

Spark the Spirit - OF GIVING -

Placemats

TO BENEFIT SENIORS RECEIVING MEALS ON WHEELS
OR SENIORS AT ASSISTED LIVING FACILITIES

INSTRUCTIONS

1. Print the placemats.
2. Decorate and color the placemat using markers, crayons, etc.
3. Contact your local nursing home or Meals-on-Wheels in advance for delivering instructions. **Info@MealsonWheelsamerica.org or call 612-623-3363.**

TALKING POINTS: MEALS ON WHEELS AND SENIORS

Talk about what seniors have to offer all of us—their life-long wisdom, their experience, their mentoring, and their stories. Interaction with the elderly also fosters positive attitudes toward aging and the lifecycle.

- You are creating a placemat that will accompany a meal for an elderly person. How do you think they will feel when they see the placemat you have made? What else might cheer them up?
- What words come to mind when you think of an elderly person or senior citizen? What makes you think of those words?
- How does it feel to help others?
- Do you spend time with elderly people? When? What do you talk about?

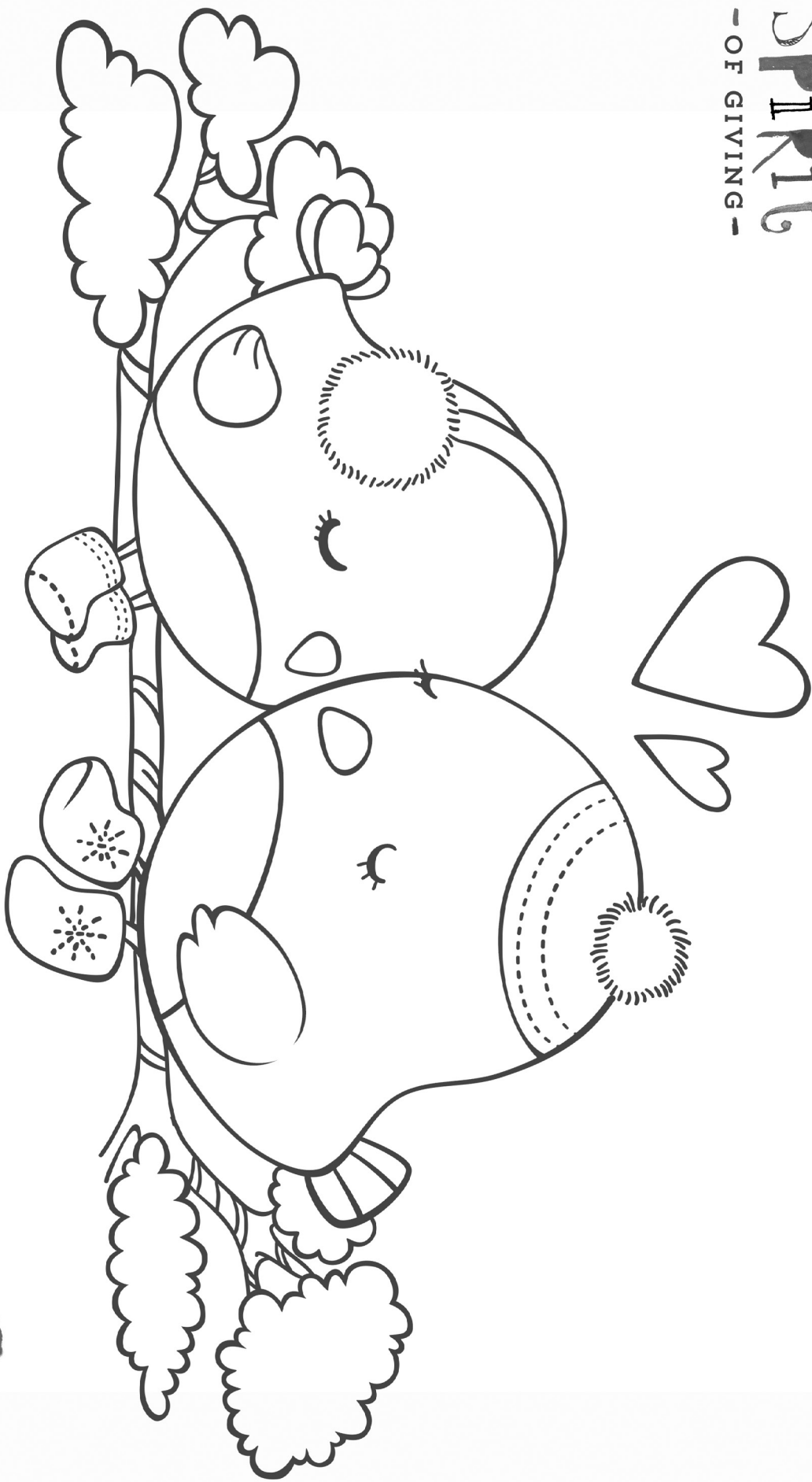


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CHILD DEVELOPMENT CENTERS



Spark
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A Hug Especially for You!



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Big hugs For You!



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