
**“WARM, HEARTS, AND JOURNEY: CREATING MOMENTS AT WIJ
AYA KUSUMA”**

Dedi Rianto Rahadi¹, Hally Hanafiah¹, Muhammad Alif Malik Firdaus^{1*}

¹Management, President University, Bekasi, Indonesia

*muhammad.firdaus@student.president.ac.id

Abstract – Penuaan adalah proses alami yang sering kali diiringi dengan berbagai tantangan fisik dan psikososial. Untuk mendukung kualitas hidup lansia, kegiatan pengabdian masyarakat Warm, Hearts, and Journey diselenggarakan di Panti Jompo Wijaya Kusuma, Kecamatan Jakasampurna, Bekasi Barat pada Minggu, 20 Juli 2025. Acara ini bertujuan untuk memberikan perhatian, dukungan emosional, serta meningkatkan kesejahteraan mental dan fisik para lansia melalui berbagai kegiatan interaktif dan edukatif. Metode pelaksanaan menggunakan pendekatan partisipatif dengan komunikasi interpersonal yang hangat, serta kegiatan door to door di dalam panti untuk memastikan setiap penghuni merasakan kehadiran dan kepedulian. Kolaborasi lintas disiplin antara mahasiswa dari berbagai program studi turut memperkaya kegiatan ini, sehingga tercipta suasana yang nyaman dan penuh empati. Hasil kegiatan menunjukkan peningkatan semangat dan rasa kebersamaan di antara para lansia, sekaligus menumbuhkan kesadaran pentingnya dukungan sosial dalam proses penuaan yang bermakna.

Kata Kunci: *lansia, dukungan sosial, panti jompo, kesejahteraan, partisipatif, komunikasi interpersonal.*

Abstract - Aging is a natural process often accompanied by various physical and psychosocial challenges. To enhance the quality of life for the elderly, the community service event Warm, Hearts, and Journey was held at Wijaya Kusuma Nursing Home, Jakasampurna District, West Bekasi, on Sunday, July 20, 2025. This program aimed to provide emotional support and improve both mental and physical well-being through engaging and educational activities. The implementation used a participatory approach with warm interpersonal communication, including door-to-door interactions within the nursing home to ensure every resident felt cared for and valued. A multidisciplinary collaboration among students from various study programs enriched the event, creating a comfortable and empathetic atmosphere. The outcomes demonstrated increased enthusiasm and a stronger sense of togetherness among the elderly, while also highlighting the importance of social support in fostering meaningful aging experiences.

Keywords: *elderly, social support, nursing home, well-being, participatory approach, interpersonal communication.*

Introduction

Aging is an inevitable process accompanied by various physical, emotional, and social challenges that affect the quality of life of elderly individuals. In many communities, elderly people often face feelings of loneliness, social isolation, and declining health, especially those living in nursing homes. These challenges highlight the importance of providing comprehensive support systems that address not only their physical needs but also their psychological and social well-being.

Nursing homes play a vital role in offering care and shelter for older adults who may no longer be able to live independently. However, residents of such facilities often experience emotional distress due to limited social interaction and reduced engagement in meaningful activities. Studies have shown that social support, empathetic communication, and participatory activities can significantly improve mental health and overall life satisfaction among the elderly.

Given these factors, community-based programs that foster direct engagement and

interpersonal connection within nursing homes are essential. By involving multidisciplinary teams and utilizing personalized approaches, such initiatives can enhance the sense of belonging and emotional comfort for elderly residents. Moreover, encouraging active participation helps promote physical activity, cognitive stimulation, and social bonding, which are crucial for healthy aging.

The program Warm, Hearts, and Journey was designed with these considerations in mind. Conducted at Wijaya Kusuma Nursing Home in Jakasampurna District, West Bekasi, this initiative aimed to provide emotional support and improve the well-being of elderly residents through interactive and empathetic activities. The program's participatory approach and door-to-door interactions within the facility sought to ensure that every resident felt valued and connected.

