

Pastoral Plan for Golden Agers

Draft Objectives

Social – Priority A

To meet the unique social needs of persons over the age of 70 to build community, supportive, and intergenerational relationships among the Golden Agers.

- 1) Offer normal activities such as Choir rehearsals, men's choir, book studies, etc. in the morning or afternoon for older persons who cannot drive at night.
- 2) Offer a month social event preferably in the day with varying activities to include game time, Bingo, Pokeno, Poker, Trivia, Puzzles, Brunch social time, teas to reminisce.
 - a. Find a coordinator for social events.
 - b. Publicize the social well. Have youth program make posters. Speakers at Masses
- 3) Offer affordable day trips.

Entertainment – Priority B

Offer entertainment opportunities desired by the Golden Agers.

- 1) Offer opportunities to view movies (Christian or Oldies) and be sure they have subtitles for the hard of hearing.
- 2) Offer opportunities such as choirs, dance groups, or music events.
- 3) Organize a knitting or quilting group during the day.

Spiritual – Priority C

To meet the general and unique spiritual needs of person over the age of 70 to promote spiritual growth that supports many challenges faced in this phase of life.

- 1) Offer spiritual growth opportunities such as Catholicism Series, Book Clubs, and Small Faith Sharing Groups preferably during the day or early afternoon.
- 2) Develop a lending library of spiritual books.
- 3) Offer ongoing Grief Support group to allow opportunity to process grief with other in similar stages of loss.
 - a. Bereavement Team follow to up with those who lost a loved one.
 - b. Offer training on running a household after a spouse dies.
 - c. Offer end of life planning including financial and legal education opportunities.

Physical – Priority D

To meet the physical needs of persons over the age of 70 keeping the body and mind active and providing for those with physical or mental impairment.

- 1) Offer opportunities to keep the body and mind active such as Chair Yoga, Noodle Volleyball, or Bean Bag Baseball, Walking Trivia, Crossword Puzzle clubs, puzzles, etc.
- 2) Consult with Louise Pearce for ideas or leading events (Retired PT)
- 3) Promote the Helping Hand ministry to those who cannot repair their homes.

Facility – Priority E

Ensure that St. James' facility is accessible and has all needed safety measures for the Golden Agers.

- 1) Add a railing going into the adoration chapel.
- 2) Have ample hearing assistance devices with the sound system. Also, properly, and frequently promote their availability. Have sufficient devices on hand.
- 3) Develop a system to receive donations of walkers, wheelchairs, shower chairs and distribute out.
- 4) Provide option of wheelchair to get to the bathrooms from church.

Homebound – Priority F

Take care of the spiritual and practical needs of the homebound.

- 1) Rebuild the pastoral visitor ministry after COVID.
- 2) While priest covers for one month for Fr. Oscar, anoint the homebound.
- 3) Reinstate Nursing Home Masses.

Care for homebound Golden Agers, especially those lacking a support system.

- 1) Frequent check in and a buddy system to be developed.
- 2) Provide transportation to Mass and events.
 - a. Purchase a 14-passenger handicapped accessible bus.
 - b. Develop a transportation ministry of drivers and organizers.

Provide support for caregivers of Golden Agers.

- 1) Form a Respite Volunteers ministry (Look up regulations with Catholic Mutual).
- 2) Offer retreat day and/or support group.

Valued as part of the community – Priority G

Offer opportunities that help the community see the value of our Golden Agers and for older persons to see their own value.

- 1) Organize a loving your neighbor system of phone calls to check on those over 70.
- 2) Plan intergenerational events that allow the multiple generations to converse or give testimony.
- 3) Offer health screenings or health education opportunities.
- 4) Run occasional bulletin articles on some of our Golden Agers in their 90s sharing about their life experience and wisdom gained.