

Resource Guide for Older Adult Ministries

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A MESSAGE FROM THE EDITOR

Good Morning from Oregon,

The theme of this issue of *PNN* is, *Grandparents Raising Grandchildren*. Grandparents often are the last line of defense when parents cannot raise their children – grandparents step forward out of love and concern, trusting that somehow the challenges involved will get met. This is something done intentional, but not openly talked about, because the circumstances are often embarrassing and emotionally painful. In this issue of *PNN* you will find several articles written along this theme. These include:

- o POAMN President's Reflection by Michele Hendrix
- o Grandparents Raising Grandchildren by Quentin Holmes
- o The Influence of a Grandmother by Richard L. Morgan and Beth Sanders
- o Helping Raise Your Grandchildren: Leaving a Lasting Legacy by Michelle Hendrix.

ARMSS and POAMN will hold their 2016 joint conference in Richmond, Virginia during the 2nd week in October. Planning for it is now nearly complete and I guarantee you that the conference will be informative and inspiring. Looking into the future, POAMN is thinking about trying an experiment with a one-day regional conference. One potential benefit would be greatly reduced cost –both in time and in money– to attendees. The *PNN* article:

- o Connecting the Pieces: Caring for Our Older Saints by Rona Peterson Williams, shares a one-day OAM conference that was put on jointly by two Presbyteries in Oregon and Idaho.

As usual, other *PNN* articles explore a diversity of things. These include:

- o PS Make A Gift to POAMN by Helen Morrison
- o A Contemplative View by Wesley Lachman
- o Haggis by Quentin Holmes

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. 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 Holmes / Marcola, OR





Michele Hendrix
POAMN President

POAMN PRESIDENT'S REFLECTION

Grandfamilies - Grandparents Raising Grandchildren

Grandparents provide similar family values that the parents were raised with. This could be a comfort to both the parent and child. Over the past decade; there has been an increase in the number of children being raised in grandparent-headed households. When parents are absent or unable to raise their children, grandparents are often the ones who step in. Raising a second generation brings many rewards, including the fulfillment of giving your grandkids a sense of security, developing a deeper relationship, and keeping the family together.

Many grandparents look after their grandchildren on a regular basis. Most do regular care because the parents are working. Their help also gives parents a break from their children for social activities, study or daily tasks. It also comes with many challenges. No matter how much you love your grandkids, taking them into your home requires major adjustments. But with the right guidelines and support, you can roll back the years and make a real difference in the lives of your grandchildren.

Dale and I have the joy and privilege of being an integral part of our grandchildren's lives. With thirteen grandchildren, it has helped to keep us very active and involved. We provide help and support when needed; we do not have the responsibility of raising the grandchildren. We often attend their school and extra-curricular activities as well as seeing them on a regular basis. We plan activities, such as trips, movies, and pool or river tubing time. Along with family dinners, trips to the museum, and many other outdoor activities to keep the kids busy in the summer. We feel we often model and provide our family values, guidance, and support, while reaping the rewards of close and loving family relationships in return for our time and presence. It is a win-win for everyone!

Preparing this piece for PNN has provided the opportunity to reflect on the positive influence my grandparents had in my life. What a blessing to have the opportunity to pass it forward!

As you read through this issue of *PNN* I want to encourage you to also be thinking about the support you might provide to POAMN. As we are now a 501c3 organization there are many ways to get involved: making a donation to POAMN, renewing your membership, joining as a new member, attending our annual conference, liking and joining our Facebook page and participating in the conversations. We count on you to send us suggestions and recommendations for workshops, conference leaders, and locations for future conferences. Together let's make this one of our strongest years ever!

Blessings,

Michele Hendrix



POAMN HAS A NEW LOOK!

We are excited to share the new POAMN logo in this Spring edition of PNN. In working with our designer and friend Doug Gleditsch, we requested something that tied our longstanding tree logo (history) in with the POAMN (identity) letters in a way that was succinct and current. The goal was to tie it all together with the full Presbyterian Older Adult Ministries Network verbiage. The tree used is modern and simple, yet continues the "tree" legacy. We are looking forward into the future of POAMN as a 501c3 organization. We revere the 33 year longstanding history of this organization and its vision, mission, and contributions to our members and supporters who work and serve with Older Adults in many venues.

YOUR MEMBERSHIP COMMITTEE MEMO

from Mike Fonfara and the Membership Committee

Welcome, Spring! The Vernal Equinox has not arrived as of this message. Still, Florida weather is beautiful. Birds, flowers, allergies, strawberries, and other signs of the season abound. If Spring has not come to your area, it will soon!

