



## Four Keys for Practicing Faith

### Caring Conversations:

Invite everyone to take turns answering these questions:

- What is a special memory you have about (name of person moving to assisted living)?
- What are some favorite memories about where you live now or some past home?
- What is something important to bring to your new home?

### Devotions:

Read the following:

*I remember the days of old, I think about all your deeds, I meditate on the works of your hands.* Psalm 143:5 (NRSV)

- What is something you learned from an experience you have had in the past, “the days of old”?
- Where have you seen God at work in your life?
- Where do you see God’s hand amidst the joys and challenges of this move?

### Service:

Call and send cards to your loved ones to let them know how you are adjusting to your new living situation. Welcome other new residents to the facility.

Send cards and pictures to your loved one regularly if you live far away to help him/her transition to a new way of life and be comforted in knowing you care. If you live nearby, visit frequently and take a favorite food or pictures to encourage conversation. Consider taking extra food for others in the home.

## Rituals and Traditions:

Every family has certain traditions especially during the holiday seasons. When a person lives apart from family, it is good to include them in family traditions however possible. Think of times during the year when you can include the family member in assisted living in some way. If your family has a ritual of prayer at meal time or prayers at bedtime, be sure to say them when visiting. Rituals and traditions that can be done over the phone can continue, even from a distance.

The Lord's Prayer is a ritual and tradition for many. Say the Lord's Prayer together and close with this blessing:

*May you know that God loves you and so do I.*