

# Older Adult Ministry

**Iowa District West**

April 2010

## **WAYS YOU CAN MINISTER TO OLDER PEOPLE**

Older people, whether they are relatives, fellow church members, or neighbors, often need many special little helps to get along smoothly from day to day. Meeting such needs can involve every Christian as seen in the suggestions listed below.

### Around the House:

- Make minor repairs, such as mending window screens or fixing drippy faucets
- Help with house cleaning
- Run errands, such as to the grocery store
- Write letters or checks for those with weak eyesight
- Mow the yard or take out the trash
- Prepare a meal
- Replace burned out light bulbs

### Getting Out and About:

- Have a "Senior Recognition Day" on Sunday morning, followed by a light lunch
- Take seniors to a movie or to the museum
- Prepare a meal in your home and invite some seniors
- Take an older adult to visit friends or relatives
- Pick up a senior friend for church services
- Help older church members organize a seniors group for fun and fellowship
- Take seniors to university lectures, to the library, or to other cultural events
- Take a small group on a picnic

### Educational:

- Read to those with poor eyesight
- Lead Bible studies at a senior center
- Help with Social Security difficulties, billing mix-ups, or other bureaucratic tangles
- Maintain a church bulletin board on senior activities and opportunities
- Expand the number of large print books in the church library

### Just for Fun:

- Lead a group activity at a senior center or at a nursing home
- Teach a craft at a senior center or retirement home

Help nursing home residents celebrate birthdays  
Take an older person fishing  
Show movies at senior citizen clubs or in a nursing home  
Take some flowers to a shut-in  
Play checkers, cards, or dominoes with interested seniors

For the In-Home Person:

Give a large print Bible to an older friend with eyesight problems  
Study the Bible with those who can no longer get to classes or worship  
Buy an older person a CD of favorite hymns  
Read selected Scripture passages to the sick or lonely  
Offer to pray with older people  
Be willing to listen to an older person

These are just a few suggestions. I am sure that there are many other things that you can think of as well. As you carry out some of these suggestions you can bring much joy and happiness into the life of another person.

Your Brother in Christ,  
Rev. Curtis L. Foreman  
Chairman of IDW Older Adult Ministry Committee  
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PS: The annual "Saints Alive" Retreat has been scheduled for August 20-22 at Camp Okoboji. The theme will be "An Unchanging God in a Changing World." Please place the date of the retreat on your schedule and encourage the older adults in your congregation to do so as well.