This introduction outlines the context and necessity of community-driven efforts to improve elderly care within nursing homes, emphasizing the potential impact of targeted social interventions on enhancing the quality of life for aging populations.

THEORETICAL BACKGROUND

Elderly individuals often face a range of physical, emotional, and social challenges that can negatively impact their overall quality of life. Many residents in nursing homes experience feelings of loneliness, social isolation, and decreased mental and physical well-being. Addressing these issues requires direct engagement and supportive programs that foster connection, emotional comfort, and active participation among the elderly.

The target group of this program consists of elderly residents at nursing homes, particularly those who experience limited social interaction and emotional support. The program aims to provide meaningful activities and personalized attention to improve mental health, reduce feelings of isolation, and enhance their overall well-being. The activities are carried out in nursing home facilities, with a focus on creating an inclusive and nurturing environment.

The primary goal is to demonstrate that quality care and emotional support for the elderly can be realistically integrated into daily life within nursing homes. Inspired by the theme "Warmth, Hearts, and Journey: Enriching Lives Together," this initiative emphasizes that the well-being of seniors extends beyond physical health—it includes emotional resilience, social engagement, and a sense of purpose. To achieve this, a series of interactive and empathetic activities were designed and implemented. These activities are tailored to the residents' interests and capabilities, aiming to stimulate cognitive function, encourage socialization, and provide emotional comfort. The program also includes educational sessions for caregivers and family members on how to better support the elderly's mental and physical health.

Through the Warm, Hearts, and Journey program, direct engagement with nursing home residents helps create a positive atmosphere where seniors feel valued and connected. The initiative fosters a sense of community, encourages mutual support, and promotes holistic well-being.

METHOD

This program employed a participatory approach with a focus on direct, personal interaction. The key steps were:

1. Site and Participant Selection: Wijaya Kusuma Nursing Home in Jakasampurna District was selected as the venue due to its population of elderly residents who benefit from enhanced social and emotional support.
2. Program Development: A multidisciplinary team designed activities that combined emotional support, cognitive stimulation, and social engagement, tailored to the physical and mental abilities of the elderly participants.
3. Implementation: The team conducted visits within the nursing home, engaging residents in meaningful conversations, group activities, and one-on-one interactions to foster a sense of connection and well-being.
4. Monitoring and Feedback: The effectiveness of the activities was monitored through informal discussions and observations, gathering insights on residents' emotional responses, participation levels, and overall satisfaction, allowing for ongoing adjustments.

RESULT AND DISCUSSION

1. Preparation

The first preparation phase started with meetings between the team and nursing home staff to better understand the residents' physical conditions, emotional states, and daily routines. Based on this insight, activities were thoughtfully designed to suit the capabilities and interests of the elderly. Volunteers underwent training to develop skills in empathetic communication and how to engage effectively with senior participants. All materials needed for the activities were gathered and organized beforehand. Finally, the program schedule was arranged in close collaboration with the nursing home staff to ensure smooth integration with the residents' daily life and minimize disruption.



Picture: (1) Survey Location

2.Participant Response

The Attending the Warm, Hearts, and Journey event at Panti Jompo Wijaya Kusuma was a truly heartwarming experience. One of the highlights was the canvas bag coloring activity, which was designed especially for the elderly residents. This creative workshop not only brought out the artistic side of the participants but also fostered a sense of togetherness and joy.

I was deeply moved by how the seniors enthusiastically engaged in decorating their canvas bags, expressing themselves through vibrant colors and unique designs. It was inspiring to witness their smiles and hear their stories as they poured their emotions into the artwork. The activity created an atmosphere filled with warmth and connection, making everyone feel valued and cared for.

Overall, the event was a beautiful reminder of the power of creativity in bridging generations and brightening lives. I feel grateful to have been part of this meaningful journey, sharing moments of happiness and compassion with the wonderful residents of Panti Jompo Wijaya Kusuma.

