



IDEA LIST FOR WEEKLY VISITS

Each PFE relationship will be unique and different; activities should be selected based on the likes, needs, and abilities of the student and senior mentor.

- Help your SM build their family tree.
(<http://www.familytreetemplates.net/category/kids>) Ask about each individual.
- Play music! Bring an instrument and give a mini performance or play old recordings that would have been popular during their teenage years.
- Bring and decorate cookies together. You can share them with friends, neighbors or other residents later.
- Look at a map together and have your SM tell you about places they've been.
- Show and Tell. Bring something interesting from your week to share with your SM.
- Ask what your SM needs! Are there things that you can do each week to help? File paperwork? Dust? Get the mail? Take out trash? Write letters? Clip coupons? Look for needs that you can fill.
- Look through old pictures. Ask your SM if they have any family pictures they'd like to show you. Or look online for images that would've been relevant from their childhood and ask them to describe them to you from their memory. (i.e., Model T Fords, the Depression, etc)
- Bring a snack (that meets with their dietary restrictions and/or the approval of the facility administrator) and have a special "tea time". Eating together is often a great icebreaker!
- Make get-well-soon or encouragement cards together for those in the hospital.
- Bring/play games! Bingo, dominoes, scrabble, jigsaw puzzles or card games are usually very popular with senior citizens.
- Ask your SM for help or instruction with a hobby: knitting, crocheting, gardening, woodworking, etc.
- Do a craft: painting, drawing, beading, etc.
- Ask if your SM would like her nails painted! Bring an assortment of nail polish and let the student give a mini manicure.
- Start a chapter book and read 1-2 chapters each week.
- Write your SM's memoir. Many senior citizens would love to recount their childhood memories or growing up experiences. Write these down!

- Bring a list of random questions to ask your SM each week.
 - Who is the person who influenced your life the most?
 - Do you have a lost love?
 - Which new technology have you found most helpful in your life.....and which is most annoying?
 - What was the happiest moment of your life?
 - What are you most proud of?
 - How did your experience in the military mold you as a person?
 - What are the most important lessons you've learned in life?
 - What is your earliest memory?
 - Did you receive an allowance? How much? Did you save your money or spend it?
 - What was your favorite thing to do for fun (movies, beach, etc.)?
 - What was school like for you as a child? What were your best and worst subjects?
 - What school activities and sports did you participate in?
 - Do you remember any fads from your youth? Popular hairstyles? Clothes?

<http://www.agingcare.com>

