A MESSAGE FROM THE EDITOR

Good Morning from Oregon,

The theme of this issue of PNN is, Mapping Your Exit. Those of us who have lost a parent or dear friend and then had to take care of their final affairs know first-hand just how tough the latter can be both legally and emotionally. Mapping Your Exit in advance will make your demise considerably less of a burden on those you love. In this issue of PNN you will find several articles written along this theme. These include:

- POAMN President’s Reflection by Michele Hendrix
- Mapping Your Exit by Glenn Gordon, MD
- Five Wishes by Rev. Bill Cooley
- A Useful Booklet: Making Things Easy for My Family.

ARMSS and POAM held a joint conference in Albuquerque during the 2nd week in October. A wonderful experience was had by all who attended. Two articles continue our coverage of the events, information shared, and decisions made during that magical week. These articles include:

- An Uplifting and Inspiring Week: 2015 ARMSS/POAMN Conf. (Cont.)
- You, Your “Third Thirty,” and Your Loved Ones by Kathy Rankin.

One article shares the faith journey of a very remarkable woman named Kappy Eaton. Two other articles are forward-looking:

- 2016 Older Adult Ministry Certification Class by Jan McGilliard
- 2016 ARMSS/POAMN Conference in Richmond by Anne Tarbutton.

Each individual article is a sharing of wisdom by someone who has a passion for working with older adults.

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

POAMN is now a 501(c)3, so all of your extra gifts are tax deductible.
POAMN PRESIDENT’S REFLECTION

The beginning of a New Year has always been a time for looking back to the past, and more importantly, forward to the coming year. I have spent some time reflecting on 2015, and thinking about what I’d like to do differently or better in 2016. It’s a time to reflect on the changes I/we want (or need) to make and resolve to follow through on those changes. From my perspective, New Year’s resolutions are akin to goal setting. Here are a few of my resolutions/goals for POAMN in 2016. It is a way for us to improve POAMN and to progress more not only in our general life but also in our professional life.

- **Resolve to try something new.** Make 2016 your year to try something new, step out of our comfort zone, and shake things up a bit.
- **Resolve to be more grateful.** Be more thankful and appreciative. Model and express that every day — because every day is a gift.
- **Resolve to make necessary changes.** What changes are necessary to keep (POAMN) moving strong in 2016? Review our bylaws and make sure they are aligned with our non-profit status.
- **Resolve to think big.** Think big in the New Year and don’t sweat the small stuff.
- **Resolve to improve.** There is always room to improve. Adopt a true growth mindset.

Setting goals will really help with your outlook for the upcoming year. It gives us the opportunity to reflect on the things we need to do and look forward to the things we want to do. Although Planning Your Exit can be a big topic to tackle at the start of a new year and is at times emotionally difficult, it is important for families and survivors.

Planning your own send-off is a concept that is increasingly taking hold, especially with baby boomers who like 1) being in control, and 2) having things just so. For others, planning your exit is more akin to doing income taxes and having a root canal the same day. Ugh! The impending prospect of planning for such an uncomfortable and challenging subject presents one with quite a bit to mull over – one’s entire lifetime in fact.

In 2015 my husband Dale and I began to tackle this topic. We began to plan our own exit by having the conversations with all our children, working with our attorney on updating our wills and all the important documents necessary for the unexpected. We believe it is a gift we leave our children and family because we all die, whether expectedly or not. When we prepare for our own exit in advance, we are able to relieve the difficult decision-making burden on those whom we love and create the opportunity for a peace-filled end of life.

This is your life! Say the important things you need to say to your loved ones, friends and your enemies. It is never too early to say “I’m sorry,” “I forgive you,” “Thank you,” “I love you,” “It’s OK to die,” “Goodbye.” Remember that how people die remains forever in the memory of those who live on. Spell it out just the way you want it to be remembered. By taking care of these types of details you can ensure that who you are and how you lived are reflected in your send-off.

It is very fulfilling when you complete a goal or a difficult task such as planning your exit. It is a great sense of comfort and accomplishment and can make you feel like you have taken care of important choices. Aside from the time frame, your goals should each have different priorities. This will help you get organized. Lastly, you need to be focused and ready to face the New Year and your new goals. I wish each of you the very best as together we begin this Happy New Year!

