

## Program Director

Sr. Ann Billard, OLM, Ph.D.

Sr. Ann Billard is a Sister of Charity of Our Lady of Mercy with 45 years in pastoral ministry providing a rich combination of life experiences to share with others.

She has graduate degrees in pastoral counseling from Loyola College in Maryland. A pastoral counselor and certified GriefRecovery® specialist, she has presented workshops on spirituality and aging throughout the United States, Canada, and Australia. Sr. Ann specializes in elder work.

As a result of her doctoral research, which examined the relationship between spirituality and well-being in aging Catholic sisters, she developed the workshop which offers an overview of a spiritual model of aging. Workshop participants requested a retreat format to allow for ongoing reflection and processing; thus a guided retreat was developed using the same theme.

Sr Ann is available to give presentations, workshops and retreats wherever older adults reside or gather: parishes, retreat/spirituality centers, assisted living, skilled care, or motherhouses of religious orders.

Contact Sr. Ann for more information.

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Letting go  
of the past.  
Reclaiming the  
wonder. Sharing  
the legacy.

Saying  
YES  
to the  
call of  
Aging.

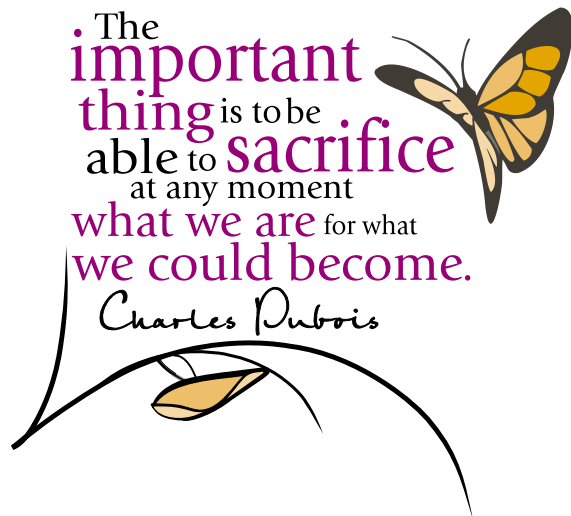


A Spiritual Model of Aging for Older Adults

Are physical problems getting in the way of enjoying the "golden years"? Do you have a sense of purpose as you grow older? Do you find yourself wondering how to prepare for death?

As people of faith, we are called to transformation. *Transformative Aging* provides the older adult with tools to foster one's spiritual growth while promoting a positive approach to one's aging process.

Spiritual growth occurs via self-transcendence. *Transformative Aging* enhances this process providing a way for the older adult to become a *Transcendent Elder* – one who has said "yes" to the call of aging by living in the promise of the resurrection while surrendering to the losses of aging.



# "It gave me hope."

"*Transformative Aging* opens up a whole new way to age."

## formats

*Transformative Aging* programs are available for older adults and their caregivers in a variety of formats: presentations, workshops, retreats adapted to meet participant needs.

*Transformative Aging* invites older adults to:

- Enjoy the contemplative dimension of aging.
- Find meaning and purpose in retirement.
- Journey towards the end of life with integrity not fear.
- Bring forth one's own inner elder – harvesting the wisdom of the years and reclaiming the wonder and delight in life.

## Spiritual Tools

To focus on the spiritual tasks of aging we will use spiritual tools.

Scripture

Elder Tales

Creative

Expression

Active

Imagination

Prayer

Silence

"It is a **must** for those who wish to be guided in a path that **helps them spiritually, psychologically and emotionally** ... on their journey."

"Before the workshop I wondered how I would prepare for death...  
**Now I know what I have to do**  
and I do not fear death."

## Transformative Aging Participants



Above, Sr. Ann leads a workshop. Sr. Ann has conducted *Transformative Aging* retreats, workshops and presentations across the United States, Australia, and Canada.

For more information about *Transformative Aging* programs contact Sr. Ann Billard.

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