



## Stay Connected Screen Free

### 15 Ideas for Older Adult Ministry

- 1) Make a telephone tree for seniors to call each other once a week. Perhaps the same person for a month and then on a rotation.
- 2) Make bags periodically for shut-ins for Advent, Lent, Springtime, or sweetheart bags. Consider including seeds to plant, a battery-operated candle, and snacks.
3. Ask people to send easy favorite recipes to the church which can be sent out by mail. Consider including crossword puzzles and word searches.
- 4) Send weekly worship bulletins to older adults who may not do virtual services but could follow along meditating on the songs, scriptures and sermon topics.
- 5) Have Deacons or Care team send monthly cards to shut ins.
- 6) Ask seniors to contribute to the church monthly newsletter with favorite memories and stories in their own words, such as how did your family celebrate Christmas when you were growing up.
- 7) Create senior pals. Ask seniors to connect with each other perhaps rotating.
- 8) Set-up monthly birthday and anniversary drive ups to homes with balloons, posters or a special treat you know they like and then sing and share greetings. Make this an intergenerational opportunity.
- 9) Animal Pals – Pair seniors with kids and youth who could walk their dogs.
- 10) Drive by Day visit - invite those who are mobile to take a ride and visit with a friend they have not seen masked and while maintaining physical distancing.
- 11) Here we go a-caroling – share favorite hymns on the doorstep as we do at Christmas. Add a guitar and other musical instruments. Another intergenerational opportunity.
- 12) Family Sharing – help older adults without relatives nearby to connect with an “adoptive” family This family can then also be a connection or communication source for the adult children who live away.
- 13) Give a box of birthday (kids & adults) and sympathy cards with stamps and large size easy grip pen.
- 14) Create a small photo album of photos from church events. Include pictures of sanctuary, communion table, front door, fellowship hall, memorial wall, and several with the senior in them.
- 15) Adapt the above suggestions to include older adults in Senior Living Residences.

Presbyterian Older Adult Ministries Network (POAMN) promotes the development of older adult ministries and the value of such ministries. POAMN seeks to encourage ministries that affirm the dignity and value of the multiple generations of aging adults with a focus on spirituality, wellness, care, and social involvement. Its purpose is to educate, advocate, develop and share resources, and train leaders by raising awareness around issues facing aging adults and those who serve those aging adults, all in a covenant relationship with the Presbyterian Mission Agency of the Presbyterian Church (U.S.A.).

Check out more information about POAMN's activities in 2021 by visiting our website [www.POAMN.org](http://www.POAMN.org) and Facebook <https://www.facebook.com/poamn>

Writers: Lillian Rhudy and Diana Wright

Visit <https://poamn.org> to learn more about Presbyterian Older Adults Ministry Network

Visit [www.pcusa.org/formation](http://www.pcusa.org/formation) to learn more about the Office of Christian Formation

January 2021



Office of Christian  
Formation

POAMN  
Presbyterian Older Adult Ministries Network