

Program Director

Sr. Ann Billard, OLM, Ph.D.

Sr. Ann Billard is a Sister of Charity of Our Lady of Mercy with 45 years in pastoral ministry providing a rich combination of life experiences to share with others.

She has graduate degrees in pastoral counseling from Loyola College in Maryland. A pastoral counselor and certified GriefRecovery® specialist, she has presented workshops on spirituality and aging throughout the United States, Canada, and Australia. Sr. Ann specializes in elder work.

As a result of her doctoral research, which examined the relationship between spirituality and well-being in aging Catholic sisters, she developed the workshop which offers an overview of a spiritual model of aging. Workshop participants requested a retreat format to allow for ongoing reflection and processing; thus a guided retreat was developed using the same theme.

Sr Ann is available to give presentations, workshops and retreats wherever older adults reside or gather: parishes, retreat/spirituality centers, assisted living, skilled care, or motherhouses of religious orders.

Contact Sr. Ann for more information.

Phone: (843) 795-6358

Email: eldermidwife@comcast.net

Sisters of Charity of Our Lady of Mercy
PO Box 12410
Charleston, SC 29422

Letting go
of the past.
Reclaiming the
wonder. Sharing
the legacy.

Saying
YES
to the
call of
Aging.

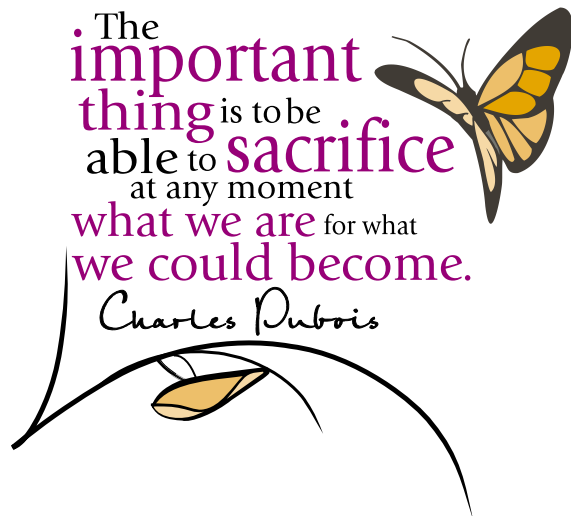


A Spiritual Model of Aging for Older Adults

Are physical problems getting in the way of enjoying the "golden years"? Do you have a sense of purpose as you grow older? Do you find yourself wondering how to prepare for death?

As people of faith, we are called to transformation. *Transformative Aging* provides the older adult with tools to foster one's spiritual growth while promoting a positive approach to one's aging process.

Spiritual growth occurs via self-transcendence. *Transformative Aging* enhances this process providing a way for the older adult to become a *Transcendent Elder* – one who has said "yes" to the call of aging by living in the promise of the resurrection while surrendering to the losses of aging.



"It gave me hope."

"*Transformative Aging* opens up a whole new way to age."

formats

Transformative Aging programs are available for older adults and their caregivers in a variety of formats: presentations, workshops, retreats adapted to meet participant needs.

Transformative Aging invites older adults to:

- Enjoy the contemplative dimension of aging.
- Find meaning and purpose in retirement.
- Journey towards the end of life with integrity not fear.
- Bring forth one's own inner elder – harvesting the wisdom of the years and reclaiming the wonder and delight in life.

Spiritual Tools

To focus on the spiritual tasks of aging we will use spiritual tools.

- | | |
|-------------|-------------|
| Scripture | Active |
| Elder Tales | Imagination |
| Creative | Prayer |
| Expression | Silence |

"It is a **must** for those who wish to be guided in a path that **helps them spiritually, psychologically and emotionally** ... on their journey."

"Before the workshop I wondered how I would prepare for death...
Now I know what I have to do
and I do not fear death."

Transformative Aging Participants



Above, Sr. Ann leads a workshop. Sr. Ann has conducted *Transformative Aging* retreats, workshops and presentations across the United States, Australia, and Canada.

For more information about *Transformative Aging* programs contact Sr. Ann Billard.

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