

# Holidays with Seniors – 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 you're near or far away from senior loved ones, the holidays are a particularly critical time to check in with them and help them enjoy seasonal spirit.

Here are a few things you can 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 throughout their lives 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 feeling loved and wanted can make all the difference in the world.

## Giving

Does the senior in your life have a regular holiday giving list? It may include giving 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, help them shop online or through gift catalogs?

## Religious Observances

To many seniors, it's important that they can worship as they always have. If not observant, perhaps they would still enjoy Christmas trees, Menorahs, or window displays in their community. They may want attend special events or exhibits. Helping them continue their favorite holiday traditions and customs is well worth the effort.

And, above all, make sure that a friend or family member is with them on the holiday.

## Eddy & Schein Group can help with holiday preparations for seniors and their families.

If you, or someone you know, could benefit from having a Personal Finance Manager, please contact Eddy & Schein Group for a **free phone consultation**.

Visit our [website](#) or call us: **New York 212-987-1427** or **California 917-881-7042**