

JANUARY  
2025

# MORE YEARS, MORE LIFE



“TAKING CARE OF OURSELVES TO LIVE AND TO BE BETTER”





# TAKE CARE OF OUR BODY

We wanted to resume this activity of “More Years, More Life”. We hope that it will be beneficial for everyone, keeping our activities at full capacity.

Always grateful for **GROWING OLD WITHIN A COMMUNITY OF LIFE AND ACTION**

- \* Aware that old age is part of life, that it is just another stage, that “from the moment we are born, we grow old, to grow old is to live and to live is to grow old”
- \* The community, the enabler of positive change in old age. Because we are sisters, we have to support each other and seek to improve as a result of this joint responsibility.
- \* Faith is a personal response, but it is lived within a community. It is not worth closing our minds, nor falling into negativity just because we are old, or because of the “YOYA” disease.
- \* Always ask ourselves: how can we age well? The answer to this question is associated with promoting certain routines and habits that help us improve our life changes:



All of us, we need to stay active by doing activities and exercises that stimulate our entire body, mind, spirit and social relationships, like this:

1. *Practice an appropriate lifestyle and behavior patterns.*
2. *Favorable social and congregational conditions.*
3. *Regular schedules.*
4. *Adequate rest.*
5. *Daily exercise.*
6. *Good humor.*
7. *Positive thinking.*
8. *Good nutrition.*
9. *Mental and physical exercises.*
10. *Stretching.*
11. *Good thoughts about life.*

Each of these points represents a challenge in our daily existence, requiring work and effort until it becomes a habit. (José Ramón López)

**Anticipatory grief:** This is a difficult reality for those caring for a loved one in the terminal stage of their life. Learning to identify and manage these emotions is essential to taking care of your own well-being as well. Is the emotional process that caregivers go through when anticipating the loss of a loved one.

**Characteristics of anticipatory grief**

**Ambivalence:** emotions of hope and fear.

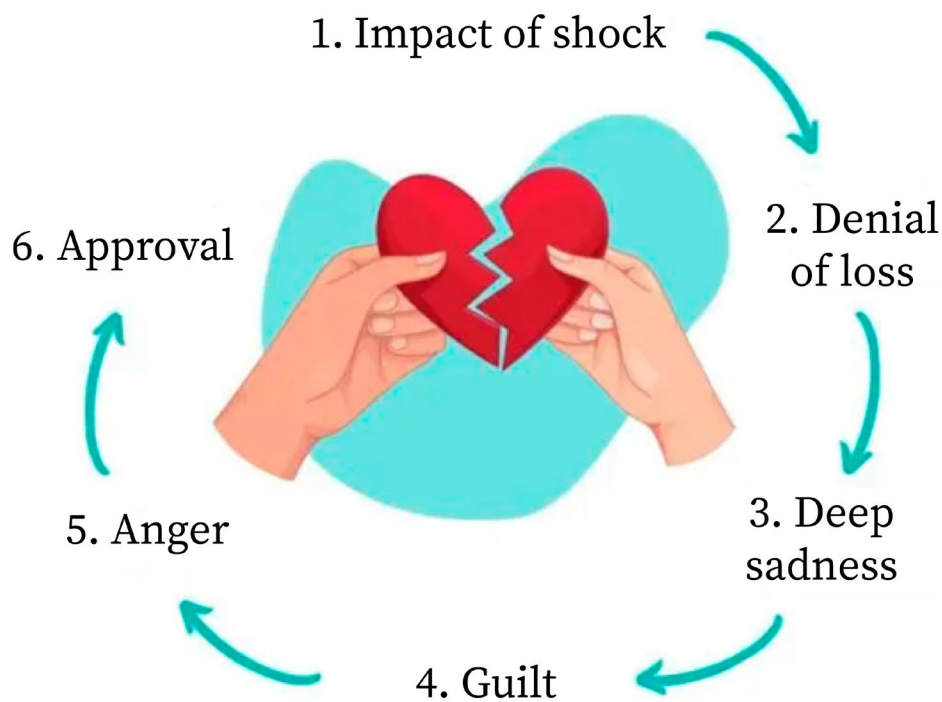
**Guilt:** feeling like you're not doing enough.

**Constant worry:** stress and constant vigilance.

**Isolation:** support networks are neglected for patient care.

Grief is the normal reaction after the loss or death of a loved one, and involves a more or less long and painful process of adaptation to a new situation.

**PHASES OF GRIEF**



\* To process grief means to get in touch with the void, to value its importance and to bear the suffering and frustration in the face of the emptiness that the loss has left.

