

**California Lutheran Homes Center for Spirituality and Aging  
and  
Care and Kindness Ministries**



# Practicing Kindness: A Framework for Meeting the Challenges of Aging

**When:**

Wednesday, January 30,  
8:30 AM – 4 PM

**Where:**

Walnut Village  
891 S. Walnut St.  
Anaheim, CA 92802

**Cost:**

\$75 registration fee; \$20  
CE Certificate (6 CE hours  
for BBS, BRN; NHAP/P;  
RCFE 6 hours applied  
for.) Continental breakfast  
and lunch provided.

To register and for  
more information go to  
[http://tinyurl.com/  
kindnessAnaheim](http://tinyurl.com/kindnessAnaheim)  
or call Nancy Gordon at  
714-507-1370.

This workshop will look at practicing kindness as a way of caring about others and ourselves; how we can create systems in our organizations that foster kindness, caring and respect for those working with older adults and those they serve; and how we can encourage the intentional practice of kindness by older adults as a spiritual pathway in aging.

**Key note speakers:**



“The Five Key Essentials for Practicing Kindness” by The Rev. Jim Kok, pastoral care pastor at the Crystal Cathedral and author of *The Miracle of Kindness*.



“The Power of Kindness: Inspiring Thought and Action” by Lauren Moulton-Beaudry, Ed.D., Front Porch Director of Ethics and Education

**Round Table presentations:**

“**Practicing Caring and Kindness in the Congregation**”: Jim Kok

“**Creating a Climate of Kindness in Long Term Care**”: Patrice Nordstrand, Chaplain at Walnut Village Retirement Community

“**Kindness in Action through Service**”: Bonnie Stover, Front Porch Director of Volunteer Services

“**Be Kind to Myself?**”: Nancy Gordon, M. Div., Director, California Lutheran Homes Center for Spirituality and Aging

“**Got Kindness? What if THEY Don’t?**”: Lauren Moulton-Beaudry

“**Kindness in Responding to the Needs of Dementia**”: Cordula Dick-Mulke, Ph.D., Director of Education, UCI Institute for Memory Impairments and Neurological Disorders



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AND AGING

a program of California Lutheran Homes and Community Services