

## Selected Print, Video and Web Resources

Recommended by Pinnacle Living and the Older Adult Council  
of the Virginia Conference of The United Methodist Church

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*We recognize that knowledge and understanding of aging change so rapidly today that resources developed over 10 years ago may seem outdated. However, the older resources in this list are timeless and among favorites which address our need to never stop growing closer to God as we age. For the older print and video resources, you may need to check Amazon for used book offerings: [www.amazon.com](http://www.amazon.com)*

### The Realities of Aging

- Aging Faithfully: 28 Days of Prayer*** by Missy Buchanan. (Nashville, TN: Upper Room Books, 2011)
- Aging: God's Challenge to Church and Synagogue*** by Richard H. Gentzler, Jr. and Donald F. Clingan (Nashville, TN Discipleship Resources, 1996)
- Don't Write My Obituary Just Yet: Inspiring Faith Stories for Older Adults*** by Missy Buchanan. (Nashville, TN: Upper Room Books, 2011)
- Gen2Gen: Sharing Jesus Across the Generations*** edited by Richard Gentzler, Melanie Gordon, Craig Miller, and Abby Parker (Nashville TN: General Board of Discipleship, 2012)
- Soulful Aging: Ministry through the Stages of Adulthood*** by Henry C. Simmons and Jane Wilson. (Macon, GA: Smyth & Helwys, 2001)
- Ten Gospel Promises for Later Life*** by Jane Marie Thibault (Nashville, TN: Upper Room Books, 2004)
- The Art of Growing Old: A Guide to Faithful Aging*** by Carroll Saussy (Minneapolis, MN: Augsburg Fortress, 1998)

#### Web Resources:

- **AARP (American Association of Retired Persons)** - [www.aarp.org](http://www.aarp.org)
- **National Council on the Aging** - [www.ncoa.org](http://www.ncoa.org)
- **Senior Navigator** - [www.seniornavigator.org/](http://www.seniornavigator.org/)
- **Senior Resources** - [www.usa.gov/Topics/Seniors.shtml](http://www.usa.gov/Topics/Seniors.shtml)
- **2-1-1 Virginia** – [www.211virginia.org](http://www.211virginia.org)
- **U.S. Administration on Aging** - [www.aoa.gov](http://www.aoa.gov)
- **Virginia Department for Aging and Rehabilitative Services** - [www.vadars.org](http://www.vadars.org)
- **Virginia Easy Access** - [www.easyaccess.virginia.gov](http://www.easyaccess.virginia.gov)
- **Virginia Department of Social Services** - [www.dss.virginia.gov](http://www.dss.virginia.gov)

### Finding Meaning and Purpose

- A Deepening Love Affair: The Gift of God in Later Life*** by Jane Marie Thibault (Nashville, TN: Upper Room Books, 1993)
- A Hidden Wholeness: The Journey toward an Undivided Life*** by Parker Palmer (San Francisco, CA: Jossey-Bass, 2004)
- Aging as a Spiritual Practice: A Contemplative Guide to Growing Older and Wiser*** by Lewis Richmond (New York: Gotham Books/Penguin, 2012)
- At the Edge of Life: Conversations When Death is Near*** by Richard Morgan (Nashville, TN: Upper Room Books, 2014)
- Autumn Wisdom: Finding Meaning in Life's Later Years*** and video ***Gaining a Heart of Wisdom: Finding Meaning in the Autumn of Your Life*** by James E. Miller (Fort Wayne, IN: Willowgreen Publishing, 2005)
- Calling All Years Good: Christian Vocation Throughout Life's Seasons*** by Kathleen Cahalan and Bonnie Miller-McLemore (Grand Rapids, MI: William B. Eerdmans Publishing Company, 2017)
- Creativity and Divine Surprise: Finding the Place of Your Resurrection*** by Karla M. Kincannon. (Nashville, TN: Upper Room Books, 2005)
- Falling Upward: A Spirituality for the Two Halves of Life*** by Richard Rohr (San Francisco, CA: Jossey-Bass/Wiley, 2011)
- Fierce with Age: Chasing God and Squirrels in Brooklyn*** by Carol Orsborn (Nashville, TN: Turner Publishing, 2013)

