



# PLACES OF PEACE

*Discover Spiritual Connection*

at Life Enriching Communities



# WESLEY RIDGE

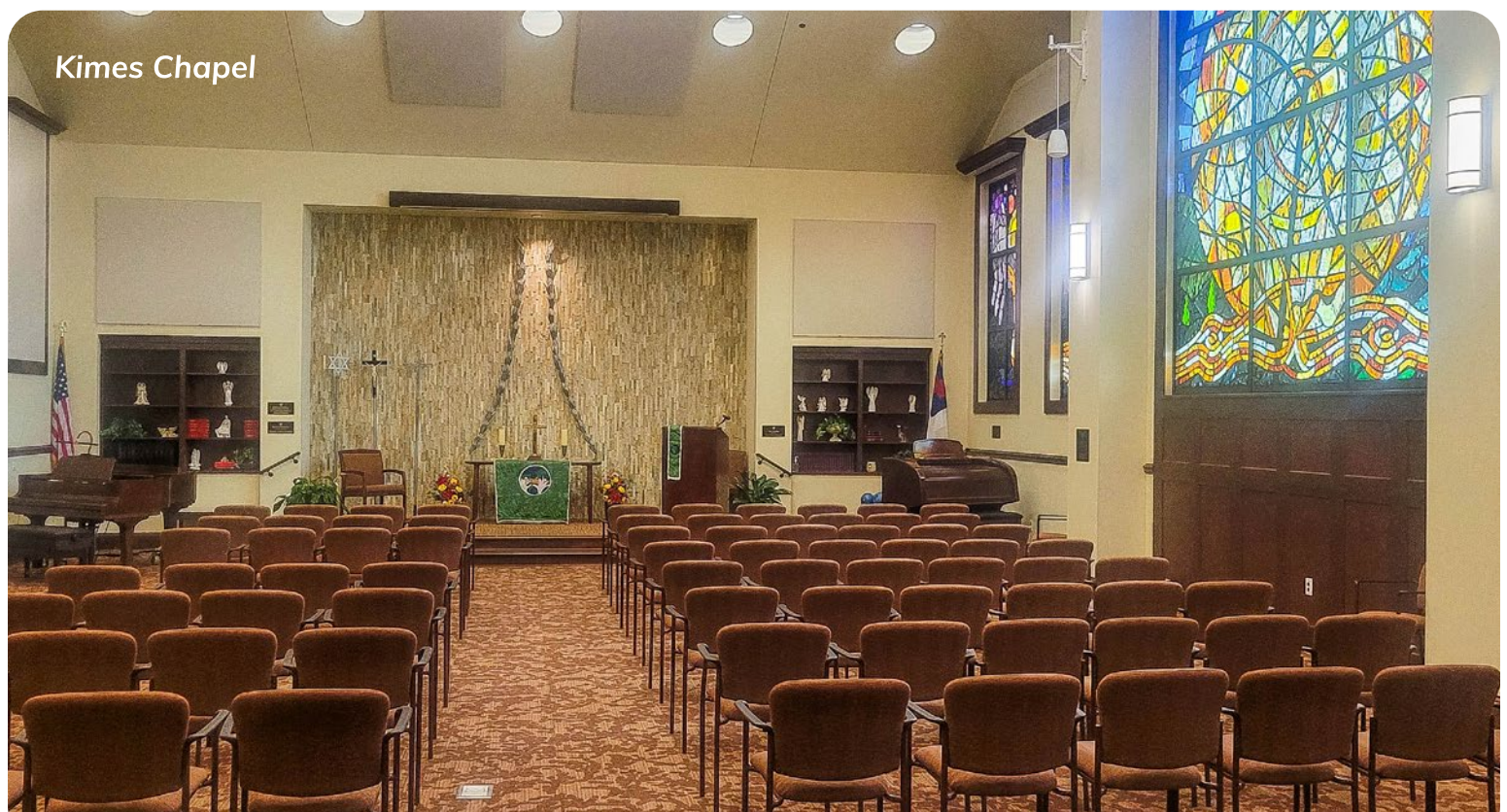
## *Spiritual Wellness and Pastoral Care*

Wesley Ridge offers accessible pastoral care services that welcome individuals of all faith backgrounds, foster community and purpose, and extend support through life's transitions. Chaplain Karen Brantley provides holistic wellness that nurtures meaningful living for all with a variety of spiritual wellness services in the Kimes Chapel, Meditation Rooms, Draper Chapel, and English Garden at Wesley Ridge.

“Our Kimes Chapel stands out because of the attention to detail in our stained glass windows and altar decor,” Chaplain Karen explained. “It’s more than the space; what sets us apart is giving residents the

opportunity to continue to live a spiritual life without having to leave home. They appreciate the consistency of having ‘their chaplain’ sharing the message weekly, just as they loved their pastor doing so in their former home church. They love the church feel, the piano and organ being played weekly, and the engagement in worship together. Family members frequently join our residents to attend church together.”

A variety of spiritual wellness services and groups are available throughout the spaces and levels of care, including Bible studies, devotions, end-of-life education, handbell choir, chapel choir, and caregiver, grief, and other support groups. There are also non-denominational Vespers services every Sunday afternoon for Assisted Living, Sunday evening for Independent Living and Health Services, and Thursday morning for Memory Support, as well as special services during the season of Lent and Advent.





“Having spaces to go is important to our residents,” Chaplain Karen shared. “It is a smooth transition from attending their home church to being engaged here in a spiritual community. We talk with new residents about their spiritual practices prior to moving in and find ways to incorporate them into the spiritual life here at Wesley Ridge. We encourage them to be involved here as they were in their church, such as mission projects, choir, Bible study, and altar guild.”

*“When people feel seen and heard, their entire being is lifted.”*

Chaplain Karen believes pastoral care is essential in all senior living communities and that many don’t realize how having chaplains on the team can greatly impact residents, family, and even associates. “When people feel seen and heard, their entire being is lifted. For residents to have the ability to freely express their spiritual practices in their new home is life-giving. I believe that whether someone has a

practicing faith or not, at some point, they will face a situation where they need someone to talk to. I see pastoral care as a gift to any community, serving our residents, families, and associates with a listening ear and guiding them with the tools they need to get through their situation. Having the ability to establish an ongoing relationship early with a resident and family helps to make the transition toward their next life a little smoother. When there is trust, there is peace.”

When asked what spiritual wellness means to her, especially as we age, Chaplain Karen said, “Spiritual wellness for my life means balance; I am spiritually well when my body and mind are all in tune to the One who created me. When one area of wellness is weak, the other areas become weak as well. For all of us as we age, it is important to keep our spiritual life as a priority along with our physical and emotional health.”

As a not-for-profit organization committed to providing all-inclusive services and programs for its residents, Wesley Ridge is surely fortunate to have spiritual wellness services that guide and inspire others in community.

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