



A Plan for Senior Care's Guide To Enjoying A Patriotic July

Celebrating America's independence is important to seniors. The month of July often brings back fond memories of family, friends, and past celebrations. Plan some special activities for your loved one to have a meaningful and patriotic July. Socialization and engagement during this patriotic month will help your loved one feel included and will create special memories for your family.

Getting Out

- Encourage your loved one to attend gatherings even if he/she can only stay for a short while
- If July 4th is too busy with crowds plan to celebrate on another day
- See what events the local senior center has planned
- If your loved one can get out to events, plan ahead for the weather, medications to be taken, toileting needs and mobility issues
- If your loved one can go to a firework show bring a comfortable chair and warm blanket
- Make the day easy with the use of a wheelchair if needed, staying in cool areas and providing lots of hydration



Bring The Celebration To Your Loved One

- Decorate his/her home
- Have a meal at your loved ones home. Whether it be a patriotic breakfast, lunch brought in or a cookout at their home, the time spent together will be beneficial
- Consider making your loved one his/her favorite patriotic foods
- Have a sing along with patriotic songs- America the Beautiful, My Country 'Tis of Thee, This Land is Your Land or Yankee Doodle Boy
- Watch patriotic movies, parades and firework shows on TV

If You Can't Be Together

- Call your loved one and share a memory of past celebrations
- Mail some old pictures that would remind them of America's Independence or past celebrations
- Consider sending a patriotic care package or flowers
- Make a list of times and channels for televised firework shows or parades
- Encourage family and friends to call your loved one on July 4th or throughout the month
- Arrange for a volunteer to visit

Wishing you and your loved one a Sparkling Fourth of July filled with pride, honor and lots of fun.

If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. We would be happy to create a personalized care plan for your loved one.