

**WORSHIP THE
LORD YOUR
GOD AND SERVE
HIM ONLY.**

MATTHEW 4:10

PrimeTime

CONNECTION

Churches are encouraged to copy and distribute this publication to all adults 55 and older in their congregation.

Welcome to *The Prime Time Connection!*

The Prime Time Connection is a quarterly resource newsletter for mature adults in the prime of life and strives to connect members and friends age 55 and above to the ministries, activities, and programs of the local, district and general Church of the Nazarene. Your comments, ideas and thoughts are always welcome.



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Recently my father spent a month in the hospital. We all experienced some tense episodes, but he is now at home recovering. Part of that recovery includes some follow-up visits to the doctor's office.

In the April 2008 issue of Olathe News, there appeared a timely article, "Tips for Improving Communications with Your Doctor." Prime Time adults need to stay healthy and one of the ways to do that is by improving communications with their doctor.

Dr Edward Creagan, a Mayo clinic oncologist with over 30 years of experience comments, "The cornerstone of medicine is the relationship that patients have with their providers. Striving to

create a positive, mutually-beneficial relationship helps ensure the best possible treatment." Dr. Creagan suggests the following ways to improve communications between you and your doctor.

1. Do some research on line or through some other method. An informed patient is in a far better position to maximize the expertise of the medical professional. If using the internet, choose a legitimate, credentialed site to ensure information is accurate and based on medical evidence and not hearsay.
- Avoid sites that are obviously sponsoring a product or service, editorial, or heavy on advertising content.

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Prime Time General Board Members Gather in Kansas City

Recently, Prime Time General Board members met in Kansas City, for the annual Prime Time Board of Director's Meeting. Derl Keefer, Prime Time Ministries coordinator, met with Board members: Chuck Crow, Ken Crow, Bob Porter, Ray Reglin, Darrell Rotz, Ina Strait, and with ex officio members, Larry Morris and Woodie Stevens to discuss, plan, and strategize for the future of Prime Time Ministries.

Prime Time Ministries composes the largest age group in the Church of the Nazarene in USA/ Canada with 164,000 prime time adults age 55 and above. The mission of Prime Time Ministries is to provide resources for local congregations and districts in evangelizing, cultivating, and celebrating prime time adults as disciples of Christ through strategic leadership training, fellowship building events, promotion, and development of mentoring relationships.

Dr. Chuck Crow presented a brief history of the development of Prime Time Ministries. Of special note was the influence of Sam Stearman and the development of senior adult programming out of Bethany First Church of the Nazarene in the early 1970s.

The Prime Time Kansas City Centennial Celebration Retreat, scheduled for September 30-October 3, 2008, received special attention. Discussion centered on how the Kansas City event will celebrate Nazarene history as well as launch a new vision for intergenerational involvement. Dr. Jim Diehl, General Superintendent, Dr. Stan Toler, Pastor of Trinity Church of the Nazarene in Oklahoma City, and Dr. Dan Copp, Director of Clergy Services, are among the special speakers at the event.



Come and celebrate the centennial of the Church of the Nazarene! Visit the new Church of the Nazarene Global Ministries Center, Nazarene Publishing House, Mid-America Nazarene University. Day tours will include the Liberty Memorial which is the only World War I memorial with thousands of exhibits, Union Station, Hallmark Cards, the Steamship Arabia, and more. Hear great inspirational messages from General Superintendent Jim Diehl, Rev. Dan Copp, and others. Enjoy inspirational music. Come and enjoy Kansas City!

Call the Prime Time office to request brochures and registration for this exciting celebration of Nazarene heritage!

- Look for information presented in a clear, concise, factual, and verifiable manner.
 - Make sure the site focuses on the patient side of health, rather than sites intended for medical professionals.
 - Be skeptical. If it looks too good to be true, it probably is.
 - Avoid blogs that lack credentials—blog authors should always have professional credentials or be backed by a professional organization.
 - Consider the source of the information. Is the organization known for expertise in healthcare treatment or research?
2. Be prepared and bring questions. Write down any information and/or questions you would like to discuss with your doctor. Take the list with you. A good physician encourages questions, so don't feel anything is too insignificant to bring up. You know

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your body and how it feels. Dr. Creagan writes, "It's important to get the doctors involved to understand any subtleties going on with you." It could be the difference between life and death or at minimum illness and health.

3. Understand and remember treatment instructions. Ask your doctor to provide written instructions



and go over the instructions with you before you leave. A second set of ears is invaluable for hearing and understanding information and instructions. Bring a family member or a friend with you to the exam

4. Mutual respect. Your doctor should understand your health issues and unique needs throughout your medical relationship. Both the patient and doctor should practice active speaking and listening in order for communication to remain open and honest. You also need to be respectful of your doctor's time, opinion, and advice.

