

Boone County Senior Services, Inc.  
515 Crown Pointe Drive  
Lebanon, IN 46052

## Friendly Visitor News

### Share Your Visits



- Took her a poinsettia to brighten her room for the holiday season.
- Helped her address Christmas cards for her family.
- We baked a batch of Spritz butter cookies, her favorite. Then we enjoyed eating a few with a hot cup of tea. This was something she used to do with her grandmother at Christmas.
- We worked on a puzzle and read some Christmas cards.
- She loves looking at her old photo albums and seems to recall events and faces. It definitely brings back some good memories for her.

*Friendly visitors: Keep the stories coming. We all enjoy hearing about your visits.*

**Sue Ritz**  
*Executive Director*

**Karen Niemeyer**  
*Board of Directors  
President*

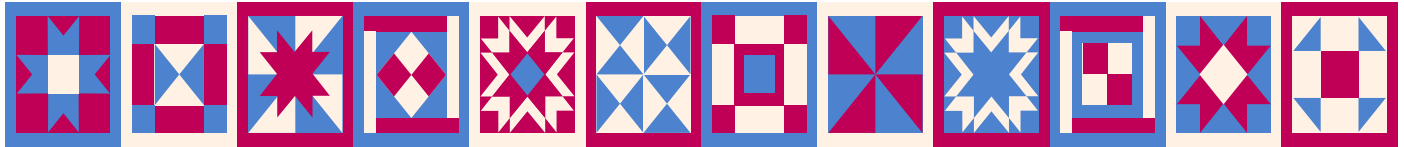
**Judy Brower**  
*Editor*

The *Friendly Visitor News* is a monthly newsletter for volunteers who participate in the FV Program.

Information contained in the newsletter is meant for education as well as activities that can be used with clients.

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# Friendly Visitor<sup>NEWS</sup>



## How Would You Like to Be Remembered?

As a family member or as a Friendly Visitor, it is important that we become advocates for the older generation. One of the greatest things we can do to assist our loved one is to assure them that their life has been meaningful. Every day, whether they speak of it or not, they are reexamining events in their lives in search for what it is that they have accomplished that will be meaningful when they are gone. The moments of emotional material gathered from a lifetime of memories are similar to the pieces of an enormous quilt. We do our seniors a favor by helping them sort out the various memories. It may be as simple as stories that have been told through the years, newspaper articles or gently helping them to remember the vast number of events stored in their memory bank.



Midge Harlos and Jeannie Brandenburg have been sharing and making memories for eight years.

Here are some questions to help them complete their “quilt”:

- What was your best birthday ever? Why?
- What would you say is your greatest accomplishment?
- How would you like for me to remember you?
- What personal items mean the most to you? Why?

Happy quilting! Remember to share your stories with the rest of us.

## National “Thank You” Month

### *Did you know January is National Thank You Month?*

It's the most universal expression in the world—two simple words that convey such a powerful thought. There are so many occasions to show gratitude and several ways to express your thoughts. For me, the more I express my gratitude, the happier I am.

The New Year has begun. Be inspired to make 2010 the best ever. Make sure others understand how much you appreciate their generosity by expressing your thanks.

Some creative ways to thank others:

- Send a picture of yourself and the gift with your thank you note or email.
- Food! Nothing says thanks to me like food. Find out their favorite food and attach a little note telling them why it is being given.
- Give a “public thank you”. Thank them in front of a bunch of their peers or group. Send a letter to the editor of the local paper especially if it is a business you are thanking. This will make them feel very appreciated as well as better their reputation with the community.

