



**Dr. Rich Bimler**  
Keynote Speaker



**Dr. Michael Burkhardt**  
Music Leader

The keynote theme, "Enjoying Ever-Laughing Life!" will be presented by **Dr. Rich Bimler**, who will encourage all to celebrate life in the Lord. Dr. Bimler is currently serving as a consultant, writer, and speaker for organizations and agencies throughout the world. He serves part-time as the Ambassador of Health, Hope, and Aging (AH-HA!) with Lutheran Life Communities, as well as serving Wheat Ridge Ministries as the Past President. He has served in various positions in Houston, Kansas City, Minneapolis, St. Louis, and Chicago! And he is a recovering Cub fan!

**Dr. Michael Burkhardt** is in frequent demand as a choral clinician, organ recitalist, and hymn festival leader and is internationally known for his innovative and inspiring hymn festivals and for his creative work with children. The Music Celebrations will be based on the theme, "With People of All Time and Places." He has served on the music faculties of Christ College Irvine, CA (LCMS) as college organist and head of church music and music education, and Carthage College, Kenosha, WI (ELCA) as director of choral activities and artist in residence. He currently serves Holy Cross Lutheran Church, Livonia, MI as Director of Worship and the Arts.

**ALOA SeniorFests** are day-long gatherings of Lutheran Older Adults designed to foster fellowship and strengthen older adult ministry, and celebrate our belief that in faithfulness to Christ, both the journey and the destination will be marked with joy.

The **Association of Lutheran Older Adults (ALOA)** is the only national inter-Lutheran organization focused on serving the needs of seniors and strengthening ministry by, for and with older adults. ([www.aloaserves.org](http://www.aloaserves.org))

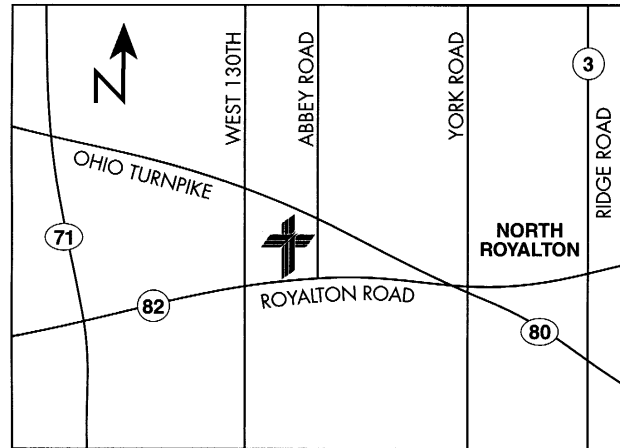
**COST:** \$15 per person covers event & lunch.

REGISTRATION: 8:30 am  
WELCOME: 9:15 am  
CLOSING CELEBRATION: 2:30 pm

**For more information contact:**

Pastor Jim Kulma, Planning Team Leader  
440.871.0090 x 2145  
[jkulma@concordreserve.org](mailto:jkulma@concordreserve.org)

**Map to Royal Redeemer Lutheran Church**

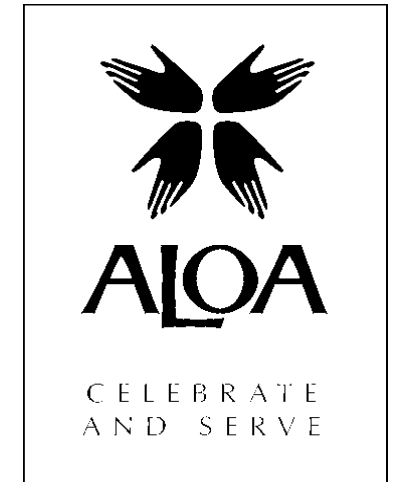


**EVENT SPONSORS**



NORTHERN OHIO

**SENIORFEST  
2009**



**A DAY FOR LUTHERANS  
AGE 50 AND OVER**

**SATURDAY  
SEPTEMBER 19, 2009**

**8:30 AM - 3:00 PM**

**ROYAL REDEEMER  
LUTHERAN CHURCH**  
11680 ROYALTON RD.  
NORTH ROYALTON, OHIO  
44133

**ENDORSED BY**  
OHIO DISTRICT-LCMS  
NE OHIO SYNOD-ELCA

# WORKSHOPS

You have the opportunity to attend 2 workshops, one in the morning and one in the afternoon. Most workshops will be offered during both sessions. Please notice which workshops will only be offered once.

