

GIVING BACK: Holiday Cheer

As seniors age, they often no longer feel a part of the holidays. But many can still give back in a variety of ways that might keep them feeling festive. Best of all, they'll be spreading cheer to others.

Holiday greetings – Older adults can still send greeting cards with a little encouragement and assistance. Sending a card can help seniors feel they are giving back to family and friends who have meant so much in their lives. **Get started:** Buy cards from the local dollar or other discount store and make it an event. Help with addressing and writing if necessary. Include in the cards a favorite family recipe or picture of a grandchild. Mail the cards for the senior.



Goodies – Whether it's holiday cookies, pumpkin pie or homemade ice cream on Canada Day, many seniors have favorite dishes. **Get started:** Why not help a senior make a favorite holiday treat to present as a gift (with a card) to a neighbour or friend who is isolated or who has few visitors?

Gifts – Gift-giving is still a meaningful way for many older adults to give back. **Get started:** Help a senior as much as needed with gift ideas and shopping. Many seniors feel fulfilled when they can give to the homeless or less fortunate. Contact local shelters in your community to find out what is needed.

Decorations – Decorating is a fun aspect of many holidays. **Get started:** If your senior has lost interest in decorating, why not encourage your loved one to give back by “loaning” holiday decorations to a senior who doesn't have any and helping that older adult decorate, with assistance from a caregiver?

For more resources and volunteer stories, go to SalutetoSeniorService.ca.

Or, to learn how a Home Instead CAREGiverSM could help a senior give back, contact your local Home Instead Senior Care[®] office.

