

Conrad Grebel University College
University of Waterloo
TS689/RS387: Aging and the Spiritual Life
Winter 2022

Class Time: Thursdays 1-3:50 pm

Location: Room CGR 2201

(online for the beginning of the term - Zoom Meeting ID: 987 539 708 Passcode: 050997)

Instructor: Jane Kuepfer

Office Hours: Please contact me by email to arrange a virtual or in person meeting.

Office Location: Room 2116 (working from home office – contact information below)

Phone: 519-885-0220 x 24232

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Course Description:

Through experiential, reflective and theoretical learning, this course will explore spirituality as a central aspect of growth and development in later life. The perspectives of various faith and humanistic traditions will be included. Topics will include: religious beliefs and spiritual concerns later in life; a theology of aging; ministry to persons in later life; spirituality and dementia; death and dying.

Note: this course is cross-listed and welcomes 'participating visitors' (auditors). Some of the students in the classroom will be undergraduates, some graduate students, and some participating visitors. It is anticipated that this mixture will contribute to rich discussion and learning.

Course Objectives:

Students completing this course will:

- become aware of and conversant within the field of spirituality and aging
- have opportunity to dialogue about aging and spirituality in a forum that promotes academic rigor and mutual respect – “seeking wisdom, nurturing faith and pursuing justice and peace in service to church and society”
- become aware of assumptions and biases operative in their own understandings of aging and older persons
- develop a relationship with an older person and learn from his/her experience
- develop a familiarity with issues in aging and the capacity to bring critical thinking and a pastoral sensibility to those issues

TS 689 students will develop, in addition, an ability to view issues of aging in the light of a theology of aging.

Course Expectations:

Readings and Attendance:

This course expects a high level of student participation. You will be expected to read the assigned readings prior to the weekly class. Lectures and discussions will assume that you have covered that material. While readings may not be addressed directly in class, students are expected to raise questions and engage the readings during class. Regular class attendance and participation is expected. Please contact the instructor to make arrangements if you need to miss a class. Discussion board (on Learn) participation will also contribute to this mark. **(10% of grade)**

Expectations for various participants:

TS 689 students are expected to complete all readings (including Carder) and assignments.

RS 387 students are expected to complete the readings assigned and prepare shorter assignments.

Participating visitors are expected to complete the readings, but not expected to submit assignments.

Covid Considerations:

We plan to meet in-person for 3 hours each week, subject to public health directives. Please follow the [guidelines provided by UWaterloo](#). If the public health directives change, or a number of students or the instructor are isolating because of COVID-19, we may temporarily switch to a Zoom format for the in-person section of this class. The Zoom link can be found at the top of the Content page for this course in LEARN. Please always check your email before setting out for class.

- As the term begins, we plan to meet online, using Zoom, for our first 4 classes, and will begin meeting in person when UWaterloo so advises (February 3rd is the intended first in-person class).

Required Reading Materials:

Everyone: **Nelson-Becker, H. (2017). *Spirituality, religion, and aging*. Los Angeles: Sage Publications.**

TS 689 students only: **Carder, K. (2019). *Ministry with the forgotten: Dementia through a spiritual lens*. Nashville, TN: Abingdon Press.**

Textbooks are on reserve in the library at Conrad Grebel (3 hour loan). Other readings are available online through LEARN.

Learn: This course will make use of a WATERLOO LEARN website.

Students must familiarize themselves with the LEARN platform and check it regularly for:

- News – Important announcements such as the cancellation of class due to illness will be posted there, so please try to check the site before each class, just in case.
- Readings – All required readings, other than the required text, will be posted in LEARN.
- Content – Any handouts in class will be posted in LEARN.