\* Anticipatory grief is grief experienced before a significant loss.

\* It can be said that anticipatory grief can be a grief of preparation, for the person who is terminally ill, and preparation for the family and other people in the patient's life.

\* It is a reality for the patient, the family, the caregivers, the friends, and the professionals who care for the patient.

\* Anyone emotionally associated with the patient may experience this type of grief as well.

# TAKE CARE OF THE ENVIRONMENT



## What can you do to help care for the Earth?

The Earth and its ecosystems are our home. To achieve a fair balance between the economic, social and environmental needs of present and future generations, it is necessary to promote harmony with nature and the planet.

It is also an opportunity to raise awareness among all inhabitants about the problems affecting the Earth and the different forms of life that develop on it.

Caring for the Earth should not be limited to a single moment. The main problem is bad habits that must be progressively combated.



# TAKE CARE OF THE SPIRIT

## KEYS TO VITAL WISDOM

I would like to conclude by proposing seven keys to "vital wisdom" to live as prayerful people who discern life according to the Teresian magisterium:

**FIRST, BE THANKFUL FOR YOUR LIFE "INHABITED BY GOD,"** recognizing your "great beauty and dignity." As Teresa of Jesus reminds us, "if we do not know that we receive, we will not awaken to love." Undoubtedly, becoming aware of the things for which you are grateful can help you discover how God is "communicating" with you. You are His best and most direct word to yourself.

**SECOND, REALIZE THAT YOU "LIVE IN YOUR OWN HOUSE."** This implies the conviction that you will only have true peace if you accept who you are, your reality as it is, with the light and the shadow, recognizing what you think, what you doubt, what you don't know or can't do, what you want and what you are capable of. God is with you in your own house. Live in it.

**THIRD, AVOID THE TEMPTATION OF BELIEVING YOURSELF TO BE "SELF-SUFFICIENT" AND LIVING AS IF YOU CONTINUALLY "DESERVE" A REWARD.** Detach yourself from the results. Act freely and in harmony.

Consciousness always seeking the best will broaden your heart. You will also have to avoid the temptation to underestimate or undervalue yourself. In short, do not compare yourself with anyone. "Humility is walking in truth."

**FOURTH, BE FAITHFUL TO THE "INNER VOICE" THAT GUIDES YOU, open your mind and heart.** It identifies with the deep sense from which you live.

And if you are attentive, you can recognize there the voice of Jesus, the voice of GOOD, of TRUTH... It opens your mind and heart because it makes you capable of recognizing that same voice in other people, in situations... and living evangelical attitudes such as inclusion, compassion, forgiveness, trust or love.

**FIFTH, CHOOSE TO LOVE.** Whoever truly loves, gives of himself. To love is to put the best of oneself into everything that one lives, that one does. "A little or a lot," "let each one give what he has," Teresa will tell us. Because the Lord "does not look at the greatness of the works but at the love with which they are done." And when one lives in this dynamism and constant movement of "giving the best of oneself in everything," one will never stop growing more and more, because "love is never idle."

**SIXTH, ACCEPT THE MYSTERY AND PERSPECTIVE OF GOD.** It is also a question of humility: "I cannot understand everything," "I do not have all the truth," "I cannot do everything." There is a certain amount of misunderstanding in the world.

I find in people, in events, in history, in myself... it overwhelms my intelligence. But my reaction is not skepticism, cynicism or resignation. Instead, hope and confidence spring forth: I will not give up, not because I trust myself, but because I know that we are and I am in good hands!

**SEVENTH, LIVE TO SERVE.** The Gospel reminds us that "there is more joy in giving than in receiving." And Teresa warns us that the fullness of life becomes fruitful through works, through service. "Doing that little thing that is in me," and ensuring that those with whom we work and live do the same. Such a life is contagious, radiating peace, joy and meaning.

And to conclude, a final Teresian warning to advance on the path and not stop growing:

"Love will make us quicken our steps; fear will make us watch where we put our feet so as not to fall down a path where there is so much to stumble on as all of us who live walk." (The Way 40,1).

It reminds us that the energy that moves the world (and me) is love. And it invites us to be vigilant, suspicious and attentive in order to identify those obstacles that can paralyze or divert me.

## “Land, offspring, blessing”

We suggest you read the story of Sarah, Abraham’s wife, in the book of Genesis, starting from chapter 12.