Blessings,

*Michele Hendrix*
WHAT TYPE OF CALENDAR DO YOU USE?
from Mike Fonfara and the Membership Committee

A few Central Floridians, like myself, have a strange way of keeping track of the seasons. Sure, we have calendars on our walls that march us through the days from January 1st through December 31st. However, we prefer to follow the forward progress of the year by the Cultural Experience Method (CEM).

CEM indicates the seasons by what’s happening in the neighborhood. For instance, New Year’s Day arrives when young families go north after spending Christmas with Grandparents. Manatees appearing in inland rivers, lakes, and wetlands, herald the coming of winter in Florida. Springtime is when Easter passes and the Snowbirds go home allowing 6 p.m. seating at the favorite eatery without standing in line. Daily mid-afternoon showers mark the beginning of summer. Autumn brings local Crab Festivals. When the Snowbirds show-up and getting a table at your favorite restaurant becomes difficult again, Thanksgiving and Christmas cannot be too far off. The holiday season is here when the neighbors’ children and grandkids are seen being dragged down the street by the family pooch (most likely a Chihuahua). Truly, CEM is an entertaining way of calculating the passing of our days!

All of the above verbiage is my playful way of saying to you that today is a good day to join the Presbyterian Older Adult Ministry Network (POAMN) for 2016 if you have not already done so. POAMN provides good ministry to the Church and older adults every season of the year. Visit POAMN’s website, www.poamn.org, for information about our reason for being, coming events, and a membership application. Please join this grand ministry!

Mike and the Membership Committee

MAPPING YOUR EXIT
By Glenn M. Gordon, MD, Central Presbyterian Church / Eugene, Oregon

[Editor’s Note: Those of us who have lost a parent or dear friend, and served as executor of their estate know just how difficult and emotionally draining it is to settle the final affairs of a loved one. Sue and Glenn Gordon taught a 6-week series at our church on “Mapping Your Exit” which many of us found very useful to reduce the eventual, inevitable burden on our loved ones, and helped us experience the freedom of facing our own mortality.]

Several years ago my wife, Sue, and I attended a workshop outlining how to prepare for one’s passing. We found it to be quite helpful and chose to repeat the workshop for several groups — including our church home, Central Presbyterian in Eugene, Oregon.

This short essay is meant to convey the main points of that planning — things to do that make the transition easier for you — and more importantly for members of your family who will be involved with your affairs after

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you are gone! These are items you need to document in a notebook, and show to family members, so that your choices are carried out!

1. **CHOOSING A PERSONAL REPRESENTATIVE — TRUSTEE**
   This very important person should be someone well known to you, who will have the important decisions to make regarding handling the estate, and other personal matters. Your choice, and their acceptance, should be documented in a form letter. That letter does not need notarization.

2. **WHOM TO NOTIFY**
   Make a list that includes your primary doctor, family kin, personal representatives, mortuary, church, attorney, professional and social organizations of interest.

3. **ALL YOUR STUFF AND WHERE YOU WANT IT TO GO**
   This difficult process should be done before your departure. Make a list of major items that you possess, and with the help of family members determine their ultimate location. Clean out cupboards and drawers of non-essential clutter and dispose appropriately. Identifying old pictures will be very helpful. The list goes on, and on — get rid of stuff now!

4. **YOUR PAPER TRAIL, ASSETS, LIABILITIES, ETC.**
   Your important papers (your will, trust, property deeds, mortgage and other documents) may be in your home file, your attorney’s office or in a safety deposit box. The locations of these documents should be known to your personal representative and family members.

5. **YOUR FINANCIAL MATTERS**
   Your CPA will have copies of your tax records, but you may have assets and liabilities known only to yourself. Family members should be made aware of where such papers are kept — personal files or safety deposit box.

6. **MEMORIAL SERVICE PLANS AND WISHES**
   Your wishes regarding the kind of service to be observed after your death should be discussed ahead of time. This may be, however, beyond your control, since your family will have the last word! A variety of venues are possible, and the content of services varies considerably.

7. **YOUR FINAL DISPOSITION**
   Burial or cremation — possible organ donation? Arrangements should be made before death. Choosing a mortuary well ahead of time is important.

