

Envisioning the Future 2020 & BEYOND



20/20 Vision
“Addressing the spiritual needs of residents, families and team members”
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The Big Question?????

What drew you to attend this presentation/workshop?
 Are **YOU** taking the time to assess your spirit, at home, at work and in your time of leisure?





What is our goal for today ?

- What I hope that we can discover today by spending some time together is how our spirit can be nurtured and can actually be enhanced by our daily life journey.
- In fact, your spirit probably receives more energy, attention and enthusiasm through what you do each day than at any other time and place in your life.





A self assessment of YOUR spirit is very important when trying to care for others

What is Spiritual Self-Care?

Spirituality has different meanings for different people, often influenced by the ideologies you grew up with. Maybe you associate spirituality with religion or cultural traditions.

Perhaps the concept of spirituality is experienced in nature, in one another, or within oneself.

No matter what path is chosen, they all converge on something you desire on some level. It is the need for connection, purpose and happiness.



How do we balance work with the rest of life?

- Fulfilling commitments to work, family, community and yourself.
- Making decisions about how I will allocate my time, energy and resources to each of these areas.
- For some, it is money, power and prestige that determines their contentment in life. What are your primary determinants?
- Others bring different values to bear on their choices; things like stability, creativity, love and the common good.



How we respond to the pressure of trying to balance all of these elements differs, but respond we must.



And your Spirituality will determine how

Making my feelings known

- I love what I do and I want my co-workers to know that the condition of my spirit is important to me and those that I work with and provide care.
- How can I improve the quality of life of my residents, families and team members through the condition of MY spirit.
- How will the condition of my spirit affect how I care for and work with folks each day?
- How does the condition of your spirit change throughout the day?



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Take some time to do an assessment of yourself, it will indeed be beneficial when it comes to working in long-term care.

1. What do you care about, what is your passion?
2. What do you do best, what are your strengths?
3. Are you proud of the organization that you work for?
4. Does the culture of your work place make you feel good about working there?
5. Are you part of the solution and does your position matter?
6. How would you rate "communication" in your position?



Taking the journey.....

- Life is a journey everyday, one of faith, religion and spirit that can carry us from one day to the next with purpose, motivation and natural desire to help ourselves grow as well as others.
- Taking the time to nurture our spirit can give us the opportunity to grow, learn and be content.



Differences.....?

- What's the difference between spirituality and religion?
- Or, are spirituality and religion the same?
- What do you consider yourself to be: religious, spiritual or both and WHY?



spirit®



What are some of the characteristics of a person that has an unhealthy spirit ?



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Do you consider yourself to be a person that has a healthy spirit.....Why??

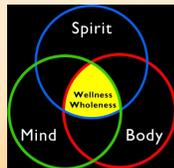
What are some of the characteristics of a person that has a healthy spirit?



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How is spirituality related to health?

Now one knows for sure how spirituality is related to health. However, it seems the body, mind and spirit are connected. The health of any one of these elements seems to affect the health of the others.



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Is a healthy spirit affected by our emotions ?

- **Emotion:** A strong feeling (such as love, anger, joy, hate or fear) The affective aspect of consciousness. We were created with emotions that have a powerful affect on our lives. We cannot, however, allow these emotions to control us.
- **Spirit:** The nonphysical part of a person that is the seat of emotion and character.
- **Soul:** The force within a person that is believed to give the body life, energy and power.

Live. Life. Healthy



So, where does our healthy living begin?

Today's choice



Tomorrow's choice



How do you address and access the condition of YOUR spirit ?



What are some of your toughest challenges when trying to maintain a healthy spirit ?

- Social issues
- Health Issues
- Work issues
- Family issues



“The only person that you should try to be better than is the person that you were yesterday”

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What are some of the things that you do to access and address the spirit of your residents, families and team members

- 1. _____
- 2. _____
- 3. _____
- 4. _____



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Defining our spirit to others.....

- How would you go about describing your spirit to someone else?
- Is your spirit different at work verses when you are at home or with family and friends?
- Do we pay enough attention to the things in our lives that are currently stirring ?



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How do you go about nurturing yourself?

- How do you go about checking on the condition of your condition?
- Do we as a society put enough emphasis on the importance of spirituality and how it affects our everyday lives?
- "I find the condition of my spirit is more healthy if I _____."
- What brings joy to your life or in what do you find relaxation.
- What nurtures your spirit?



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Looking to the future.....

- What is my legacy going to be?
- What are the values that I want to leave behind?
- In what other areas of my life do I want to invest my energies now that I have reached this point of my life?
- What do you consider to be your greatest accomplishment?



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A thought to remember

"Your attitude is like a price tag, it shows how valuable you are!"



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