

Due to your absence from the Service Night Opportunity on Sunday, Oct. 22, 2023:

The sacrament of Confirmation is our way of saying “Yes!” to the Holy Spirit, the Church, and the Catholic community. Part of being in a community is helping each other. In the sacrament of Confirmation, we are agreeing to be an adult within the church, accepting the ministry of helping others, and fully participating in our faith community. The Service Night at the Bethesda Care Facility was an opportunity to help the elderly population within our community.

Please review the following article and write an essay describing your feelings towards helping the elderly within your community. You do not need to agree with every statement; write your thoughts and feelings. Do not re-write this article; give a thoughtful reflection.

Please return your essay to either your catechist, parish site coordinator, or the faith formation director, (email: MichelleTortorella@OurLivingWater.org) no later than Wednesday, November 1st. Your essay will be reviewed. If needed, an appointment to discuss this topic will be required with the director.

Michelle Tortorella

Faith Formation Director

Jesus Our Living Water Area Faith Community

713 12th St. SW

Willmar, MN 56201

320.235.3982

MichelleTortorella@OurLivingWater.org

*Excerpt from: Elderly Care: 10 Reasons Why We Should Care for Our Elders - **Big Hearts***

10 Reasons to Provide Good Elderly Care

If you sometimes find it hard to care for your elderly loved ones because you have your own family and job to occupy you, you can seek the help of quality adult day care and assisted living facilities. Here's why you should make sure they are provided with the best elderly care:

1. **They are your parents.** They raised you, and made sacrifices for you and the family all these years to make sure you grown up to be the person that you are. You need to provide them the best care because they deserve it. They cared for you and now they're the ones who need you.
2. **They love you.** As you have grown, your parents were there every stop of the way. Through your fumbles and triumphs, they have loved you unconditionally. You owe it to them and to yourself that they are in good hands and that you show your love in return by caring for them or providing them the same care they have shown you.
3. **They made sacrifices for you.** From the moment your mother carried you in her womb, until you grew up to be who or what you are today, your parents have definitely made sacrifices to make sure you are in good hands. You need to do the same for them by providing them quality elderly care at home or in adult daycare facilities.
4. **Show you appreciate them.** Caring for them and attending to their needs is one of the many ways you can show that you love and appreciate them.
5. **Heritage.** Your elders are part of your family and they can impart traditions and ideals that have been integral to your family's history and your own personal identity.

6. **Learn from them.** They have been through things you can't imagine. Throughout the years, they have weathered the many storms of life, and from here you can find precious life lessons. Therefore, take the time to heed what they say and learn from their lives.
7. **They need a sense of belongingness.** Providing them good elderly care by yourself or with the help of professionals stops them from feeling isolated and depressed. You help to provide them a sense of community and social life that empowers and energizes them.
8. **Gain insight into their values.** They lived through a time where the value system is different from yours. By spending time to talk to them and get to know their history, you can gain insight into how they lived, how life was in their times, and learn values that you can also apply to your generation.
9. **They need to feel a sense of purpose.** Part of properly caring for your elderly loved ones is providing them a sense of purpose so they will always look forward to the days ahead of them instead of being filled with dread or uncertainty.
10. **They are nearing the end.** Let's face it, sooner or later, with their age, the future becomes more uncertain. This can take a toll on their physical and mental health. Make them live out the rest of their lives feeling happiness and at peace as well as feeling loved and cared for.

Bonus reason:

11. **It is simply the right thing to do.** As a human being, it's just right that you care for your elders. After all, you are soon going to become one to. By caring for your elders, you show your own humanity and simply do what is right.