8. **YOUR HEALTH CARE AND MEDICAL DIRECTIVE**
   Perhaps the most important thing you should do, as soon as possible, is to document your choices about end-of-life care. By filling out a POLST form (Physician Orders for Life Sustaining Treatment), and being sure that your doctor and family are aware of your desires, you can be more at ease contemplating the future. A similar document, Advance Medical Directive, accomplishes the same thing. It states your
medical treatment wishes, should you be unable to speak for yourself. An Advance Directive can be used to a) Appoint a Health Care Representative; b) Provide Health Care Instructions; or c) Both of these things — worth filling out and discussing with family. A document certifying your choice of a person as your Power of Attorney for Health Care Decisions needs to be notarized.

Those of us living in Oregon, and four other states, have the opportunity to utilize a ‘Death with Dignity’ option at the end of life! Hospice care has improved markedly in the past couple of decades, and works cooperatively when patients request this option. The Compassion and Choice Organization is available when patients face a painful or difficult terminal condition. It is reassuring to know these options are available to us!

Sue passed away in 2011. So I lived through the process described above. I found it extremely helpful, and commend it to your consideration. ‘Getting rid of Stuff’ was the most vexing — but ended up happily when all seven children got together on a weekend, and chose by lot among themselves, the items most important to each one!

Is it time to ‘MAP YOUR EXIT?’ Good Luck!

Useful Websites:
www.caregiverslibrary.org/.../grp-end-of-life-issues.aspx
www.aarp.org/home-family/caregiving/end-of-life.html

2016 OLDER ADULT MINISTRY CERTIFICATION CLASS
By Jan McGilliard / Blacksburg, Virginia

It’s time to register for Older Adult Ministry Certification!!!
Two courses are being offered in April at the Center for Lifelong Learning, Columbia Theological Seminary: Spiritual Formation and Older Adults (April 11-13), taught by Henry Simmons, PhD, and Theological Questions and Affirmations During Older Adulthood (April 14-16), taught by Rev. Marvin Simmers.

To read about the Certificate Program and to register, click on this link:
http://www.ctsnet.edu/older-adult-ministry-certificate-program

Increasingly, older adults make up a significant percentage of our congregations and communities. We need to be prepared to serve them well and to tap into the wisdom and resources they bring to our congregations. OAM Certification is a collaboration of POAMN and the Center for Lifelong Learning at Columbia Theological Seminary. Come join us!

Jan McGilliard is Leader of OAM Certification for POAMN. Contact her at: janmcgilli@gmail.com or by telephone: (540) 953-1366.

Imagination is more important than knowledge –
logic can take you from point A to point B,
but imagination will take you anywhere.

- Albert Einstein
AN UPLIFTING AND INSPIRING WEEK: 2015 ARMSS/POAMN CONF. (Cont.)
by Quentin A. Holmes, Editor POAMN Network News

During October 13th - 16th, about 140 people attended the 2015 ARMSS/POAMN Conference at the Crowne Plaza Hotel in Albuquerque, New Mexico. The conference theme was, The Spirit Sustains: Purpose, Call, Mission & Ministry. This joint conference was informative, uplifting, and inspiring. There were many opportunities for getting to know and talk with folks from across the USA who share a passion for ministering with, to, and for older adults. This article is the second in a two-part series that seeks to share the spirit of our ARMSS/POAMN Conference. (The first part appeared in the Holiday issue of PNN and covered events through Wednesday, October 14th.)

Thursday, October 15th, began with morning worship led by Helen Morrison, the Immediate Past President of POAMN. Next, the Rev. Dr. J. Herbert Nelson from PC(USA)’s Washington Office for Public Witness, gave the second installment of his Keynote Address. Dr. Nelson seeks to revitalize the Washington office by operating outside the silo of the Washington office of PC(USA). Indeed, he spends nearly half of his working days away from Washington, DC, talking with people. It was refreshing and encouraging to see how our denomination is actively seeking to inform people about the real world of politics and that our democracy can be made to work for the good of all the people.

