



Holiday Memories to Make with Your Loved One This Year

The holiday season is in full swing! Everywhere you turn is tinsel and twinkle, bell ringers and jingle bells. While the coziness and cheer of the season is unavoidable, you may find yourself in a hard position this year. If you are coordinating care for your aging parent or caring for your failing spouse, Christmastime can seem a lot less jolly. This year, make a commitment to live in the moment with Mom, adjusting your expectations to make the holiday season come and go with smiles and good memories. Try out a few of our ideas that are well suited for a variety of different abilities.



Send holiday cards

Sit down with Mom and jot out a few cards to send to loved ones and friends who live far away. This activity can easily turn into a wonderful reminiscence session (how do you know this lady again? Tell me the story about Aunt Gladys and the Christmas tree again!) that even those with memory issues will enjoy. Working with a pen, applying stamps, and sealing envelopes are great fine motor skill practice as well.

Deck the halls

While you certainly don't want to pull down the 10' tall Christmas tree at Mom's house, you can

pick a few favorite items to add a little sparkle and festiveness to her home. Try a beautiful wreath on the front door or a small tree in the window. Just be careful not to let strings of lights become fall hazards. Keep things simple and safe.

Bake cookies

Spending time in the kitchen is a multisensory experience that can be therapeutic and calming for anyone. Remember that you don't have to bake



Mom's famous Christmas cookies from scratch, especially if the recipe is complicated. Break and bake cookies are just fine and can be failure free for Mom if she is living with dementia or physical complications that can make baking difficult. Brew some coffee and enjoy your cookies together.

Get out and about

It is important for Mom to get out of the house safely as often as possible. Looking at the same walls can become lonely and understimulating. Christmastime is the perfect time to head out to see a show, look at holiday displays, or even just drive around to look at neighborhood Christmas lights. Plan your trip so that it won't be out during peak busy times, and don't plan too much – work on enjoying one thing together and then see if everyone is feeling well enough to add on another activity (hot chocolate stop, anyone?).

If you are struggling to enjoy the holiday season and activities with your loved one, or don't have time to commit to it, consider asking your [Visiting Angels](#) caregiver to do some of the activities with Mom instead. Our Angels would love the chance to enjoy the holiday planning and preparations with your loved one!

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