Evaluations:

Due Date	Assignment	Weighting	Length (Undergrad)	Length (Masters)
January 13	Reflection Paper #1	10%	4 pp	4 pp

Due Date	Assignment	Weighting	Length (Undergrad)	Length (Masters)
February 10	Presentation (with partner if you choose)	15%	10 min +1 p handout	10 min + 1 p handout
March 17	Senior Partner Journal and Reflection Paper #2	25%	6 hours of visiting 7-8 pp paper	6 hours of visiting 8-10 pp paper
March 24 or 31 (class sharing) April 7 (paper)	Research Paper and sharing in class	40%	10-12 pp 10 min to share	15 pp 15 min to share
	Readings and participation	10%		

Written and Oral Assignments:

Reflection Paper #1

A 4 page double-spaced engagement with chapter 2 (pp. 30-45 + 402-407) of the text *Spirituality, Religion, and Aging* by Holly Nelson-Becker, and the introduction to *Spirituality and Aging* by Robert Atchley.

Reflect on your experience of and understanding of spirituality and religion. If you encountered new ideas in the reading, what inspired you? What made you uncomfortable? What do you know about yourself and how will you hold that as you consider providing spiritual care for unique others? You may find it helpful to work through the 'exploring your spirituality' questions on p.24 of Nelson-Becker.

Faith/Cultural Perspectives Presentation

A 10-minute in-class presentation on aging and spirituality from a perspective of your choice; e.g. Muslim, Jewish, Christian, Indigenous, Buddhist, Hindu, Confucian, Daoist, Humanist, Black, LGBTQ2S+, etc. Two core questions will frame your presentation:

- 1) How is aging understood and spirituality experienced within this particular tradition/culture/identity?
- 2) What do I need to know about this person's perspective and experience so that I can respect it as I offer care?

By way of introduction, briefly include enough background (history/beliefs, etc) to provide a foundation for understanding this perspective on spirituality and aging.

Prepare a one-page handout for class members that lists your main points as well as four resources that class members can access for information on the perspective you are presenting. Chapter 5 in Nelson-Becker can be a starting point for your research.

***This assignment may be completed with a partner, and/or may be submitted as a video. A sign up process will ensure that a diversity of perspectives will be covered.**

Senior Partner Journal and Reflection Paper #2

This learning opportunity is the experiential component of the course: Each student will meet for approximately **six hours** throughout the term with a person over the age of 70 who is not a relative. (Your partner must be chosen by January 27. Check with the instructor if you need help finding a partner).

*Due to the pandemic, these meetings will probably need to be online or by phone. At least 4 substantial conversations, spread out over the term, is your goal.

- Keep a **journal** of your experience.

- Write a 7-8 (TS 689 students 8-10) page double-spaced **reflection paper** about your senior partner. The goal for this paper is to attempt to see the world through the eyes of your senior partner and to reflect on the role and influence of their spirituality on their daily lives. Your paper will be graded on your ability to reflect on this person from the perspective of their *physical and cognitive abilities, their family and community system, their developmental capacity, and their religious and spiritual life*. (We will be covering these various aspects of aging in class).
- Insights gleaned from the **autobiographic journal** of your choice (see required readings) should be integrated into the paper.
- TS 689 students will include a one-page **spiritual care plan** that includes your partner's strengths and resources as well as spiritual concerns and potential for growth. Reflect on the role of the faith community/congregation (if there is one), in this person's life.
- Both your journal and your paper are to be handed in, although the journal will not be graded.

Research paper and class sharing/discussion:

Paper - Choose a topic in the field of spirituality and aging that is of interest to you (See list of research paper for some ideas. Topic and working bibliography should be shared with the instructor (email or meeting) by March 3.)

RS387 students: 10-12 pages, double-spaced (2500 – 3000 words);

TS689 students: 15 pages (4000 words).

TS 689 students will dedicate a section of the paper to ministry within their topic area. For example, if the topic area is 'Aging and Singleness', a section of the paper will be ministry with seniors who are single. Alternatively, this section may explore your topic in the light of your theology of aging.

