



Age Old Wisdom

THAT'S THE SPIRIT!

Owing to their experience and stature, seniors command respect from other family members that should enable them to set the tone for family gatherings. All too often, younger brothers, sisters, cousins, aunts, and uncles can get bogged down in squabbling that takes the festiveness out of holiday festivities. To avoid such disruptions, seniors can use their position to set a more upbeat and positive tone. Whether it involves having a heartfelt conversation with a child or grandchild or simply getting out an album of family photographs, seniors can focus attention where it belongs—on love and appreciation of one another. At the very least, seniors can prevail on others to set their differences aside out of respect for them.

Deutsches Altenheim fosters a family atmosphere, shows respect for our residents, and treats them as individuals. We wish you a Happy Holiday Season!

P.S. Seniors should be careful not to overextend themselves during the holiday season and, instead, focus their energy where it counts most.