

# Spreading Happiness for National Assisted Living Week



1. Write a **note of gratitude** to the staff of an assisted living facility as a thank you for their care and dedication to the residents.
2. Make a **handmade card** of encouraging, cheerful messages for the residents.
3. Create a pack of **Hugs & Smiles Notecards** for a resident.
4. Call a local Assisted Living Center to schedule an appropriate time to **visit with the residents**.
  - a. Play a game with them (BINGO is always a big hit!)
  - b. Share a talent (Play an instrument or read poetry)
  - c. Holding conversation (Have children ask them questions about when they were young. Favorite holidays, toys, memories, etc. Do they have a common interest? Sports? Pets?)
5. Create a gift of a **Flowerpot** to cheer the residents.
6. Do an **arts & crafts project** together
7. Maybe there is an opportunity for you to **help the residents with technology or social media** to connect with their family members.
8. Perhaps consider an intergenerational **service project** with your kids and the residents. (We have some great ideas here at The Giving Tree! Reach out if you would like to learn more!)



The Giving Tree