

Friendly Visitor ^{NEWS}

The Meaning of Independence

As another Independence Day approaches, it makes me think about the meaning of independence.

Independence means different things to different people. For centuries, people from other countries come to our US borders to seek shelter and asylum and to live independently of the harsh lifestyle and dictatorship of their homeland.

On a simpler note, if you ask my grandchildren, being independent could mean anything from a bike with no training wheels to having their first cell phone.

When you ask a senior this question, it has multiple meanings. My mother will tell you she wants to take care of herself and stay in her home as long as possible. This includes driving. My father and mother-in-law will explain, although their health is declining and they live in an assisted living facility, they still like the ability to be able to “get out and go” when the mood strikes.

Encouraging independence in seniors helps them maintain a quality of life. By simply sharing in activities or conversations, not only do you show you care, you are improving their overall health.

Research indicates keeping seniors physically, mentally, socially and emotionally engaged can help them retain better cognitive function, stay healthier and live independently longer.

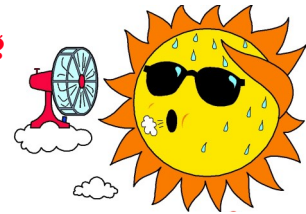
This is what the Friendly Visitor program strives to do with each and every visit. Thanks to each of you devoted, caring and compassionate individuals, BCSSI is able to provide seniors with some independence.

Keeping

Cool

During

Hot Weather



Paul and Karynn recently found a way to cool off with their friend Betty by enjoying a frosty, ice cream treat.

If an outing to a local ice cream parlor isn't possible, here are some other suggestions:

Make some fresh ice tea or lemonade to sip while you visit.

Take your friend a frozen treat or a fruit smoothie to enjoy at home.

Sometimes an old-fashioned flavored cola hits the spot on a hot day.



Ice cream puts a smile on the faces of Paul, Betty and Karynn.



I surveyed a group of seniors to ask how they celebrated the 4th of July when they were younger. Looks like our traditions have not changed much. However you celebrate, have a fabulous and safe holiday!

- ◇ Hang the flag out front
- ◇ Go to a parade
- ◇ Have a cookout
- ◇ Make homemade root beer
- ◇ Have a block party
- ◇ Go see a new blockbuster movie
- ◇ Make homemade ice cream
- ◇ Watch the fireworks
- ◇ Get some sparklers
- ◇ Wear patriotic colors
- ◇ Listen to patriotic music

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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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