



Learn



Pray



Act

Lent Project: The Elderly

“It is always a blessing to gain wisdom from our elderly.”

EARLY WEEK-Overview- Too often when we see a grandparent, visit with an elderly parishioner, or even interact with the person in a grocery store line, we ask ‘how are you’ and miss a great opportunity to find out who they are. This video is a glimpse at what a single question or two can mean, what you can learn, and common ground you can find, starting with a local resident who is over 100 years old.

(see separate file for the video)

Who is Isabelle? Isabelle is a 101 year old Centurion who receives communion through our Homebound and Nursing Home ministry. She is great- great grandmother to 7, was one of the original working moms, spending her career at Fisher-Fazios grocery store. A lifelong Indians fan, she has watched games at League Park, Cleveland Municipal Stadium, and celebrated her 100th birthday at Progressive Field for a game. Isabelle suffered a serious health issue that left her wheelchair bound at age 90. She recovered fully, and with the same bright spirit and outlook on life that she shares in this video.

MIDWEEK-A New Perspective

Many elderly people can continue make contributions to their family, church or community if given the opportunity. The following link celebrates 10 famous people who found success later in life. <https://vantageaging.org/blog/success-later-in-life/>

Facts about our Elderly Brothers and Sisters

Senior citizens make up 17% of the US population. Half of all elderly people live in 9 states; Ohio is one of them. In 2020 the median income for persons over age 65 was \$27,398.00 in the US. Suicide is an important problem among older adults. Suicide rates are particularly high among older men, with men ages **85 and older** having the highest rate of any group in the country.

-Important ways to keep the elderly happy and healthy (Smithlife Homecare):

Keep them Connected, eat together, Encourage Physical Activity, Honor them, take advice from them, Discuss family heritage, history, and traditions.

END OF WEEK- Scripture: God promises to stay by your side from birth until your final days, “I will be your God throughout your lifetime-until your hair is white with age”. “I made you and I will care for you”. “I will carry you along and save you”. “You are never alone even when you feel weary or anxious” (Isaiah 46:4).

“Wisdom belongs to the aged and understanding to the old” says Job (12:12) reminding us of the value of older adults.

Reflection In what ways in your life, large or small can you both benefit from and show support and respect to the elderly people in your family, church or community?

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