AGING WELL

Spirituality and Purpose

Why is spirituality and purpose important?

Martha has been struggling with her spirituality lately. To strengthen her connection to her purpose and values that give meaning to her life, Martha has been attending church and praying. She stays connected to nature by taking daily walks and collecting medicinal plants. She also stays connected with her community by going to lunch with her friends at the Elder Program, which gives her a sense of belonging. One of Martha's friends suggested she connect with Traditional Healing, which has since helped her plan holistic wellness goals. All these steps have helped Martha feel whole again.

Spirituality is important to everyone as it provides a purpose to live a holistic life, and is central to who we are and how we identify culturally.

What are some considerations for spirituality and purpose?

- Loss of abilities
- Loss of sense of belonging
- Grief
- End of life concerns
- Spirituality is a part of who we are and expressed into every thought, feeling, and action.

Purpose often involves connection to people, nature, and our spiritual life.

Questions to ask yourself:

- Am I living a life I am happy with?
- What does spirituality mean to me?
- What is the meaning of life to me now?
- What gives my life meaning?
- What are my spiritual goals?
- Am I open to change?

For more information visit:

www.southcentralfoundation.com/aging-well

Or scan the QR code

What can you do?

- Spend time in the communities that give you purpose and nurture your faith and spirituality.
- Share your wishes with your family and support system.
- Spend time in prayer, gratitude, or meditation.

Where can you find support?

Contact your primary care team directly or call
***Benteh Nuutah* Valley Native Primary Care Center ..... (907) 631-7800**

NB

☐ Elder Program ..... (907) 729-6500
The Elder Program offers services to improve quality of life and support independent living by providing an environment of quality, dignity, and pride.

☑ Family Wellness Warriors ..... (907) 729-5440
Family Wellness Warriors provides support for spiritual, emotional, mental, and physical wellness for those who may have experienced domestic violence, abuse, and neglect.

☐ Health Education ..... (907) 631-7640
Health Education supports healthy choices in daily life through education and outreach.

Key

- NB Non-Beneficiary
- ☑ Support available to Non-Beneficiary
- R Referral needed
- Travel by plane required
- Travel by car required
- Available over the phone or virtual visit