

RESOURCES FOR LATER ADULTS

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NOTE: Resources listed do not necessarily imply endorsement by the Evangelical Covenant Church. It is simply an acknowledgment that they are resources that some ECC congregations are using.

Caring for Aging Parents; Caregivers

[Having the Conversation: A Heart to Heart with Aging Parents](#)

(Sponsored by Covenant Retirement Communities) www.havingtheconversation.com

The information on this site is for families who need to have difficult conversations with aging parents. The goal is to offer practical resources and tips that will help you convey respect for the decisions of aging family members while addressing the fears and guilt that younger family members often experience.

Home Assessments (This Caring Home) - Do a virtual home safety check of every room in the home. Simple changes in the home can make caregiving easier and safer. A great tool to help people stay in their homes.

www.thiscaringhome.org/virtual_home/default.aspx



Living with Purpose in a Worn-Out Body: Spiritual Encouragement for Older Adults

by Missy Buchanan (Upper Room, 2008)

The author leads caregivers and those in their care to see that living with purpose in old age is an extension of the challenges lived all along: learning to offer one's will to God's, trusting God's grace and continuing to respond with the joy and fortitude of faith. Forty-two short devotionals offer spiritual encouragement to the once-vibrant who now cope with daily limitations and failing health. Buchanan writes to the experiences of lifelong Christians as well as elderly non-believers who are thinking anew about God. Large print and wide margins.

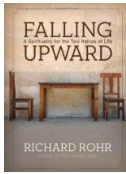


Not Alone: Encouragement for Caregivers

by Nell E. Noonan (Upper Room, 2009)

Helping someone through disease, pain, frailty and death exacts a tremendous toll. With so much time and energy devoted to someone else, we sometimes feel isolated in the sadness of our labor of love. Welcome these honest and authentic daily devotions that will help you through another day of profound frustration, wonder, empathy and devotion. Noonan describes the caregiving experience as a spiritual pilgrimage and invites us to look for God's embrace along the way.

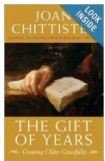
What's Next For Me? (See also "Studies")



Falling Upward: A Spirituality for the Two Halves of Life

by Richard Rohr (Jossey-Bass, 2011)

Rohr seeks to help readers understand the tasks of the two halves of life and to show them that those who have fallen, failed, or "gone down" are the only ones who understand "up." Most of us tend to think of the second half of life as largely about getting old, dealing with health issues, and letting go of life, but the whole thesis of this book is exactly the opposite. What looks like falling down can largely be experienced as "falling upward." In fact, it is not a loss but somehow actually a gain, as we have all seen with elders who have come to their fullness.



The Gift of Years: Growing Old Gracefully

by Joan Chittister (BlueBridge, 2010)

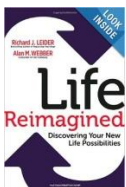
Not only accepting but celebrating getting old, the author looks at the many facets of the aging process, from purposes and challenges to struggles and surprises.



Learn to Grow Old

by Paul Tournier (Westminster John Knox, 1991)

This book has become a classic. The author offers a variety of suggestions to help make growing old not an end but a new beginning, filled with purpose and hope. He suggests ways to remain active, using leisure to our best advantage and not letting it become a tyrant. He also provides insights on taking up new interests; becoming involved with young people and new ideas; and learning to pray, to meditate, to acquire wisdom, and to increasingly draw strength and inspiration from the reality of divine presence and power.



Life Reimagined: Discovering Your New Life Possibilities

by Richard J. Leider and Alan M. Webber (Berrett-Koehler, 2013 – co-published with AARP)

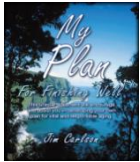
One of the truths that underlies this book is the liberating notion that each of us is "an experiment of one," free to find our own path in this new phase of our lives. No old rules, no outdated societal norms, no boundaries of convention or expectation. Let *Life Reimagined* help you discover your new life possibilities.



Looking Back and Giving Forward: Finding Common Ground for Positive Aging

Lumunos (www.lumunos.org)

This workbook on call engages you (60+ years) to develop a compelling vision of what it means to age in a positive way. Your vision becomes a living legacy that contributes to making the world better for you, your grandchildren, and future generations. You will see yourself as a sage, listen to your life, learn from life's challenges, make room for your gifts and strengths, and you will build your living legacy and find ways to support it. This workbook can be used with small groups in senior centers, with other non-profits, with your neighbors, or simply as a personal reflection tool. NOTE: A community version is also available. (For a Leader's Guide, please email Betsy Perry at betsy@lumunos.org.)



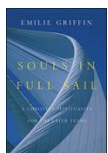
My Plan for Finishing Well

by Jim Carlson (myplanforfinishingwell.com)

This workbook will help you create a plan that will add new purpose to your own life and serve your family well in the years to come. The 11 Objectives and 75 Action Steps will help you:

- Remain vital and fully engaged in a meaningful life.
- Finalize all your financial and legal documents.
- Make decisions about your accumulated possessions.
- Prepare records of vital information for your family.
- Sustain a positive legacy and good relationships.

The completed plan will be a helpful “coach” that will remind you to be as fully alive as possible each day and also to be thoughtfully responsible to your loved ones. Also includes a listing of books and web sites to provide you with inspiration and guidance.



Souls in Full Sail: A Christian Spirituality for the Later Years

by Emilie Griffin (InterVarsity, 2010)

An exploration of our later years, this book is filled with rich story, carefully crafted spiritual exercises and wisdom from those who have gone before us. The author also explores relocation, vocational changes, losing her mother, and negotiating and renegotiating her relationships with her grown children.

