

POAMN 2023 Conference

Volunteering in Retirement Communities

Rev. Cindy Ray, Executive Director
Friday, September 15, 2023



PAHSA

PRESBYTERIAN ASSOCIATION OF
HOMES & SERVICES FOR THE AGING



Presbyterian Association of Homes & Services for the Aging
“Serving older adults through mission and faith”



OUR MISSION is to provide and encourage networking and educational opportunities among its members, and to promote the ministries of its members



About PAHSA

History

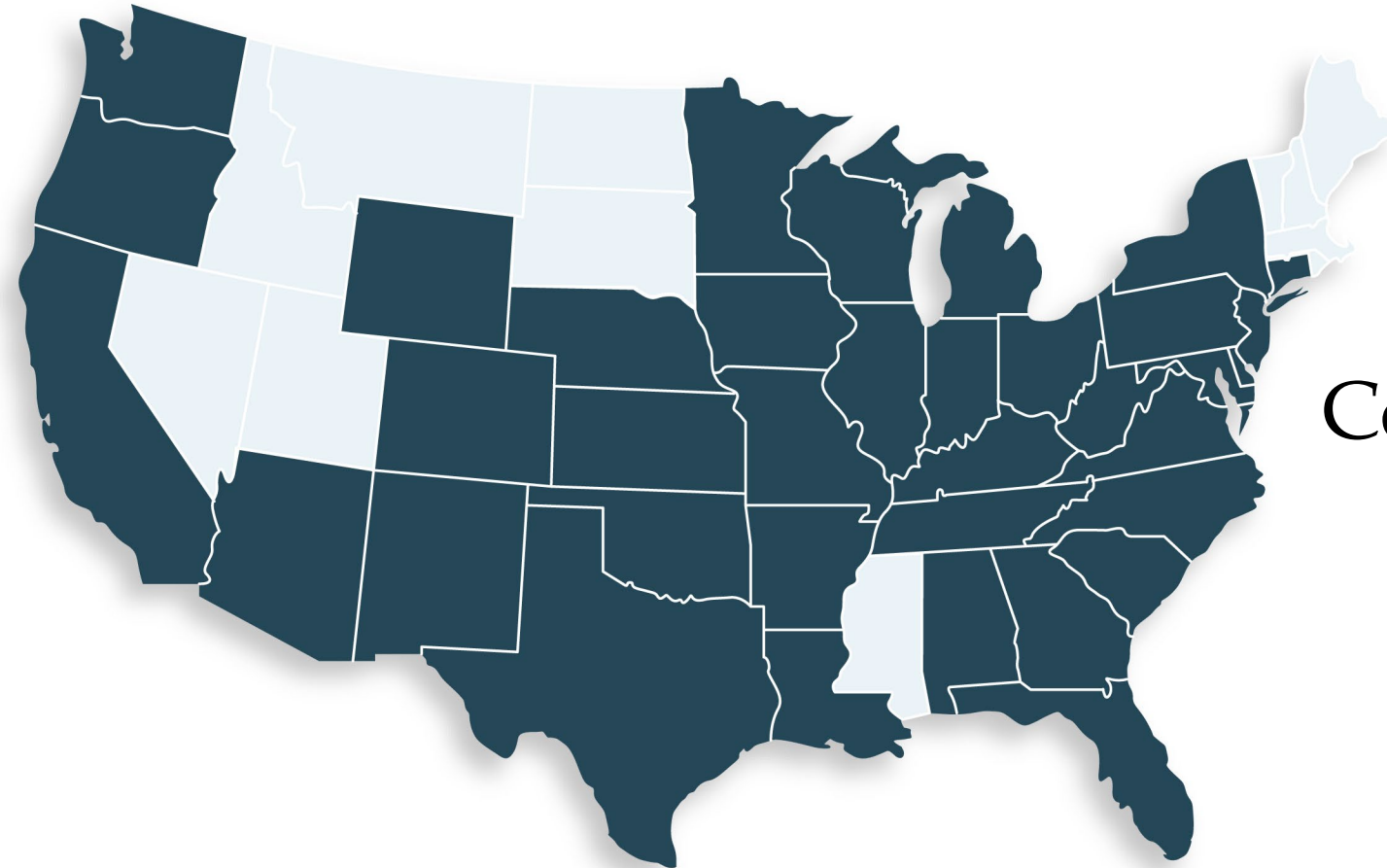
- Two associations formed in 1960 (PCUS) and 1974 (UPCUSA)
- United in 1983 to create PAHSA
- Formed Mission Partnership with Presbyterian Mission Agency of PCUSA in 2011
- Expanded Presbyterian affiliation in 2013 with PCA, ECO & EPC

Members

- 55 unique senior housing and services provider organizations
Largest: 280 locations Smallest: 1 location
- Over 400 locations
- 28 members are in the top 50 senior housing & service providers by units and revenue.