Each student will be given 10-15 minutes of class time to share about their topic and what they have learned. A **one-page handout** citing main points and primary resources is to be posted on LEARN before class. This class time will give students opportunity to learn from one another and discussion will provide feedback and encouragement toward the student's completion of their final paper. **Students who prefer not to present in class may pre-record a presentation that will be posted on Learn.**

Further notes about assignments:

- Assignments are to be submitted digitally, double-spaced, standard margins and 12-point font, with no report covers.
- Add page numbers.
- Citation of sources may be in APA or Chicago Style (Turabian).
- Use inclusive language when referring to people.
- There is no binding rule about the number of sources to use in the research. It is often better to use fewer sources well than to cite many books and/or journal articles superficially. That said, for the research paper you should expect to do significant reading beyond the required readings discussed in class. I would suggest a minimum of seven sources for RS387 students, and a minimum of ten sources for TS689 students.
- My general rubric for marking research papers is as follows: 1/3 for a fair and accurate representation of your sources, 1/3 for your reflection and critical analysis, 1/3 for the quality of writing.
- Late submission of any assignment will be penalized 3% per calendar day if alternate arrangements have not been made.

Course Schedule:

January 6 **Introduction**

Topics, Readings and Assignments

Setting the Context: What do we bring to the subject? Exploring our experiences and assumptions about aging.

January 13 **What is spirituality?**

Read: Nelson-Becker, Chapter 2 (pp 30-45) and pp 402-407

Atchley, R.C. (2009). *Spirituality and aging*. Introduction. (Call # BL624.A795 2009, On Learn)

- *Reflection paper due (4-5 pages)*

January 20 **What is aging?**

Read: Nelson-Becker, Chapter 4 'Religion and Spirituality in Theory'

Fisher, J.C. and Simmons, H.C. (2007). *A journey called aging*. Chapter 1. (Call # HQ1061.F53, On Learn)

January 27 **Meaning, purpose and legacy**

Read: Jewell, A. (2016). Finding meaning and sustaining purpose in later life. In Johnson, M., & Walker, J. (Eds.). (2016). *Spiritual Dimensions of Ageing*. New York: Cambridge University Press, pp. 179-197. (Call # BL65.A46.S65) (On Learn)

Randall, W. L. (2012). The importance of being ironic: Narrative openness and personal resilience in later life. *The Gerontologist*, 53(1), 9-16. (On Learn)

- *Have you found a 'Senior Partner?'*

February 3 **Spiritual needs and resources**

Read: Nelson-Becker, Chapter 8 'Spirituality, religion, and health'

Chapter 9 'Spirituality in emotion, depression, and anxiety'

TS 689 students: Woodward, J. (2016). Reimagining the theology of old age. In Johnson, M., & Walker, J. (Eds.). (2016). *Spiritual Dimensions of Ageing*. New York: Cambridge University Press, pp. 270-282. (Call # BL65.A46.S65) (On Learn)

February 10 **Faith perspectives and aging**

Read: Nelson-Becker, pp. 146-149 Integration of Religious Philosophies and Aging

TS 689 students: Simmons, E. (2019). Aging and the cross: Explorations in deep incarnation. *Dialog*; 58:252-258. (On Learn)

- *In class reporting/presentation on aging and spirituality from a perspective of your choice*

February 17 **The Spiritual Journey and the tasks of aging**

Read a book written by someone reflecting personally on the experience of aging – choose from list provided (this can be the book you use as part of your reflection paper later in the course).

February 24

Note: No class on February 24 due to Reading Week

March 3 **Spirituality and Dementia**

Read: Nelson-Becker, chapter 10 “Memory, dementia and spiritual care”

– **TS 689 students** – Carder, *Ministry with the forgotten*, Ch 1-7.

- *Research paper topic and working bibliography shared with the instructor (email or meeting)*

March 10 **Spiritual care and support**

Read: Nelson-Becker, chapter 7 “Religious and spiritual interventions with clients”

– **TS 689 students** – Carder, *Ministry with the forgotten*, Ch 8-13.

