

Thursday 2:30 PM (continued)

Jamie Griffin, Jill Naar, & Students from Appalachian State University – Stepping Into Nutrition: Ways to Get Creative, Integrating Nutrition Education into Community Potlucks. Hear the exciting news about a pilot partnership featuring students and faculty from the Appalachian State Department of Health and Nutrition and congregations in Watauga County, North Carolina. Your church can model the biblical mandate by helping members and others to thrive – physically, mentally, and spiritually. This workshop will help your faith community to develop new skills and set goals for healthy eating. Leaders will share ideas for intergenerational engagement activities and recipe modifications for healthy and tasty potlucks, congregational meals, and more.

Walk Jones – An Active Spirituality. The practice of Presbyterian spirituality is often an active one: serving others, sharing our faith walking a labyrinth, contemplating nature, and much more. Walk Jones will share ways older adults can be actively spiritual. If weather permits we'll visit the wildlife sanctuary and labyrinth in Montreat.

Friday 8:30 AM

Beth Lindsay Templeton – The Sacred Year. Grief is the most sacred emotion when one is willing to walk through it. The Sacred Year workshop is based on Beth Templeton's book of the same name. Participants will resonate with the honesty of the experiences and feelings of the year following the unexpected death of Beth's husband.

Mary Porter and Lynn Bledsoe – Creating Dementia Friendly Congregations. This workshop will present a theology of care to support the development of dementia friendly congregations. We will identify spiritual gifts of dementia and explore tools available to create a supportive environment for persons with cognitive challenges and their caregivers. Participants will have the opportunity to contribute suggestions for our denomination to address the phenomenon of cognitive challenge in church, home, and community.

Robin Russell Gaiser – Musical Morphine: Transforming Pain One Note at a Time. From the earliest periods, people of faith have called on music in all circumstances. Through the compelling stories and live music of author and Certified Music Practitioner, Robin Gaiser, this interactive workshop awakens us to the miracle of therapeutic music. Discover the positive impact of music on the critically and chronically ill, the dying, senior adults, the anxious, the melancholy, and others. Participants will be inspired to consider new ways music can be utilized in the pastoral ministries of their congregations and faith communities.

This conference is for you if:

- you work with older adults in your congregation (lay or clergy);
- you want to build relationships across generations;
- you seek to thrive after 55 in body, mind, and spirit;
- you seek the latest on current issues of aging and the church;
- you are a retired church professional.

