



Living at Garden View Care Center is Fun!
(636) 449-7575

Memorable Visits

Some visits with loved ones in a nursing home, especially in the beginning, may be difficult and cause feelings of sadness or guilt. While these are normal emotions and should not be discouraged, try to focus on expressions of your love and creating new memories. A wonderful resource for developing exciting and memorable visits is the facilities' activity staff.

A well-developed and balanced activity program should offer a wide variety of regular and special interest activities. My definition of "regular" activities includes the programs scheduled on a consistent and frequent basis, perhaps exercise, Bingo, playing card games and discussing current events. A "special interest" activity, on the other hand, is created for a specific interest, such as gardening, cooking and book club activities.

Here are some ideas for getting started with activity – based visits.

Locate a calendar of events and discuss programs your loved one has attended or would like to attend.

Encourage him/her to attend a program with you.

If your loved one avidly participates in an event, join in and take part in their joy.

Use ideas from the activity staff for your personal visits (flower potting, reading short stories, woodworking, etc.)

Plan your visits around events. Visit and leave while your loved one participates in their favorite program – they are happy and you feel comfort in their happiness.

The area of therapeutic activities is fascinating and has endless possibilities for growth, improvement and excitement within the lives of the residents and their families.