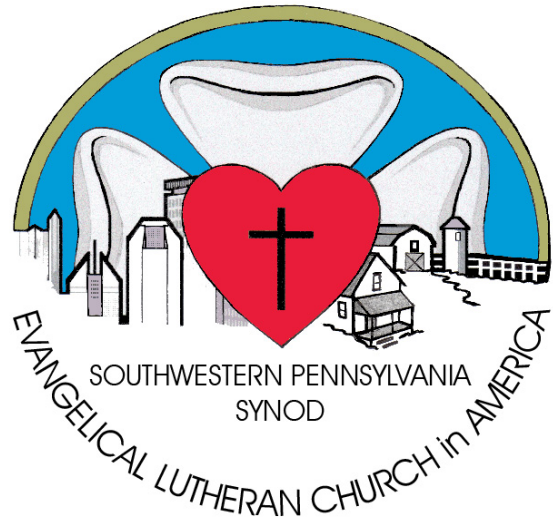




Lutheran SeniorLife

Health & Wellness Ministry



The Congregational Life Committee of our Southwestern Pennsylvania Synod recently met, exploring ways we can share resources amongst the vital congregations and ministries of our Synod! Lutheran SeniorLife's Health and Wellness Ministry leader, Patricia Davidson has shared some excellent resources with us.

Health & Wellness Ministry

Lutheran SeniorLife and the synod have partnered since 2009 to provide Health and Wellness Ministry support services to the pastors and congregations of the synod. As part of this service, Lutheran SeniorLife has made available three key resources to assist anyone in the synod:

- 1) **Speakers Bureau and Training Opportunities** – The Health & Wellness Ministry Coordinator will arrange for a professional speaker to present to your congregation or group on a timely topic, such as navigating the world of aging parents, preventing falls and senior safety, assistive technologies, and low vision awareness. Lutheran SeniorLife also provides training on health ministry topics such as visitation ministry and grief ministry. All of these presentations are done free of charge.
- 2) **Online Resource Directory** – The Health & Wellness Ministry Coordinator has compiled a variety of resources to assist with aging concerns, homelessness, and other health ministry topics. The directory can currently be found on Lutheran SeniorLife's website at: <http://lutheranseniorlife.org/about/brochures> (scroll to the bottom of the page).
- 3) **Referral Assistance** – If you or someone you know needs assistance, but you are not sure of all of their options, you can contact the Health & Wellness Ministry Coordinator to be connected with available and appropriate resources for that individual, or at the very least, contact information of someone who can help provide that direction.

