



25+
WAYS
to
CARE WELL
this
CHRISTMAS



Bless the Elderly This Christmas

1. Buy a **digital photo frame** and load your loved one's favorite photos on it. Spend time looking at the photos together and reminiscing.
2. Bring Christmas to a retirement home or hospital room. **Transform a room with holiday decorations**, music and Christmas cookies. If the person is able, enlist them in the making of a brightly colored construction paper chain to string in their room.
3. DVD's of **classic movies or music** from your loved-one's era will be sure to please.

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*Give a gift to
someone in a
nursing home.*

Possible ideas:

*pay a hairdresser
to come in, give
large print books,
a fruit basket or
a cozy blanket.*





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Buy a board game your elderly friend will enjoy. Make a date to visit and play the game with them. Puzzles with large pieces work well too.

6. Purchase a **monthly subscription**, such as a fruit or flower of the month subscription so your friend or loved one will have something to look forward to.
7. **Visit a loved one with dementia**, even if they won't remember you did. The act of kindness will be appreciated in the moment.
8. For someone with arthritis, offer to **help them wrap Christmas gifts**. Put on festive holiday music and make a fun time of it.
9. **Call an elderly friend** who has made an impact on your life and thank him or her.

Meaningful Ways for Families to Care Together During the Holidays



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Let kids choose how to participate in caregiving. To get them started, give them a few ideas such as making cookies, creating a homemade card, or playing an instrument for a lonely neighbor.



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Teens can babysit, pet sit or wrap gifts for a donation which can then be given to your family's favorite cause.



12. Create **"Caring Kits"** together for disaster relief or needy areas around the world. See <http://cwskits.org> for more information.
13. **Prepare a meal with your family** and deliver it together to someone who is having a difficult time.
14. **Carol with your family** at a nursing home or in the neighborhood.
15. Develop **a yearly family tradition** of decorating cookies to bring to a Hospice home or to shut-ins.
16. Schedule a **"silent night"** on your calendar and let that be your gift to the Lord Jesus. Make a pact with your family that on that night, there will be no screen time or phone calls. Instead, practice sitting for 15 minutes in silent reflection on the meaning of Christmas. Or, read your favorite Christmas-themed Bible passages aloud to your children.
17. **Leave bags of groceries** on the front porch of a family that's experiencing unemployment.

Caring for Those Who are Grieving and Lonely This Christmas

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Decorate a small tabletop Christmas tree and deliver it to a shut-in.

19. **Start a tradition** in the memory of a person who passed away.
20. **Be understanding** if a newly grieving person doesn't want to carry on with a specific holiday tradition. Say, "What would you prefer to do instead?"
21. Go to **dinner and a movie** with a lonely person in your life. Be sure not to cancel even though it's a busy time of year.





22. **Create a “Promising Box”** for a friend or loved one who is dying. Have loved ones write a promise of how they will care for their family in the future and compile them in a decorative box for them to read.

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Say to a grieving friend this Christmas:

- *“I am thinking of you.”*
- *“I’m sending you love during this difficult time.”*
- *“I don’t expect a call back.”*
- *“You can cry with me anytime.”*



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Help children make cards for those who will not be home for Christmas—military service members, relatives who live far away, etc.



25. **Share memories** of the loved one who's missing at a celebration. Say, "I remember..." and share a treasured memory.

26. **Write a brief note** to a grieving person that describes a fond memory or a reason you admired the deceased. Or, include a favorite photo and state why it's your favorite.

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Text someone an encouraging message or Bible verse.