

# CONNECTING

Healthy Information from the Des Moines Pastoral Counseling Center  May / June 2002

## RETIRE AND THRIVE

For the past five decades, baby boomers have left their mark on everything from education to the workplace to healthcare, and we are beginning to see their influence on retirement. Retirement is a concept that is evolving and rapidly disappearing in the 21<sup>st</sup> century. The impact of extended lifespan and the technological revolution have blurred the worlds of work, retirement, and leisure. Retired people are now more likely to engage in lifelong learning, use technology, and visit centers for creative retirement and/or multigenerational centers. When people retire these days, they are looking for freedom from ownership. In other words, they are more likely to live in a condo than a large house, and they are trying to reduce the number of belongings they have, as retirees simply do not have time to maintain a house full of

belongings. Retirees are now less likely to visit traditional senior centers, eat congregate meals, or volunteer. They are often too busy for these types of activities.

Many individuals are currently remaining in the work force well past age 65 due to personal choice, necessity, and changes in public policy, with healthcare and the need for money being the primary motivators for remaining in the work force. When older workers do retire from their dominant career, they are in search of jobs with meaning and purpose, jobs that are challenging and intellectually stimulating. Many older workers achieve this through flextime or part-time jobs and

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## DES MOINES PASTORAL COUNSELING CENTER – THE 1970'S

The Des Moines Pastoral Counseling Center is celebrating 30 years of service to the community this year. Three decades ago, in 1972, the Center was organized as an extension of the ministry of First United Methodist Church. The birth of the Center was the result of the dream of Dr. Ray Martin, a pastor on the staff at First Church, and the commitment of that congregation. The Center quickly grew as a counseling resource for the greater Des Moines community.

Dr. Martin served as administrative director until he left the Center in 1975, at which time a pastoral counseling consultant from Garrett-Evangelical Theological Seminary recommended that the board hire a director credentialed by the American Association of Pastoral Counselors (AAPC) and organize the Center according to the accreditation standards set forth by AAPC. The Reverend Richard Guest was chosen in 1975 to serve as executive director of the Center. He and three other part-time counselors made up the staff until 1977, at which time, Ellery Duke, a recent graduate from the Garrett/Northwestern University program, joined the staff as the second full-time therapist.

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## 2002 MANIFEST EVENTS

Manifest workshops focus on topics that are significant in men's lives and are rarely talked about. The workshops involve presentations and discussion. The richness of the workshops comes from the shared experience of the participants themselves. Manifest workshops are held on scheduled Saturdays from 9 a.m. to 3 p.m.

Manifest weekends provide opportunity for men to discuss their journey as men, while creating a sense of community. Retreats are held in a rustic, outdoor setting that provides a sense of connection with nature. They begin Friday evening and conclude Sunday noon on scheduled weekends.

- May 3-5, 2002..... Manifest Weekend
- June 22, 2002..... Manifest Workshop –  
W-O-M-A-N
- August 3, 2002 ..... Manifest Workshop –  
Men and Their Fathers
- September 20-22, 2002 ..... Manifest Weekend
- October 18-20, 2002 ..... Manifest Weekend

### W-O-M-A-N Workshop

Boys begin life very connected to a woman. They typically are nurtured, cared for, and supervised by women during elementary school years. Boys develop an internalized view of women from all these experiences which Sam Keen, author of *Fire in the Belly*, calls W-O-M-A-N. This internalized image may vary from Goddess (one to be worshipped) to Erotic Temptress (one to be desired). The workshop will explore these images and how they may affect our relationships with the women in our lives.

For details, visit the Manifest website at [www.manifest.themenscenter.com](http://www.manifest.themenscenter.com) or call Lowell Houts or Mike Sears at (515) 274-4006.

## DES MOINES PASTORAL COUNSELING CENTER FOUNDATION

Only four out of ten Americans across all age groups have current wills. Do you have a will? If not, consider that a current will allows you:

- One last opportunity to express your values to your heirs;
- A chance to care for your heirs according to their special needs;
- The occasion to make gifts to the charitable organizations that have touched your life.

(From the Leave A Legacy Iowa web site: [www.leavealegacyiowa.org](http://www.leavealegacyiowa.org))

Please let the Des Moines Pastoral Counseling Center know if you have already included a gift to our Foundation in your will. We would welcome the chance to recognize your legacy gift!

### C.O.O.L. Corner

(Children Overcoming the Obstacles of Life)

Retirement is a major life transition. Children will soon be experiencing a “mini-retirement” as they transition from a school schedule to summer. This often entails a decrease in structure. Some ways to ease the transition include:

- Plan activities in advance, being especially mindful of including friends.
- Try to keep some routines the same; e.g. even if bed time differs, the routine can remain the same.
- Build regular summer routines that include chores, exercise, reading/educational tasks, as well as leisure activities.
- Minimize amount of time spent using electronics.
- Provide warnings or advance notice of changes in routine, especially regarding activities such as day camp or longer visits away from home.

