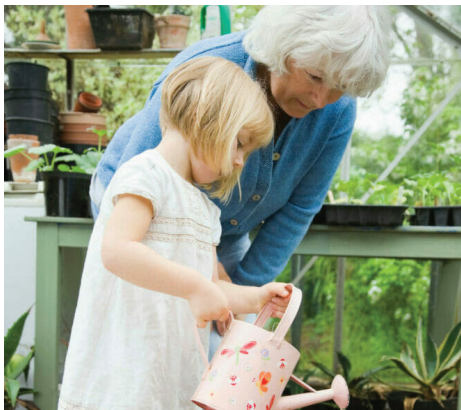


Meaningful ways to celebrate Grandparent's Day



Our vision in everything we do is to convey a shared value of compassion, a commitment to excellence, open communications, motivation to be the best, and a sense of personal integrity. We are honored to care for our residents and share a passion to make their days enriching and fulfilling. It's The Caraday Way!

While it's important to celebrate the contributions of older adults every day, here are some special ways to celebrate Grandparent's Day.

- **Take a nature walk** with the family and record the memories with pictures and video that can be revisited over time. Gather items on your nature walk and use them to make a shared craft project, such as a picture frame or scrapbook, to hold the gathered items along with photos from the walk.
- **Volunteer together** as there are lots of ways different generations can work together. Besides joining a community clean-up day, you can also look for opportunities to help at a local food pantry, community kitchen, or animal shelter.
- **Read a good book together.** Act out the story and make funny faces and voices to keep everyone laughing. It could be the start of a Family Book Club.
- **Take a tour of your hometown** or some other place holding memories and talk about the buildings and events that are special to you and your family.
- **Make a recording** – either audio or video – of your family, include stories of the generations, family jokes, and fun facts of the life well lived for all to remember in the future.
- **Plant a tree together.** Trees are often thought of as symbols of legacy. As the tree grows, it can become a lasting symbol of the connection between a grandchild and a senior loved one.
- **Enjoy a great conversation over lunch.** Some restaurants and coffee shops offer discounts to intergenerational groups on Grandparent's Day. Show your support for the restaurant's recognition of Grandparent's Day by enjoying lunch or coffee there with a senior loved one.



For more information call 512-641-8805, email us at contact@caradayhealth.com or visit caradayhealth.com