



## Staying Spiritually Active While Social Distancing

Whether due to public health concerns, inclement weather, or poor access to transportation, staying socially active can be difficult for seniors as they age. This is especially true for those who regularly attend a weekly spiritual service or gathering. However, there are multiple ways to stay spiritually active, even when gathering in-person isn't an option. From attending services online to doing a daily prayer or meditation, discover how to stay spiritually active while social distancing:



### Virtual Services / Gatherings

Attending mass and staying socially distant is still possible, even during a worldwide pandemic. Check in with your congregation or congregational group to see if they are having virtual Sunday worships or ask if this could be a possibility. Organizing or attending a gathering such as a coffee hour with prayer is also a great way to remain social while also practicing your faith.

### Create a Sacred Space at Home

Creating a sacred space in your home where you can meditate or pray is also a great way to practice your faith while remaining socially distant. If you are yearning to have a book in your hand or listen to the beautiful hymns from the organ, lighting some of your favorite candles, grabbing your prayer book, and creating a playlist of some of your favorite hymns can be a great alternative.

### Prayer Resources

There are numerous resources online to turn to that can also help you maintain your faith without having to leave the comfort of your home. Prayer resources like "The Book of Common Prayer" or "Forward Movement" are two great resources for those looking for spiritual support and free resources like prayers or curriculums.

### Reach out to your priest/pastor/minister/spiritual director

Your priest or pastor can also be a great resource to use when looking to keep up your faith and feel connected. Asking if they can meet during a Zoom/Skype/Facetime call can be a great option to keep in touch while also staying connected with your faith.

### About Kahl Home

Kahl Home in Davenport, IA is committed to providing the highest quality of services and care for all residents who make our community their home. Our services include long-term/intermediate care, post-acute care/short-term rehab, memory/dementia care, and respite care. Our community also offers dietary consulting and both individual and group activities to keep you or your loved one engaged. Kahl Home's senior care experts are ready to answer your questions and connect you with the right services at the best time for you.



To learn more or schedule a tour, call 563.324.1621 or visit: [www.kahlhomedav.com](http://www.kahlhomedav.com)  
6701 Jersey Ridge Rd  
Davenport, IA 52807