

# CAREGIVING TIPS

## FOR THE AUTUMN MONTHS

Small Acts of Kindness Make a Big Difference

The grass  
withers, the  
flower fades,  
but the word  
of our God will  
stand forever.  
*Isaiah 40:8*

1

Surprise a friend with their favorite pot of SOUP OR AN APPLE PIE.

2

Organize a LETTER-WRITING CAMPAIGN to senior citizens in a nursing home.

3

THANK SOMEONE WHO TEACHES.

4

Organize a LEAF-RAKING PARTY for a shut-in or elderly person.

5

PRAY FOR GOD'S PROTECTION when you pass a school.

6

Drop off a CARE PACKAGE TO ESSENTIAL WORKERS: firefighters, nurses, etc.

7

Invite a lonely friend to accompany you to an APPLE ORCHARD OR CORN MAZE.



For more seasonal caregiving tips, visit:  
[wisdomofthewounded.com/seasonal-caregiving-tips](http://wisdomofthewounded.com/seasonal-caregiving-tips)

8

Share a WARM BEVERAGE OR APPLE CIDER with a friend who is grieving.

9

Go on a WALK WITH FRIENDS to view the fall foliage.