

## **Springtime Traditions to Start with Your Senior Loved Ones**

When do you start to catch a bit of spring fever? Perhaps it happens when we enjoy temperatures well above normal, or maybe you start to feel it as you long for hiking trips instead of snowshoes. No matter when spring fever starts in your home, it is likely starting in your loved one's home as well.



Many seniors, even the healthiest ones, can find themselves stuck inside their homes more than usual in the winter months. Treacherous roads, slick sidewalks, pesky respiratory infections and other chronic medical conditions can keep seniors isolated and with a big case of cabin fever.

To encourage some much needed socialization, and to shake off the winter blues, consider starting some springtime traditions with your

aging loved one. Both of you will enjoy the time together, and the extra fresh air will benefit everyone involved.

### ***Plant Seeds***

There are few activities that are more therapeutic than gardening. Participants, green thumb or not, enjoy fine motor range of motion as well as a creative outlet that connects to nature. Get a jump start on your flower or vegetable garden by starting seeds in pots. Head to the garden center together to pick up soil, seeds, starter pots and other supplies. If you'd like to start easy, consider a small herb garden with pots for basil, dill, and rosemary. If you are a bit more experienced, choose seeds that you will nurture until it is time to transfer the seedling into your garden plot.

### ***Hit the Trails***

Nature shows off in the springtime, and you don't have to travel too far to find a trail that is full of blooming flowers and green leaves. If your loved one uses a walker or wheelchair, opt for a paved trail for easier mobility. For more advanced hikers, enjoy your favorite trail together. Just be sure that you are both staying hydrated, and are moving at a pace that allows for easy conversation. Make frequent stops, and even consider bringing along a camera or journal to record flowers or birds that you see.

### ***Make, and Enjoy, a Picnic***

Sharing an activity with your senior loved one often leads to meaningful and positive interaction. This spring, work together to go shopping for favorite picnic fixings and then head back home to work on

preparing your meal. Once your meal is packed and ready, head to a favorite spot – or a new one – to eat in the fresh air. Don't worry if your picnic plans are ruined by a chilly or rainy day; still pack your meal and head out to a lookout spot to enjoy your meal in the car. It's still a special moment to share together!

### ***Cruise Around***

Finally, if your senior loved one isn't exactly a nature lover, or if you are worried that medical complications may keep your loved one off the trails or picnic table, don't underestimate the power of a cruise in the car. You and your loved one can feel safe in your car, while still enjoying the benefits of getting out of the house. Roll down your windows to feel the fresh air, hit a favorite drive thru, and drive around old neighborhoods or scenic areas. Remember, it's all about your time together.

If you are a bit worried about the isolation that your loved one has experienced this winter, give us a call. [Our caregivers](#) are caring and friendly faces who are ready to offer a bit of assistance and socialization to your loved one. We would be honored to join your extended family.

Visiting Angels of Denver and Boulder, CO

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