Springtime is hectic for the Presbyterian Older Adult Ministries Network (POAMN). We finalize plans for membership growth, continued newsletter excellence, and our world-class Annual Conference in October. Please join us in this work.

POAMN membership is up! Last year, we added some new individual and organizational members. So far, membership growth looks good for 2016. Have you joined yet? Is your church, retirement community, mission station, or faith group an organizational member? Help POAMN out by making it so. Membership information is available at POAMN's website (www.poamn.org).

In regards to this excellent *PNN* newsletter, please forward it to friends as well as your pastor(s) or print a copy to give to same. Please share our ministry!

Planning for the October 11th to 14th Annual Conference, *Christian Discipleship: People of the Spirit, People of Hope (John 13:34-35)*, continues. Exciting workshops in creative worship, spiritual growth, life in a monastery, dealing with dementia, heaven after life, prayer labyrinths, and others are confirmed. Still other leadership speakers are on hand. Information is included in this issues of *PNN* and is available on the POAMN website listed above. Please consider attending this great event!

Without hesitation, POAMN asks for your participation in our ministries. Come, join us and share our ministries as Christian friends must do!

Mike and the Membership Committee

P.S. MAKE A GIFT TO POAMN

Dear Friends,

That P.S. is written on my "bill paying file"...as a reminder. I've just taken my IRS folder for 2015 to my tax man. As one who tithes, I was disappointed that this year I had medical deductions that outweighed my giving. But then there comes a time when you do have to repair/care for the physical body. And I am pleased that I can cover the costs...but it does make for watching every penny... as we all do.

As I've told the story about spraining my knee getting into the van at the Albuquerque Airport last October to participate in the POAMN Conference, the question arises: *Helen, you're 87 years old, why so involved?* Good question.

I could have gone a number of ways with responses...but I thought better and decided to share the P.S. instead. Partly because this is a better way of saying that POAMN is a Network that cares about Older Adults and those who surround them...family, church, friends, community etc. And since we've been in existence for more than 30 years, we continue to be needed. We learned to do a lot by being creative and having talented folks willing to share their God-given talents.



Rev. Mike Fonfara
Membership Committee Chair

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When we began, the PC(USA) played a key role. Then, when the Office of Older Adult Ministries was closed (2006), we had to find ways to continue our ministry. Through the kind support of our members, friends and a few churches who shared resources, we continue to be. Recently we were approved to be a 501(c)3... meaning your contributions are tax deductible!!!

I invite you to check out www.poamn.org and learn more about what POAMN is, what we do, enjoy the newsletters, and tell your friends and neighbors they're welcome to join in our mission. Older Adults are everywhere. We're about Older Adults.

No gift is too small... POAMN will receive it with a grateful heart.

P.S. Make a gift to POAMN

Peace & Love,
Helen Morrison, past POAMN President 2014
helenm1928@gmail.com

GRANDPARENTS RAISING GRANDCHILDREN

by Quentin A. Holmes, Editor POAMN Network News

Most older adults know firsthand the joy of being a grandparent. The blessing is huge and it runs both ways. However, there is a love story that is rarely talked about – grandparents raising grandchildren. Over the last three decades there has been a significant increase in the number of grandparents who are raising their grandchildren. U.S. Census data indicates that currently there are approximately 2.4 million grandparents with custodial responsibility for 4.5 million grandchildren. This is rarely talked about because the reasons that children's parents either cannot, or chose not, to raise their children frequently tend to be painful: parental substance abuse, incarceration, mental or physical illness, teenage pregnancy, abuse and/or neglect, divorce, and even death. When parents are absent or unable to raise their children, grandparents are often the ones who step in. Raising a second generation brings many rewards, including the fulfillment of giving your grandkids a sense of security, developing a deeper relationship, and keeping the family together. It also comes with many challenges.



Challenges for children being raised in grandparent-headed families may include:

- Because of their experiences with their own parents, the children often display developmental, physical, behavioral, academic, and/or emotional problems. Some of these problems include depression, anxiety, ADHD, health problems, learning disabilities, poor school performance, and aggression.
- Grandchildren being raised in grandparent-headed families may also experience feelings of anger, rejection, and guilt. The degree to which grandchildren experience problems varies widely.
- Relationships among family members can also create stress for grandchildren. Visits from parents can be upsetting and often leave grandchildren feeling hurt and confused.