**Register and reserve your room & meals at www.montreat.org
Get an Early Bird special until March 1, 2020**



Presbyterian Older Adult Ministries Network

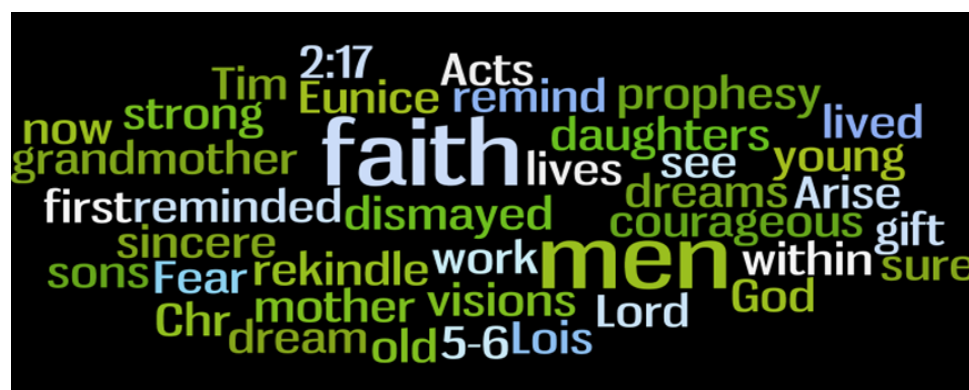
April 30-May 1, 2020

Montreat Conference Center

401 Assembly Dr, Montreat, NC 28757

***Stronger Together:
Faith in Action Across Generations***

A regional, day and a half conference sponsored by POAMN



Register online at www.montreat.org

Early Bird rate until March 1, 2020

Schedule at a Glance

Wednesday, April 29, 2020

Check in after 3 p.m.
5:30 p.m. Dinner
8:00-9:00 p.m. Meet & Greet

Thursday, April 30, 2020

7:30 a.m. Breakfast
8:30 a.m. Registration
9:45-10:15 a.m. Worship
10:15-10:45 a.m. Greetings from
Co Moderator
11:00 a.m. Keynote Presentation
12:00 p.m. Lunch
1:00-2:15 p.m. Workshops
2:30-3:45 p.m. Workshops
4:00-4:45 p.m. Q&A with Leadership
5:30-6:30 p.m. Dinner
7:15 p.m. Entertainment

Friday, May 1, 2020

7:30 a.m. Breakfast
8:30-9:30 a.m. Workshops
9:45-10:45 a.m. Worship Experience
11:00 a.m. Explore Montreat
12:00 p.m. Lunch

Pricing

Early Bird Fee \$50 through March 1st
Regular Fee \$75 after March 1st
Regular Fee for retired Ministers, Christian Educators, and Spouses \$50
One day fee \$40 plus cost for lunch
Housing \$85 - \$140 (based on occupancy and configuration)
Meals \$8.75 breakfast; \$10 lunch; \$12.75 dinner

Register and reserve your room & meals at www.montreat.org



Rev. Jon Brown,
Worship Leader



Rev. Cindy Kohlmann,
Co-Moderator 223rd GA



Rev. Eileen Lindner,
Keynoter



Carla Karst , Thursday
Entertainment

Workshops

Thursday 1:00 PM

Jan McGilliard – Beginning and Building an Older Adult Ministry in 2020. Discover new tools, proven methods, and sound ideas to confidently build an older adult ministry in your faith community. Whether you are just starting out or looking for some new strategies to enhance your ministry, this workshop will cover the basics and the how- to's. Learn from one of the most knowledgeable and experienced leaders in older adult ministry.

Haley Tate, Masters of Nutrition Student, Appalachian State University -- Tips and Program Ideas for Healthy Eating and Community Engagement in Your Congregation. Learn specific methods and steps which you can adapt in your own congregation and home to promote healthy nutrition and eating practices. This workshop will include ideas and easy-to-do tips to include more "healthy" foods and beverages in our diets. Individuals and churches of every size can become nutrition champions for older adults, young families, individuals, and local communities.

Beth Lindsay Templeton – Based on the workshop leader's book, *Uncharted Journey: On the Challenges of Getting Older and Other Life Transitions*, this interactive workshop will help participants consider the steps of loss, letting go, and growth involved in any transition . . . large or small.

Mary Porter and Lynn Bledsoe -- A Taste of Sage-ing. This experiential workshop will introduce the core concepts of Sage-ing—conscious aging from a spiritual perspective, as developed by Rabbi Zalman Schacter-Shalomi, in his book, *From Aging to Sage-ing: A Profound New Vision of Growing Older*. Participants will be invited to engage in reflection (individually and communally) and practices of deepening spirituality. Mary Porter and Lynn Bledsoe are Certified Sage-ing Leaders and have many years of experience leading older adult ministries.

Thursday 2:30 PM

Noah McIntee – Connecting the Generations. If you are baffled by the behavior, language, attitudes, style, and interests of other generations, you are not alone. Old, young, and in-between may experience frustrations, misunderstandings, and confusion when seeking to communicate across the generations. Participants will learn many of the distinctive qualities of each generation and discover elements which unite. This workshop will help individuals to connect and congregations to create an atmosphere where all generations feel valued and find avenues to serve God together.

Robin Russell Gaiser – Musical Morphine: Transforming Pain One Note at a Time. From the earliest periods, people of faith have called on music in all circumstances. Through the compelling stories and live music of author and Certified Music Practitioner, Robin Gaiser, this interactive workshop awakens us to the miracle of therapeutic music. Discover the positive impact of music on the critically and chronically ill, the dying, senior adults, the anxious, the melancholy, and others. Participants will be inspired to consider new ways music can be utilized in the pastoral ministries of their congregations and faith communities.