

NURTURING SPIRITUAL WELL-BEING

- **Together engage in community service projects and afterward discussing the meaning and purpose gleaned from the experience;**
- **Have discussions that encourage an attitude or outlook such as thankfulness or kindness;**
- **Share stories, discussions, or devotionals that encourage grace, love, kindness, and other qualities;**
- **Look for opportunities to share stories about times God has been there to encourage a sense of presence and trustworthiness;**
- **Join or form small groups to pray together;**
- **Play or attend concerts of uplifting music that helps elders have a sense of potential and hope;**
- **Attend or watch religious services that nurture spiritual fruit, not fear, anger, judgment, or self-righteousness;**
- **Help them developing an “Other” oriented focus by creating cards or other gifts for people who are in the hospital;**
- **Find ways to help them celebrating birthdays or special events by planning some special way to acknowledge the person, even if they live far away;**
- **Having a “Thankfulness” bulletin board where you collect all the things that the elder is thankful for;**
- **Model a sense of patience;**
- **Create opportunities for laughter, joy and celebrating together;**
- **Modeling a loving and caring attitude to create a loving and caring atmosphere;**

- Honor with elders ways they can acknowledge their appreciation of family members and friends so that they see themselves as giving back;
- Share stories about others who were resilient and bounced back from difficulty;
- Create a small group of elder “cheerleaders” to encourage one another when there is a setback of some kind;
- And many other possibilities.