3. Coloring Canvas Bag

During the Warm, Hearts, and Journey event at Wijaya Kusuma Nursing Home, a meaningful canvas bag coloring session was held. Elderly residents, assisted by volunteers, joyfully decorated blank tote bags using fabric markers and paints. The activity sparked creativity and encouraged connection, as each bag became a personal expression of memories and emotion.

This simple yet heartfelt session left smiles on many faces and warm memories to carry home.

4. Certificate Submission

As the Committee at Warm, Hearts, and Journey event at Wijaya Kusuma Nursing Home came to a close, the organizing committee held a short yet meaningful certificate submission session. This moment was dedicated to expressing sincere appreciation to the nursing home's staff, caregivers, and all individuals who supported the success of the program. Each certificate was presented as a token of gratitude for their cooperation, kindness, and commitment to the comfort and wellbeing of the elderly residents.

The certificates symbolized more than just formal recognition—they represented the spirit of collaboration and the shared intention to bring warmth and joy to the elderly. Throughout the event, the support and open-heartedness of the staff played a key role in creating a welcoming atmosphere that allowed both volunteers and residents to connect and engage meaningfully.

This submission marked the end of a heartfelt journey, but also the beginning of a hopeful relationship between the organizers and the nursing home. It is hoped that this collaboration can continue to grow in the future, with more opportunities to share time, compassion, and creativity with those who need it most.

Wider Impact

The Warm, Hearts, and Journey event created a meaningful impact that extended well beyond the duration of the activities held at Wijaya Kusuma Nursing Home. While the event itself focused on providing joy, companionship, and creative engagement for the elderly, its effects reached deeper into the emotional and social dimensions of the lives it touched. The presence of volunteers and the interactive sessions, such as canvas bag coloring and shared storytelling, offered the residents not only entertainment, but also a sense of dignity, inclusion, and emotional warmth that is often lacking in institutional care settings.

One of the most valuable outcomes of this event was the human connection built between generations. For many elderly participants, the visit represented a rare opportunity to interact with young people who listened attentively and engaged sincerely. These interactions helped combat the feelings of loneliness and isolation that can often accompany aging, especially within care facilities. The simple act of being heard and seen allowed the residents to reconnect with their own memories, share their life experiences, and feel a renewed sense of self-worth.

On the other side, the volunteers also experienced significant personal growth. Being directly involved in the daily environment of the nursing home helped them gain a deeper understanding of the realities faced by older adults. The experience fostered empathy, social awareness, and a renewed appreciation for the value of time and connection. Many volunteers left the event feeling inspired to contribute more actively to social causes, especially those related to elder care and community involvement.

In a broader context, this event highlighted the importance of intergenerational interaction and community-based care initiatives. It showed that even small-scale

programs, when carried out with sincerity and compassion, can bring about emotional healing and social awareness. The event served as a reminder that every individual, regardless of age, deserves attention, respect, and opportunities for meaningful interaction. By creating space for shared experiences, Warm, Hearts, and Journey became more than just a one-day event. It became a symbol of hope, connection, and the ongoing need to care for those who once cared for us.

The positive response from both the residents and volunteers demonstrated the lasting value of meaningful community engagement. Many participants expressed a desire for similar events to be held regularly, believing that consistent interaction could contribute significantly to the emotional well-being of the elderly. Such feedback reflects a broader call for more inclusive and human-centered approaches in elder care. Moving forward, Warm, Hearts, and Journey serves as a starting point for future initiatives that aim to build stronger bonds between generations. By fostering empathy and encouraging active participation in social outreach, this event has laid the foundation for long-term impact. That reminding us all that compassion, when shared, has the power to transform lives.

CONCLUSION

Aging is a natural part of life, but it often comes with its own set of challenges, both physically and emotionally. That's why the Warm, Hearts, and Journey event was held at Wijaya Kusuma Nursing Home in Jakasampurna, West Bekasi, on July 20, 2025. The goal was simple but meaningful: to spend quality time with the elderly, offer support, and help improve their mental and physical well-being through fun and engaging activities.