Lunch time on Thursday was devoted to the POAMN Annual Business Meeting. Key things that took place were:
- Approval of 2014 Business Meeting Minutes
- POAMN Treasurer’s Report (by Cindy Wright)
- Nomination of POAMN Officers (by Steve Aschmann)
  for Treasurer-Elect: Rev. Dr. Maynard Pittendreigh
  for Liaison to Presbyterian Church (USA): Bill Young
  for POAMN Vice-President: Rev. Dick Huggins
  (Note: The entire POAMN Nominating Committee re-upped!)
- Recognition, and thanking, of outgoing POAMN Officers
- Announcement of Joint ARMSS/POAMN Conference for 2016: (Details TBD)

Thursday night Awards Banquet featured Dr. Heath Rada/ Moderator of General Assembly/PC(USA) as the guest speaker! His words were, “I have no authority. My role is to serve as interpreter of the past General Assembly and to be an Ambassador to the denomination. That is it!” Dr. Rada’s address was couched as a call to the church for transformation:
- There is a profound and rapid change in the world around us that has put the Church’s relevance in question in ways we have not seen in our lifetime.
- Not having a permanent current CEO in our Presbyterian Mission Agency, and having a Stated Clerk who is not going to seek reelection, has offered us a Kairos moment which is unique.
- We are indeed facing a crisis in which there is lack of trust across the church. This is manifested in many ways, but includes departing congregations; members confused concerning who we are as the PC(USA); disinterested local sessions and congregations when it comes to national church initiatives (unless they are controversial); struggling mid-councils; frustrated and anxious staff in our national offices, many of whom are wary and disillusioned; and financial supporters who are seeking alternative ways to share their money, other than through our denomination.

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- Our theological institutions, which have provided a foundational element of our denomination historically, are also victims of this unrest, and the “old models” of seminary education are under scrutiny.
- We must act to remedy some of these matters, and we must do so with haste.” I hear loudly and clearly that we do not have the luxury of time to discern and debate.”

While this call necessarily involves many entities, it is important for congregations and members to know that they comprise the body of the PC(USA). It is with them in mind that Dr. Rada is speaking out. He has heard their cries for change and a desire that together we seek God’s will as we move forward. Dr. Rada invited folks to provide input to his de facto team via a questionnaire on the PC(USA) website.

Lest you think that an ARMSS/POAMN conference is all work, the Awards Banquet was also a time for good food, the bestowing of several well-deserved awards/recognitions, gala entertainment by a talented troupe of traditional Mexican folk dancers from Baila! Baila! Inc., and wonderful fellowship.

Friday, October 16th, we had Closing Worship led by Rev. Jim Reese. This is the time when newly-elected officers of POAMN and of ARMSS are installed each year. Celebrating Holy Communion during Closing Worship was one of the most touching highlights of the entire conference!
KATHERINE G. “KAPPY” EATON: A Passion for Democracy
By Quentin A. Holmes, PNN Editor

Katherine G. “Kappy” Eaton is very active in lobbying at the Oregon State Legislature. Now in her early 90’s, she still does research and testifying on upcoming bills on behalf of the League of Women Voters and the American Association of University Women (AAUW). During legislative sessions, Kappy helps produce weekly reports that are accessible online.

The Action Committees for the League of Women Voters have four areas:
- Natural Resources
- Social Policy
- Governance (Kappy serves as the coordinator for this area)
- Citizen Access

The AAUW’s Public Policy Committee is their counterpart to these. When the Oregon Legislature is in session, Kappy always checks in on:
- The Finance Committee
- The General Government Committee
- The Higher Education Committee
- The Human Services Committee
- The Rules Committee.

Currently, a friend often drives her 65 miles from Eugene to Salem, Oregon, where the legislature meets. On the days when Kappy can’t physically be in Salem, she does her research online. A website, Oregon Legislature Information System (OLIS), allows the public to get reports and live text of what is being discussed in specific meeting rooms.

Kappy Eaton discovered her passion for democracy at an early age. Kappy has fond memories from when she was about twelve years old and her family lived in St. Paul, Minnesota. Kappy’s father read a lot, and she also liked to read. Evenings were spent with her father sitting in a comfortable chair in their sun room, discussing Life Magazine and U.S. News & World Report or listening to the news on the radio. Kappy would sit on a hassock, and they would talk about the news. “What is happening in the world?” “Why is it happening?” And, “What do you think we should do about it?” Sometimes Kappy and her father agreed. Sometimes they disagreed, which was alright, provided each could give a rationale for their respective positions.

