



ACT III

Vol. 3 No. 2

Mission: To provide collaborative faith-based services that meet the health and wellness needs of the whole person.

Winter 2009

Harpeth Hills to offer AARP Driver Safety Program

The AARP Driver Safety Program, a classroom driver refresher course for drivers 50 and older, will soon be offered at Harpeth Hills through the Resource Center on Aging. This eight hour course, taught by Walt Gant, will be offered on two consecutive days, April 8 and 9, from 9am - 1pm each day. Light snacks will be served.

This course is designed to help you:

1. Tune up your driving skills and update your knowledge of the rules of the road.
2. Learn about normal age-related physical changes, and how to adjust your driving to allow for these changes.
3. Reduce your traffic violations, crashes, and chances for injuries.
4. Drive more safely.
5. Get an insurance discount.

Walt Gant and his wife, Barbara, are members of the Harpeth Hills church. They formerly lived in Williamsburg, Virginia, before moving to Nashville to be closer to their daughter, Cindy

Ball. Walt Gant is currently a program coordinator with the Master of Arts in Learning and Teaching (MALT) degree program at Lipscomb University.

Dr. Gant took the AARP course himself, agreeing to then become a certified volunteer instructor. "A lot of the material in the course was a good review for me. Some of the material was new information for me, however. I found the course extremely worthwhile," said Gant.

Tennessee law requires all auto insurance carriers to offer a discount on premiums to qualified graduates of the course aged 55 and older. Once you have attended the course, you can contact your insurance carrier to request your discount. The amount of the discount varies among insurance providers.

The cost of the course, which covers a booklet and other materials used in the course, is \$12 for AARP members and \$14 for nonmembers. Course participants are given an informative student workbook. No tests are given in the course, which is open to the public. For more information, call Jane Travis at Harpeth Hills at 615.373.0601 ext. 100.

Coping ... A Wellness 66 Workshop for All Ages

Wellness 66, a collaborative event through the Resource Center on Aging at Harpeth Hills, the Center for Healthy Living at Centennial Medical Center and Parthenon Pavilion, is a complimentary educational opportunity focusing on the holistic health (spiritual, physical, social, intellectual, emotional). This ongoing series offers individuals the opportunity to come together in a community setting to deepen their understanding of life issues we are all challenged by at different stages of our journey.

You are invited to travel along on this journey as participants explore coping skills as we face stressful times in our lives. Dr. Catherine Stallworth, Brian Poynter and Ruth McGinnis are among the presenters for the day. The May 19 workshop will be an experiential event with participants choosing among several breakout sessions in order to design the day in a way that will most help them meet their personal needs in coping. Session topics include yoga, music as therapy, art as therapy, Tai Chi, and deep breathing exercises. Presenters will also discuss defining and setting healthy boundaries,

strengthening communication skills, and understanding conflict resolution. Though many Wellness 66 seminars are designed for older adults and their caregivers, this seminar will benefit participants of all ages.

The program will run from 8:30 a.m. until 3:30 p.m. on Tuesday, May 19. Lunch is included with registration, but seating is limited, so please make your reservation early. For additional information or to register for this complimentary educational activity, please contact Medline at 342-1919 or 800-242-5662.

Resource Center wins Meritorious Award in Best Practice Contest

In January, the National Interfaith Coalition on Aging (NICA) and the Forum on Religion, Spirituality and Aging (FoRSA) announced their winners in the Best Practices in Older Adult Ministry Contest. The Harpeth Hills Resource Center on Aging won the Best Practice Meritorious Award in the Congregational category. The national award in this category went to the Culpepper Senior Ministry of Reformation Lutheran Church in Virginia. James Vandiver will travel to Nevada in March to accept the honor which includes free exhibit space at the Wingspread 2009 conference. Wingspread 2009 is a practical, intensive seminar for faith

communities and individuals working with older adults presented by the National Council on Aging and the American Society of Aging.