March 17 **Discussion of Senior Partner experience: In class reporting**

- **Senior Partners Reflection Paper due**

Spirituality at the end of life/Dying and death

Read: Nelson-Becker, chapter 11 “Spirituality at the end of life”

- **TS 689 students** - Willimon, W. (2020). Ending in God. *Aging: Growing Old in Church*, pp. 157-164. Baker Academic. (On Learn)

- Au, W. and Au, N.C. (2018). All Shall Be Well. *Aging with wisdom and grace*, pp. 128-141. Paulist Press. (On Learn)

March 24

- **Sharing and discussion of research in class**

March 31

- **Sharing and discussion of research in class**

April 7

- **Final Research Paper Due.** Submit the paper in the dropbox on LEARN.

Research and Writing Support

Theological Studies Liaison Librarian and Research Guide

The library has created a [Theological Studies research guide](#) to help you carry out theology-related research. If you need more specialized assistance, the Theological Studies liaison librarian, Laureen Harder-Gissing (lhargerg@uwaterloo.ca), is available for consultation.

UWaterloo Policies

Academic Integrity: In order to maintain a culture of academic integrity, members of the University of Waterloo are expected to promote honesty, trust, fairness, respect and responsibility.

Arts: [Academic Integrity website](#) University of Waterloo: [Academic Integrity Office](#)

Discipline: A student is expected to know what constitutes academic integrity, to avoid committing academic offences, and to take responsibility for his/her actions. A student who is unsure whether an action constitutes an offence, or who needs help in learning how to avoid offences (e.g., plagiarism, cheating) or about “rules” for group work/collaboration should seek guidance from the course professor, academic advisor, or the Undergraduate Associate Dean. When misconduct has been found to have occurred, disciplinary penalties will be imposed under Policy 71 – Student Discipline. For information on categories of offenses and types of penalties, students should refer to Policy 71 - Student Discipline.

Grievance: A student who believes that a decision affecting some aspect of his/her university life has been unfair or unreasonable may have grounds for initiating a grievance. Read Policy 70 - [Student Petitions and Grievances](#), Section 4.

Appeals: A student may appeal the finding and/or penalty in a decision made under Policy 70 - Student Petitions and Grievances (other than regarding a petition) or Policy 71 - Student Discipline if a ground for an appeal can be established. Read Policy 72 - Student Appeals.

Other sources of information for students:

Note for students with learning differences: The [AccessAbility Services \(AAS\)](#) office, located in Needles Hall Room 1132, collaborates with all academic departments to arrange appropriate accommodations for students with disabilities without compromising the academic integrity of the curriculum. If you require academic accommodations to lessen the impact of your disability, please register with the ASS office at the beginning of each academic term.

Counselling Services: Counselling Services provides free confidential counselling, in both individual and group sessions, with qualified professionals to help registered students, faculty and staff with personal concerns, educational career decisions, and strategies to studies and exams: www.adm.uwaterloo.ca/infocs, ext. 33528, NH Room 2080.

Accommodation for Illness: A medical certificate presented in support of an official petition for relief from normal academic requirements must provide all of the information requested on the “University of Waterloo Verification of Illness” form or it will not be accepted. More information can be obtained from Health Services and the form is available in pdf: <https://uwaterloo.ca/health-services/student-medical-clinic/services/verification-illness>. That should be submitted to Accessibility services rather than to your instructor.

The Writing Centre: Writing Centre staff offer one-on-one support in planning assignments and presentations, using and documenting research, organizing and structuring papers, and revising for clarity and coherence. Make an appointment or drop in at the Library for quick questions or feedback. To book a 50-minute appointment and to see drop-in hours, visit www.uwaterloo.ca/writing-centre

READINGS

Required Texts:

Nelson-Becker, H. (2017). *Spirituality, Religion, and Aging*. Los Angeles: Sage Publications.

TS 689 students:

Carder, K. (2019). *Ministry with the forgotten: Dementia through a spiritual lens*. Nashville: Abingdon Press.

Other readings are available online through LEARN.

Choose one (an autobiographical book written from the perspective of an older person). Some of the books listed in the Selected Bibliography below would also be suitable for Assignment #2:

Athill, Diana. (2008). *Somewhere Towards the End*. London, UK: Granta.

Bryden, Christine. (1995, 2012). *Who will I be when I die?* Sydney, AUS: HarperCollins.

Bryden, Christine. (2005). *Dancing with Dementia*. London, UK: Jessica Kingsley.

Bryden, Christine. (2018). *Will I still be me?* London, UK: Jessica Kingsley.

Burkholder, G.H. (2012). *Relentless goodbye: Grief and love in the shadow of dementia*. Harrisonburg, VA: Herald Press. (caregiver perspective)

Chittester, J. (2010). *The Gift of Years: Growing older gracefully*. Katonah, NY: BlueBridge.

Dass, R. (2001). *Still Here: Embracing Aging, Changing, and Dying*. New York: Riverhead Books.

Dass, R. (2013). *Polishing the Mirror: How to Live From Your Spiritual Heart*. Boulder, Colorado: Sounds True. (Hindu)

Davis, Robert. (1989). *My Journey into Alzheimer's Disease*. Wheaton, IL: Tyndale House.

Graboyes, T.B., & Zheutlin, P. (2008). *Life in the balance: A physician's memoir of life love, and loss with Parkinson's disease and dementia*. New York, NY: Union Square Press.

Killinger, J. (2005). *Winter Soulstice: Celebrating the Spirituality of the Wisdom Years*. New York: The Crossroad Publishing Company.

King, R. H., & King, E. M. (2006). *Autumn Years: Taking the Contemplative Path* (New edition). London: Bloomsbury Academic.

Murray, D. M. (2001). *My Twice-Lived Life: A Memoir*. New York: Ballantine Books.

Orsborn, Carol. (2021). *The Making of an Old Soul: Aging as the Fulfillment of Life's Promise*. Amherst, MA: White River Press.

Palmer, P. (2018). *On the brink of everything: Grace, Gravity & Getting Old*. Oakland, CA: Berrett-Koehler Publishers.

- Pevny, R. (2014). *Conscious Living, Conscious Aging: Embrace & Savor Your Next Chapter*. New York : Hillsboro, Oregon: Atria Books/Beyond Words.
- Richmond, L. (2012). *Aging as a Spiritual Practice: A Contemplative Guide to Growing Older and Wiser*. New York: Avery. (Buddhist)
- Rohr, R. (2011). *Falling Upward: A Spirituality for the Two Halves of Life*. San Francisco: Jossey-Bass.
- Sarton, May. (1993). *Encore: A Journal of the Eightieth Year*. New York: W.W. Norton & Co.
- Sarton, May. (1996). *At Eighty-Two: A Journal*. New York: W.W. Norton & C.
- Sarton, M. (1995). *Endgame*. New York: W W Norton.
- Scott-Maxwell, Florida. (1968). *The Measure of My Days*. New York: Penguin Books.
- Sherman, E. (2010). *Contemplative Aging: A Way of Being in Later Life*. New York: Gordian Knot.
- Thelma-Anne, Sister SSJD. (2007). *In Age Reborn, By Grace Sustained*. Toronto, ON: ABC Publ.
- Thibault, J. M. (1995). *A deepening love affair*. Nashville, Tenn: The Upper Room.
- Weber, R. L., & Orsborn, C. (2015). *The Spirituality of Age: A Seeker's Guide to Growing Older*. Rochester, Vermont: Park Street Press.
- Wiebe, K.F. (1995). *Border crossing: A spiritual journey*. Scottdale, PA: Herald Press.

Selected Bibliography

AGING AND SPIRITUALITY

- Albans, K. and Johnson, M., eds. (2013). *God, me and being very old: Stories and spirituality in later life*. London, UK: SCM Press.
- Atchley, Robert C. (2009). *Spirituality and Aging*. Baltimore: Johns Hopkins University Press.
- Bianchi, Eugene. (1997). *Aging as a Spiritual Journey*. New York: Crossword.
- Boyer, Mark G. (2014). *A Spirituality of Ageing*. Eugene, OR: Wipf and Stock. (Coming to terms with aging is a process - stages of grief + scripture from several traditions)
- Coleman, P.G. (2015). *Self and Meaning in the Lives of Older People: case studies over twenty years*. Cambridge, UK.
- deLange, F. (2015). *Loving later life: An ethics of aging*. Cambridge, UK: Eerdmans.
- Erikson, Erik H. (1997). (Extended Version with New Chapters on the Ninth Stage of Development, by Joan M. Erikson). *The Life Cycle Completed*. New York: W.W. Norton.

- Fisher, Kathleen. (1998). *Winter Grace: Spirituality and Aging*. Nashville, TN: Upper Room Books.
- Fisher, J.C. & Simmons, H.C. (2007). *A journey called aging: Challenges and opportunities in older adulthood*. New York, NY: Haworth.
- Friedman, Dayle A. (2008). *Jewish Visions for Aging*. Woodstock, VT: Jewish Lights Publishing.
- Guenther, Margaret. (1995). *Toward Holy Ground: Spiritual Directions for the Second Half of Life*. Cambridge, MA: Cowley Publ.
- Hauerwas, Stanley, Carole B. Stoneking, and Keith G. Meador, eds. (2003). *Growing Old in Christ*. Grand Rapids, MI: Eerdmans.
- Jenkinson, S. (2018). *Come of age: The case for elderhood in a time of trouble*. Berkeley, CA: North Atlantic Books.
- Jewell, Albert, ed. (2004). *Ageing, Spirituality and Well-Being*. London, UK: Jessica Kingsley.
- Jewell, Albert, ed. (1999). *Spirituality and Ageing*. London, UK: Jessica Kingsley.
- Johnson, M., & Walker, J. (Eds.). (2016). *Spiritual Dimensions of Ageing*. New York: Cambridge University Press.
- Kimble, Melvin, Susan McFadden, James Ellor and James Seeber, eds. (1995). *Aging, Spirituality and Religion, Vol.I*. Minneapolis, MN: Fortress Press.
- Kimble, Melvin and Susan McFadden, eds. (2003). *Aging, Spirituality and Religion, Vol. II*. Minneapolis, MN: Fortress Press.
- Kelcourse, Felicity B., ed. (2004). *Human Development and Faith: Life Cycle Stages of Body, Mind, and Soul*. St. Louis, MO: Chalice Press.
- Krause, Neal M. (2008). *Aging in the Church: How Social Relationships Affect Health*. West Conshohocken, PA: Templeton Foundation Press.
- Martinson, Roland D. (2018). *Elders Rising: The promise and peril of aging*. Minneapolis, MN: Fortress Press.
- Moberg, D.O. (ed.) (2001). *Aging and spirituality: Spiritual dimensions of aging theory, research, practice, and policy*. New York, NY: Haworth Press.
- Nouwen, H. and Gaffney, W.J. (1974). *Aging: The fulfillment of life*. New York, NY: Doubleday.
- Randall, William L. (2019). *In our Stories Lies Our Strength: Aging, Spirituality, and Narrative*. Fredericton, NB: 6 Colour Copy.
- Ridenour, A. A. (2018). *Sabbath rest as vocation: Aging toward death*. London, UK: Bloomsbury.
- Schachter-Shalomi, Zalman and Ronald S. Miller.(1995). *From Age-ing to Sage-ing: A Profound New Vision of Growing Older*. New York, NY: Warner Books.

