

Staying Happy, Healthy, and Meaningful in Twilight Years



In the spirit of the 30th National Senior Citizens' Day, the SND Indonesia Province Health Team organized a joyful seminar for the elderly sisters. The theme: *"Staying Happy, Healthy, and Meaningful in Twilight Years,"* was in line with the National Senior Citizens' theme, *"Healthy and Empowered Seniors for a Golden Indonesia."*

The event took place on Friday, May 22, 2026, in the Hall of the Santa Bunda Maria Convent in Pekalongan. From morning, the hall was filled with the warmth and enthusiasm of the elderly sisters in attendance. The seminar begins with a *Lectio Divina*, led by Sr. Laurensa, who invited the sisters to reflect on the Word of God as a source of strength and joy in their golden years.

Following the opening reflection, the Provincial delivered her remarks, emphasizing that aging is not a barrier to living productive and happy lives. She encouraged the sisters to continue serving as inspiring models for future generations through faith, wisdom, and service.

The keynote speaker, Dr. Fella Oktaria Dani, a general practitioner from Budi Rahayu Hospital in Pekalongan, outlined three key pillars for maintaining health in old age.

First, Happiness and Meaning: The autumn years is a time to reap the joys of life's journey and wear the crown of honor. Nurture happiness through warm relationships within the community, letting go of emotional burdens, and starting the day with gratitude.

Second, Maintaining Physical Health: Common health conditions among older adults include hypertension, diabetes, gout, anemia, and osteoporosis. Dr. Fella emphasized the importance of taking medications as prescribed and scheduling routine check-ups to maintain good health.

Third, a Healthy and Wise Diet: Herbal remedies and dietary supplements should be used with caution. Dr. Fella advised using only products registered with the BPOM (National Agency of Drug and Food Control) before taking herbal products simultaneously with prescription medications.

Then, the question-and-answer session, moderated by Sr. Yolenta, became one of the most engaging parts of the seminar. The sisters enthusiastically asked questions about illnesses and choosing foods suitable for their health conditions.

The event also featured senior fitness exercises and hypertension exercises, which brought joy while promoting physical fitness. This fostered a spirit of warmth and togetherness.

The seminar concluded with expressions of gratitude, the presentation of gifts to the speakers, a group photo session, and a communal lunch enjoyed by all.