

CELEBRATING GRANDPARENTS AND THE ELDERLY

JULY 2021

Here are some suggestions for how you can celebrate the elderly during the month of July.

Cards, Letters, Videos. Create cards, letters, videos for grandparents and for other elderly. The message can list reasons why the family member loves them, what they add to their life and what they would miss most without them in their lives. (Don't forget to include elderly acquaintances, especially those who do not have grandchildren or whose grandchildren are far away.)

Interviews. Invite individuals of all ages, even adults, to interview their grandparents and elderly. Encourage your children, especially, to talk to their grandparents and elderly neighbors and family friends. Here are some suggested questions that may give seniors an opportunity to share more about their lives. It is a meaningful way to pass along family history and traditions to the next generations. See *Conversation Starters* below.

Book Club. If you are a grandparent, consider beginning a book club with other grandparents exploring *The Catholic Grandparents' Handbook* by Lorene Hanley Duquin. How about a weekly book club during the month of July? The book is available on [Amazon.com](https://www.amazon.com): paperback \$13.63 and Kindle \$9.99. The [Amazon Free Look](#) shows the content of the first few chapters. Each chapter contains content, a reflection, Scripture verses, questions for reflection and a prayer.

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The following suggestions are included solely to provide examples of ways you may be able to help you with managing situations that you may encounter. This in no way advocates the use of the website sponsor's services.

Seven Ways to Boost a Senior's Self-Esteem. Commit to read [7 Ways to Boost a Senior's Self-Esteem](#) and adopt one or more of these seven ways of bolstering your elderly loved ones' *views themselves as active and their lives as meaningful, despite their advancing years*. Bolstering your loved one's state of mind and giving them a sense of purpose can improve their overall mental health and positive self-image.

Caregivers: Balance your life needs while caring for an Elder. Commit to reading [Resolutions of a Caregiver](#) and master some of the suggested ways to better balance your daily life with the care needs of your elderly loved one.

Gifts for Seniors Senses. If you know an Elderly person who has dementia and may no longer be communicating, a gift for the senses can break through that limitation. Finding a gift that will please one of their senses may bring them comfort and you pleasure is watching their reaction to the gift. Read this [Gifts for Senior Senses article](#) for some suggestions to find the right gift for an Elderly person.

Managing the Parent – Child Role Reversal. If a parent or a close elderly person for whom you provide care is nearing the time when someone else is going to be needed to step in with some caregiving, you may consider asking God for guidance on how you may be able to help them. [Parent-Child Role Reversal](#)

CONVERSATION STARTERS FOR CHATS WITH A GRANDPARENT OR A SENIOR FRIEND

Questions you might want to ask your grandparent or a senior friend:

Icebreakers

Did you have a best friend? What did you and your friends do for fun when you were young?
Did you have a favorite toy as a child?
Where were you born? What was your house like as a child?
Where have you lived? Tell me about your first house.
Do you have a nickname that your siblings or friends call you? How did you get the nickname?
How did your family spend time together when you were young?
What was your favorite subject or teacher in school?
What is the most important lesson that your parents taught you?
How did you meet grandma/grandpa? What was your marriage proposal like?
Where was your wedding? Who was your matron of honor/best man?

Deeper Sharing

When did you first believe in God?
How did you learn about your faith?
What impact has religion had on you in different stages of your life?
What is your favorite memory with your children?
How do you handle stress?
What could you tell me that I would be surprised to learn about you?
What is your dream for your children and grandchildren?
What were your grandparents like?
What is the earliest memory that you have?
Tell me about the day when my mom/dad was born?
What makes you happy?
What is different about growing up today than when you were a child?
What is your favorite thing about being a grandparent?