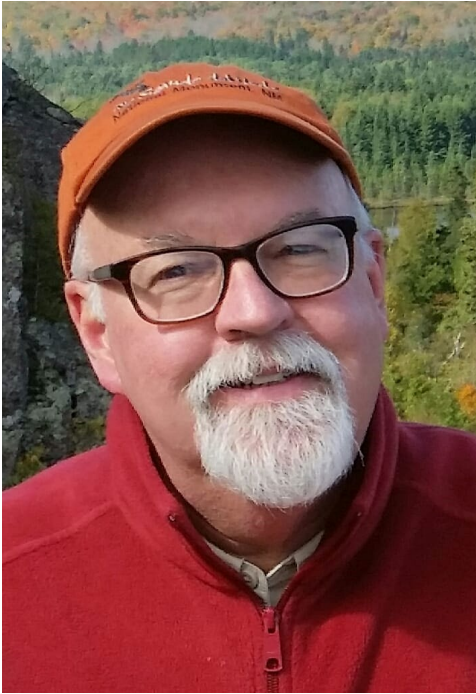


About **PAHSA**



Senior
Living
Communities
in
34 States

About Cindy



Steve



Sarah



Andrea

About Cindy

Zoey



About Cindy

Executive Director: 2012 - present



Senior Communication Specialist: 2008 - present

Interim Pastor, Shakopee, Minnesota: 2006 – 2008

Pastor, St. Paul, Minnesota: 1994 – 2006

Pastor, Williamsburg, Missouri: 1990 - 1994

Assoc. Pastor, Cape Coral, Florida, 1986 - 1990



Education

Ecumenical Institute-Bossey, Geneva, Switzerland, 1984

Princeton Theological Seminary, 1984

University of Kansas, 1980



About Cindy



Candy Striper Volunteer, Indian Creek Nursing Home,
Overland Park, Kansas: 1971-1973

About Cindy

Gerry & Jerry



Not your grandmother's nursing home...

1928: The first residents of the Presbyterian Home in Dillsburg, Pennsylvania (Now Presbyterian Senior Living)



Today's Senior Living Community

- Active Independent
- Assisted Living
- Memory Care
- Skilled Nursing Care

Today's Senior Living Community

- For Profit
- Non-Profit
- Faith-Based

Seven Dimensions of Wellness



Q: What is a volunteer?

A: A person who freely gives their time and talent in service to others.



Who volunteers in a senior living community?

Top 10 demographics

10. College-age students

9. Clergy & church professionals

8. Elementary age children 5-13

7. Teens 13-18

Who volunteers in a senior living community?

Top 10 demographics

6. Employed adults
5. Homemakers
4. Intergenerational groups
3. Church members
2. Older adults who are retired

Who volunteers in a senior living community?

Top 10 demographics



#1

Senior Living Residents



What do older
adults need from
volunteers?

What do
senior living staff
need
from volunteers?

What do
volunteers DO
in senior
communities?

What do volunteers DO?

- Escort/Accompany Residents
- Offer Companionship (even pet visits)
- Support Staff
- Govern and lead
- Share Culture and Education
- Support Spiritual Care
- Engage in Purposeful Living
- Bring on Fun!



How to volunteer in a senior community

- Talk to a friend who volunteers or works in senior living
- Reach out to a senior community in your area
 - Volunteer Coordinator
 - Life Enrichment Director
 - Chaplain
 - Receptionist



How to volunteer in a senior community

- Background check (scheduled volunteers)
- Training
- Supervision
- Tracking

Special needs for special people

Active Independent

Assisted Living

Memory Care

Care Center

Why volunteer in a senior community?

What's in it for me?

- Stay active – on your feet
- Learn new skills
- Make new friends
- Experience the senior living environment
- Become more comfortable interacting with older adults
- Answer Jesus' call to serve
- Be a generous steward of your time and talent
- Expand and extend your congregation's mission
- Contribute to the well-being of society
- Grow your heart
- Face your own aging
- Lean in to your own mortality
- Live joyfully!



PAHSA

“Rise in the presence of the aged,
show respect for the elderly and
revere your God. I am the Lord.”

~Leviticus 19:32





Questions & Conversation



Thank you!

Cindy Ray

cray@pahsa.org

Visit the table until 12:30 p.m.