Valliant, George. *Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development*. (2002). New York, NY: Little, Brown and Co.

Valliant, George. *Triumphs of Experience: The Men of the Harvard Grant Study*. (2012). Cambridge, MA: Harvard University Press.

Zweig, Connie. (2021). *The Inner Work of Age: Shifting from Role to Soul*. Rochester, VT: Park Street Press.

SPIRITUAL CARE

Koepke, D. R. (2016). *The essential spirit: Providing wholistic services to and with older adults*. Eugene, OR: Pickwick.

MacKinlay, Elizabeth, ed. (2010). *Ageing and Spirituality across Faiths and Cultures*. London, UK: Jessica Kingsley.

MacKinlay, Elizabeth, ed. (2006). *Spiritual Growth and Care in the Fourth Age of Life*. London, UK: Jessica Kingsley.

MacKinlay, E., ed. (2006). *Aging, spirituality and palliative care*. Binghamton, NY: Haworth Press.

MacKinlay, E. (2012). *Palliative care, ageing and spirituality: a guide for older people, carers and families*. London, UK: Jessica Kingsley.

DEMENTIA

Berry, K. (2018). *When words fail: Practical ministry to people with dementia and their caregivers*. Grand Rapids, MI: Kregel Ministry. <http://whenwordsfail.com/> - free videos and study guide

Boss, P. (2011). *Loving Someone Who Has Dementia: How to Find Hope while Coping with Stress and Grief*. San Francisco, CA: Jossey-Bass.

Carder, K. (2019). *Ministry with the forgotten: Dementia through a spiritual lens*. Nashville: Abingdon Press.

Crowther, D. (2017). *Sustaining persons, grieving losses: A fresh pastoral approach for the challenges of the dementia journey*. Eugene, OR: Cascade.

Everman, L. and Wendorf, D., Eds. (2019). *Dementia-friendly worship: A multifaith handbook for chaplains, clergy, and faith communities*. London: Jessica Kingsley.

Jewell, Albert, ed. (2011). *Spirituality and Personhood in Dementia*. London, UK: Jessica Kingsley.

Johnson, D. (2020). *Reclaiming Joy Together: Building a Volunteer Community of Real Hope for Those with Dementia*. Independently published.

Linthicum, D. and Hicks, J. (2018). *Redeeming dementia: Spirituality, theology, and science*. New York, NY: Church Publishing.

- McFadden, S. H. (2020). *Dementia-Friendly Communities: Why We Need Them and How We Can Create Them*. Jessica Kingsley.
- McFadden, S. H., & J. T. (2011). *Aging together: Dementia, friendship, and flourishing communities*. Baltimore, MD: John Hopkins University Press.
- Power, A. (2016). *Dementia Beyond Disease: Enhancing Well-Being* (Revised edition). Baltimore, Maryland: Health Professions Press.
- Power, A. (2017). *Dementia Beyond Drugs: Changing the culture of care* (Second edition). Baltimore, Maryland: Health Professions Press.
- Ramsey, J. L. (2018). *Dignity and grace: Wisdom for caregivers and those living with dementia*. Minneapolis, MN: Fortress Press.
- Shamy, Eileen. (2003). *A Guide to the Spiritual Dimension of Care for People with Alzheimer's Disease and Related Dementia*. London, UK: Jessica Kingsley.
- Swinton, John. (2012). *Dementia: Living in the memories of God*. Eerdmans.
- Thibault, J. M. & Morgan, R. L. (2009). *No act of love is ever wasted: The spirituality of caring for persons with dementia*. Nashville, TN: Upper Room Books.
- Woodward, J., ed. (2010). *Between remembering and forgetting: The spiritual dimensions of dementia*. London, UK: Mowbray.
- DYING
- Byock, I. (1997). *Dying well: The prospect for growth at the end of life*. New York, NY: Riverhead.
- Craddock, F. B. (2012). *Speaking of Dying: Recovering the Church's Voice in the Face of Death*. Grand Rapids, MI: Brazos Press.
- deHennezel, M. (1997). *Intimate death: How the dying teach us how to live*. Toronto: Random House.
- Gawande, A. (2014). *Being mortal: illness, medicine and what matters in the end*. London: Profile Books.
- Hutchison, J. R. J., & Rupp, Joyce. (2009). *May I Walk You Home?* (10th edition). Notre Dame, Indiana: Ave Maria Press.
- Jorgensen, S.S. (2016). *The second bookend: Completing a life*. Applecart Press.
- Kramer, Kenneth. (1988). *The Sacred Art of Dying: How World Religions Understand Death*. Mahwah, NJ: Paulist Press.
- Kuhl, D. (2003). *What dying people want: practical wisdom for the end of life* (Anchor Canada ed.). Toronto]: Anchor Canada.
- Miller, G. (2014). *Living Thoughtfully, Dying Well: A Doctor Explains How To Make Death a Natural Part of Life*. Harrisonburg, Virginia: Herald Press.
- Miller, J. E. (1997). *One You Love is Dying: 12 Thoughts to Guide You on the Journey*. Fort Wayne, IN: Willowgreen Publishing.