***Finding Meaning in the Second Half of Life: How to Finally, Really Grow Up*** by James Hollis (New York: Gotham Books/Penguin, 2006)

***From AGE-ING to SAGE-ING: A Revolutionary Approach to Growing Older*** by Zalman Schachter-Shalomi and Ronald Miller (New York, NY: Grand Central Publishing, 1995)

***Like Trees Walking: In the Second Half of Life*** by Jane Sigloh (Lanham, MD: Crowley Publications, 2007)

***Living with Purpose in a Worn-Out Body: Spiritual Encouragement for Older Adults*** by Missy Buchanan (Nashville, TN: Discipleship Resources, 2008)

***No Wrinkles on the Soul: A Book of Readings for Older Adults*** by Richard L. Morgan (Nashville, TN: Upper Room Books, 1990)

***Pilgrimage into the Last Third of Life: 7 Gateways to Spiritual Growth*** by Jane Marie Thibault and Richard L. Morgan (Nashville, TN: Upper Room Books, 2012)

***Remembering Your Story: Creating Your Own Spiritual Autobiography*** by Richard L. Morgan (Nashville, TN: Upper Room Books, 2002)

***The Gift of Year: Growing Old Gracefully*** by Joan Chittister (Katonah, NY: BlueBridge, 2008)

***The Spirituality of Age: A Seeker's Guide to Growing Older*** by Robert Weber and Carol Orsborn (Rochester, VT: Inner Traditions-Bear & Company, 2015)

***Third Calling: What Are You Doing the Rest of Your Life?*** By Richard and Leona Bergstrom and Amy Hanson (Edmonds, WA: ChurchHealth, 2016)

***Voices of Aging: Adult Children and Aging Parents Talk with God*** by Missy Buchanan (Nashville, TN: Upper Room Books, 2015)

***Winter Grace: Spirituality and Aging*** by Kathleen Fischer (Nashville, TN: Upper Room Books, 1998)

#### Web Resources:

- **Ageless Faith** - [www.agelessfaith.org](http://www.agelessfaith.org)
- **Coming of Age** - <http://comingofage.org/>
- **ContemplAgeing** - Spirituality and Fulfillment throughout Life - [www.contemplageing.com/resources/](http://www.contemplageing.com/resources/)

## **Dementia and Alzheimer's Disease**

***Dementia Friendly Worship: A Multifaith Handbook for Chaplains, Clergy and Faith Communities*** by Linda Everman, Don Wendorf, Kathy Berry, et al editors (London, England: Jessica Kingsbury Publications, 2019)

***Dementia Inclusive Church Guide: Travelling Together*** available to download at:  
<https://www.livability.org.uk/resources/for-your-church/travelling-together/>

***Dementia: Living in the Memories of God*** by John Swinton (Cambridge, UK: William B. Eerdmans Publishing Co., 2012)

***Learning to Speak Alzheimer's: A Groundbreaking Approach for Everyone Dealing with the Disease*** by Joanne Koening Coste (Boston, MA: Houghten Mifflin, 2004)

***Ministry with the Forgotten: Dementia through a Spiritual Lens*** by Kenneth L. Carder (Nashville, TN: Abingdon Press, 2019)

***No Act of Love Is Ever Wasted: The Spirituality of Caring for Persons with Dementia*** by Jane Marie Thibault and Richard L Morgan (Nashville, TN: Upper Room Books, 2009)

***Redeeming Dementia: Spirituality, Theology, and Science*** by Dorothy Linthicum and Janice Hicks (New York, NY: Church Publishing, 2018)

***Speaking of Dying: Recovering the Church's Voice in the Face of Death*** by Fred Craddock, Dale Goldsmith, and Joy Goldsmith. (Grand Rapids, Michigan: Brazos Press, 2012)

***The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Related Dementias, and Memory Loss*** by Nancy Mace and Peter Rabins (Baltimore, MD: The Johns Hopkins University Press, 2011)

***Validation: The Feil Method, How to Help the Disoriented Old-Old*** by Naomi Feil (Cleveland, Ohio: Edward Feil Productions, 1982, 1992)

***Walking with Grace*** by Robin Dill (Bloomington, IN: iUniverse, 2016)

***When Words Fail: Practical Ministry to People with Dementia and Their Caregivers*** by Kathy Fogg Berry (Grand Rapids, MI: Kregel Publications, 2018)

