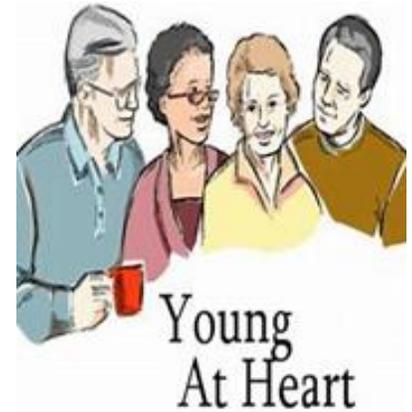


# Young at Heart Newsletter



*From Sue's Desk...*

This inaugural letter for our new Young at Heart Newsletter will hopefully give you an idea of what is happening in this ministry. This ministry has a new name: **Seasoned Adults Growing Everyday or SAGE**. The word "SAGE" is defined as "someone known for the possession of wisdom, judgment, and experience." This applies to all of us over the age of 50—Yes, even you!. As you read this newsletter, please see new ideas as opportunities to grow and to be a more effective disciple of Jesus Christ. The church is not a warehouse filled with rocking chairs for those over 50 years of age; it is a staging area to send people who have been trained, inspired, and filled with the Holy Spirit to go out of the four walls of the church and make a difference in people's lives. Where can you serve this week? Who can you serve this day?

**Did you know...**

...that 50% of widows leave their church in the first year? They feel uncomfortable being alone without their spouse, have strong memories of years attending Worship together, and are uncertain for the future. There are some articles on this subject on the KY Conference UMC website > Age Level Ministries > Older Adults under the heading "Widows and Widowers that could help your group start a ministry that will help address their needs.

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<ul style="list-style-type: none"> <li>• Form a Kitchen Band &amp; play at a local nursing home...</li> <li>• Not everyone is cherry at Christmas...</li> <li>• In God's Kingdom there is no retirement</li> <li>• Everyone likes to laugh</li> </ul>	



## SAGE Team Meeting...

Although it was around a computer screen and not a table it was a time of sharing, hard work, and excitement as we began to dream about what this Ministry can do for the people in the second half of life in the KY Conference.

We rejoiced that we now have a data base of over 600 church contacts that we can reach with information and praises. We decided on a name for this ministry, began work on a mission statement and approved a survey to be sent to every church so you can tell us what you need and/or want from this Team. Don't hesitate to call me if you have a question—502-315-9394—or email at: [sueeaton@bellsouth.net](mailto:sueeaton@bellsouth.net) You and your church are why this team has been formed so we want to hear from you with questions, suggestions, news, Glory Moments, etc.

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### Informative Articles...

If you go to the [KY Conference UMC Website](#), look for [Age Level Ministries](#) and then scroll down to [Older Adult Ministries](#) you will find a lot of articles about needs, concerns, issues for those in the second half of life. You can download them and share them with others if you wish. More are being added all the time and if you see something is missing please let me know and I will see what I can do.

### Informative Articles...

- 25 Older Adult Ministry Ideas
- Choices: No Such Thing as Retired From Serving God
- Card Ministry
- Blue Christmas
- Encouragement for Caregivers
- The Gift of Laughter
- How to Discourage Older Adults From Coming to Your Church
- Baby Boomers at a Glance: Overview of Those Born Between 1946-1968
- If I get Dementia....

## Scam of the Month—QR Code Scam Alert

Many companies are beginning to use more QR codes and so are scammers. They can appear to come from legitimate sources so the BBB is urging consumers to make sure they are scanning codes from a trusted and recognized source.

- If someone you know sends you a QR code, confirm before scanning it.
- Don't open links from strangers.
- Verify the source
- Watch out for advertising materials that have been tampered with, that look sort of like the real thing but not quite.



Some of you may recognize the cross at Lake Junaluska Conference and Training Center in the mountains of North Carolina. Each August the Festival of Wisdom and Grace is held here for those in the second half of life. Please put August 1-4,, 2022, on your calendar and watch for more details in the next “Young at Heart” Newsletter.

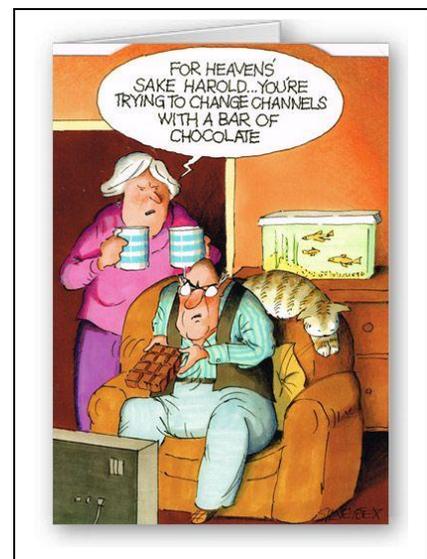


## Books to Read...

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[An Age of Opportunity](#) by Richard H. Gentzler, Jr., This book is a very practical guide to Intentional Ministry by, with and for Older Adults.

[Dry Bones to Living Hope](#) by Missy Buchanan; This book calls the reader to embrace God's Faithfulness in Late Life. Missy Buchanan offers wisdom and inspiration for the journey we are all on.

[Baby Boomers and Beyond](#) by Amy Hanson. The author explores the opportunities and challenges that the older adult population presents to the Christian community.



# HOW TO ENCOURAGE THOSE IN THE SECOND HALF OF LIFE TO BE PART OF YOUR CONGREGATION!!!

We know you want to welcome people into your congregation. We encourage you to put out the welcome mat to those in the second half of life and the following list may help.

Have good acoustics and speak clearly

Provide some large-print hymnals and songbooks

Have even carpet and pavement

Have padded pews

Encourage older adults to serve as liturgists or lay readers

Print bulletins and newsletters in larger, bold print

Encourage older adults to serve on committees, teams, and boards

Use some large-print Bibles and Sunday school materials

Always announce older adult events

Install high, bright lighting

Always use a public address system

Don't play music too loudly

Be sensitive to feelings that "family related" activities do not include single older adults

If your altar rail requires the climbing of steps be sure there is a hand-rail.

Install hearing aid devices

Use both old, familiar, favorite hymns and praise music

Have older adults organizing older adult ministries

Seat older people with other people

Do not classify people as old or too old

Be sure your ministry includes all age ranges, including those in the second half of life

Clear walks of ice and snow

Install wide doors, wheelchair lifts, accessible restrooms, handrails, and  
handicap parking space

Be sure to sweep rice or birdseed from walks after weddings.