

## Six ways to celebrate spring with seniors

Everyone enjoys the coming of spring and promise of beautiful weather. Try these six senior-friendly activities to celebrate spring with seniors.

**1. Enjoy a picnic meal.** Whether you eat indoors, at home, or outdoors in a Gwinnett County park, a special picnic meal is a lovely activity.

**2. Visit a farmers market.** Leisurely strolling (or being wheeled) around a farmers market is a perfect activity for seniors.

**3. Take a nature walk.** Once the weather warms up, take a walk. For those who are less mobile, just

sitting outside, on the porch, or near an open window is just as nice.

**4. Bring nature indoors.** Spring means plants, flowers, and growth. Bring the beauty of nature inside by getting some house plants or flowers

**5. Bird watch.** Attract birds to your window by making and putting up a simple bird feeder.

**6. Do some spring cleaning to clear out some clutter.** It's also a perfect opportunity go through keepsakes and share memories.

*adapted from: <http://dailycaring.com/6-fun-spring-activities-for-seniors/>*

## Making a gift basket

There's nothing more satisfying than doing something for someone else. Working on a project to assemble gift baskets provides many ways for seniors to express themselves and feel involved in meaningful activities.

Making gift baskets is also an easy way for older adults to contribute, whether for a fund raiser, someone who is sick (including children), a celebration, or special occasion. Seniors respond well to suggested gift basket themes theme such as for Easter, Mother's Day, a speedy recovery, food/snacks, or new mother's baby essentials.

Older seniors may have a special something to add to the basket (perhaps a piece from a collection or a vintage item) to make it especially personal. Or they may still knit, paint, do needlework, woodwork, or some form of art.

Seniors working on a project to benefit others should never be underestimated. They may not work as fast as a younger group, but they are reliable and their skills and caring to make a difference are important!



*adapted from: <http://www.elder-one-stop.com/elderly-activities.html>*

## Companion care for seniors

As adults get older their circle of friends tends to thin and family members are busy with their own children and other responsibilities. Often, a senior's spouse passes away, and that senior finds themselves living alone with no one around to help them enjoy life.

This is where a companion caregiver can help. A companion caregiver is someone that comes to the older adult's home and spends time with them. They may help them with projects around the house such as scrapbooking, gardening, or even organizing their bookshelves. They can also help remind them to take their medications.

In addition, a companion caregiver can take the senior to their favorite events outside the home.

From shopping to lunch and even the theater, regardless of the activity the older adult used to enjoy but finds they can't do alone, the caregiver can be their plus one.

To put it simply, those older adults that remain mentally active, have less cognitive decline than those that don't. By using the services of a companion caregiver, a senior adult can help fight off cognitive decline.

If you have an older loved one in your life that spends too much time alone, you might want to consider getting them a companion caregiver. You'll find that your loved one will be happier and healthier for it.

*adapted from: <http://www.griswoldhomecare.com/blog/companion-care-services-easing-loneliness-for-seniors/>*

## Seniors "springing" into action

Seniors are learning how important being active is to our health and well-being. Spring with warmer weather is a great time to get our bodies into motion.

If your senior loved ones are not active now, it is time to begin—it is never too late to start! There are many physical benefits of physical activity and seniors can help themselves in their golden years.

Physical activity does not have to be strenuous or lengthy but only regular. There are many activities that can increase movement this spring such as gardening, walking, hiking a new path, biking, exercise class, yoga, tai chi, water aerobics, tennis, walking the dog, playing with the grandchildren, badminton, croquet, picnicking in the park or just walking.

Some benefits for seniors who are serious about "springing" into action include:

- Managing their weight
- Improving circulation, especially blood flow to the brain
- Controlling blood pressure and blood sugar
- Helping to prevent stroke, heart attack and high cholesterol levels
- Increasing socialization experiences
- Increasing stamina
- Increasing muscle strength to help prevent falls
- Improving joint flexibility

*adapted from: <http://seniorcorner.com/seniors-spring-into-action>*

## Gwinnett County Senior Activity Center Locations

### Buford

2755 Sawnee Avenue  
Buford, GA 30518  
678.225.5367

### Lawrenceville

Rhodes Jordan Park  
225 Benson Street  
Lawrenceville, GA 30046  
678.277.0970

### Norcross

5030 Georgia Belle Court  
Norcross, GA 30093  
678.225.5430

### Centerville

Satellite Center  
3025 Bethany Church Road  
Snellville, GA 30039  
770.978.4532