#### Web Resources:

- **Dementia Friendly America** – [www.dfamerica.org](http://www.dfamerica.org)

- **Dementia Friends USA** - <https://dementiafriendsusa.org>
- **Dementia Friends VA** - [https://leadingagevirginia.org/mpage/DFVA\\_Home](https://leadingagevirginia.org/mpage/DFVA_Home)
- **Us Against Alzheimer's** - [www.usagainstalzheimer.org](http://www.usagainstalzheimer.org) (Also connects you to Clergy Against Alzheimer's and Faith Against Alzheimer's)
- **Virginia Alzheimer's Commission AlzPossible Initiative** – <https://alzpossible.org/>
- **Virginia Department of Aging and Rehabilitative Services, Dementia Services** - [www.vadars.org/CBS/dementiaservices.htm](http://www.vadars.org/CBS/dementiaservices.htm)

## Caregiving, Death and Dying

- Being Mortal: Medicine and What Matters in the End*** by Atul Gawande (New York, NY: Metropolitan Books, 2014)
- Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death*** by Joan Halifax (Boston, MA: Shambhala Publications, 2008)
- Caregiver's Handbook: A Complete Guide to Home Health Care*** by the Visiting Nurses Association (DK Publishing, 1998)
- Checklist for Family Survivors: A Guide to the Practical and Legal Matters You Have to Pay Attention to When Someone Dies*** by Sally Balch Hurme (Chicago, IL: American Bar Association, 2014)
- Checklist for My Family: A Guide to My History, Financial Plans, and Final Wishes*** by Sally Balch Hurme (Chicago, IL: American Bar Association, 2015)
- Lay Pastoral Care Giving*** by Timothy Farabaugh (Nashville, TN: Discipleship Resources, 2009)
- Living at the End of Life: A Hospice Nurse Addresses the Most Common Questions*** by Karen Whitely Bell (New York, NY: Sterling Ethos, 2010)
- Living Fully, Dying Well Planning Kit: A Study for Small Groups*** by Rueben Job (Nashville, TN: Upper Room Books, 2006)
- On Death and Dying: What the Dying Have to Teach Doctors, Nurses, Clergy, and Their Own Families*** by Elisabeth Kübler-Ross (New York, NY: Scribner, 1969)
- Speaking of Dying: Recovering the Church's Voice in the Face of Death*** by Fred Craddock, Dale Goldsmith, and Joy Goldsmith (Grand Rapids, Michigan: Brazos Press, 2012)
- The American Book of Living and Dying*** by Richard F Groves and Henriette Anne Klauser (Berkeley, CA: Celestial Arts, 2009, 2005)
- The Art of Being a Healing Presence: A Guide for Those in Caring Relationships*** by James Miller and Susan Cutshall (, Fort Wayne, Indiana: Willowgreen Publishing, 2012)
- The Caring Congregation: How to Become One and Why it Matters*** and ***The Caring Congregation Training Manual and Resource Guide*** by Karen Lampe (Nashville, TN: Abingdon Press, 2011)
- The Conscious Caregiver: A Mindful Approach to Caring for Your Loved One Without Losing Yourself*** by Linda Abbit (New York, NY: Adams Media, 2017)
- The 100 Ideas Series*** by Alan Wolfelt (Fort Collins, CO: Compassion Press, 2002 and on). Books in this series address grief and practical steps for caring congregations and individuals around caring for spouses, parents, children, teen, following a cancer diagnosis, following a diagnosis of dementia, and more.
- The Needs of the Dying: A Guide for Bringing Hope, Comfort, and Love to Life's Final Chapter*** by David Kessler (New York, NY: Harper 2007)
- The Wounded Healer: Ministry in Contemporary Society*** by Henri J.M. Nouwen (New York, NY: Image Doubleday, 1979)

