

Visiting the Elderly

Diocese of Arlington

This year, the Diocese of Arlington is celebrating 50 years since being established by the Vatican! The theme of the Golden Jubilee year for the Diocese of Arlington is "Renew!" This theme is meant to emphasize renewing and strengthening our faith in order to share it with others through evangelization and Spiritual and Corporal Works of Mercy. The seven Corporal Works of Mercy are found in the teachings of Jesus and give us a model for how we should treat all others, as if they were Christ in disguise. These works of mercy are:

- feed the hungry
- give drink to the thirsty
- shelter the homeless
- visit the sick
- visit the prisoners
- bury the dead
- give alms to the poor.

This resource is meant to aid youth and young adults in renewing their faith by living out the corporal works of mercy, specifically visiting the elderly, sick, and suffering.



Senior Center Ministry

The St. Martin de Porres Senior Citizens Center offers a variety of opportunities for senior citizens to stay social, active and healthy. There are a variety of ways you can volunteer with your youth grouping or as a young adult.

- Student Groups: Contact Maria Mellor
- Activities and games: No age restriction, groups or individuals can lead
- Exercise instructor: Available for licensed exercise instructors 18+
- Breakfast/lunch helper: No age requirement
- Nurse: Must be an RN, nursing student, nursing school attendance
- Arts and crafts instructor: No age restriction, groups or individuals can lead
- Nutritionist: Must be 18+

Use this resource to find a nursing home in your area.

Contact your parish to visit shut-ins to see what they are already doing.

Hospital Ministry

- Consider making a donation to hospital ministry so educational and evangelizing materials can be supplied to the sick and suffering in hospitals.
- Pray for the sick and suffering in hospitals.



DIOCESE OF ARLINGTON
YOUTH, CAMPUS, &
YOUNG ADULT MINISTRIES