Becoming the caregiver for a grandchild impacts all aspects of a person's life. Grandparents raising grandchild-

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dren face a number of challenges, which may include:

- Grandparents often have legal difficulties related to obtaining guardianship, enrolling their children in school, and accessing medical care for their grandchildren.
- Because they often have limited financial resources, grandparents may experience difficulty providing adequate housing, food, or clothing.
- Parenting can be difficult for custodial grandparents, especially when their grandchildren have problems. Grandparents also face the challenge of transitioning from the role of traditional grandparent to that of a parent.
- Grandparents may have limited energy or physical health problems that make parenting difficult.
- Grandparents raising grandchildren often have less time for themselves. They may also have less time to spend with their partners and friends.
- It can be difficult for grandparents to manage their grandchildren's parents. Parents may make unannounced visits and make unrealistic promises. Grandparents may struggle with trying to protect their grandchildren while still allowing them to visit with their parents.
- Additionally, grandparents may be very disappointed to see their child fail as a parent. There may be deep embarrassment about their family situation.

There are several things a grandparent can do to help their family and themselves. These include:

- Establish a schedule for your family. Having a routine is helpful for children from unstable and chaotic homes.
- Join a support group. Meeting other grandparent-headed families can provide support and a sense of community.
- Take advantage of respite services or work with other grandparent caregivers to take a break from caregiving.
- Take care of your own physical and mental health. Get regular physicals, exercise, eat right, and get plenty of rest.
- Have a social network. Stay in contact with friends or a faith community.
- Do not talk negatively about the parents in front of your grandchildren.
- Allow grandchildren to share their feelings about the family situation.

Each grandparent-headed family is unique. It is difficult to say just when a grandparent-headed family should seek help. Grandparents should seek help if they feel unable to manage their stress, if their stress interferes with their ability to function, or if tension and conflict among family members becomes too difficult to manage. They should also seek help if their grandchildren's problems become overwhelming. Signs that you, or someone you know, needs help parenting their grandchildren include:

- Anger or irritability
- Feeling overwhelmed
- Pulling away from people
- Constant worrying
- Feeling sad all the time
- Problems sleeping (too little or too much)
- Worsening of health problems
- Difficulty concentrating

Custodial grandparenting impacts all the members of a family. Two types of help that are available are family therapy and/or support groups.

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Family Therapy

Family therapy can help families cope with their feelings about their family structure and improve the quality of their relationships. Family therapists are specially trained to understand the complicated feelings and relationships within families. Find a therapist who has experience working with grandparent-headed families.

Support Groups

Many communities offer support groups for grandparent-headed families. Most of these support groups are for grandparents raising grandchildren. However, support groups are also available for the grandchildren. Support groups provide participants with an opportunity to talk about their experiences and feelings in a safe, supportive environment. Participants can also gain information, learn from one another, and meet people dealing with similar issues. Good support groups allow time for personal sharing, but also take a positive outlook. Good support groups structure sharing time, connect participants to sources for support and help participants set and reach goals.

Helpful Resources:

- [Angelsoft *www.angelsoft.com*](http://www.angelsoft.com)
This website provides true stories of grandparents raising grandchildren that will warm your heart. The folks showcased aren't just Grandparents, they are Grandparents!
- [AARP Grandparent Information Center *www.aarp.org/greandparents*](http://www.aarp.org/greandparents)
This website provides a variety of resources for grandparents raising grandchildren. In addition to giving answers to frequently asked questions, it provides links that allow you to find support groups within your state.
- [Generations United *www.gu.org*](http://www.gu.org)
Their motto says it all, "Because we're stronger together." Generations United's National Center of Grandfamilies works to enact policies and promote programs to help grandfamilies address challenges. Despite facing many barriers, research shows that the children in grandfamilies thrive. Caregivers also experience benefits like an increased sense of purpose in life.
- [Grands Place *www.grandsplace.org*](http://www.grandsplace.org)
This website provides links that allow you to quickly get answers about grandparents rights, find a lawyer to help with grandparents' visitation, and find a pro-bono lawyer who will help grandparents.

[Editor's Note: The following is a workshop from the book, [The Great Story and Your Story](#), written by Richard L. Morgan and Beth Sanders. It is one of my favorite workshops!]

THE INFLUENCE OF A GRANDMOTHER

By Richard L. Morgan and Beth Sanders

"I thank God whom I serve with a clear conscience, as did my fathers, when I remember you constantly in my prayers. As I remember your tears, I long night and day to see you, that I might be filled with joy. I am reminded of your sincere faith, a faith that dwelt first in your grandmother Lois, and your mother Eunice, and now I am sure, dwells in you. Hence I remind you to rekindle the gift of God that is within you through the laying on of my hands; for God did not give us a spirit of timidity but a spirit of power and love and self-control." (2 Timothy 1:3-7)

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The scriptures do not tell us much about Lois, the grandmother of Timothy, but we do gather that Christian faith deeply influenced her grandson and was instrumental in Timothy's Christian walk, even before Timothy met Paul.

