

**OAM Certification Course Four**  
***Physical and Mental Changes in Aging***

**October 15, 2010: 1:00-9:00 PM**

**October 16, 2010: 8:00-6:00 PM**

**International Palms Resort and Conference Center**  
**6515 International Drive, Orlando FL 32819**  
**800-354-8332**

**Pre-Course Assignment List**  
**Instructor: Rev La Donna Scruggs**

Before the seminar begins, please do the following:

1. Without thinking, jot down 10 words or more that come quickly to your mind when you think of the word "old".
2. Choose two "aging partners" (1 person who is 65-79; 1 person who is 80+) and spend some time thinking and talking about aging in our culture.

What is the best thing about aging?

What is the hardest thing about aging?

Are there physical changes that have slowed you down?

How many medications do you take? (not which ones)

How do you think aging is different today than when your parents were aging?

What could the church do to make your life easier?

3. Thinking about people who have slowed down, whose hearing is not as good as it once was, whose eyes are not as sharp as a young person's, those who find it more difficult to climb stairs, take a tour of your church and jot down how you have made things easier for the elderly. Then think and jot down what more could be done. Don't forget the restrooms!
4. What words are used to have people stand/sit during hymns, etc.?