On Kappy’s mother’s side, her ancestors immigrated to what became Connecticut in 1635. On her father’s side, her grandfather came from England as a small baby, and her grandmother came from Ireland as a young girl during the potato famine. Kappy’s grandfather was a history professor at Northern University in Marshall, South Dakota. Her parents moved to St. Paul, Minnesota when married in 1921. There they joined Dayton Avenue Presbyterian Church, where Kappy was baptized at age one.

“There was never any doubt that education was important.” Kappy remembers the names of all of her elementary school teachers. During sixth and seventh grades Kappy was part of a program with about a dozen students who visited other grade schools with a program of singing and reciting poetry. She also learned and recited English poetry such as “The Highwayman” by Alfred Noyes.

Kappy had a truly excellent speech teacher in high school. She joined the debate team as a sophomore and also was involved with extemporary speaking. She remembers debating both sides of, “Should the U.S. Government run the railroads?” By then, she was already interested in, and had a passion for, world affairs. Kapp-

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py could hardly wait to be old enough to vote. “I credit my folks. Elections in Minnesota take place during very cold weather. My folks always took me along with them, even though it involved standing and waiting in line outside. I learned that in a democracy you have the privilege, and the responsibility, to vote.”

In 1939, Kappy went to the New York World’s Fair, where she stubbornly refused to enter the booths of Germany and Italy. “I knew that the world was at odds with both of these countries over their aggressive behavior.” World War II broke out in December 1941. “In college, about half of my class was missing because a lot of the guys had gone off to war.”

Kappy’s passion has always been, “To know, and to find out, and to encourage people to vote.” Kappy graduated with a B.A. from the University of Minnesota. She majored in journalism and political science, but took a lot of history courses. She fervently wanted to go to law school. However, when Kappy mentioned this idea to her faculty advisor, he patted her gently on the head and said, “There is only one woman there in law school, and you wouldn’t like it.”

Kappy’s first job out of college was as a reporter for the Bakersfield, California, newspaper. Her assignments included Kern County agriculture, Kern County Junior College, accidents, community organizations and special features. However, Kappy never felt at home in California. She moved back to the mid-west. She became Women’s Editor of the Rochester Post Bulletin, met her future husband, Burt, there and moved back to St. Paul where he was in Law school. Shortly after she and Burt were married, Kappy joined the American Association of University Women (AAUW).

In 1951 they moved to Eugene, Oregon. “When our first child was eight months old, a lady with a small child came to our door. I remember saying to her, ‘Come in, I’d love to talk to someone who can say more than mama and daddy.’ That lady was from the League of Women Voters.” Kappy joined the League of Women Voters and has served as President of both the local and state leagues as well as writing a monthly Action Committee Report for them ever since.

Kappy received Master’s degrees in both Journalism and Librarianship from the University of Oregon. She was an editor for the Oregon Chancellor for Higher Education after her Journalism graduation. She went to Library School after helping mothers keep grade school libraries open after passage of Elementary and Secondary Education Act of 1965 when there were no librarians in Eugene’s 33 Elementary Schools.

Kappy worked successfully on legislation to use federal dollars for libraries to pay Oregon public libraries per capita funds rather than using the money to fund the state library. She also helped pass changes to the inheritance laws so widows with only property assets did not lose their income.

In the early 1970’s the husband of Kappy’s close mentor passed away. Kappy’s mentor discovered she had to pay a huge amount of money in taxes because Oregon’s inheritance tax was based on the value of the land her late husband owned, even though, as a widow, she had no income. “A group of us went to the legislature. But the men chose to hold their meetings at 7AM in order to avoid us. Our voices were finally heard when one of us said to the men, ‘What is going to happen to your wife when you die?’ In 1975 the Oregon Legislature passed the needed Inheritance Tax Reform.”

In 2010 Kappy was recognized with the Governor’s Life Time Volunteer award, and in 2014 with the Oregon Women of Achievement award.

Today, Oregon’s public education is ranked 47th in the nation. In the 1960’s, public education in Oregon was ranked 3rd in the nation.

Kappy was asked,” Don’t you ever get frustrated?” She replied, “Oh my word, yes! Primarily, because of the
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polarization between our major political parties. When I began this work in the 1960’s, we had a lot of C’s – Concern, Civility, Compromise, Cooperation, Continuity, and Compassion. Unfortunately, today, we can no longer count on those C’s. Whatever happened to the idea of leaving your political shoes on the doorstep when you come to Salem for the legislature?”

