

Summer Activities to Plan with Your Aging Loved One

It's summertime, which means the kiddos are out of school and sunny days are upon us. The arrival of summer can also bring along a bit more free time and sunlight, allowing your entire family to get together and spend time with your aging loved one. However, it can feel overwhelming and sometimes impossible to plan an activity that everyone in your family can enjoy. With just a bit of planning, and a few of our ideas, you can plan time with your loved ones that will keep everyone engaged.



A Fairy Garden

Even if you don't have a family of gardeners, a fairy garden (or other miniature garden) can be fun and successful. These tiny garden worlds are relatively easy to put together and everyone can use their imagination to transform the planter into a magical place full of tiny treasures. Try using a repurposed container such as a birdbath, stump, or coffee can, and add soil, a few succulents and ground cover. With your landscape done, you can get to work adding small rocks and

other small details to make the space colorful. Get kids involved with painting the rocks or fashioning small homes for the space. Or, you can order miniature homes and accessories online or pick them up at your garden store. These creations can live inside or outside and require minimal water. Your older adult loved one will enjoy looking at the creation long after your visit ends.

The Birds and the Bees

If your loved one enjoys watching wildlife, or if they spend most of their time indoors, well placed feeders can bring nature right to their window. Consider putting together a hummingbird feeder or plants that attract bees or butterflies near windows of their home. These wildflowers and feeders require little maintenance, and watching the creatures up close will be wonderful conversation fodder for months to come.

Long Distance Coffee

Before the heat of the midafternoon sun gets too unsafe, try having regularly standing coffee dates outdoors with your loved one. If you are nearby, you can come over early to enjoy coffee and conversation on the porch together. Or, if you live farther away, consider having coffee together via FaceTime or other video call technology. This is a wonderful way to talk about your day's agenda and check in with one another.

If you are struggling to connect with your loved one this summer, or if you are worried your loved one is a bit lonely, [our team](#) would love to be that extra support for your family. Give us a call to set up a consultation.

Ready to read more about senior issues that pertain to you or your loved one? Curious about other senior topics and challenges? [Check out our Family Resource Center](#) for insightful articles, caregiver tips and other important resources.

Visiting Angels of Wayzata, MN

952-935-0789

angels@angelsmn.com

www.visitingangels.com/Wayzata

www.facebook.com/visitingangels.wayzata