

CAREGIVING TIPS

FOR THE WINTER MONTHS

Small Acts of Caring Make a Big Difference

1

CHECK IN on elderly friends who might not get out as often during the winter.

2

CLEAR THE SNOW off the windshield of a car parked next to you in a parking lot.

Share each other's burdens,
and in this way obey
the law of Christ.

Galatians 6:2

3

IS WINTER YOUR RAINY SEASON? Keep an extra umbrella in the car and offer it to someone in need.

4

LIVE IN AN AREA THAT RARELY SEES ICE OR SNOW? Stock up on sand or ice melt to help out neighbors when unexpected wintery weather hits.

5

The days are short in winter; take a lonely friend to LUNCH during daylight hours to lift their spirits.

6

Clean out your closets; DONATE gently used winter gear to a homeless shelter.

7

Encourage a child to INVITE a lonely friend over to build a snowman or fort; serve them hot cocoa afterwards.

8

Take a warm pot of SOUP to a family who's suffering. No time to cook? Many restaurants will deliver.

9

Ask an elderly person to share a treasured MEMORY.

