

The Benefits of **Pastoral Care** in **Senior Living**

No matter your background, residents and families can enjoy the spiritual services provided in senior living.



Improved Social Life

Engaging in spiritual activities of any kind allows us to meet people and build community. Cultivate lasting relationships in the choir, Bible study, support groups, prayer circles, and holiday gatherings.



Enhanced Coping Skills

Grief is something we all experience throughout our lives. On-site chaplains and support groups enhance our ability to process grief, regulate emotions, and move forward with our lives.



Cognitive Support

Regular involvement in spiritual activities such as prayer and meditation can delay cognitive decline and provide comfort for those diagnosed with Alzheimer's or dementia. People in all levels of care can enjoy community and engage in spiritual wellness.



Personal Growth Opportunities

Spiritual activities often tie into community and giving back to others. Fill your days with purpose and contribute to a positive environment through volunteer work and community service.



Greater Connection to Spirituality

Senior living communities provide accessible opportunities to connect with your spirituality, whether it's holding services on campus or collaborating with community programs that meet your unique beliefs and traditions.



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