



Activities with the elderly while on Humanitarian Missions

Dr. Ani Kalayjian

1. 7-step Integrative Healing group
2. Stretching and breath work
3. Emotional management, EI
4. Distribute Life is a gift bracelet
5. Supplements, remedies
6. Soul-surfing on chairs
7. Miguel Ruiz's 4 agreements
8. Disaster preparedness
9. Teach the care givers how to distribute Flower Remedies
10. Group photo & "Old is Gold" affirmations, singing traditional songs.

Use the Chair example- first carry it then put it down, as you put the burdens, pain, and regrets in this last stage of life down.