

HOLIDAY CHEER CARE KIT

During the holiday season, families gather together in their homes to celebrate the most wonderful time of the year. They create warm memories while decorating every inch of their house with creative and festive decorations. Unfortunately many elderly people who live in nursing homes are not able to share in these exciting and memorable times with their loved ones, but instead celebrate alone. A study by Kansas State University's Center on Aging showed that the depression rate among institutionalized elders is around 50 percent. The study also showcased the holiday season as a trigger for increased symptoms of depression, likely because it is a time of observing long-standing traditions and getting together with family and loved ones.

The goal of this program is to assemble Holiday Cheer Care Kits for nursing home residents including colorful and decorative ornaments to be hung within a nursing home helping residents feel the warmth and love of the holiday season.

In addition to the creating ornaments, participants decorate and pack a gift box with holiday-themed messages and gifts including a blanket, a personalized card and more!

**Seasonal and holiday specific items are available upon request!*

Depending on the timing, a beneficiary representative can attend the event and say a few words of thanks!

