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**“Old age isn’t so bad
when you consider the
alternative!”**

- Maurice Chevalier



Living Well In Retirement Spirituality's Contribution to the Well-Being of Older Adults

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Well-Being



The Presence of Positive Emotions and Moods

- Contentment
- Creativity
- Happiness
- Peace
- Hope



Judging Life Positively And Feeling Good



Contemporary Spirituality

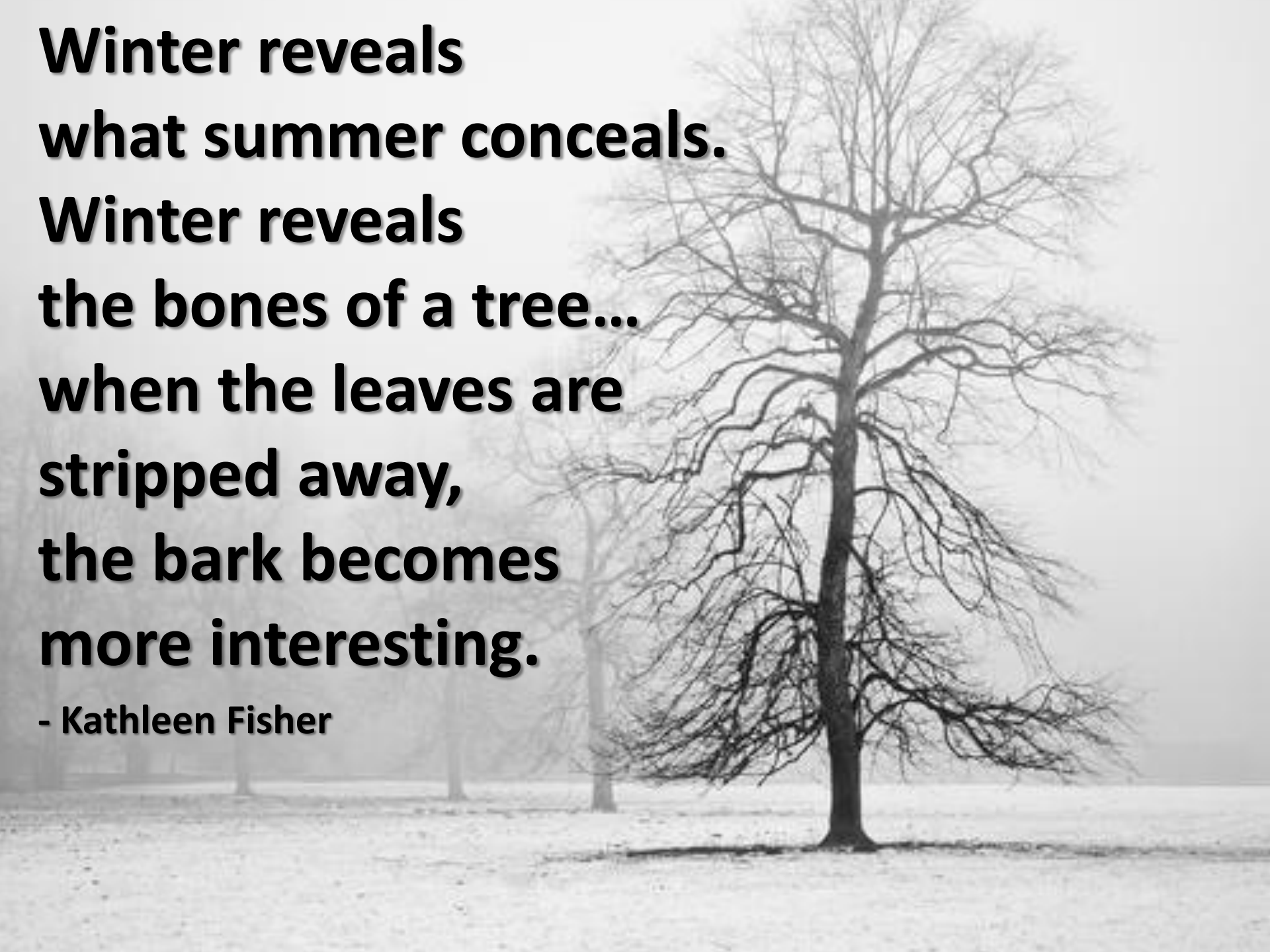


- Ultimate Meaning and Purpose
- Relationships/Connections
- Self-transcendence
- Discovering and holding on to that which is Sacred

**Winter reveals
what summer conceals.**

**Winter reveals
the bones of a tree...
when the leaves are
stripped away,
the bark becomes
more interesting.**

- Kathleen Fisher





Spiritual Well-Being



The ability to experience and integrate meaning and purpose in life through a person's connectedness with one's...





Spiritual Well-Being



- Self
- Others
- The Arts



- Nature
- A power higher than oneself





Spiritual Tasks of Aging



Resources:



Erik Erikson,
Victor Frankl,
Elizabeth MacKinlay,
Robert Raines,
Marianne Mellinger





First Spiritual Task



Awakening:

Reengaging meaning,
purpose, and direction of life





**“At this stage of my life
what is the core
meaning and purpose
of my life?”**

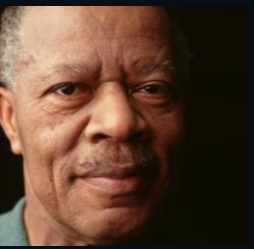


Second Spiritual Task



Re-ordering Time and Re-imagining Work





Identity

Who am I?



Vocation

To what am I being
called at this time
in my life?



Third Spiritual Task

**Embracing Sorrow and
Savouring Beauty**

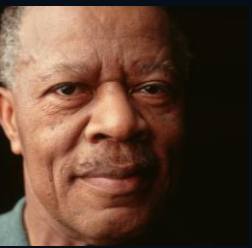


Fourth Spiritual Task



Choosing Our Attitude





“...the stand we take
when faced with a
situation of
unchangeable
suffering.”

- Victor Frankl



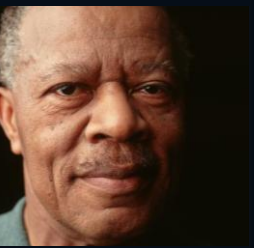


Fifth Spiritual Task



Nurturing Relationships





**“With whom will
I age?”**



Sixth Spiritual Task



Leaving A Legacy

How and for what do I want to
be remembered?





Spiritual Tasks

- **Awakening**
- **Re-Ordering Time and Re-Imagining Work**
- **Embracing Sorrow and Savoring Beauty**
- **Choosing Our Attitude**
- **Nurturing Relationships**
- **Leaving a Legacy**



Seventh Spiritual Task



**Loving Self and
Accepting the
Finiteness of Life**





4 Questions



- What is your understanding of what is happening to you?
- What are your concerns about what is happening to you?





4 Questions



- **What are your goals if your condition worsens?**
- **What trade-offs are you willing to make, or not willing to make, to try and stop what is happening to you?**





Books Referenced



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