There are other grandmothers mentioned in the Bible. No doubt Sarah saw some of Isaac's sons and daughters before she died. But the word "grandmother" is used only to identify Lois. Paul wrote to Timothy, "I am reminded of your sincere faith, a faith that lived first in your grandmother, Lois, and your mother, Eunice, and now, I am sure, lives in you."

Timothy was the son of a Gentile father and a Jewish-Christian mother, Eunice. They lived in Lystra and apparently had come to faith in Christ through Paul's ministry there.

Later, Paul reminded Timothy that "from childhood you have known the sacred writings that are able to instruct you for salvation, through faith in Christ Jesus." (2 Timothy 3:15)

We can imagine the boy Timothy was captivated by the heroes and heroines of Israel: Abraham and Sarah, Moses, Deborah, Samson, and Daniel. Lois may have given Timothy further instruction in the Hebrew scripture and in the Christian teaching that Jesus was the fulfillment of all the hopes of the Old Testament. So when Timothy was Paul's protégé, he had already been nurtured in the faith, thanks to his mother and grandmother.

Beth's Story

Timothy and I were both blessed with Christian grandmothers, who actively influenced our lives.

Grandma lived close to us – either across the street or in our own backyard when I was growing up. She was my preschool teacher. She watched Lawrence Welk with my family, babysat us, and made the grandchildren pajamas each Christmas. She wasn't one of those gushy grandmas that was always hugging and kissing. She was a grandma that was happy to snip snap beans in our kitchen, can tomatoes, clean windows, go for a Sunday drive, or make a cake. We shared the second pew back on the left side of our church every week for all of my eighteen years before going off to college.

Grandma was a genuine caring person who had just the right balance between being practical and loving. Grandma was the kind of person who quietly lived her faith. She didn't make a big show about her service to others; she just did what was needed.

How good it is when grandmothers teach us the faith and exemplify the Christian life.

Your Story

- 1) Recall one of your most vivid and unforgettable memories of one or both of your grandmothers. If you did not know your grandmothers, is there a woman who has been like a grandmother to you?
- 2) What is a key lesson you learned from one or both of your grandmothers?
- 3) What is one of your favorite stories of the Bible? Why is it your favorite?" How can you ensure that story is remembered by your grandchildren or children?

*Cherish yesterday,
Dream tomorrow,
Live today.*

- Author Unknown

[Editor's Note: To address a key issue one sometimes has to get very creative. Such was the case when two far-flung Presbyteries in adjoining rural regions sought to explore "How can our churches better serve the aging members in our congregations and assist the loved ones who care for them?"]

BRINGING THE PIECES TOGETHER: Caring for Our Older Saints

By Rona Peterson Williams / Shared Ministries,
Presbytery of Boise and Eastern Oregon Presbytery



Tell me if you've heard this one... What do you get when you bring together a retired rocket scientist, a pastor, a lawyer, a hospice chaplain and her dog? You might be surprised to learn that you get an inspirational, one-day, conference focused on helping churches better serve the saints of their congregations and assisting in providing guidance to the people who care for them.

Shared Ministry is a program sponsored jointly by Eastern Oregon Presbytery and the Presbytery of Boise. These two presbyteries are made up of 27 churches and span more than 400 miles from east to west and 350 miles from north to south. The goal of the program is to provide educational opportunities for the participating churches.

The idea for this conference stemmed from a discussion of the growing needs of individuals in our congregations. How can we as churches best support our beloved Saints and help in providing for the care-givers who love them? We reached out to professionals from within our own churches and also to POAMN for their expertise. Once our variety of presenters was arranged, we invited congregations to participate in a one-day conference held on November 14th, 2015 at First Presbyterian Church in Baker City, Oregon. At that time of the year snow covers the nearby Wallowa Mountains and Blue Mountains. Our conference began at 10:00 AM and ended at 4:00 PM – allowing many of the attendees to drive in and then return home in a single day. We provided a meal, child care, resources and an abundance of helpful information. Our attendees ranged from pastors, parish nurses, those stepping into retirement, congregational life committee members and caregivers of all ages. We are grateful for the generous gift of time, energy and knowledge from each of our presenters.



Wallowa Mountains – Viewed from Baker City, OR

Our Rocket Scientist was Quentin Holmes, a Board Member of Presbyterian Older Adult Ministries Network (POAMN). Dr. Holmes provided a wonderful base for our workshop. He started our morning by presenting, *Getting Started in Older Adult Ministry*, discussing how congregations should begin by looking at their existing programs and consider meaningful ways to reach out to their faithful seniors, develop ministries to engage multiple generations, and value the wisdom and gifts that our older saints have to share. Examples of older adult ministry programs were shared, and tips were given on how to implement each example in churches of any size. He also showed the video, *Aging as a Spiritual Journey*, by Rev. Richard L. Morgan. Through our lunch, Dr. Holmes treated the group to a delightful presentation on how to host a *High Tea* for the older saints in your congregation. He stressed that older adult ministry in our churches should provide opportunities, be community-wide, and most of all, should be intentional. Dr. Holmes finished by giving out copies of several resources for participants to take home and share within their own congregations.

