



## Why Church Is an Important Part of Seniors' Overall Wellness Strategy

Many people are aware of the spiritual benefits of attending church. For people of faith, church service is the ultimate representation of communal worship. It's a place where friends and family can share their faith in peace, harmony, and love. But the benefits of belonging to a church like [South Troy Wesleyan Church](#) stretch far beyond the spiritual - especially for seniors.

### Church as a mood enhancer

Anyone who goes to church knows that they often feel better afterward. This is anecdotal, of course, but the fact is multiple research studies [backup](#) this idea. The Merck Manual [says](#) that church attendance is linked to an improved sense of hope, a more positive point of view towards life, and a more empowered attitude towards illness. All this equates to improved overall health and reduced mortality rates. So it's not just an improved mood, but it's an improved attitude that may be able to help one live longer.

## **It helps to give meaning**

As we age, we tend to feel less useful than when we were younger. We no longer have children to rear - they are all grown up and self-sufficient. We no longer have jobs, as we are retired. It's easy for seniors to feel like they don't have a purpose. This can lead to depression.

Church gives seniors a purpose. They are part of a community - one that depends on them for support and guidance. Not only that, but churches are gateways to [charitable opportunities](#). Church organizations help feed the needy, clothe the homeless, and provide shelter to the abused. For a senior who feels a lack of purpose, what could be better than being able to help out their fellow man?

## **It gives them a healthy way to combat loneliness**

With the onset of old age comes a variety of health issues, mental decline, and even disability. As TruVida Recovery [explains](#), seniors must face mental and physical issues that can be particularly hard to bear. They may feel isolated, lonely or bored, and be dealing with an overwhelming sense of loss—not only for people they lose, but for past careers, lost capabilities, family changes, and so forth.

This leads many seniors to try drugs and alcohol as a coping mechanism. It might even begin innocently, with mistakes in medication timing or dosage. Since the symptoms associated with senior addiction can mimic many health issues associated with old age, it can be hard for others to catch. This creates a snowball effect, and it becomes incredibly dangerous to both their mental and physical well-being. The socialization that church can provide helps give them a healthy alternative to drugs and alcohol—a place for support, caring and connection.

## **It helps them make sense of a confusing time**

There's a lot of helplessness and confusion associated with becoming older. Our minds aren't as sharp as they used to be. Our bodies aren't as strong and agile. We know that we someday will die, and that time is closer than it used to be. Being a senior can be trying at times, as our brains must cope with the inevitable march of time.

But many people feel that spiritual connection makes it easier for them to cope with illness and disability. Knowing a higher power helps one make sense of life, and gives hope for what's next.

## **Connections are made easy thanks to technology**

Seniors who are staying home due to health concerns can even maintain connections via the internet, thanks to livestream worship and other online [listening opportunities](#). There are also easy-to-use Bible apps for study, such as [Bible Gateway](#) and [Bible.is](#). Of course, family, friends and church family can connect with isolating seniors in real-time, too, thanks to various [video chat options](#).

All of these apps and services are free, and seniors can access any of these options through their smartphone, tablet, or computer. Those with limited income can get [free phone service](#) through a government-sponsored program, and smartphones and tablets can often be purchased at [discounted rates](#) through seasonal sales. Since phones can be turned into [hotspots](#), seniors can take advantage of any and all of the above for minimal cost.

Church is more than religious worship and holy text study. It's a source of community and comfort that can help seniors through tough, uncertain waters. [Connect with](#) South Troy Wesleyan Church for more information on how we can help you enjoy a fuller and more balanced life.

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