Studies

AGING WELL BIBLE STUDY SERIES, by Pete Menconi (CASA Network)

A Bible study series for everyone 50 and over who wants to stay in the game as long as possible. Get your 50+ people engaged and inspired for the rest of their life!

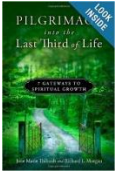
- *The Aging Challenge* (Vol.1) - takes a fresh look at aging, reevaluate your current situation, and consider making some changes.
- *The New R & R: Retired and Rewired* (Vol.2) - takes a fresh look at retirement, reevaluate your current situation, and consider making some changes.
- *Generations Together* (Vol.3) - takes a fresh look at our current generations, how the generations relate, and how we can be better together.
- *Sage or Curmudgeon* (Vol.4) - takes a closer look at your attitude about aging, how to reevaluate your attitude, and how to move toward becoming a sage for younger people.
- *The Aging Family and Marriage* (Vol.5) - takes a closer look at your aging marriage and/or family and see how you can maximize these relationships.
- *Finishing Well* (Vol.6) - looks at how you can finish well before your life is over.



Green Leaves for Later Years: The Spiritual Path of Wisdom

by Emilie Griffin (InterVarsity, 2012)

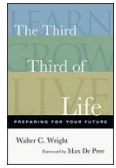
The author reflects on the beauty and the difficulty of aging. Pain mingles with gratitude. With her we learn again how to draw close to the Lord who longs to guide us through. For both individuals and discussion groups, each chapter ends with reflection questions and a prayer.



Pilgrimage into the Last Third of Life: 7 Gateways to Spiritual Growth

by Jane Marie Thibault and Richard L. Morgan (Upper Room, 2012)

The authors suggest approaching the Last Third as a pilgrimage a journey full of purpose, ripe with opportunities for spiritual growth. This collection of scripture-based meditations will inspire you to move fearlessly into the Last Third, looking forward to the opportunities this time of life can hold. Reflection questions are included for individuals or groups for a 7-week study.



The Third Third of Life: Preparing for Your Future

by Walter C. Wright (InterVarsity, 2012)

An eight-session guide to help those moving toward retirement plan out their next steps.

In this workbook, Wright provides eight sessions to help those moving toward retirement plan out their next steps. Includes material for individuals and groups that will enable 50-somethings (and up) to prepare for the next chapter of life with confidence.



What's Next? Navigating Transitions to Make the Rest of Your Life Count

by H. Norman Wright (Bethany House, 2012)

Wright shows baby boomers--and all those wanting to make the second half their best half--how to embrace the coming changes and navigate life's transitions with passion and purpose. Discussion questions are included.

Grandparenting

[“Twenty Ideas for Grandparents,”](#) by Kara Powell (Fuller Youth Institute) – downloadable article



Parents & Grandparents as Spiritual Guides: Nurturing Children of the Promise

by Betty Shannon Cloyd (Upper Room, 2000)

Cloyd explores the simple ways parents and grandparents can introduce children to the presence of God and nurture them spiritually through daily, routine activities – as well as planned devotional times.



Extreme Grandparenting

by Tim and Darcy Kimmel (Tyndale, 2007)

Grandparents have a vital role in the lives of their grandchildren, not only as a mentor and loving family member, but as a spiritual rock during the hard times.

Learning Opportunities – Covenant

[Sankofa: A Journey Toward Racial Righteousness](#) - The Sankofa Journey is an intentional, cross-racial prayer journey that seeks to assist disciples of Christ on their move toward a righteous response to the social ills related to racism. This interactive experience explores historic sites of importance in the Civil Rights movement and sites of oppression and inequality for people of color, while seeking to move participants toward healing the wounds and racial divide caused by hundreds of years of racial injustice in the United States.

[Covenant Camps and Conference Centers](#) – Check out regional camps for learning opportunities for later adults.

[North Park University](#) – Online classes for degree completion or personal study.

[North Park Theological Seminary](#) – Online classes for degree completion or personal study.

[CHET – Hispanic Studies](#) – CHET serves to equip Hispanic-latinos/as for pastoral and lay ministry, evangelism and discipleship, church planting and community transformation.

[Covenant Trust Company](#) - Whether you need trustee or asset management services, or assistance in retirement or legacy planning, CTC is here to help. Seminars pertaining to these are also available to churches.

[Road Scholar](#) - Road Scholar, the not-for-profit leader in educational travel since 1975, offers 5,500 educational tours in all 50 states and 150 countries. Alongside local and renowned experts, experience in-depth and behind-the-scenes learning opportunities, from cultural tours and study cruises to walking, biking and more. Although not a Covenant ministry, several of our [Covenant Camps](#) host Road Scholar opportunities for life-long learning.

Serving Opportunities- Covenant

[Merge Ministries](#) - A ministry of the Covenant partnering with international evangelical organizations, in order to encourage local ministries and enhance what they are doing in their communities. Merge utilizes qualified local leadership to design custom mission trips.

[Mission Trips](#) (1-3 weeks) - When it is time for you, your church, or your small group to engage in God's work around the world in a more personal way, what is your next step? There are a variety of trip options available through the Covenant Church.

[Mission Volunteer](#) (1-9 months) - Mission Volunteers serve one to nine months alongside Covenant missionaries and/or international ministry partners. You are invited to join God's work around the world as a Mission Volunteer. You can discover places where you can use your gifts, talents, educational background, and passion.

[CHIC](#) – CHIC is a triennial youth conference of the Evangelical Covenant Church. At CHIC, students come together from around the country and the world to worship, learn, and play. There are multiple opportunities to serve as a volunteer at CHIC 2015. Consider joining the 2015 CHIC Prayer Team.