



COUNT YOUR Blessings

As we age, life gets tougher. Simple activities of daily life (ADLs) like dressing, showering, toileting, and eating can be challenging due to illness and aging.

On top of that, life for a senior can be limited sometimes confined to their own home. Quite often, driving privileges are removed for their own safety and others on the road. Where they were once footloose and fancy free, they are no longer independent but dependent on others to get out just to pick up the newspaper!

Many seniors are isolated as their circle of family and friends continuously grows smaller due to loss. Nowadays, it is the norm for adult children and other family members to live out of state. It's easy to start feeling depressed but despite all the challenges of aging and illness, there is always something to be thankful for.

Read on for two daily activities that will help remind you of God's blessings in your life.

“Surely you have granted him eternal blessings and made him glad with the joy of your presence.” Psalm 21:6

**A MOMENT IN TIME:
LET'S LEARN, LAUGH, PLAY AND PRAY!**

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JOURNAL YOUR BLESSINGS

Each day thank the Lord for a blessing in your life. Record in a journal and revisit often to remember God's goodness and faithfulness. Share with others to encourage them too.

Here are some examples of blessings to help you get started:

