



LIFE KEEPING,
NOT JUST BOOKKEEPING®

ORGANIZING PERSONAL MATTERS

MAKING THE HOLIDAYS A TIME FOR JOYFUL SHARING

It's the most wonderful time of the year for some. But for others, faced with the challenges of aging and increasing isolation, the holidays can lose some joy. Whether near or far away, the holidays are a particularly poignant time to check in with senior loved ones and help them enjoy seasonal spirit. Here are a few things you might do to help keep the sparkle in the festivities.

TIME – Time is the greatest gift we can give to others, and few enjoy sharing time with loved ones more than those who seem to have time on their hands. Make phone calls, schedule visits, and, most of all, be sure to include senior loved ones in holiday festivities.

TRADITIONS – Some of the traditions that older people have loved so much can become challenging to accomplish. Be sensitive to their desire to continue some of these traditions and see how you might help. Can you address some cards, hang a few lights, and include them in holiday celebrations? Just knowing that they are loved and wanted can make all the difference in the world.

GIVING – Has the senior in your life a list of regular holiday giving needs? These could include gifts to family and friends, gratuities to building employees, and charitable donations. Is there anything you could do to help, like write out checks, deliver envelopes, or bring in some gift catalogues?

RELIGIOUS OBSERVANCE – Make sure they can worship in the same way as they did before. If not observant, perhaps they would still enjoy Christmas trees, Menorahs, or window displays in their community. They may need help getting to special exhibits, but it is well worth the effort.

And, above all, make sure that someone besides an aide is with them on the holiday, preferably a friend or family member.