When asked what issue was high on her radar screen right now, Kappy replied, “Today, 5% of the Oregon voters identify themselves with the Independent Political Party. And they will have their own primary elections. As opposed to voters who identify themselves as ‘Non-Affiliate,’ which keeps them from participating in any primary election. We need to find a way to allow everyone to participate in our primary election process.”

Ask Kappy, “What drives you to continue being so active with the State Legislature?” She’ll tell you, “None of us knows our ‘length of days’. So, why not live each day?”

FIVE WISHES: Giving You A Say in How You Want to be Treated
By Rev. Bill Cooley / St. Petersburg, Florida

Give yourself and your loved ones a big gift. Reflect, meditate on, plan and document the kind of care you want for yourself when you become seriously ill and/or are dying. Making and communicating these decisions now will save you and your loved ones great anguish in later very stressful situations.

Five Wishes is a legal document that allows you to express your medical wishes along with your personal, emotional, and spiritual needs at a difficult time in your life. Five Wishes includes:

1. A place to name the person you want to make healthcare decisions for you when you can no longer make them for yourself.
2. Space to express your wishes for the kind of medical treatment you want or do not want when you are critically ill, close to death, have permanent or severe brain damage, etc.
3. A place to express your wish for how comfortable you want to be.
4. Space to express your wishes for how you want people to treat you.
5. Room to express your wishes for what you want loved ones to know about you and about your plans for your body, funeral, etc.

Each wish has its own section in the booklet. Wish 1 gives help in picking the right person to be your health care agent, as well as a list of things you decide you want and do not want the person to do. Wish 2 helps you decide what help you want from your caregiver; think about what life-support treatment means to you; tells you how to make sure emergency personnel see the documents they need to determine what care to do and not to do, based on your wishes. Wish 3 gives you choices about ways to make you comfortable, like not wanting to be in pain, having your favorite music played, knowing about hospice care, etc. Wish 4 gives you options for how you want to be treated, like having people with you when possible, having your hand held and being talked to when possible, dying in your home, etc. Wish 5 includes options of thoughts you want your family to know, like, “I love you”, “I ask for forgiveness for those times I have hurt… and I forgive family, friends for those times…”, etc. There is space for thoughts you have about your memorial service, how you want to remembered, and whether your body is to be buried or cremated, and more.

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Five Wishes is an 11 page booklet that includes each of the wishes with options, suggestions, and spaces for additional thoughts when appropriate. Since accidents and illnesses can strike at any age, it is appropriate for anyone 18 or older to complete *Five Wishes*. The author and his wife, both turning 70 this year, believe it is especially important for older adults to make and document these decisions while they are still able.

After making these decisions about serious illness/end of life wishes, the next step is to discuss your decisions with your spouse, your children and your physicians. This can be a difficult discussion for you with your partner and even more so with your children. They may want to avoid thinking about your deaths. *Next Steps*, a guide to follow up conversations with family and physicians, can help you through these difficult conversations. Your children, physicians, and nursing staff at the Continuing Care Retirement Community (CCRC) where you live (if applicable) need to know your wishes and have access to copies of the *Five Wishes* documents in order for you to receive the care you want. These documents also need to be in plain sight where you live in case of a medical emergency. The author and his wife already have living wills and do not resuscitate (DNR) forms in red folders on top of their refrigerator. They plan to destroy these documents and replace them with the *Five Wishes* booklets as soon as they complete them. Their children and the CCRC nursing staff know the location of these visible red folders.

*Five Wishes* is a legal document in 42 states and in the District of Columbia. It is important to be sure what the laws of your state require in terms of living will documents. However, even in states that do not accept *Five Wishes*, the document is a very helpful guide to thinking through the issues that you, your spouse, and/or your children (healthcare agent) will face.

*Five Wishes* and *Next Steps* can be ordered from Aging with Dignity. Go to their website, [www.agingwithdignity.org](http://www.agingwithdignity.org), for more information and to order copies of *Five Wishes*. Whether you use this very valuable planning tool or not, planning for your exit is very important for each of you to do as soon as possible.