At the seminar, Vandiver will have the opportunity to showcase the Resource Center on Aging at Harpeth Hills. At the conference, faith communities will share their ministries in reframing the experience of aging and helping to cultivate among older adults the qualities of spiritual maturity. Conference attendees can share their ministry opportunities as well as collaborate with others to strengthen ministries around the nation.

“Growing Older” is Changing: Ministry with Seniors and Boomers

by Edward Gray

On the heels of our current older population is a large group of aging boomers. Our challenge is to creatively meet the needs of current seniors and prepare for the coming wave of boomers with effective ministries reaching out *to* seniors and also ministering *with* seniors as a vital force of servants and leaders. They are a gold mine of resources to be tapped.

Serving Others

The landscape of retirement years is changing. Retirement is no longer simply slipping away from work and responsibilities to pursue leisure and travel or to disengage from meaningful relationships. Contemporary theories of aging focus on productive aging and activity. Many seniors and those approaching senior years want to give time and energy to purposeful service beyond themselves. Seniors and many boomers are open to the call to serve others instead of just serving self-interests. They have the gifts and abilities to plan and lead these service efforts.

Our challenge for senior ministry is meeting the needs of our current seniors and adapting to the needs of the boomers joining them. Marc Freedman, author of *Encore*, speaks of “encore careers” of meaningful and fulfilling work in later life. He is the founder and CEO of Civic Ventures, an organization that promotes the second half of adult life as a time of individual and social renewal. Could we encourage “encore ministries” in which our seniors find new ways to serve and remain active in our churches and communities?

Past, Present, and Future

Our churches are ideal places in which seniors can experience caring community. We have

much for which to be thankful from our past and our present life. Engaging in life review helps seniors look at the whole of their lives. This larger historical picture shows the purpose of what God has done through people and events in shaping our lives.

Seniors live better in the present when they are connected with others. There are a number of predictable life changes which seniors experience. Conversations about health, family relationships, work, and retirement provide opportunities for seniors to care for one another through

“...the coming wave of boomers...[is] a gold mine of resources to be tapped.”

the process of these changes. Seniors have time for each other to give this practical and emotional support.

A future focus encourages purposeful living. These conversations include: church and community volunteer opportunities, grandparenting, life-long learning, problem solving, spirituality, and integrity. Our seniors are a tremendous resource for kingdom work.

Editor's Note:

Edited from Church Growth, Vol. 23, No. 3, 2008; Dr. Edward Gray will also lead our “Life After 60” Seminar this Fall.

'Grief and Loss: A Personal Journey' seminar series continues

The "Grief and Loss: A Personal Journey" seminar series is a collaboration of the Resource Center on Aging at Harpeth Hills Church of Christ and Alive Hospice.

Upcoming topics:

March 10 - Impact of Death & Grief on Family Roles & Relationships

April 14 - Helping the Grieving Adult

May 12 - Helping the Grieving Child

Offered the second Tuesday of each month through September 2009 at Harpeth Hills, the seminars will focus on a variety of topics pertaining to grief and loss due to the death of a loved one. Each seminar will be a stand-alone program, allowing participants to attend all or any combination of the lectures.

A full schedule can be found at www.alivehospice.org/services-support.php and www.resourcecenteronaging.org.

Coming Soon...Life After 60

Life After 60, a workshop designed for seniors, senior care providers, senior program directors, and mental health providers, will be held at Harpeth Hills this fall. The three-hour workshop will be led by Dr. Edward Gray, a professor of counseling at Harding University Graduate School of Religion and a licensed marriage and family therapist. He is the author of *Life After 60: Senior-to-Senior Conversations about Active Living*.

Gray's workshop provides the opportunity for seniors to engage in reflective life review, peer support for current life transitions, and a future focus for life-long learning and volunteerism as they contribute their talents to the community. Gray knows that seniors are a goldmine of wisdom and compassion. When given the opportunity, they can give and receive support to one another as they age well in their predictable life transitions.

The workshop is divided into three segments: the psychosocial development of seniors, the power of stories for aging well, and a discussion of 12 conversations for active living. Watch our web site and future publications for more details about this exciting event.

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