

CAREGIVING IDEAS for the SUMMER MONTHS

Bring the party inside.

Board games and puzzles are timeless diversions that allow us to slow down and enjoy each other's company. Call a friend and offer to stop by to play a favorite game.

Do outdoor work for someone.

Do you know someone who is unable to do their own yard work? Mow their lawn or sweep their sidewalk. Find out when their weekly trash pick-up is and offer to stop by and put the trash container out each week.

Help your kids fight childhood hunger.

Set up a bake sale or lemonade stand. Donate proceeds to a local food pantry, or No Kid Hungry.

Go for a stroll.

A simple leisurely stroll can show that you care. If the person isn't able to walk far, you can sit on a bench in the shade and ask, "How are you today?"

Make a simple gesture.

You don't have to organize an outing to show you care. Bake cookies for someone who is going through a rough time. Include a "Thinking of you" note.



Treat a friend to a movie.

For those on a tight budget, going to a movie theatre is a rare indulgence. Check local theaters for reduced pricing during summer months.



Plant a tree or shrub in someone's honor.

Help your family remember a loved one by planting a tree that will live on and remind you of a loved one who has passed on.



Create summer care kits for the homeless.

Assemble items that would be especially useful in the summer, like lip balm, sunscreen, bug spray, or a lightweight hat.

Organize a picnic and invite a friend.

There's something so relaxing about dining outdoors. Pack a simple meal and invite someone to join you.

