



## The Nature of Spirituality

- As healthcare workers at TRMC, we encounter not only a diversity of cultures, philosophies and religious traditions, but also individuals who have no clearly defined philosophy or belief system. Florence Nightingale recognized that, “The needs of the spirit are as critical to health as those individual organs which make up the body.” Many times, these spiritual needs will go unnoticed, especially if expressed outside of a religious framework. In order to meet the spiritual needs of all of our patients, we must be able to distinguish between religion and spirituality. We must remember, however, that spiritual care does not imply an attempt to win converts to a particular point of view. Rather, it is a response to a specific need of the patient.
- Religion may be defined as a system of faith and worship, incorporating beliefs, values, rules of conduct and rituals. Spirituality, however, may not always be expressed within a religious framework. Spirituality incorporates an awareness of meaning, purpose and values in life.
- Spiritual care involves awareness of the person’s culture, social and spiritual preferences, as well as a respect for their spiritual beliefs and religious practices. In providing spiritual care to our patients, we must remember our own limitations and make referrals to other members of the healthcare team such as Pastoral Care.

The Pastoral Care Department can be reached in the following ways:

Director’s Office: 994-5011 or Staff Office: 994-5119 or by calling the hospital operator.

### *Mission, Vision and Values of TRMC*

**Mission:** to provide excellent, compassionate healthcare to the people and communities we serve, including those among us who are poor and vulnerable.

**Vision:** to continue to advance its position as a premier healthcare provider in Central New Jersey that supports the mission and core values of Trinitas Health; exemplifies service excellence; is recognized for outstanding medical and nursing care; is acclaimed for the education of all healthcare professionals; and is the hospital of choice for physicians and patients.

#### Values:

**Compassion:** provide service in a caring, personalized manner to all and serve as an advocate for those in greatest need.

**Community:** advocate for a society in which each person in our organization and in the community can realize his or her full potential and achieve the common good.

**Reverence for Life:** recognize and respect the dignity and value of life in every stage and condition.

**Responsible Stewardship:** Manage all resources responsibly in support of our mission.

## Pastoral Care at TRMC

The Pastoral Care Department offers emotional and spiritual support to the patients, their families and the TRMC staff. The role of the hospital Chaplain is to provide for the spiritual and religious needs of our patients, their families and loved ones. Times of crisis are times when our spiritual needs are heightened.

- Spiritual and religious needs vary with each person. By helping a person tap into his/her own spirituality and faith to find their inner strength, we help a person deal with crisis and facilitate the healing process.