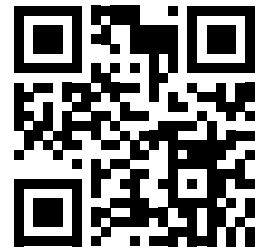


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'NOT TOO OLD'

Fishers author challenges negative perceptions of aging

By Cassie King

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Aging is inevitable, but it doesn't have to mean the end of significance, joy or purpose. That's the central message of "Not Too Old: Turning Your Later Years Into Greater Years," the latest book by Fishers resident Dave Faust, a pastor, author and former university president.

"Many people dread getting older," Faust said. "They equate it with failing health, declining significance and being stuck on a shelf with nothing to contribute. Even worse, for some, growing old means losing hope."

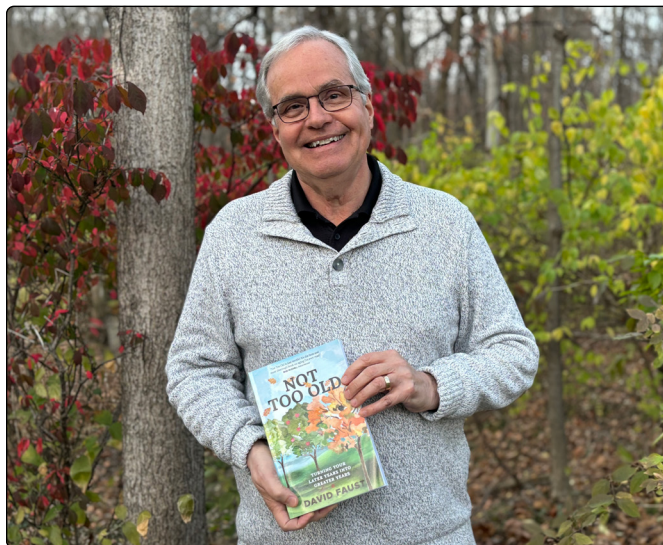
Faust, who celebrated his 70th birthday this year, wrote the book to help older adults navigate a challenging phase of life with purpose and joy. He also aims to offer younger generations a deeper understanding of the aging process and the unique contributions their older neighbors can make.

According to the U.S. Census Bureau, more than 73 million adults over 65 will live in the United States by 2030 – and by 2034, older adults will outnumber children for the first time in U.S. history. Faust said he believes the demographic shift requires a new perspective on aging.

Although aging presents undeniable challenges, including the fear of mental decline, physical issues and the reality of death, Faust emphasized the importance of maintaining what he calls "gutsy faith" and "crazy joy."

"To face these fears, we need a faith that is bold, robust and courageous," Faust said. "A vague belief in God isn't enough. I also want the joy of the Lord to overflow from my life. I don't want to be a grumpy old man. I want to be known as someone who is crazy about my wife and family – and crazy enough to keep growing, keep having fun and keep investing in the lives of others."

In "Not Too Old," Faust encourages readers to embrace their later years as a time for continued growth, adventure and contribution. One of the book's key themes is viewing retirement not as an end but a new beginning. Faust uses the metaphor of a car needing new tires.



Dave Faust of Fishers with his newest book, "Not Too Old." (Photo by Cassie King)

"The word 're-tired' reminds me of a car that needs new tread on its tires so it can keep rolling along," he said. "The happiest retirees don't just quit working and sit around. They find interesting new things to do while enjoying the freedom to live at a more reasonable pace."

Faust encourages retirees to explore new hobbies, volunteer, mentor younger generations and remain actively involved in their communities.

Faust also addresses the losses that come with aging, such as health, loved ones and dreams. He draws on personal experiences and biblical principles to offer practical advice for navigating grief and finding purpose amid loss.

"My wife Candy and I have been married for 50 years," Faust said. "People usually

say our names together— 'Dave and Candy.' If she were to die, I would have to wrestle with my own identity and ask the question, 'Who am I without her?'"

Faust, who has spent decades in ministry, believes the church has a vital role to play in supporting and engaging older adults.

"Some churches today ignore older adults or take them for granted," he said. "Personally, I want to be part of a church where Grandma and Grandpa are still involved – mentoring young married couples, loving babies in the church nursery, leading small groups and serving alongside the next generation."

As people age, staying spiritually engaged and inspired can become more challenging. Faust emphasizes the impor-

tance of maintaining a vibrant relationship with God through prayer, Bible study and service.

"The Bible contains practical wisdom about the issues we face in senior adulthood," Faust said. "It offers guidance on managing money, building lasting friendships, dealing with grief and preparing for the end of life."

Faust hopes groups will use his book to engage older adults more effectively. It includes practical advice, scriptural insights and humor.

"The first chapter is called, 'You Need to Read This Book—Even if You Are Young,'" Faust said. "It's relevant to mid-life adults with aging parents and grandparents, people preparing for retirement and anyone looking to make the most of their later years."

He said his passion for encouraging others shines through in his writing and he is committed to helping people live joyful and productive lives, regardless of age.

For more, visit collegepress.com/products/not-too-old-turning-your-later-years-into-greater-years or Amazon.

ON THE COVER: Fishers resident Dave Faust has written a new book with a positive message about aging. (Photo courtesy of Dave Faust)



Fishers author Dave Faust has written numerous books. (Photo courtesy of Dave Faust)

A FAITHFUL WRITER

With 17 books already published, Faust shows no signs of slowing down. He continues to write a weekly column for Christian Standard magazine and looks forward to future projects.

"People over age 50 can live joyful and productive lives," Faust said. "You're never too old to make a difference and

to grow in faith, hope and love."

Faust has served in ministry roles for half a century, leading churches in Ohio, New York and Indiana, and serving for two decades as a university professor and president. He is now the senior associate minister at E. 91st St. Christian Church in Indianapolis.