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**A VERY USEFUL BOOKLET**

By Quentin A. Holmes

Folks who prefer to fill in an outline will find the following booklet from Product Concept Manufacturing, Inc. very useful:

**MAKING THINGS EASY FOR MY FAMILY: What You Need To Know About My Belongings, Business Affairs, and Desires**

This spiral bound booklet is not a legal document, nor does it serve as a Will. However, filling in the pages in as much detail as possible will record your wishes in case of your death. Topics covered include:

- First Things you need to do at the time of my death
- Important phone numbers
- Personal information
- Location of personal papers
- Additional insurance policies
- Investments
- Real Estate & Auto
- Banking information
- A record of what I owe
- A record of what is owed to me
- Personal property
- Burial & Memorial preparations

This useful booklet is available from [www.amazon.com](http://www.amazon.com) for $10.
You, Your “Third Thirty,” and Your Loved Ones
by Kathleen Rankin / Riverview, Michigan

[An advisory and prayerful insight on how to make the final third of your life as much fun as possible . . . for everyone.]

How often have you thought, “I wish I knew then what I know now,” suggesting that prior knowledge might have changed or improved the present situation. Chris Pomfret, in his POAMN conference workshop referenced above, offered ideas for avoiding second guessing when it comes to our older adult years. Chris is an aerospace engineering consultant who lives near Dayton, Ohio, with his wife Hazel. His interest in Older Adult Ministry, especially in planning and preparation, grew out of his experiences with his parents during the last decade of their lives. As he and his brother helped their parents with the necessary decisions and changes, it occurred to Chris that prior planning might have made the last decade more enjoyable for all of them.

So what’s the big deal? Why should we care about the “Third Thirty?” For one thing, people are living longer. According to the U.S. Census, in 2012 there were 70,000 people over 100 years of age. It’s projected that by the year 2050 this number will grow to 600,000. Also in 2012, there were 42 million children caring for their parents. The “Third Thirty” is a reality for many of us and for those who will journey through those years with us. We are learning how to live longer, albeit with ailments, and we are modeling that process for the generations that follow.

For Chris, the “Third Thirty” refers to the years after age sixty. The years from birth to age thirty are a time of growth, development, and achievement. From age thirty to sixty, most people experience a time of relative stability as they build families, careers, and life styles. Around age sixty, however, things begin to change. “Change” is the key word. Experiencing change as we age is not just a possibility; it is an inevitability! Change will impact us physically, financially, socially, mentally, and spiritually. We can ignore this inevitability, we can “leave it in God’s hands,” we can deny it, or we can prepare and plan for it.

It is the last option – prepare and plan– that Chris Pomfret offers as the most practical and beneficial, although, admittedly, the most difficult to accomplish. Chris urges us to “face the (other) facts of life,” by putting in place three “P’s.”

1. Pray – How would God want you to finish your life? Find sufficient faith, as early as possible, to accept the reality and let go of the usual and the familiar.
2. Plan – Consider some of the “what if’s” . . . illness, moving out of your home, becoming incapacitated, losing a spouse.
3. Prepare – While you are still able, start to declutter, getting rid of things that are no longer necessary. This might include the home you have known for a long time. Go “home hunting” to be ready with housing alternatives if or when they become necessary. Keep others, especially your children, informed so that they know what you want. Likewise, talk to your pastor about your funeral preference. Maintain physical, mental, and spiritual activities as long as possible.

In summary, Chris Pomfret’s workshop was an “attempt to provide an eye-opening awareness of life facing us as we reach sixty.” Doing nothing is not a realistic option. It’s necessary to overcome human resistance, denial, and procrastination. The reward for acting on the three “P’s” . . . Pray, Plan, and Prepare . . . will be a better “Third Thirty,” one that can be easier and more fun for you and for your loved ones.
CHRISTIAN DECIPLESHIP: People of the Spirit, People of Hope
by Anne Tarbutton, POAMN Conference Chair

“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)

You will not want to miss our upcoming POAMN/ARMSS Conference in the river city of Richmond, Virginia, October 11-14, 2016 at the Four Points by Sheraton! Here, you’ll have the opportunity to grow in your relationships with others, learn new things, and support equipping leaders in Older Adult Ministries.