Our Pastor was Rev. Roger Harwerth from Pendleton Presbyterian church in Pendleton, Oregon. His presentation was entitled, *Pastoral Roles: End of Life Preparations for the Aging and Their Families*. Rev. Harwerth

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presented the issues faced by a pastor in respect to senior members. Rev. Harwerth spoke of the importance of end-of-life preparations and making decisions easier for all members of the family, and he presented a variety of ways to start these difficult conversations at home. He shared his insights on the role a church plays in the life of the aging and how we, as a faith community, can best meet their needs.

Our Lawyer was Mr. Glenn Null of La Grande, Oregon. Attorney Null's presentation was entitled, *Defining the Legal Terms: Legal Documents Involved in Caring for the Elderly*. He talked about the value of having a current Living Will and Durable Power of Attorney for Health and Financial needs. Although applicable laws vary from state to state, he stressed the importance of having an Advance Directive in place and making sure all parties who need access to it know where to find the information.

Our Hospice Chaplain was JoAnn Thiry - and her faithful therapy dog "Taz" - from Treasure Valley Hospice in Boise, Idaho. Her talk was entitled, *Challenges and Options for the Ill and Aging: In-home Health Care Options and Hospice*. Ms. Thiry shared heartfelt stories about the importance of quality in-home care. She provided insight into the various roles hospice fulfills in making health changes less frightening. Ms. Thiry told how good in-home caregivers can help meet the daily needs of those seniors wanting to stay in their own home. In-home care is a valuable resource for the extended family involved, allowing them to take a break from the role of caregiver and return to their role as wife or husband, daughter or son.

BRINGING THE PIECES TOGETHER: Caring for our Saints, was a day filled with valuable information for all who attended. Participants took home resources to share with their congregations in a variety of ways. Some churches have already taken the steps to develop new programs and are even making plans to host their own one-day conferences on meeting the needs of their saints.



Hospice Chaplain
JoAnn Thiry and "Taz"

Personal Post-Script

For the last two years, I have been managing several aspects of the needs of my own aging parents: moved them closer to me, brought in assistance to help with some daily tasks, started doing the grocery shopping and driving them to medical appointments. As the coordinator of *Bringing the Pieces Together*, I was pleased with the amount of quality information that was shared, and I personally tucked away many of the resources for a later date. Little did I dream that within two months of our one-day conference, I would be using this tucked-away information.

Needs increased quickly in my parents' home. We interviewed additional caregivers to add more hours of coverage for my father's increasing medical needs and my mother's on-going dealings with dementia. We re-wrote advance directives and power of attorney documents. We called in hospice. I sat up during the night with my father, who was in great discomfort. He passed away 26 hours later. I met with our pastor and planned out the service for my father's memorial. With the help of a friend from church, we researched and visited long-term care facilities for my mother. My brother and I moved my mother to a long-term facility. I began the task of going through wills, insurance documents and more. Though I had to deal with things that were new to me, thanks to our conference, the concepts were not completely foreign. I had a toolbox of information to pull from. I had a better idea of what to expect and how to obtain the professional assistance needed. There is no way to be fully prepared, but I am glad for the information that I had which allowed me, in a time of distress, to carry out knowledge-based decisions.

It is impossible to be over-prepared. There are so many places within our churches that we should and could help our members. All of us have a responsibility to help care for our older saints.



HELPING RAISE YOUR GRANDCHILDREN: Leaving a Lasting Legacy

by Michele Hendrix, POAMN President

Although it is not the ideal situation, some grandparents find they need to raise their grandchildren because their families are not in a position to do so. Whatever the case may be, more grandparents than ever before are stepping up to the plate. Why? Families need family, everybody needs people, and we all need help on occasion. In today's economy and crazy-busy world there are fewer and fewer stay-at-home parents. Many are now working one or two jobs with part-time or full-time careers. It's no secret that we depend on each other for everything from a mother wiping her child's runny nose, to a father depending on his son to carry on his bloodline. It seems more and more that we are seeing grandparents raising, helping to raise, or simply helping out with grandchildren.

