

Spiritual Care



Spiritual Care Is C.A.R.E.

At Baptist Life Communities we believe that spiritual care is **Compassionate, Attentive, Respectful and Engaging** care.

These four core components of our new Spiritual Formation Program are integrated into everything we do as Chaplains. We desire to be empathetic and responsive when comforting others.

We desire to provide meaningful expressions of encouragement in an ecumenical manner to all traditions and faith groups.

We desire to be engaging, uplifting, and intentional in our efforts to assist with spiritual loneliness, fear, boredom, and grief.

Medical research has shown what Baptist Life Communities has known for over 70 years – an active spiritual life enhances physical, mental, and emotional health.

Continued engagement in spiritual celebrations and religious practices promote wellness and eases people through life transitions. As a member of the clinical team, Chaplains provide thoughtful, spiritual care to people from all walks of life.

What Is Spiritual Care?

Everyone has spiritual needs; some people have religious needs. Spiritual Care is designed to help residents, family members, and staff address both of these needs. Spiritual needs and concerns usually relate to what we call the “big” questions of life. These questions may include:

- Why is this happening to me?
- What does it all mean?
- How do I make sense of everything?
- How do I feel about changes in my life?
- What gives me comfort and hope?
- What do I consider the “good” and “bad” in my life?
- What am I grateful for?
- What do I trust?
- Who do I trust?
- Who is my “beloved community”?

Spiritual Care Is Ministry

Chaplains minister to people in transition.

They are students of religion and of life’s changes and understand how tough it can be to let go of trusted places and routines. Chaplains understand loss and they support residents, families, and staff as they move from the familiar to a new chapter in life in a healthy way.

The Spiritual Care provided by Chaplains is never intended to replace one’s church home, yet it offers residents the chance to live their faith in a new setting. Similar to a pastor from one’s home church, Chaplains are available to share in each resident’s journey of faith and to provide spiritual guidance.

Chaplains invest in their own spiritual growth and development through the study of senior living, including social, psychological, cognitive and spiritual aspects of aging. Chaplains meet residents, regardless of where they are in their journey, with compassion and acceptance.

When to Call the Chaplain?

Chaplains provide a variety of spiritual care services, including:

- Personal or family crisis support
- End of life care, assisting with advanced directives, legacy planning, and donations
- Listening without judgment
- Celebrating events and holidays
- Offering prayer, communion, and spiritual encouragement
- Providing guidance for those who lack faith, feel abandoned, question life, or seek hope and assurance
- Working with local faith communities to provide culturally competent care

Spiritual Services Include:

- Chaplain supported spiritual guidance and prayer
- Prayer and devotional gatherings
- Comfort and support for grieving families
- Celebrations and singing programs
- Scripture Study
- Hospital Visitation
- Worship Services

For More Information Call:

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The Encourager Volunteer Program

What is an Encourager?

"Encourage," as defined by Webster, means "to inspire with courage". As an Encourager you will "promote, motivate, champion, support, advocate, defend, cheer, and energize"; all words that describe and define the word "Encourage".

The Encourager Volunteer engages the resident in conversations of support while sitting in the living room, around the dining room table, or in the resident's room.

Being an uplifting and positive Encourager will make a difference, as emotions are supported and spirits are lifted. Research tells us that encouragement has many health benefits—including decreased risk of depression, an increased sense of purpose, and increased self-confidence.

Become an Encourager!

Continue Lifelong Learning!

Rich life experiences are indispensable. They make up everything you are today. Just imagine how many valuable stories, lessons and experiences seniors can share with you. When you spend time volunteering you'll benefit just as much as they do—and you can learn a lot too! Because seniors have compiled a number of stories over the years, it can often be a challenge just to know what to ask to kick-start a conversation.

Here are some ways to encourage them to reminisce and keep good stories flowing:

- Discover their passion. Does your friend love to cook? Ask them to share a favorite family recipe. Do they love to sing or draw? Get them to show you. Find what they are passionate about, and chances are, they will welcome the chance to chat about it, and maybe get creative!
- Discover their skills. If you don't already know the kind of career your friend had, find out! Ask questions about their biggest lessons or favorite moments. Don't forget to ask them about their skills and hobbies outside the job too—such as sewing, woodworking, or writing.
- Log the memories. Bring along a photo album, scrapbook, or journal on your next visit, and encourage your friend to sit and compile their memories with you. Use narrative, photos, captions, doodles, and more. You'll be turning their oral stories into a documented history book in no time!
- Make some artwork. Turn select pages of your memory book into wall art for their room.

You Make a Difference!

As a volunteer you make a difference. The time you give truly does change lives as you engage, care, and share your life with our residents. We believe that life is precious, and as you come to know our residents, you make their lives better.

We are happy to welcome community groups, student organizations, and seniors to share their talents and interests with our residents.

Encourager Volunteers are essential to our programs as they work together with our staff to create vibrant, safe, and inclusive opportunities of engagement for our residents. We want our volunteers to have fun, contribute in meaningful ways, and share.

Available Opportunities

Become an "Encourager"

- Participate in an activity, game, or social activity
- Play the piano
- Lead a sing-a-long
- Engage in pet therapy
- Sit outdoors and talk
- Go on a planned outing
- Help decorate for holiday parties
- Assist with special events like the car show or annual carnival

Senior Adult Encourager Volunteers

Senior Adults are an important part of the volunteer community, with millions of seniors donating their time to make a difference annually. Studies have shown that volunteering has great benefits as you age—older volunteers show lower depression rates, fewer physical limitations, and higher levels of well-being compared to others in their age group.

The National Institute on Aging found that participating in meaningful, productive activities such as volunteering may lower the risk of health problems, including dementia, and improve longevity.

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