



## NGO - PEACE & KINDNESS IN ACTION

### VI. Nursing Homes and Senior Living Facilities

#### Why introduce the Peace Trees Practices in nursing homes and senior living facilities?

The 5 reconnection practices of the International Peace Trees Program greatly help the elderly and those carrying serious illnesses or battling with long-term loneliness, aiding them to keep in touch with the outside world.

Moreover, these practices and all the dynamics generated by the establishment of the Program in the homes and centers help seniors stay in touch with their inner strengths and inner riches and continue to maintain their psycho-physiological activities at the most efficient level and continue to trust life and enjoy the pleasure of mutual support, security, and peace.

The practices of the International Program allow the elderly to:

1. Create a warm, loving, caring, and supportive relationship climate.
2. Keep in touch with the active life of the planet, children, and young people.
3. Have simple and concrete tools that allow them to return to the full presence of each moment, which will succeed in getting them out of mental preoccupations, agitations, or dark moods.
4. To continue to act together for the betterment of others and the planet by making a positive difference in the lives of others, thanks in particular to the great strength of their thoughts of support, comfort, love, and prayers.
5. Continue to support and encourage the great causes advocated by children and young people in their actions for the betterment of others and the planet.
6. Live real moments of renewed quality with best practices adapted to their life situations, regardless of the past, relational injuries, or traumas they may have experienced.
7. Have effective tools of support in the case of illness, death, bereavement, sadness, loss of hope, or feelings of loneliness or abandonment.



#### International Peace Trees Program and SDGs

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8. Act consciously, with a caring eye for others and their life situations, to maintain mutual trust.
9. Be supported by other family members and the “friendship” of the Peace Trees to continue to achieve feats and reveal their highest potentials through the richness of their life experiences.
10. Allow the creative expression and the powerful sharing of their life experiences, in particular through intergenerational exchanges that they can have with children and young people during the Practices of the International Peace Trees Program, and thus continue to reveal the power of the talents and inner riches of all.
11. To maintain a feeling of great inner strength and not to be overwhelmed by feelings of helplessness, inevitability, or resignation. To succeed in continuing to act in the present moment and to create new possibilities and new extraordinary opportunities in their life situations.
12. For caregivers, these tools help in everyday life, to see these elderly people from the heart, to feel their talents, their most beautiful potential, and all the inner riches present within each senior and help them to reveal these riches.

### **How to start and participate in the program**

If you wish to implement the International Peace Trees Program and benefit the residents of your center, retirement home, nursing home or elderly residence, contact us by email via: [thepeacetrees@gmail.com](mailto:thepeacetrees@gmail.com).

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