First, we have secured Dr. John Carroll as our Keynote Speaker, who is the Harriet Robertson Fitts Memorial Professor of New Testament and Director of the Program for Excellence in Teaching and Learning at Union Presbyterian Seminary. He came to us highly recommended by Dr. Brian Blount, President of UPS. His keynotes will focus on Christian Discipleship. He’ll include Gospel portraits of the Disciples and Discipleship and the Vision of the Apostle Paul: People of the Spirit, People of Hope.

Second, Richmond offers so much to do! During our tour of Richmond with the Richmond Region Tourism Staff, we were impressed with what Richmond offers for us. As you can imagine, Richmond is full of history. It offers historical architecture with the Fan and Monument Boulevard, and memorials, monuments, and churches. Additionally, the capitol was designed by Thomas Jefferson. Also, Hollywood Cemetery by the James River, established in 1857, is the final resting place of two U.S. presidents James Monroe and John Tyler, and thousands of Confederate soldiers. Because of Richmond’s rich history, we hope to offer through Richmond Discoveries, a unique living history program with authentically dressed characters for entertainment.

We also had an opportunity to visit Carytown, a wonderful, eclectic shopping and dining district in Richmond. We hope to offer you some time here. Visit www.carytownrva.com for more info.

Third, we spent some time scouting hotel venues, and chose the Four Points by Sheraton. It has undergone some new conference renovations and will have a new restaurant and remodeled rooms by the time of our conference. Additionally, it has an outdoor/indoor combined pool and beautiful grounds with a walking path. And, we’re hoping to offer a chocolate fountain for dessert time!! Visit www.fourpointsrichmond.com for more info.

Last, based on your comments to us, we will be offering stellar workshops including a bible study on “Heaven,” music, spirituality and aging, mission, ministry to “Boomers,” Retirement, Older Adult Ministry with small, aging congregations, Grandparenting, dementia “When Words Fail,” and more. We also plan on offering recreation/exercise, excursions, and engaging worship. Local partners, Union Presbyterian Seminary and Westminster Canterbury, will also be enriching resources for us.

Looking forward to seeing you there!!
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.

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The 2016 Older Adult Ministries Planning Guide is now available for downloading at www.poamn.org. Hard copies will soon be ready! Pre-order you copy(s) today 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 MEMBERSHIP APPLICATION
Presbyterian Older Adult Ministries Network (POAMN)
A 501(c)3 organization
(please print all information)

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*** I would like to receive future PNN issues by: □ email □ hard copy

Membership Type:

- □ $50 Individual
- □ $75 Couple
- □ $35 Affiliate (non-voting)
- □ $125 Institutional, Church & Judicatory Membership

To continue POAMN’s ministry to older adults and those engaged in ministries for older adults, additional gifts are welcome including those in honor or memory of someone. All extra gifts are tax deductible.

Extra gift of $___________ to POAMN a 501(c)3 organization

Gift of $___________ enclosed in honor / memory of: _____________________________________________

(include address if you would like family notified of gift): __________________________________________

Gift to support membership of another person or church: ____________________________________________

__________________________________________

Make checks payable to:
POAMN
c/o Cindy Wright, Treasurer
120 Stevens Avenue
Solana Beach, CA 92075
POAMN LEADERSHIP

Some readers have asked who works so hard to move this dynamic organization forward. Here are the members of the Executive Committee that keeps POAMN active and growing.

President: Michele Hendrix - tmichelehendrix@icloud.com
Vice-President: Dick Huggins - rlhiggins21@msn.com
Secretary: June Begany - jwbinfj@aol.com
Treasurer: Cindy Wright - wright@solanapres.org
Treasurer Elect: Maynard Pittendreigh - maynard@pittendreigh.net
Nominating Committee Chair: Steve Aschmann - se43aschmann@nc.rr.com

Members At-Large

Mike Fonfara - Membership - mikefonfara@tampabay.rr.com
Leslie Hanna - Mission in Ministry Grants - leslie@pointlomachurch.org
Anne Tarbutton - Conference Chair Elect - atarbutton@skybest.com
Bill Young - PCUSA Liaison - bill.young.jr@verizon.net

Jan McGilliard - Certification Leader - janmegilli@gmail.com
Quentin Holmes - POAMN Network News Editor - holmes3324@msn.com

Ginny Nyhuis - Support Staff - gnyhuis@frontier.com