Dale and I are fortunate to be in the "just helping out with grandchildren" category. I believe our children and grandchildren know they can count on us in today's fast-paced and unpredictable world. I recognize it is not the same situation that many grandparents face raising their grandchildren, yet I believe that Dale and I are making a positive impact on all of their lives by simply being present and willing to do what needs to be done, when it needs to be done. To us that is what family is all about. We delight in our family, our children, and our grandchildren and feel deeply blessed to be involved in all of their lives.

In our case the parents are not absent or unable to raise their children, they simply need our help and support. While we do not profess to be experts, I can in all honesty say that with 13 grandchildren we do have quite a bit of experience in this area. I find myself faced with the unique challenge of trying to be a good wife, mother, daughter, sister, and grandmother while making some kind of positive impact on the world, being a reliable presence for our children and grandchildren, particularly the working mothers as their "Go-To Grammy!"

Others are faced with multiple challenges of raising their grandchildren while aging, and/or providing care for a spouse or other family member.

No matter how much you love your grandchildren, taking them into your home involves major adjustments. But with the right guidelines and support, you can roll back the years and make a real difference in the lives of your grandchildren. As a parenting grandparent or a kinship caregiver, remember that while you may not have the energy you did when you were younger, you do have the wisdom that comes with experience—an advantage that can make a huge difference in your grandchild's life. Unlike first-time parents, you've done this before and learned from your mistakes. Don't underestimate what you have to offer!

It is mindboggling to see how many grandparents today are raising their grandchildren - for whatever the reason. According to the U.S. Census, 4.5 million children are living in grandparent-headed homes. Grandparents provide family values similar to those with which the parent was raised. It is inspiring to see how many grandparents have the commitment, courage, and willingness to sacrifice that is involved in stepping up to care for, guide, influence, and raise their grandchildren. These grandparents are keeping the family together and preserving the next generation of their family. At times it is a struggle, but in the long run it is an investment in the lives of their grandchildren with a lifetime reward.

*We don't stop playing because we grow old,
we grow old because we stop playing.*

- George Bernard Shaw

THREE STEPS AWAY FROM GOD Part-One – A Contemplative View

by Rev. Wesley Lachman, Central Presbyterian Church / Eugene, Oregon

[Editor's NOTE: Rev. Wesley Lachman shares a contemplative view of God's ever presence with us.]

You might say that we are never more than three steps away from God, who is present everywhere. Before we move away from God we are in . . .

The Natural —“what just is.”

We can see this easily in the moment we first awake from sleep. There are no things, just light. For just a moment we have what might be called “hereness.” Whatever is here in this moment is just here. Everything in this moment appears to be the same hereness, even God. The moment and you and God are all one thing, indivisible. You are the hereness. This can't be described, but it can be sensed whenever we are aware. In the next moment the mind jumps in to divide things up and name everything, and we see . . .

The Thought Overlay —“my world is what I think it is.”

This is the Natural world, but with an overlay of words and thoughts. It is as though we lay a topographical map over the actual geography. The Natural is covered up, and divided up, and each of the resulting parts is given a name. What was one is now seen as many, so many. In giving every single thing a name, the map covers up the real mountains and valleys with its layer of names and stories about everything. In the midst of our daily flood of information about the world, our own map of the world appears so real that we forget all about the Natural underneath. This Thought Overlay should sound familiar, for it is where we live our daily life. Then we notice that in this world of thoughts, some things can hurt us, so we jump into . . .

The Defensive Focus —“my world is centered around me and my problem.”

We are still on the Thought Overlay, but now we have drawn a heavy black line between ourselves and others. We must protect our separate life from others, from disease, from poverty. We do protective things all day long. And when slights, or abuse, or pains, or failures make us overtly angry or defensive, it is obvious that we have a Defensive Focus. When we just can't stand our problems anymore, we escape into . . .

The Fantasy Realm —“this world is what I pretend that it is.”

We get engrossed in a novel, television, a hobby, a snack, a conversation to escape all thought of our problems. Our troubles don't even exist for us here. We are floating above the Overlay in an imaginary bubble, not in any of the three other “worlds.” Although we actually do need such escape from time to time, when we do, we are just three steps away from God.

The Natural is completely present in these other three “worlds,” but it is so difficult to see with all the fantasies, the defenses, and the thoughts, that we usually overlook it. Next *PNN* issue: three steps back to God



GET YOUR 2016 OAM PLANNING GUIDE NOW!

The PCUSA designates the first Sunday in May as Older Adult Sunday. This is an opportunity to honor older adults in our congregations and our communities. POAMN's Older Adult Ministries Planning Guide is a great tool to help in preparing celebrations on Older Adult Sunday. In addition it offers program ideas and helpful information that can be used throughout the year. The 2016 Planning Guide is now available for downloading at www.poamn.org, or order hard copies by contacting Ginny at: gnyhuis@frontier.com or (615) 426-1545. All 2016 members of POAMN will receive one complimentary copy, so renew your membership, or join for the first time.