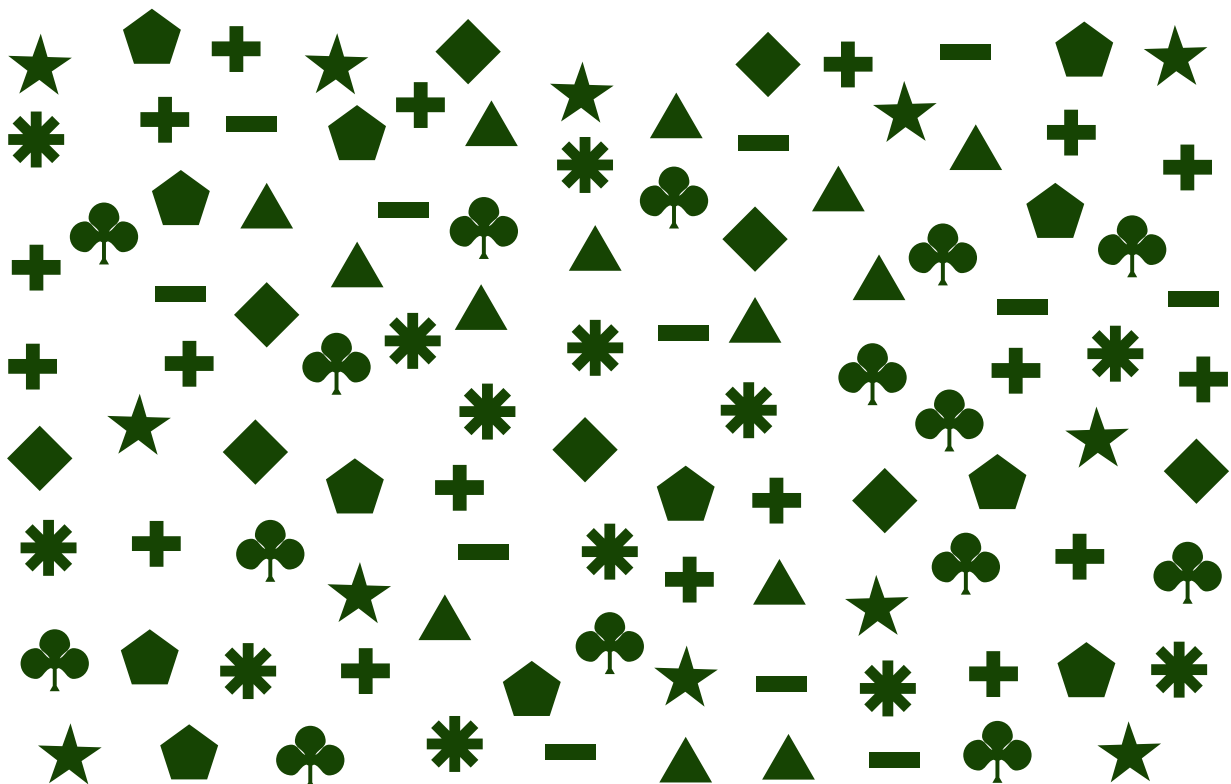
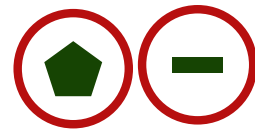
In Ana Unzurrunzaga Hernández’s book “Sara”, we hear the voice of this woman, fundamental in the history of salvation, mother of the son of the “promise”. Ana goes on to say that she believes that “a fine and almost invisible network woven with the threads of history unites all women and all of humanity; therefore, I invite you to discover this connection that your life has with Sara through the following proposals:

- \* What does Sara’s story tell you? What moments in your life have marked a “change of direction”?
- \* Remember your story through the eyes of this woman’s life.
- \* Discover through the story of Sarah and Abraham who God is for you, how you discover Him by accompanying you in your life, what relationship history you are building together, what He wants for you today... in the moment in which you live.

Share it with your community sisters at a designated time.

## TAKE CARE OF OUR MINDS

1. Circle the symbols you find like these:



**2. Look for the key words:**

**ABRAHAM, ANA, CHANGE, GOD, HUMANITY, WOMEN, PROMISE, DIRECTION and SARAH.**

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**3. Order the steps to follow to buy bread. Write the number below each drawing:**











Sisters of Charity of  
Santa Ana

Your opinion is important to us:  
If you want to give us ideas, if we can improve something ... tell us!  
Hna Crisanta Cordero: [crisantacor@gmail.com](mailto:crisantacor@gmail.com)  
Hna Rosa M Muñoz: [delegformacion@gmail.com](mailto:delegformacion@gmail.com)