

Highlights of 2022

Treasure the year's memories by writing them down.

Encourage your residents to reflect and write down some of their favorite memories from the past year. Remind them that they do not need to be big occasions; anything that made them smile will do!

Here are some suggestions:

- Beautiful weather or sounds of nature
- A letter, gift, visit, or phone call from a loved one
- Something that made them laugh

If your residents feel comfortable, encourage them to share with those around them!



Reach out to join our daily live programming community!

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