

Those who bring sunshine to the lives of others cannot keep it from themselves.

Sir James M. Barrie

Spending time together with people you care about enhances the lives of all involved. The ideas in this newsletter are for all ages but particularly focus on creating quality time with the older adults in your lives.

LIFE ENHANCEMENT RESOURCES from COMMUNICATION CONNECTION

- Staff training
- Activity professional programs
- Volunteer training
- Support groups
- Geriatric consulting services
- Communication strategies
- Visitation ideas

DETAILS AVAILABLE ON THE [WEBSITE](#)

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Spring Newsletter

SUPPORTING CAREGIVERS

COMMUNICATION CONNECTION

Enhancing the quality of life of the older adult and supporting their friends, families and caregivers.

Kathryn Kilpatrick

www.connectionsincommunication.com

SUMMER 2005

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LIFE ENHANCEMENT

IDEAS FOR A BETTER VISIT

Helpful ideas to prepare you for visiting in a long-term care facility.

Quick Visits....Just stopping by

- Walk around the grounds*
- Take the person to visit someone else in the facility*
- Water the plants or enjoy the gardens*
- Create an ongoing craft project - work on a little bit at a time*
- Sign birthday cards for the month*
- Share a favorite snack*
- Listen to music*

For sample pages and additional information

[Click Here](#)

Contact kathy@connectionsincommunication.com to find out how to order these in quantity. Personalization also available.

Modifying a favorite activity

When an older adult experiences changes in their hearing, vision, memory, or mobility and stamina, the activities they most enjoy may become less of an option. There are ways to meet them where they are and still surround them with moments they will cherish.

- A golfer may not be able to play but could enjoy riding on the golf cart or keeping score. Maybe they can handle a miniature golf game or would like to watch a favorite tournament with you or look at a book with pictures of some of the famous golf courses.
- A person who loved to cook may not be able to prepare the meal for a family gathering any more. They might enjoy helping to plan the meal, assist with some of the preparation, decide on the seating arrangement, sample some of the favorite dishes, assist with cleaning up or just supervise.

Communication Connection provides Life Enhancement programs, staff training and reminiscence products for senior residences. In addition, families may want to take advantage of the private consultation services to learn ways to enhance the quality of life of a loved one and the time they spend with others.

[CLICK HERE](#) for details or email kathy@connectionsincommunication.com

CONVERSATION STARTERS

Think about your answer—ask someone else. Sharing your stories helps you to pass them along – helps you to learn more about others and things about yourself that you may have forgotten.

If you could change one of the rules when you were growing up, what would it be?

If you were a dog or a cat, who would you want to be your owner?

Tell about your favorite thing to do on a rainy day.

Pretend you are in a parade.

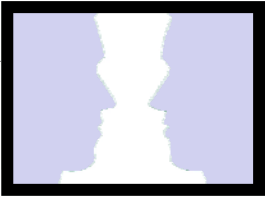
What would you like to be doing?

NOTE: On many occasions I would go back home to visit family and my niece Michelle would gather us around their kitchen table and we would start answering these questions. One of those times I remember a story my mom shared—something we would never had know otherwise.

For sample cards and additional ideas

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SO WHAT DO YOU THINK.... \$ 25



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ACTIVITY IDEAS

SHARING STORIES

Recall...Go back in Time

A vacation you took as a child

A memorable kindness of a stranger

Three simple daily pleasures you appreciate

A friend from whom you get a renewed sense of energy

Some music that makes you want to dance

When sharing stories you learn more about the other person, you pass along some of your story and more often than not you learn something more about yourself in the process....try this

What comes to mind when you hear these words...

*Fashion fad
Coincidence
Job
Laughter
Bicycle
Nature
Prank
Wonder*

Nothing is more beautiful than the cheerfulness in an old face.

JEAN PAUL FRIEDRICH RICHTER

TIME WELL SPENT

Memories are made of those special moments spent together. At the time it may have seemed like just another day, yet as you reflect back through the years each and every one of us has certain things shared together that touch our hearts – sometimes for just a moment and sometimes for a lifetime.

Create some time well spent this summer with an older adult. Maybe you would like to take some pictures and put them in an album with some of the story.

- Watch a sunset—from beginning to end. Just relax and enjoy the quiet and the beauty.
- Shell peas, snap beans. Cook them for dinner.
- Visit some local garage sales. Look for a bargain someone else might like to have and get it for them.
- Walk the beach. Wiggle your toes in the sand. Write a message or draw a picture.
- Get a map and reminisce about the places you have visited.
- Sit on the porch and share stories about some of your summer childhood experiences.

For sample pages and additional ideas for summer, fall, winter, spring, and more ..

[Click Here](#)

TIME WELL SPENT WITH THE OLDER ADULT

400 Ideas for the Young and Old to Do Together \$13

*Love doesn't make the world go 'round.
Love is what makes the ride worthwhile.*

FRANKLIN P. JONES

WISDOM ACROSS THE AGES

Everyone has unique thoughts, opinions, and life experiences to share. The gift of conversation between young and old lies in the sharing, the listening and the honoring of one another's stories. What could be more precious than a person's thoughts and feelings?

AUTOMOBILES

ASK THE OLDER PERSON

- What is the first car you remember driving?
- What do you think makes a good driver?

ASK THE YOUNGER PERSON

- If you could go anywhere in a car, where would you go?
- Who do you think is a good driver?

For sample pages and additional ideas

[Click Here](#)

**WISDOM ACROSS THE AGES
Young and Older Learning
from Each Other \$15**

KATHRYN KILPATRICK

**COMMUNICATION
CONNECTION**

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