Easing the Transition by Ann Ranson

Church Program Development Worksheet

What to consider when creating programs for those preparing for or in transition to retirement.

How can we help those entering or in transition feel informed, supported and encouraged?

What true needs does the church have that retirees would ENJOY – beyond folding bulletins?

Thinking specifically about those entering retirement who may feel disconnected, devalued, identity crisis, lonely, overwhelmed and/or confused, what new and exciting programs can we offer them?

- Activities – creativity, arts, memoir writing, theater, music, Death Cafe
- Non-religious classes: exercise, health, personal growth & development, financial planning, humanities, current events, positive aging, successful aging
- Studies from religious/spiritual leaders on aging, retirement, death, change and transition
- Speaker series especially for retirees
- Books, games & resources in our bookstore
- Links on our website to appropriate resources

Knowing that the 65+ population is growing, how can we integrate positive and successful aging into our strategic plan?

What is the role of our church in easing the transition to retirement for our congregants and community?
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Resources for Individuals

Books
- *Who Moved My Cheese?* by Spencer Johnson
- *The Art of Possibility* by Benjamin Zander and Rosamund Stone Zander
- *Art of Memoir* by Marty Karr
- *Now Discover Your Strengths* by Don Clifton and Marcus Buckingham
- *1000 Places to See Before I Die* by Patricia Schultz
- *Let’s Be Less Stupid: An Attempt to Maintain My Mental Faculties* by Patricia Marx
- *1,000 Foods To Eat Before You Die* by Mimi Sheraton
- *Anatomy of Exercise for Longevity* by Hollis Lance Liebman
- *Nine Essential Things I’ve Learned About Life* by Harold S. Kushner
- *Happy Retirement: The Psychology of Reinvention* by Kenneth S. Shultz with Megan Kaye and Mike Annesley

Activities
- The Transformation Game – workshop in a box
- Create a visual memoir
- Write your personal history
- Record a video biography: yours, parents, other family
- Prepare and share end-of-life wishes, paperwork, directives
- Share your stories with family and friends