2016 JOINT ARMSS/POAMN CONFERENCE

CHRISTIAN DISCIPLESHIP:

PEOPLE OF THE SPIRIT, PEOPLE OF HOPE

"A new command I give you: Love one another ... By this everyone will know that you are my disciples, if you love one another." John 13: 34-35 (NIV)

OCTOBER 11-14, 2016

FOUR POINTS BY SHERATON, 9901 MIDLOTHIAN TPKE, RICHMOND, VA 23235



SCHEDULE - (subject to change)

Tuesday, October 11

9:00 AM - 2 PM Golf Tournament
(optional, extra fee)
2:00 - 5:00 PM Registration
4:00 - 5:30 PM OAM 101: The Future is Aging!
7:00 PM Conference Opening
Opening Worship
8:00 PM Dessert Reception and
Ice Breakers

Wednesday, October 12

6:00 AM Water Aerobics
7:30 AM ARMSS Presbytery Reps meet
8:30 AM Morning Worship
9:00 AM Plenary Session
10:30 AM Break
11:00 AM Workshops
12:30 PM Lunch (on your own)
1:30 PM Mission Tour & Local Dinner
(choose one of two, extra fee)
8:00 PM Local Mission Presentation
8:00 PM POAMN Sharing Our Stuff

Thursday, October 13

7:30 AM ARMSS Presbytery Reps meet
8:30 AM Morning Worship
9:00 AM Plenary Session
10:30 AM Break
11:00 AM Workshops
12:30 PM Lunch & Business Meetings
2:30 PM Workshops
3:30 PM Break
4:00 PM Workshops
6:30 PM Banquet
Installation of Officers
Entertainment

Friday, October 14

9:00 AM Closing Worship & Communion
11:00 AM Close of Conference

To view full conference details and registration brochure go to <http://www.poamn.org/index.php/association-events/>, or call Ginny at (615) 426-1545.

REGISTRATION FORM

Four Points by Sheraton, 9901 Midlothian Tpke, Richmond Virginia 23235

Please complete one registration form per attendee

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Phone: _____ Presbytery: _____

_____ First time attending an ARMSS or POAMN conference

_____ Please include my contact information in the conference directory for conference attendees

Name as you wish it to appear on your name badge: _____

Conference Fees:

POAMN Members or Non-Members

_____ POAMN Member Early Registration Fee - - - - - \$200
_____ POAMN Non-Member Early Registration Fee - - - - - \$250
_____ POAMN Member Registration after September 21 - - - - - \$250
_____ POAMN Non-Member Registration after September 21 - - - - - \$300

Optional Add-ons:

_____ Tuesday Golf Tournament - - - - - \$70
_____ Wednesday Tour 1: Hollywood Cemetery, State Capitol & Carytown
(fee covers transportation & trolley tour) - - - - - \$35
_____ Wednesday Tour 2: St. John Church, Polegreen Church, & Camp Hanover
(fee covers transportation, admissions & dinner) - - - - - \$45

Total Due - - - - - \$ _____

Check Number: _____ Date: _____ Amount: _____

Please mail checks payable to ARMSS / POAMN to:

ARMSS / POAMN, c/o Ginny Nyhuis, P.O. Box 700311, Oostburg WI 53070

For credit card payment, log on to www.poamn.org to use our online registration and PayPal payment option (there is a small fee to pay online)

MAKE HOTEL RESERVATIONS BY CALLING THE STARWOODS RESERVATIONS NUMBER: 888-627-7132.
REQUEST ARMSS/POAMN CONFERENCE TO RECEIVE THE SPECIAL RATE OF \$109 PER NIGHT (PLUS TAX).
CONFERENCE HOTEL: FOUR POINTS BY SHERATON, 9901 MIDLOTHIAN TPKE, RICHMOND, VA 23235
HOTEL RATE INCLUDES FREE HOT BREAKFAST AND PARKING.
HOTEL RESERVATIONS MUST BE MADE BY SEPTEMBER 21, 2016 TO SECURE THE DISCOUNTED RATE.

MEMBERSHIP FOR 2016

Membership fees for 2016 are now being accepted. Thank you to those that have already joined or renewed their membership for 2016! See page 15 for a membership application.

