

*Pastoral Care for the challenges and uniqueness
of relationships during senior years*

*Samaritan Counseling Center
Lay Caregiver Workshop*

Jan. 15, 2012

More adults are aging in the United States than ever before, accounting for 13% of the total population. The growth of the population age 65 and over affects many aspects of our society, challenging families, health care providers, religious leaders and caregivers to meet the well-being and spiritual needs of aging individuals. In this workshop, Linda Potter-Gallant, MA, LLP, SCC Staff Counselor, will discuss these challenges of our aging population, including:

- Spirituality as a way of providing a sense of meaning and purpose to senior life
- Understanding the importance of a system of social support
- Spirituality as an aide to coping with life's challenges
- Understanding of life development stages in the senior population

As a Lay Caregiver, understanding and providing a positive effect on the physical, mental and emotional health of seniors is a role distinctively yours. Other family members, health care professionals, mental health professionals and society as a whole may be involved, but your role provides an aspect to elderly life as a spiritual being. Insight into this role will enable you to help the elderly:

- Create Hope
- Find meaning
- Find purpose to life
- Provide important social support and validation

We will look at these topics holistically and provide insight into the caregiver's role creating relationships with the elderly who have unique needs.

Date: Sunday, Jan. 15th

Time: 2:30—4:30 p.m.

**Location: Nardin Park UMC
29887 W. Eleven Mile Rd.
Farmington Hills, MI 48336**

**Presenter:
Ms. Linda Potter-Gallant,
M.A., LLP**

**Cost: \$15.00 if your church does
not hold a subscription**

***You must register by Thursday, Jan. 12th if you wish to attend.
Please call 248-474-4701***

DETACH AND RETURN

Name _____

Address _____

Phone _____

Church _____

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