



# ELDER CARE

## LOCAL CATHOLIC SENIOR SERVICES

### Cardinal Ritter Senior Services

Services include independent and assisted living communities, affordable housing, dementia care, nursing facilities, social services, and volunteer opportunities. Cardinal Ritter Senior Services honors choices



CARDINAL RITTER  
SENIOR SERVICES

and maintains your quality of life by “doing the right thing, in the right way, for the right reason, every time.” CRSS is a Catholic Charities of St. Louis agency. For more information:

<https://cardinalitterseniorservices.org/>

## MANAGING LOSS AND HEALING



SAINT LOUIS  
COUNSELING

IMPROVING LIVES SINCE 1955

**Saint Louis Counseling** provides professional counseling services throughout the St. Louis area. Saint Louis Counseling is a Catholic Charities of St. Louis agency. For more information: [saintlouis counseling.org](http://saintlouis counseling.org)

**The Catholic Renewal Center** offers spiritual direction and a Healing and Deliverance Ministry. We turn to our faith in God in these moments and sometimes talking and praying with a brother or sister in faith is just what we need to ease our mind when we are struggling. The sharing of our faith and the accompaniment of one another on the journey is a core value of the Archdiocese. Learn more here: <https://www.archstl.org/catholic-renewal-center/ministries-and-seminars/grief-ministry>

**Grief is a God-given gift that helps others adjust to a loss, God-centered steps for healing.** – An article by the St. Louis Review: <https://www.archstl.org/grief-is-a-godgiven-gift-that-helps-others-adjust-to-a-loss-3491>



CATHOLIC RENEWAL CENTER  
“AWAKENING THE GIFTS & FRUITS OF THE HOLY SPIRIT”



# ORGANIZATIONS AND HELPFUL INFORMATION

## Catholic Grandparents Association

<http://www.catholicgrandparentsassociation.org/>



Grandparents want the best for their grandchildren. They want them to be good, decent human beings, to know the difference between right and wrong, able to make good moral decisions and, if they go astray along the way, to be able to find their way back to a loving and forgiving God.

Grandparents' vital contribution to the family, the Church and society was never as important as now. We are living in unprecedented times, with constantly changing social and moral values. Times of great emotional, physical and financial stress, Sometimes we feel like we are failing. We are not. We can never fail so long as we keep on doing what we are doing - praying, showing the way and passing our Faith.

At the heart of the Catholic Grandparents Association is the firm belief that this is our duty, our responsibility, our vocation, and we must do what we can. This is probably the most important job we will ever have and, for many of us, it may be our last. It is one from which we can never retire, so let us do our best. We owe it to our grandchildren.

Catholic Grandparents Association of St Louis <https://www.facebook.com/CGASTP/>

## World Grandparents Day and the

**Elderly** was established by Pope Francis to be held Church-wide on the fourth Sunday of July. We should preserve our roots and pass on what we have received. Grandparents and grandchildren should get to know one another because while grandparents see their grandchildren dream, young people, drawing on strength from their grandparents. Learn more:

<https://www.vaticannews.va/en/pope/news/2021-01/pope-establishes-world-day-for-grandparents-and-the-elderly.html>



World Grandparents Day Sunday, July 24, 2022



## **Blessings of Age: USCCB Pastoral Message on Growing Older Within the Faith Community**

“...Arriving at an older age is to be considered a privilege: not simply because not everyone has the good fortune to reach this stage in life, but also, and above all, because this period provides real possibilities for better evaluating the past, for knowing and living more deeply the Paschal Mystery, for becoming an example in the Church for the whole People of God...” -Pope Saint John Paul II

Read full message: <https://www.usccb.org/topics/marriage-and-family-life-ministries/blessings-age>

**USCCB Elderly Care Materials:** <https://www.usccb.org/committees/pro-life-activities/elderly-care-materials>

## **Care for Aging Loved Ones: USCCB pamphlet**

“...A role reversal (an adult child assuming some of the duties of an aging parent) or an assumption of new roles (taking over responsibilities formerly handled by one’s spouse) is rarely an easy transition. Go slowly. Be gentle. Don’t suddenly charge in and take control. Start with small things. If at all possible, let your loved one still play a part. Your loved one is experiencing losses and understandably feels frightened. You’ve lost something too. As he or she grows older or sicker and loses more abilities, you’re losing the person who once comforted you...”

More loving and practical tips for help aging spouse, parents and relatives: <https://www.usccb.org/about/pro-life-activities/respect-life-program/upload/Caring-for-Your-Aging-Loved-Ones.pdf>

## **Hope for the Journey, Caring for Terminally Ill**

USCCB article by Kathy Kalina, RN, CRNH: <https://www.usccb.org/committees/pro-life-activities/hope-journey-meaningful-support-terminally-ill>