**1. Celebrate and Serve Forever:** Biblical perspective on stewardship, and opportunities and pitfalls of estate planning and deferred giving. **Judith Baker**, Executive Director of ALOA.

**2. 99 Ideas for Building a Vibrant Senior Ministry in Your Congregation:** Going from a monthly luncheon and occasional bus trips to an active, well-rounded program. **Rev. Ronald Bergen**, retired Pastor and District President.

**3. Capture Those Stories!** Ways of recording family events and stories. **Pastor Dick Williams**, interim pastor, St. Thomas, Lake Ave, author of "Mom and Dad: A Memoir of My Parents."

**4. Un-Retiring and Back to Work:** Practical tools needed to re-enter the workplace. Topics: age bias, effective job searching and interviewing tips for the mature worker. **Jim Hansen**, licensed clinical counselor, college counselor, Cuyahoga County Public Library.

**5. Bible Study on Loneliness:** Analyze one's own experiences with loneliness and explore ways to plug into God's presence and support when feeling lonely. **Ken Braun**, LCMS pastor, and **Joan Braun**, RN, are the authors of the Concordia Bible Study, "Loneliness."

**6. Advanced Directives and Health Care POA:** What are Powers of Attorney and Living Wills and when are they used? **Jennifer Martin**, licensed social worker at Concord Reserve.

**7. Growing Younger - A Christian View of Aging:** Grounded in the Bible, the latest neuroscience, and the experience of older adults – What might a Christian view of aging look like? **Rev. Ken Frese**, retired pastor and long term care chaplain.

**8. Married, But Alone:** Living with the loss of a spouse – grief, emotional and physical responses, and strategies for moving forward and affirming self and life. **Patricia Covell**, M.Min., is the Assoc. Director of Bereavement, Spiritual Care and Volunteer Services for VNA Healthcare Partners.

**9. Care for the Caregiver:** Preventative health, sleep loss, constructive communication, stress, caregiver frustration and the strategies that help. **Amy C. Rogers**, RN, BSN. Clinical Manager for Mental Health Services for VNA.

**10. Historical Images of Illness, Death and Grief:** a multi-media presentation and discussion of hospice and bereavement care. **Jim Jasper**, D. Min., chaplain—Hospice of Cleveland Clinic, musician, composer and theologian.

**11. Nutrition for All Ages - for Our Health and Enjoyment!** Come listen and learn, and participate in an interactive session. **Kathleen McLaughlin**, RD, LD, registered dietitian at Concord Reserve.

### **Morning Only (12, 13, 14):**

**12. My voice and body don't work the way they used to:** Focus on body movement and vocal gestures that can assist us in our speaking/singing and moving/dancing. Based in the work of Laban and F.M. Alexander. **Dr. Michael Burkhardt**

**13. Options within the Eldercare Arena:** Knowledge is power and power includes the ability to choose among many care and living arrangements. **Charles Rinne**, CEO of Concord Reserve, a Senior Life Community in Westlake.

**14. Becoming a Tech-Savvy Senior-Where do I Start?** Basic computer terminology, use of the desktop, mouse, and the Internet. For the beginning user. **Diane Konyk**, Technology Educator at St. Paul Lutheran School, Westlake.

### **Afternoon Only:**

**15. Becoming a Tech-Savvy Senior-What Next?** File management, computer care/safety, using printers, scanners, and cameras, and popular social on-line activities. For users wanting to take the next step. **Diane Konyk**

Register: Mail **\$15** by 9/10/2009 to: SeniorFest, Lutheran Home at Concord Reserve  
2116 Dover Center Rd. Westlake, Ohio 44145

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

WORKSHOP CHOICES : (INDICATE 2 WORKSHOPS PLUS 1 ALTERNATIVE)

1. # \_\_\_\_\_ 2. # \_\_\_\_\_ ALTERNATIVE # \_\_\_\_\_

**MAKE CHECKS PAYABLE TO:  
LUTHERAN HOME**