One of the highlights was the canvas bag coloring activity. It wasn't just about coloring—it gave the seniors a chance to express themselves creatively, focus their minds, and use their hands in a way that felt rewarding. Many participants seemed to enjoy the process, and it was clear that this simple act of painting brought smiles and a sense of pride. It reminded everyone that creative expression is valuable at any age. Besides coloring, the elderly were also invited to write down their thoughts, feelings, and hopes. This part was very touching because it allowed them to share personal messages and reflect on their experiences. It was a moment where their voices were truly heard, and this kind of emotional sharing helped build a deeper connection between the residents and the volunteers. It showed how important it is for older people to feel listened to and appreciated.

The event was run with a warm, friendly approach, where everyone communicated openly and respectfully. The involvement of students from various study programs added richness to the event, bringing different perspectives and energy that helped make the atmosphere comfortable and welcoming. This mix of people working together created a genuine sense of community and care that really touched the hearts of everyone involved.

Throughout the day, it became clear how much these interactions and activities can lift the spirits of older adults. Many of the residents looked happier and more energized by the end of the event. This experience highlighted how important social connection and meaningful engagement are in helping seniors feel less lonely and more hopeful

about their lives.

In the end, the Warm, Hearts, and Journey event proved to be more than just a visit—it was a reminder of the power of kindness, creativity, and human connection in supporting our elderly loved ones. By providing them with a space to express themselves and share their stories, the event helped foster a sense of belonging and dignity. It's clear that efforts like this play a vital role in making the aging process a more positive and fulfilling journey.

REFERENCES

- World Health Organization. (2015). World report on ageing and health. WHO. <https://www.who.int/ageing/publications/world-report-2015/en/>
- Bowling, A., & Dieppe, P. (2005). What is successful ageing and who should define it? *BMJ*, 331(7531), 1548-1551. <https://www.bmj.com/content/331/7531/1548>
- Cohen, G. D. (2006). Research on creativity and aging: The positive impact of the arts on health and illness. *Generations*, 30(1), 7-15. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2613218/>
- Cacioppo, J. T., & Cacioppo, S. (2014). Social relationships and health: The toxic effects of perceived social isolation. *Social and Personality Psychology Compass*, 8(2), 58-72. <https://doi.org/10.1111/spc3.12087>
- National Institute on Aging. (2020). Social isolation, loneliness in older people pose health risks. <https://www.nia.nih.gov/news/social-isolation-loneliness-older-people-pose-health-risks>
- Jeste, D. V., & Lee, E. E. (2019). Successful cognitive and emotional aging. *World Psychiatry*, 18(3), 270-279. <https://doi.org/10.1002/wps.20683>
- Tian, S., & colleagues. (2022). Effects of an art-based intervention in older adults with mild cognitive impairment: a randomised controlled trial. *Age and Ageing*, 51(7). <https://academic.oup.com/ageing/article/51/7/afac144/6649131>
- Sustainable Creative Well-being Review – Journal of Population Ageing (2023). Creativity and Healthy Ageing: Future Research Directions, 18, 63–83. Open access. <https://link.springer.com/article/10.1007/s12062-023-09431-8>
- PubMed Review (2014). Creativity in Later Life: Public Health Policy Context for Older People. <https://pubmed.ncbi.nlm.nih.gov/24974278/>
- Emerald Insight Study (2020). An exploration of engagement in community based creative activities as an occupation for older adults. *International Journal of Occupational Therapy (IJOT)*. <https://www.emerald.com/ijot/article/49/1/51/148881/An-exploration-of-engagement-in-community-based>
- Time Magazine (2015). The Health Perks of Arts and Crafts for Adults. Refers to a study in Neurology showing that seniors engaging in creative activities reduce cognitive decline risk. <https://time.com/3814104/adults-arts-and-crafts/>
-