



# SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

CELEBRATING  
150 YEARS!

A Healthy Tradition of Care and Wellness

## Tips for Celebrating Milestones and Encouraging Independence

Seniors in senior living communities often have major milestones to celebrate with their families. There are simple ways to make these celebrations fun and meaningful. As time goes on, seniors receiving might feel like they're losing their independence, but with the right balance of mental, physical and social activities, they can retain their independence and lead full lives.

### How to Celebrate:

Planning a party in a senior care community is possible! There are many simple ways to bring a festive, celebratory mood to a room.

- **Decorate!** Streamers, banners and balloons create a bright, festive atmosphere perfect for celebrating.
- **Consider your loved one's interests.** Make them a part of the planning process. What are his or her favorite foods? Do they like being outdoors? Make sure to tailor the party to their interests and abilities. If they feel more comfortable sitting in a chair, then plan for the party to remain in one room.
- **Play their favorite music.** Make a playlist of their favorite artists. Your loved one will appreciate it and the music might bring back some old memories.
- **Reminisce.** Instead of focusing on your loved one getting older, look back together on their life and share your favorite stories. Bring photo albums!
- **Above all, your presence is what matters most.** The celebrating, decorations and food wouldn't mean a thing to your loved one if you weren't there with them. The real cherished part of the milestones and holidays is that you're sharing these moments together.

Saunders House is a welcoming, loving community dedicated to giving its residents the highest quality of life and easily accommodating their needs and wants. They offer unlimited visiting hours and various areas for families and friends to gather with loved ones:

- **Outdoor patio and beautiful gardens**
- **Recreation areas and lounges**
- **Dining room**
- **Private resident rooms**

### Encouraging Independence:

Making sure a loved one's independence is upheld can take some creativity on the caregiver's part. While their abilities and disabilities may limit what they can and cannot do, even small tasks and activities can help seniors feel in control of their independence. For example:



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- **Physical health** – Activities like going for walks, dancing and gardening are a few examples of exercise for seniors that encourage independence. Walking and dancing maintain strength and help reduce fall risks. Gardening is an activity that doesn't require much mobility and seeing the progress can instill higher feelings of self-esteem and pride.
- **Mental health** – Games and puzzles like checkers, word searches and crosswords help stimulate the brain. Hobbies like scrapbooking, art and listening to music also support cognitive ability and independence.
- **Communication** – Writing letters, making phone calls and engaging in conversation are smaller tasks and great ways for seniors to feel a sense of accomplishment.
- **Social life** – Staying connected to family and friends and attending social events prevents isolation and improves quality of life.
- **Emotional security** – The combination of the points above help seniors feel independent and productive, which leads to happiness and positivity.

## Discover Our Healthy Tradition of Care and Wellness

Located adjacent to Lankenau Medical Center, Saunders House – [part of Main Line Senior Care Alliance](#) – has a celebrated tradition of providing [exceptional care and services](#) to seniors and their families. It's a tradition we're proud to continue.

Today, Saunders House offers a range of services – including [short-term rehabilitation](#), [traditional nursing care](#), [restorative care](#), [memory care](#), [respite care](#) and specialized care for individuals with visual impairments – all in a setting that is warm, welcoming and nurturing.

**For more information on Saunders House, our Short-Term Rehabilitation program and other professional services, please call us today at (610) 658-5100 or [contact us online](#).**

***Disclaimer:** The articles and tip sheets on this website are offered by Saunders House and Main Line Senior Care Alliance for general informational and educational purposes and do not constitute legal or medical advice. For legal or medical advice, please contact your attorney or physician.*