



# MARRIAGE AND FAMILY WELLNESS



# NEWSLETTER

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VOL. 1

## THEME: I'LL NEVER FORGET YOU

### HONORING GRANDPARENTS AND ELDERLY WITH LOVE, PRESENCE, AND RESPECT.



The snow had stopped falling. Ice clung stubbornly to the edges of the church walkway, glistening beneath the pale morning light. I stretched out my hands to steady Ms. Janet as she carefully stepped out of her car. Eighty-four years old, wrapped quiet dignity, she moved slowly, deliberately each step a negotiation with the frozen ground. "I already had four falls this year," she said, not dramatically, but with a soft resignation that felt heavier

than the snow itself. Then she looked at me and added, almost as a warning carried by experience, "Wait... you don't want to get old." Her words lingered between us as we walked gingerly toward the church doors.

Just inside stood Ms. Fran, another octogenarian, her eyes bright with recognition. "Did you miss seeing me this past week?" she asked with playful insistence. I nodded.



She beamed, eager to recount the joy of her grandchildren's visit. Her voice warmed as she described their laughter echoing through her home. And then, almost in a whisper that bridged joy and truth, she added, "Getting old can really be hard."



She told me how, after the excitement of their arrival, the children gradually disappeared into screens and virtual worlds. The house was still full, yet she felt alone. The laughter softened into silence. The distance between generations, though only a room apart, felt wider than ever.



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These are not unusual stories. They live in our parishes, our families, our neighborhoods. They unfold quietly in church pews and at kitchen tables. They ask us to pause and wonder: What happens at this privileged stage of life? What does it mean to grow old in a world that moves too quickly to notice?

Aging is an essential and inevitable part of human existence. It is the completion of the human cycle a crown earned through years of love, sacrifice, memory, and perseverance. Old age is meant to be a stage of honor.

And yet, it can also be profoundly challenging. It is the season when strength wanes, when independence shifts, when agency feels fragile. It is the moment when hands once steady and strong may need to be held. Jesus once told Peter, “When you are old, you will

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stretch out your hands, and someone else will dress you and lead you where you do not want to go” (John 21:18–19). In those words is reverence. Is aging merely a decline or a sacred passage? It is vulnerability entrusted to love. It is a quiet invitation for the rest of us to become steady hands, attentive ears, and grateful hearts.

To honor our grandparents and elders is not simply to celebrate their years. It is to recognize in them living libraries of faith, resilience, memory, and grace. And perhaps, as we walk beside them on icy paths, we are not only helping them forward—we are learning how to walk toward our own future with humility, tenderness, and hope.



# Understanding the Needs of Our Elderly Loved Ones.

Caring for our elderly goes beyond meeting physical needs. Aging often comes with emotional, social, and spiritual transitions. Many elderly parents and grandparents experience loneliness, reduced mobility, memory challenges, or health concerns. During these seasons of life, love and reassurance become even more important.



Our elderly loved ones still desire purpose, dignity, and belonging. When families intentionally include them, listen to them, and show appreciation, it strengthens their emotional well-being and helps them feel valued and respected.

## ***Practical Ways to Show Genuine Elderly care.***



True care means intentional, consistent and compassionate actions, Here are meaningful ways families can support and honor elderly parents and grandparents:

- Emotional Care
- Listening patiently to their stories and memories
- Encouraging them to share their life lessons and testimonies

- Providing reassurance that they are loved and appreciated
- Spending distraction-free quality time with them.

## **PHYSICAL CARE**

- Assisting with daily tasks when needed
- Ensuring they have safe and comfortable living environments
- Helping them attend medical appointments
- Supporting healthy nutrition and medication routines





## SPIRITUAL CARE

- Praying with and for them
- Studying scripture together
- Encouraging spiritual fellowship
- Reminding them that their lives still carry divine purpose

## WHY ELDERLY CARE MATTERS TO FAMILIES AND SOCIETY

When we honor our elderly, we preserve family history, strengthen generational bonds, and model compassion for younger generations. The love and respect we show today teaches children how to treat parents tomorrow.

One day, we too will grow old. The care and honor we give today help build the compassion and values of tomorrow's families.

## SIGNS THAT OUR ELDERLY LOVED ONES MAY NEED EXTRA SUPPORT.

**SOMETIMES, ELDERLY PARENTS MAY NOT OPENLY ASK FOR HELP. FAMILIES SHOULD GENTLY WATCH FOR SIGNS SUCH AS:**

- Forgetting medication or appointments
- Increased loneliness or withdrawal from social activities
- Difficulty maintaining hygiene or home cleanliness
- Reduced mobility or frequent falls
- Loss of interest in activities they once enjoyed

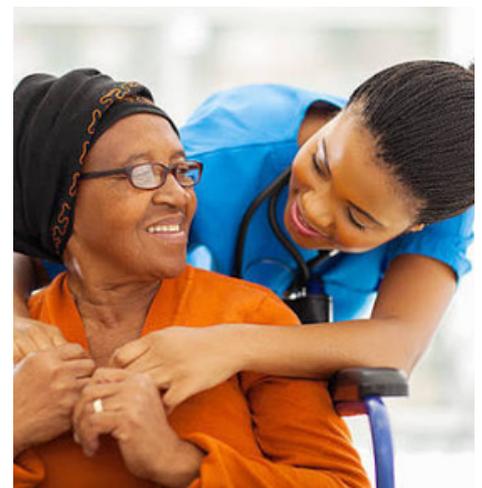
Recognizing these signs early allows families to provide support while maintaining dignity and independence.

### SCRIPTURE REFLECTION:

Rise in the presence of the aged, show respect for the elderly and revere your God. Leviticus 19:32.

### INSPIRING QUOTE:

"To care for those who once cared for us is one of the highest honors.



# Call to Action — This Week



- Visit an elderly family member or neighbor as part of your Lenten commitment
- Call or check on them intentionally
- Spend quality time listening, sharing, and praying together
- Help with errands or daily activities
- Include them in conversations and family activities



## CLOSING REFLECTION

At Remain In My Love Int., we believe every generation is a gift from God. Our elderly are living testimonies of faith, resilience, and family heritage. They deserve not only care but celebration.

Let us build homes where no elderly person feels forgotten homes where love, honor, and faith continue across generations.

We will never forget them.

### REMAIN IN MY LOVE INC.

Family • Faith • Love • Legacy

Building stronger families through compassion, connection, and Christ-centered care across generations.



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TO STRENGTHEN, RENEW, AND INSPIRE COUPLES.**

**EXPECT INSPIRING SPEAKERS, PRACTICAL INSIGHTS,  
AND SPIRITUAL RENEWAL.**

**DON'T MISS THIS OPPORTUNITY TO INVEST IN YOUR  
MARRIAGE AND YOUR FUTURE.**

**SAVE THE DATE. SPREAD THE WORD. SEE YOU IN  
LAGOS!**