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special projects. For the most part, older workers do not desire stressful positions or minimum wage positions. They expect to be compensated for their expertise and experience.

The people who age most successfully tend to have multiple interests and hobbies. Many older adults have significant disposable income to pursue leisure activities; the older population represents 1/3 of the population but controls 3/4 of the wealth. Most people do not take up new hobbies or leisure pursuits when they retire. Rather, they expand on those activities they enjoyed in early adulthood. Many retirees find that their heavy involvement in work and family during their pre-retirement years caused them to neglect leisure activities. Retirement experts are suggesting that people explore a variety of leisure activities prior to retirement so that they can continue activities they already enjoy.

Longer lifespan means more attention paid to

#### **Retirement Questions to Consider:**

- How will I stay connected with people after I retire?
- How will I keep my brain energized and healthy?
- Where and how will I share with my community?
- How much relationship time will I want with my spouse and/or friends?
- Geographically, where do I want to live?
- What personal resources do I possess (time, money, etc.)?
- How do I choose to exercise my body daily?
- What does my spirit want to be doing right now?

## **CANCER SUPPORT GROUP**

The Des Moines Pastoral Counseling Center's Cancer Support Service offers a monthly support group for people living with cancer. The support group meets on the second Wednesday of each month at West Des Moines United Methodist Church. You must pre-register in order to take part. If you would like more information about the support group, call the Center at (515) 274-4006.

health care and the possibility of having to care for elderly parents and grandparents at the same time. Americans can now expect on average to live to the age of 76.9 years (Centers for Disease Control and Prevention). Extended lifespan and changes in retirement are already impacting Iowa. According to the 2000 Census, Iowa is the state with the fourth largest percentage of people age 65 and older. Between 1990 and 2000, Iowa had a 43% increase in individuals age 45-54 and a 13% increase in individuals age 55-59. Between the years of 2000 and 2020, there will be a 30% increase in those age 60 and older. Already, more than 900 Iowans are over the age of 100!

As you consider your retirement plans, know that retirement today is about choices, about doing what you want to do, about physically slowing down (not quitting), about opportunities, and about being true to yourself. Remember that being in touch with your own story, your uniqueness, your blessings, and your historical integrity is life giving.

Eileen Burtle, M.A., L.M.H.C.  
Clinical Therapist and Pastoral Counselor

Resources Used:  
Joel Wulf, Iowa Department of Elder Affairs  
Jerry Beltramo, NOA Global, Inc.  
Robert K. Otterbourg, [Retire and Thrive](#)

## **CONNECTING AVAILABLE THROUGH EMAIL**

Please let us know if you would like to receive this newsletter through email rather than having a paper copy sent to you. To be added to our newsletter email list, email [skuhn@dmpcc.org](mailto:skuhn@dmpcc.org) and indicate in your message that you would like to receive Connecting by email. Make sure to include the name and street address to which we have been mailing the newsletter so that we can remove your name from our newsletter postal list.

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Dr. Duke became the executive director of the Center in 1979. A year later in April 1980, Jeff Means, also from the Garrett/Northwestern program, joined the staff with an immediate goal of developing a training program in pastoral counseling and psychotherapy. The Center's first class of trainees began in the fall of 1980. The growth of the Center staff continued in 1981 with the addition of Eileen Burtle, a Fellow from the Menninger Foundation. Also, in 1981, the Center was accredited by AAPC as an Approved Service Center, one of 25 in the country at that time, and the only such Center in Iowa.

The Center was originally housed at First United Methodist Church, then East 5th Street in Des Moines, next the Liberty Building, after that Hawthorne Hill, and from 1979-1985, Doctor's Park on the Iowa Methodist Medical Center campus. In 1981, the Center opened a satellite office at Ankeny First United Methodist Church.

Jumping forward 20 years, the Center now has a multi-disciplinary staff, seeing people from a full range of economic and faith backgrounds. For the past 18 years, our central office has been located in Des Moines at 39th and Ingersoll. We also have an office in West Des Moines, as well as satellite offices in Ankeny and Altoona. Our staff continues the tradition of valuing the spiritual and physical, as well as emotional and relational aspects of life.

Look for more Center history in the next issue of Connecting - the 1980's and 1990's!

[www.dmpcc.org](http://www.dmpcc.org)

Visit the Center's website for information on Center counseling services, Center staff members, support and interest groups offered by the Center, special events taking place in the coming months, and classes the Center offers to mental health clinicians and clergy.

# CONNECTING

is a publication of the Des Moines Pastoral Counseling Center, an independent, interfaith, not-for-profit organization. For 30 years, the Center has been providing counseling and educational services to individuals, couples, and families for the purpose of enhancing emotional, spiritual, and relationship health. The Center has satellite offices in West Des Moines, Altoona, and Ankeny.

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