyle, and Senior Worlds, by Stephen Katz, Broadview Press, Orchard Park, NY, 2005

Dying Well: Peace and Possibilities at the End of Life by Ira Byock, M.D. Riverhead Books, Berkley Publishing Group, Penguin Putnam Inc., 375 Hudson Street, New York, NY 1997.

Final Passage: Sharing the Journey as This Life Ends, by Barbara Harris Whitfield, Health Communications, Inc., Deerfield Beach Florida, 1998.

Good Grief, Granger Westbberg, Fortress Press, Augsburg Press, Minneapolis, Minnesota, 1997

Prayer, Stress, and Our Inner Wounds , by Flora Slosson Wuellner, Upper Room Books, Nashville, TN

Psychology of Death and Dying, by John C. Morgan and Richard L. Morgan Wipf and Stock Publishers, Eugene, Oregon, 1977 (maybe out of print)

Retire to Series—Great Friendship, Play and Purpose, A Better You, by Ed Zinkiewicz, Retirement-U, Inc., Nashville, TN. 2013.

Rich in Years, Finding Peace and Purpose in a Long Life, by Johann Christoph Arnold The Plough Publishing House, Walden, NY, 2013

The Art of Dying: Living Fully Into the Life to Come, by Rob Moll, IVP Books, InterVarsity Press, Downers Grove, Ill, 2010. *Abiding Hope: Encouragement in the Shadow of Death*, by Ann Hagman, Upper Room Books, Nashville, TN 2002

The Gift of Grief, by Anne Sutherland Adkins, Stratford Books Winston-Salem, NC 1991