Individual Members			Organizational Members
David Aaronson Charlotte, NC	Joyce Hetzler Bay City, MI	Betty Raitt Woodbury, MN	Community Pres. Church Celebration, FL
Benito Arellano Montgomery, AL	Quentin & Jane Holmes Marcola, OR	Kathleen Rankin Riverview, MI	Des Moines Presbytery OAM Task Force Urbandale, IA
Lois Aroian East Jordan, MI	Richard & Barbara Huggins Lakeland, FL	Linda Rauenbuehler Henderson, NV	McLeod Memorial Presbyterian Church Bartow, FL
Stephen Aschmann Weaverville, NC	Joan Hurlock Sacramento, CA	Montie Redenius Grinnell, IA	Montview Blvd Pres. Church Denver, CO
Pat Baker Lilburn, GA	Susan Hurst Gross Ile, MI	Richard Ridge Fredericksburg, VA	Ohio Presbyterian Retirement Services Columbus, OH
June Begany Cleveland, OH	Bill & Joyce Johnson Palm Desert, CA	Robert & Rose Marie Ridg- way Beltsville, MD	Pennington Pres. Church Pennington, NJ
Dwane Bell Maryville, TN	Grace Karschner Fort Washington, PA	Tom Robinson Farmville, VA	Presby's Inspired Life Lafayette Hill, PA
Philip Bliss Bradenton, FL	Adrienne Knight Bowie, MD	Walter Schoedel St. Louis, MO	PAHSA Roseville, MN
Pepe Bowman & Royal Westerfield Fayetteville, GA	Dennis & Leta Kopp Rockville, MD	Edgar Shackelford Kingsport, TN	Presbyterian Communities of South Carolina Columbia, SC
Hope Brockway Boca Raton, FL	Marie Martin Gibsonville, NC	Kitch Shatzer Washington, IA	Pres. Homes & Services Roseville, MN
Don Carlin Philadelphia, PA	Patricia McCleary San Antonio, TX	Marvin & JoAnn Simmers Avondale Estates, GA	Presbyterian Manors of Mid America, Inc. Wichita, KS
Barbara Chalfant South Charleston, WV	Donna McDaid Milford, NJ	Kim Strunz Caro, MI	Presbyterian Senior Living Dillsburg, PA
Alice Cross Suffolk, VA	Jan McGilliard Blacksburg, VA	Charles Sutton Richmond, VA	Presbyterian SeniorCare Oakmont, PA
Pamela Dennewitz London, OH	Kristie Miles Lynchburg, VA	Anne & Greg Tarbutton Blowing Rock, NC	Presbyterian Villages of MI Southfield, MI
Ann Ditty Lees Summit, MO	Helen Morrison Grosse Ile, MI	Lynne & Richard Trout Delanco, NJ	Presbytery of the James Older Adult Purpose Group Richmond, VA
Bettye Dixie Huntsville, AL	Dick & Sue Neelly Dalton, GA	Linda Turner Reno, NV	Solana Beach Presbyterian Church Solana Beach, CA
Juanita Eldridge Westfield, NC	Ginny Nyhuis Oostburg, WI	Annabelle Wells Kearney, NE	St. John's Pres. Church Reno, NV
Sarah Erickson Decatur, GA	Manley Olson Minneapolis, MN	Nancy Williams-Berry Colfax, NY	The be.group Glendale, CA
Brian Fuson Seattle, WA	Denise Phelps Houston, TX	Alan Winkenhoffer Elizabethtown, KY	Westminster Communities of Florida Orlando, FL
Debra Handke Reno, NV	Chris & Hazel Pomfret Dayton, OH	Bill Young Lower Gwynedd, PA	
Dale & Michele Hendrix New Braunfels, TX	Doug & Lois Potter Albertville, MN	Desiree Youngblood Pinkington, OH	
	Kathryn Puckett Langsville, OH		

RETURN SERVICE REQUESTED

HAGGIS

By Quentin A. Holmes, PNN Editor

A Friend in Need

“A friend in need,” my neighbor said to me,
“A friend indeed is what I mean to be;
In time of trouble I will come to you,
And in the hour of need you’ll find me true.”
I thought a bit, and took him by the hand;
“My friend,” said I, “you do not understand
The inner meaning of that simple rhyme;
A friend is what the heart needs all the time.”

- Henry Van Dyke

Haggis is traditionally served as part of the Burns supper on January 25, the birthday of Scotland’s national poet Robert Burns. Haggis is a savory pudding containing sheep’s heart, liver, and lungs; minced with onion, oatmeal, suet, spices and salt, then mixed with stock. Although its description is not immediately appealing, haggis has an excellent nutty texture and delicious savory flavor.

POAMN Board Member Jan McGilliard made a quick trip to Scotland in January to be with long-time friends who co-pastor a small congregation there. The husband’s health had taken a turn for the worse and it was not clear that much, if anything, could be done about it. Jan’s friends were delighted to see her, and – on January 25th – they celebrated with a Burns luncheon of Haggis!



Celebrating with a Burns Luncheon of Haggis