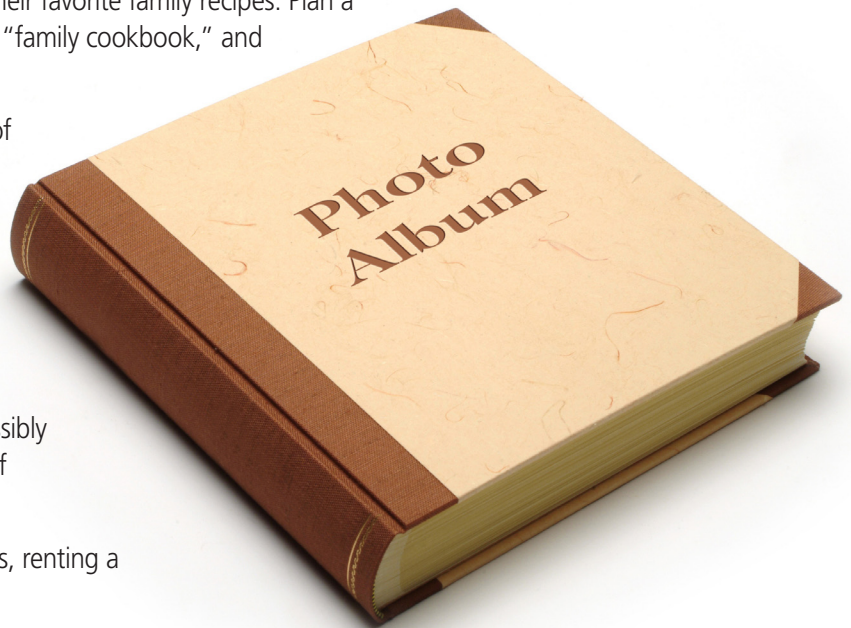


Holiday Activities that Cross the Generations

Sometimes it can be challenging finding activities during the holidays that can capture the interests and energy levels of young and old alike. Since Live Free Home Health Care believes the holidays should be a time for families to enjoy warm moments together, no matter the age, we offer the following ideas for holiday activities:

- Ask family members to identify some of their favorite family recipes. Plan a time to compile the recipes, then create a “family cookbook,” and make copies to share.
- Cook a special meal together with some of the recipes identified above.
- Put together a family photo album with existing photos, or take some new ones. A photo album can be a treasured possession for a senior to share with friends.
- Take a drive to look at holiday lights—possibly to a former neighborhood or other area of interest.
- Plan an evening watching old home videos, renting a movie or playing favorite board games.
- For women it’s a great idea to plan an afternoon together at a local beauty shop or spa; or, if it is possible, arrange for a local beautician or masseuse to visit the home.
- Offer assistance in decorating an elderly family member’s house for the holidays. Set up a Christmas tree or menorah. Talk about the history behind some of the decorations that have been handed down through the years. Don’t forget to also volunteer to help take down the decorations after the holidays!
- Join other families in the neighborhood for a “sing in” of favorite Christmas or other familiar songs. Invite each family to bring a food treat to share with others.
- Bake some dough ornaments. You will need: 3 cups flour, 1 cup salt, 1 cup water. Combine ingredients and knead until smooth. If too dry, add 1 tablespoon of water at a time. Cut out holiday shapes with cookie cutters. Poke a hole in the top for hanging. Bake at 300 degrees for 1 ½ hours. After the ornaments have cooled, color them with markers, paint with acrylic, sprinkle with sparkles, glue on fabric and buttons, etc.



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- Interview an elderly neighbor or a relative and find out the important dates in his or her life. Create a calendar with handmade pictures or photos and fill in the special dates. This can be done on the computer, by hand or with a calendar kit.
- When loved ones are together, hold an “I Remember When” session encouraging each person to recall and share significant events and memories that have been meaningful. A video or audio recording of such a session can become priceless. Give people a heads-up prior to the event so the requested memories are the best they can be.
- Play a game of reminiscence. Have everyone write questions they would like to ask of the people in the room about his or her history and put the questions in a jar...maybe the grandchildren want to know what Grandma did without television, or the parents can ask what their children’s biggest Christmas wish is, or maybe Grandma would like to know her son’s favorite childhood memory. Take turns pulling questions out of the jar. Making a game out of reminiscing will get children more involved.
- Attend one of the numerous local holiday events, such as a concert, play or parade.

If you need a pair of extra hands during the holidays, call Live Free Home Health Care. We provide a wide range of in-home care services by dedicated caregivers who know how to best work with sensitive family issues.

Tips courtesy of: Family Cares, Knowledge House, Utah University, and eHow