### Web Resources - General:

- **AARP Caregiving Resource Center** - [www.aarp.org](http://www.aarp.org) > Home & Family > Caregiving
- **Aging Care Forum** – [www.agingcare.com](http://www.agingcare.com)
- **American Psychological Association Caregiver Briefcase** - [www.apa.org/pi/about/publications/caregivers/index.aspx](http://www.apa.org/pi/about/publications/caregivers/index.aspx)
- **ARCH National Respite Network and Resource Center** - [www.archrespite.org](http://www.archrespite.org)
- **Alzheimer's Association** - [www.alz.org](http://www.alz.org)
- **Barbara Karnes** - <https://bkbooks.com> – end of life resources for individuals and professionals
- **Caring** - [www.caring.com](http://www.caring.com)
- **National Caregivers Library** - [www.caregiverslibrary.org](http://www.caregiverslibrary.org)
- **Rosalynn Carter Institute for Caregiving** - [www.rosalynncarter.org](http://www.rosalynncarter.org)

- **This Caring Home** - [www.thiscaringhome.org](http://www.thiscaringhome.org) – home safety and product resources
- **Tragedy Assistance Program for Survivors Institute for Hope and Healing** - [www.taps.org](http://www.taps.org) – grief resources for military families
- **U.S. Department on Aging** - [www.eldercare.gov/Eldercare.NET/Public/Index.aspx](http://www.eldercare.gov/Eldercare.NET/Public/Index.aspx) – A federal government site that includes a search-by-zip code directory of elder care services, planning resources, benefits planners, and links to state agencies.
- **Veterans Affairs Caregiver Support** - [www.caregiver.va.gov](http://www.caregiver.va.gov)
- **Virginia Division for the Aging Respite Care Resources** - [www.vda.virginia.gov/respites.asp](http://www.vda.virginia.gov/respites.asp)

#### **Web Resources - Grandparents Caring for Grandchildren:**

- **AARP Grandfacts** - [www.aarp.org/relationships/friends-family/grandfacts-sheets/](http://www.aarp.org/relationships/friends-family/grandfacts-sheets/)
- **Grandparents Raising Grandchildren** - [www.raisingyourgrandchildren.com](http://www.raisingyourgrandchildren.com)
- **Generations United** - [www2.gu.org](http://www2.gu.org)
- **American Grandparents Association** - [www.grandparents.com](http://www.grandparents.com)

#### **Web Resources - Legal Concerns and Final Wishes:**

- **Five Wishes** - [www.agingwithdignity.org/five-wishes.php](http://www.agingwithdignity.org/five-wishes.php)
- **The 40/70 Talk** - [www.4070talk.com](http://www.4070talk.com), [www.HomeInstead.com](http://www.HomeInstead.com), or [www.caregiverstress.com](http://www.caregiverstress.com)
- **The Conversation Project** - [www.theconversationproject.org](http://www.theconversationproject.org)

#### **Web Resources - Organizing Meals and Other Help for Families:**

- **Care Calendar** - <http://carecalendar.org/>
- **Lots a Helping Hands** - <http://lotsahelpinghands.com/>

## **Older Adult Ministry**

***Aging and Ministry in the 21st Century: An Inquiry Approach*** by Richard H. Gentzler, Jr. (Nashville, TN: Discipleship Resources, 2008)

***Building a Ministry for Homebound and Nursing Home Residents*** by Marie White Webb (Nashville, TN: Discipleship Resources, 2003)

***Designing an Older Adult Ministry*** by Richard H. Gentzler, Jr. (Nashville, TN: Discipleship Resources, 1999)

***Reaching People Under 40 While Keeping People Over 60: Being Church for All Generations*** by Edward Hammett with James Pierce (Chalice Press: St. Louis, MO, 2007)

***Safe Sanctuaries: The Church Responds to Abuse, Neglect, and Exploitation of Older Adults*** by Joy Thornburg Melton (Nashville, TN Discipleship Resources, 2012)

***Senior Adult Ministry in the 21st Century*** by David P. Gallagher (Loveland, CO: Group Publishing, 2002)

***The Graying of the Church: A Leader's Guide to Older Adult Ministry in The United Methodist Church*** by Richard H. Gentzler, Jr. (Nashville, TN: Discipleship Resources, 2004)

