

Spiritual Care Message with Prayer

More than once recently I thought of the importance of your position in the nursing home world. Being around nursing home residents personally has enabled me to know they have many needs individually and are no more alike than those of us who move about among them. As part of a spiritual team, I am aware of the spiritual need of every human being, including those who have ignored this in their own lives over the years in pursuing careers, caring for families, and simply paying bills, need for housing & groceries, etc. But as people grow older, often there develops an awareness that inner questions cause to surface; something is missing and with it some apprehension about the end of this life. For others who have been people with church activity and relationships, this major part of their lives is being felt and missed...resulting in sadness and even depression for some.

And of course, aging is more than counting years while the body wears out, so there are pains and weaknesses, changes in bodily routines and habits...so the physical needs claim attention. Along with this, nursing home people find their lifetime friends or family members leaving this world in death. This is major loss and brings reality home personally.

For many, unfortunately, there is a break in family ties...bonds that have existed for lifetimes become broken and nursing home people wonder why their family members no longer come to see them; they ask why there are long periods of time between contact and communication, so feeling lonely and neglected becomes heartbreaking reality for them.

And the circle of life becomes smaller and smaller...the personal world narrows down to food and pills and being the object of medical action and conversation...it is as though there is no more world out there and no one really cares what my life was before I moved here...and residents look around the breakfast table.

And there you are in the middle of all of this...a staff person who does truly care for these people and would like to do something in all these areas of need because you do truly care. Big question: What to do to truly help nursing home residents in my daily life? Over the years, I have met many very special nursing home staff who provide loving care from sincere heart positions of responsibility. So this morning, could I say to you that the One Who created all of us and knows all human beings, including all nursing home residents stands with you in this circle of life. He loves them and He loves you. He knows who they are and knows who you are. Wondering if personally in the mornings you might consider turning to this All present, All powerful, and All knowing Father God, asking Him for His mind and heart to be with you in your connecting link with them, trusting Him to give you personal insights into each individual, the right words especially at 'trying times', and new ideas and plans to make their days peaceful and purposeful. You are a V.I.P. where you are, often with heavy duty family life yourself...often feeling the stress of financial need, of children's growth in a world gone crazy...and sometimes feeling very tired from your own personal burdens. Keep in mind always that God waits for us to come to Him for help both for ourselves and others. He watches and waits for you to speak to Him about those in your care.

Just an added note...the Spiritual Care Team is praying for you.

(1e/Nov 2022)