

Spirituality: Quality of Life

A mantra sounds in my mind these days as I walk the corridors of our Rochester Presbyterian Home and Cottage Grove. It first appeared to me at a training of 250 care givers in Elder Care and Memory Care, all led by Teepa Snow – a nationally known leader in care for people with many forms of dementia.

Early in the workshop Teepa displayed two scans – a brain of a child and a brain of an 80 year old with dementia. They looked the same! We know that the child's brain would develop as life unfolded. We know that the life ahead for the 80 year old had an inevitable conclusion. What Teepa said next was the germination of my mantra. "Both persons have life ahead of them. How they experience human care will determine their quality of life."

Our spirituality is the depth of that realm of caring. Our love, our care, nurtures the quality of others – as well as ourselves.

My mantra to this moment is: "From this moment on to the inevitable, we pursue all the spiritual ways of caring we can to create the highest quality of life for the people around us!"

Try it. You will like it!

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