#### **Web Resources of The United Methodist Church:**

- **UMC Discipleship Ministries** - [www.umcdiscipleship.org](http://www.umcdiscipleship.org)  
Click on "Leadership Resources" > "Older Adults"
- **Virginia Conference, Older Adult Ministry Council** – <https://vaumc.org/oac/>  
Click on "Learning Ministries" > "Older Adults"  
Phone: 800-768-6040 or 804-521-1100 ext. 135 or 139
- **Pinnacle Living** – [www.pinnacleliving.org](http://www.pinnacleliving.org)  
Martha Stokes, Director of Church and Community Relations  
Phone: 804-474-8718, E-mail: [MStokes@pinnacleliving.org](mailto:MStokes@pinnacleliving.org)
- **Southeastern Jurisdiction Association of Older Adults (SEJAOA) Festival of Wisdom and Grace** - [www.lakejunaluska.com/events/spiritual\\_enrichment/wisdom\\_and\\_grace/](http://www.lakejunaluska.com/events/spiritual_enrichment/wisdom_and_grace/)
- **General Board of Global Ministries**  
Phone: 212-870-3792
  - **NOMADS - Nomads on a Mission Active in Divine Service** - [www.nomadsumc.org](http://www.nomadsumc.org)
  - **DisAbility Ministries Committee of The UMC** - [www.umdisabilityministries.org/](http://www.umdisabilityministries.org/)
  - **Accessibility Audits and Informational Resources** -

## **Boomer Ministry**

- Baby Boomers and Beyond: Tapping the Ministry Talents and Passions of Adults Over 50*** by Amy Hanson (San Francisco, CA: Josey-Bass, 2010)
- Boomer Spirituality: Seven Values for the Second Half of Life*** by Craig Kennet Miller (Nashville TN: Discipleship Resources, 2017)
- Baby Boomer Spirituality: Ten Essential Values of a Generation*** by Craig Kennet Miller (Nashville TN: Discipleship Resources, 2003)
- Becoming Sage: Cultivating Meaning, Purpose, and Spirituality in Midlife*** by Michelle Van Loon (Chicago, IL: Moody Publishers, 2020)
- Church Refugees: Sociologists Reveal Why People are DONE with Church but Not Their Faith*** by Josh Packard and Ashleigh Hope (Loveland, CO: Group Publishing, 2015)
- Creative Aging: Rethinking Retirement and Non-Retirement in a Changing World*** by Marjory Zoet Bankston (Woodstock, VT: SkyLight Paths, 2011)
- Forty-Sixty: A Study for Midlife Adults Who Want to Make a Difference*** by Richard H. Gentzler, Jr. and Craig Kennet Miller (Nashville, TN: Discipleship Resources, 2001)
- Growing Older, Thinking Younger: Ministry to Boomers*** by Keith A. Haemmelmann (Cleveland, OH: Pilgrim Press, 2012)
- Launch Your Encore: Finding Adventure and Purpose Later in Life*** by Hans Finzel and Rick Hicks (Grand Rapids, MI: Baker Books, 2015)
- R.E.S.P.E.C.T. Boomer Ministry Guide*** by Bill Craig and Donna Gandy (Nashville, TN: Lifeway Christian Resources, 2010)
- Retire to Play and Purpose: How to Have an Amazing Time Going Forward*** by Ed Zinkiewicz (Nashville, TN: Retirement-U, Inc., 2013)
- Shaping a Life of Significance for Retirement*** by Jack Hansen and Jerry Haas (Nashville, TN: Upper Room Books, 2010)
- Why Nobody Wants to Go to Church Anymore: And How 4 Acts of Love Will Make Your Church Irresistible*** by Thom Schultz and Joani Schultz (Loveland, CO: Group Publishing, 2013). An Action Plan Workbook can be purchased separately.
- Why Nobody Wants to be Around Christians Anymore: And How 4 Acts of Love Will Make your Faith Magnetic*** by Thom Schultz and Joani Schultz (Loveland, CO: Group Publishing, 2014)
- Women Rowing North: Navigating Life's Currents and Flourishing as We Age*** by Mary Pipher (New York, NY: Bloomsbury Publishing, 2019)

### **Web Resources:**

- **Encore** - <http://encore.org/>
- **Life Reimagined** section of the AARP website - <https://lifereimagined.aarp.org/>
- **Retirement-U** - [www.retire-to.com](http://www.retire-to.com)
- **Savvy Senior** - [www.savvysenior.org](http://www.savvysenior.org)
- **Senior Corps** - [www.nationalservice.gov/programs/senior-corps](http://www.nationalservice.gov/programs/senior-corps)