

APPENDIX 4

Aging with Grace Videos and Other Resources

www.agingwithgrace.online

Agingwithgrace.online (created by MARKINC Ministries*) is home for *Aging with Grace – Ask an Older Woman* five-minute videos. Each Aging with Grace storyteller answers a question about flourishing in an anti-aging culture. Listed are supplemental resources for *Aging with Grace – Flourishing in an Anti-Aging Culture*, including extended interviews with some of the Aging with Grace storytellers.

Aging with Grace – Ask an Older Woman Videos

Introduction

Promo Video: Karen Hodge – “Why should young women start thinking about old age now?”

Susan Hunt, Sharon Betters and Karen Hodge: Introduction to *Aging with Grace, Flourishing in an Anti-aging Culture*

Dianne Balch – “What is the hardest challenge and the greatest benefit of aging?”

Ruth Auffarth – “What two life disciplines helped prepare you for aging?”

Chapter 1 – Lynda Tedeschi – “What would I tell my twenty-something self?”

Chapter 2 – Jane Patete – “How do I deal with fear as a widow?”

Chapter 3 – Pam Benton – “What two life disciplines prepared you for this season?”

Chapter 4 – Barbara Thompson – “How do our expectations, plans, goals for aging influence our flourishing?”

Chapter 5 – Jerdone Davis – “How do you deal with loneliness and fear as an aging single woman?”

Chapter 6 – Sherry Bitler – “What two disciplines helped prepare you for this season of life?”

Chapter 7 – Carol Arnold – “What does flourishing look like for women who cannot travel the world and teach as you do?”

Chapter 8 – Judy Didier – “What would I tell my twenty-something self?”

Help and Hope, thirty-minute Aging with Grace Interviews

- Ruth Auffarth – Ever Growing, Ever Green
- Dianne Balch – Flourishing in a Season of Loss
- Pam Benton – Caring for My Husband with Alzheimer’s
- Barbara Thompson – Marriage and Caregiving: Making It Work
- Jerdone Davis – Preparing as a Single Woman for the Loneliness of Old Age
- Sherry Bitler – Living with Multiple Sclerosis
- Carol Arnold – Flourishing in Every Season

***MARKINC Ministries (www.markinc.org)**

Chuck and Sharon Betters started MARKINC Ministries after the fatal car accident of their son Mark and his friend Kelly. The vision of MARKINC is to offer true and lasting help and hope by encouraging and equipping others to know God is sovereign and can be trusted, no matter how difficult the circumstances.

MARKINC Ministries Free Resources (www.markinc.org):

***Help & Hope* Podcast**

Help and Hope stories address life’s darkest circumstances that are often difficult to discuss, yet need to be faced as we help one another walk by faith. These are the real-life testimonies of people who have walked through often excruciating challenges and have found their strength in Christ. The interviews not only encourage the one who is hurting but also help others come alongside with comfort and encouragement. Some of the topics include:

Grief, terminal illness, caregiving, chronic illness, depression, suicide, Alzheimer’s, loss of a spouse, ALS, loss of a brother, raising special needs children, and many more

Daily Treasure Devotional Podcast

Free daily devotional to read or listen to on your favorite podcast platform

Ask Dr. Betters – YouTube Channel

Dr. Chuck F. Betters answers questions about suffering in the context of Scripture.

Anchored Hope Biblical Counseling Center

We offer online counseling by trained biblical counselors. (www.biblicalcounseling.org)