



SALT Newsletter

SEPTEMBER 2024

Some exciting news!

Engaging in Active Listening

Spending quality time with people in nursing homes is deeply rewarding and significantly enhances the residents' well-being and sense of connection. Engaging in conversations with residents is one of the most meaningful ways to connect with them. When you take the time to listen to their personal stories, discuss their interests, or reminisce, it is incredibly uplifting for them. It fosters a sense of companionship and validates an elderly person's experiences and feelings. When you actively listen, these seniors form genuine connections and feel comforted and less isolated.

Engaging in Stimulating Activities

Another valuable approach is by engaging residents in activities to stimulate their minds and bodies. This includes playing board games or cards, doing puzzles, or participating in arts and crafts. Such activities provide mental stimulation and offer opportunities for social interaction and personal expression. For residents who enjoy physical activities, gentle exercises or chair yoga are invigorating, help maintain mobility and provide a sense of accomplishment and enjoyment.



Honoring Personal Interests

Incorporating personal interests and hobbies into your time together makes visits even more special. If a resident has an enthusiastic interest in activities, such as gardening, music, or painting, try to engage with them in those areas. For instance, when you listen to their favorite music or look through old photographs of their hobbies, it can spark joy and create a more personalized experience for them. This not only shows that you care but also helps them preserve their sense of identity and purpose.

Stimulating Residents with the Outside World

Many residents have little opportunity to get outside to watch the birds, pedestrians passing by, or look at the change of scenery from inside the facility. Staff often do not have the time to stay outside with residents, welcome visitors, or provide opportunities for seniors to sit, walk or to be wheeled around.

Creating Celebratory Moments

Finally, organizing small events or celebrations can bring a sense of festivity and community. Whether it is a birthday party, a holiday celebration, or a themed gathering, these events break the monotony and provide moments of joy and excitement to residents. When these seniors help to plan and execute these events, they often feel a sense of belonging and camaraderie with others.



Using This Approach

Overall, spending quality time in nursing homes involves a combination of active listening, engaging in stimulating activities, honoring personal interests, and creating celebratory moments. These efforts can greatly enrich the lives of residents, making them feel valued and connected.



The SALT Program is an Opportunity

Sister Mary O'Donovan brings opportunities for meaningful connections for young women ages 18-35, so they can spend quality time with the elderly and infirm. Come to the next SALT Program at St. Patrick's Manor in Framingham, MA in Spring 2025.

And Do Not Let This Opportunity Pass You By

Many struggle to understand whether God is calling them into religious life. We suggest that you start with the four steps to discernment to help you decide. To make the best decision, become aware, gather information, decide, and then look for confirmation of that choice. Our upcoming retreat can help you in making that decision. You can choose one weekend or more. Information is on page four, and you may register at this link.

[Carmelite Sisters For The Aged And Infirm Retreat Registration](#)

Open to Young Women Ages 18-35
**Join Us for a Weekend of Prayer,
Peace, and Relaxation**



**Save Your Spot in 2024—
Join Us for One or More Weekends!**

August 23-25
October 11-13
November 15-17

Includes: Liturgy and Eucharistic Adoration
Sacrament of Reconciliation
Reflections by Sisters
Evening Prayer with Sisters



**CARMELITE SISTERS
FOR THE AGED AND INFIRM**

St. Teresa's Motherhouse
Avila-on-the-Hudson • Germantown, NY

**Learn More and Register Today—
www.carmelitesisters.com/retreat-registration**

**Or Contact: Sr. Mary O'Donovan, O. Carm.
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