By following these suggestions, you will be in a better position to maximize the outcome of your doctor appointments and be a healthier person!



Legacy Corner

Estate & Gift Planning Matters

Just Ask Fred!

By Bob Crew

Can you really increase your annual cash inflow through charitable giving? Just ask Fred Bertolet, a retired

Nazarene minister. He is receiving income from 11 different Charitable Gift Annuities with payouts as high as 11.0%.

Charitable Gift Annuities (CGA) are offered by the Church of the Nazarene Foundation and pay a fixed and guaranteed income to Fred as long as he lives. Because Nazarene ministries receive whatever is leftover, Fred also received a tax deduction for part of his gift. The payout rate for each CGA was based on Fred's age at the time of his gift. Based on current rates your payout could be 8-11.3% if you are over 80 years of age.

With a CGA you can do well for yourself and do a good thing for the Kingdom too.

Just ask Fred!

If you would like a personalized illustration of how a Charitable Gift Annuity might work for you, contact Ken Roney at the Church of the Nazarene Foundation.



Gift Annuities • Charitable Trusts
Bequests • Endowments
Non-cash Gifts • Donor-Advised Funds

Church of the Nazarene Foundation
www.nazarenefoundation.org
Toll Free: 866-273-2549

EASTERN
MICHIGAN DISTRICT
SPONSORING
JAMAICA JOURNEY
2009



The Eastern Michigan District Church of the Nazarene is sponsoring a Jamaica Journey 2009 for Prime Time adults from their district and is inviting others to join in the mission and fun. They will be working on the new Gamertsfelder Mission Centre in Frome, Jamaica. This new, two story, 10,000 square foot centre will house a medical clinic, school, and day care facility. The Prime Time group has been invited to do painting at the centre and to conduct children's services.

Rev. Charles Bledsoe will lead the two groups. Dates of this important Work and Witness program are January 22-February 4, 2009. For articles that describe the mission, explain how to raise the money for the trip, why prime time adults need to be a part of the team, and much more, go to www.GOPRIMETIME.ORG



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PrimeTimers Coming of AGE: from Snail Mail to Email

Dr. Kenneth Crow, Research Department of Nazarene Headquarters, shares that currently about 30 percent of those 65 and older have a computer. However, with the coming of the baby boomers that statistic is expected to escalate dramatically.

One of the great uses for computers is the sending and receiving of information via e-mail. This quick, inexpensive, and immediate means of communication promotes up-to-date, current information at the click of a button.

If you have a computer, you can also check out some great web sites that have information and resources of interest to you and your Prime Time group. Check out the following web sites:

- Adult Ministries Connection (AMC) www.amc.nazarene.org
- Church of the Nazarene (official site) www.nazarene.org

Yes, Prime Time adults are coming of (computer) age. Have you joined them?

If you would like to receive updated information via email, let us know by contacting us at prime-time@nazarene.org and we will add you to our email mailing list.

AN EFFECTIVE PRIME TIME LEADER

Good leadership is vital to every program of the church. Here are eight tips for every Prime Time Ministries leader to consider:

- Be visionary. Dream BIG. What can your local prime time group become?
- Be a good listener. Assess your program through comments, cares, concerns, and suggestions. Conduct a survey of needs.
- Be a celebrator. Celebrate the goodness of God. Always use a positive outlook with your prime time group.
- Be an instrument of the Holy Spirit. Let God use your talents, gifts, abilities, and leadership.
- Be creative. Look for and act on new experiences and opportunities.
- Be balanced in ministry and fellowship. Understand that everyone needs to be needed and combine service ministry experiences with fellowship.
- Be a prayer partner. Pray for the people in your group. They need someone to care enough to pray.
- Be a person of humor. Be able to laugh at yourself and life. Laughing is great medicine. Smile often.



Website Resources Available

Local Prime Time Director's Job Description: see what is expected of a local prime time director:
<http://media.premierstudios.com/nazarene/docs/Local%20Job%20Description.pdf>

Home Bound Ministry: how-tos for ministry to adults unable to attend church services
<http://media.premierstudios.com/nazarene/docs/Ministry%20to%20the%20Homebound.pdf>

Prime Time Elder Hostel

Prime Time Ministries and Olivet Nazarene University are teaming up to present an Elder hostel style experience on the beautiful campus of Olivet Nazarene University in Bourbonnais, Illinois, just outside of Chicago.

NOTE: Because of calendaring conflicts, the June 2008 event but has been rescheduled for summer 2010.

Watch for details in future issues of Prime Time Connections.

For information concerning Prime Time Ministries contact:

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Please let us know when you are moving.
This will save us much-needed funds for ministry.

