***WHAT IS SALT AND WHO IS IT FOR***? Serving the Aged Lovingly Today (SALT) is a service program hosted by the Carmelite Sisters for the Aged and Infirm. Young women ages 18-40 serve in one of homes sponsored by the Carmelite Sisters. We average 5-7 participants on each 1-2 week program and offer the opportunity to engage with other women who are passionate about service to the elderly. Past locations have included Dublin, Ireland; Columbus, OH; Albany, NY; Staten Island NY; Naperville, IL and Framingham MA. Participants do not have to be discerning a vocation to religious life or even be Catholic; however, we ask that all Participants attend daily mass and prayers with the Sisters and residents.

**HOW LONG IS THE SALT SERVICE PROGRAM AND WHAT DOES IT COST*?*** It costs nothing! Room and board, as well as our signature blue SALT T-shirts, are provided free of charge. However, participants are responsible for taking care of their own travel expenses and pocket money. Each SALT program is approximately one week long with an option to extend an additional week.

**WHAT CAN I EXPECT TO GET OUT OF MY TIME AT SALT?** The richness and depth of a week of giving of oneself to others can best be experienced rather than described; however, our participants consistently report that the SALT Program changed their lives. They say that they “fell in love” with the residents and experienced the awakening of a desire to give their lives as a gift to others. Several heard a call to join the Carmelite Sisters during SALT and have since joined the Sisters. All leave with a deepened spirituality, listening and life skills to bring to every future relationship, and an understanding of how meaningful their presence is to those in need.

**HOW DO I APPLY AND WHEN IS THE APPLICATION DEADLINE?** When applying, you must submit an application, agreement, emergency/health form, and reference. After submitting all pieces of the application, we will contact you for an informal interview. The purpose is to get to know you and answer any questions you have. Applications are due a month before the beginning of each program, or until the limited number of available spots are filled.

***WHAT DO PARTICIPANTS DO DURING SALT?*** Our mission is to serve the elderly who often feel abandoned. Each day begins with an educational session on some aspects of spiritual or geriatric care followed by mass with the residents and Sisters. In the afternoon participants engage in various activities and one-to-one sessions with residents.

***WHERE WILL THE PARTICIPANTS STAY?*** Participants will have individual accommodations in the facility where the program is being held.

**WHAT SHOULD I BRING WITH ME?** We will give you a blue SALT t-shirt to wear for the week during program hours, so you won’t have to pack too many shirts.

* Toiletries
* Pajamas
* 2-3 shirts to wear outside the program hours
* sturdy, comfortable closed-toe shoes
* shorts, pants, or skirts- jeans are just fine,
* but remember that we are representing Christ to our residents and should dress respectfully
* a sweater or 2, as it might be chilly in evenings, a jacket or raincoat, and a notebook to use as a Journal