Miller, J. E. (2010). *When You Know You're Dying: 12 Thoughts to Guide You Through the Days Ahead*. Fort Wayne, IN: Willowgreen Publishing.

Morgan, R. (2014). *At the edge of life: Conversations when death is near*. Upper Room.

O'Rourke, M., & Dufour, E. (2012). *Embracing the End of Life: Help for Those who Accompany the Dying*. Toronto, ON: Novalis.

TALKING WITH FAMILY AND FRIENDS

Kaufman, G.W. and Kaufman, L.M. (2017). *Necessary conversations: between families and their aging parents* (Second edition.). New York, NY: Good Books.

Tirabassi, M.C., Tirabassi, M.I. and Tigert, L.M. (2007). *Caring for ourselves while caring for our elders*. Cleveland, OH: Pilgrim Press.

AGING IN THE CHURCH (INCLUDING RESOURCES TO USE IN STUDY GROUPS)

Au, W. and Au, N.C. (2018). *Aging with wisdom and grace*. Paulist Press.

Brubaker, S. Y. (2003). *Reinventing aging*. Herald Press.

Buchanan, M. (2011). *Aging Faithfully: 28 Days of prayer*. The Upper Room.

Gentzler, R. (2018) *An Age of Opportunity: Intentional Ministry by, with, and for Older Adults*. Discipleship Resources.

Larsen, D. and Larsen, S. (2005). *Growing older and wiser* (A Life Guide Bible Study). IVP Connect.

MacGregor, S. (2018). *Redesigning Your Life: A practical spirituality for the second half of life*. Friesen Press.

Snyder, E. (2017). *Identity and Aging*. Herald Press.

Thibault, J.M. and Morgan, R.L. (2012). *Pilgrimage into the last third of life: 7 Gateways to spiritual growth*. The Upper Room.

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RESEARCH TOPIC IDEAS:

- Spirituality and dementia
- Spiritual maturity
- Aging and the Bible
- Wisdom
- The conscious aging movement
- Spirituality and health (physical or mental)
- Isolation and loneliness and aging
- Counselling older adults
- Spiritual care provision (in a certain context)
- Aging and an ethical and/or justice issue (poverty, institutions, abuse, resource allocation...)
- Aging in a global context (or a certain culture)
- 'Home' – age friendly communities
- Ageism
- Death and dying
- Aging and identity
- Humour and aging
- Storying life – spiritual autobiography, narrative gerontology
- Gender considerations in aging
- Sexuality and aging
- Developing a congregational ministry with seniors
- The experience of aging as portrayed in films/media
- 'Eldering'
- Caregiving
- Or other topic/question of interest to you...