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**How to Share Caregiving
Responsibilities for an Aging Parent**

The responsibility of caring for an aging parent often falls on a child or close relative. Often, the sibling that doesn't work full time or is the most financially stable gets tasked with taking on the role of primary caretaker. While this role can be rewarding, it also comes with a lot of responsibility. That's why it's so important to figure out a plan ahead of time, and lay out how other family members can contribute, regardless of where they live. Here are some tips for dividing the responsibilities.

Assess Your Skills

When dividing the responsibilities of taking care of an elderly parent, it's crucial to start with a discussion about how everyone can best contribute. Think about each family member's strengths and weaknesses. Have a conversation about all aspects of caregiving, from managing your aging parent's finances to helping with

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What Our Clients Say About Us

**"Marcia has been someone I
could count on to always perform
impeccably and has been a
tremendous asset to her
clientele."**

—RM

**Making Holiday Memories: Fun
Activities for Senior Adults**

The holiday season brings many opportunities for fun activities for senior adults. However, seniors also can wrestle with loneliness and sadness during this time.

For families with senior adults, it's important to keep your loved ones involved and included. At the end of the day what the senior adults in your life care about is spending quality time with you!

For fun ideas to get your family in the holiday spirit, try these six activities to help the holiday season be merry and bright for the senior adults in your family. Please keep in mind the CDC recommendations when it comes to COVID-19 – any of these ideas can be virtual!

1. Create and Put Up Festive Decorations

Decorating for the holidays is a perfect way to liven up any space with color, lights, and greenery. Setting up a Christmas tree, designing your own wreath, making special stockings, or building a gingerbread house together will not only help decorate a space but will allow you to create memories that senior adults can cherish.

2. Host a Holiday Movie Night

There's something about the holidays that just puts you in a movie-watching mood! Whether it's a cheesy Hallmark movie, a classic like *It's a Wonderful Life*, or a kids movie that your children love, a movie night is a perfect way to spend time with your loved ones! Light winter candles, make some snacks, and enjoy this festive activity for your whole family.

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doctor appointments or shopping needs. This type of preplanning can help you and your siblings reach a compromise that is acceptable to everyone involved.

Divide The Responsibilities Equally

In many cases, one child takes on the primary role of caregiver; that role is often filled by the family member that lives the closest or has fewer work obligations. But those elements don't mean relatives who are pressed for time or who live far away can't contribute equally. Long-distance caregivers can provide valuable support when it comes to things like managing finances, booking appointments, arranging services, gathering information about health services and medications or pitching in financially. Online shopping is another way busy siblings or those living further away can help both monetarily and physically.

Providing emotional support for both the caregiver and aging family member is another way siblings can contribute. A simple phone call can make a big difference to someone who needs extra support.

Get Professional Advice

It can be worthwhile for families to seek professional advice on how to best take care of an aging parent. There are a number of services that make caregiving less stressful; this includes outside caregiving assistance or consulting a professional fiduciary about the best methods to manage your parent's finances now and in the future.

Source: www.mccampbellcpa.com

Please contact our office for more information.†

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3. Make an Old Family Recipe

The holidays always center around food! Look through your family cookbooks and pick a classic recipe that the senior adult in your life will love. Baking cookies or a dessert that you can share with others also will help your loved ones feel like they are part of the giving spirit of the holidays.

4. Sing Carols

If your senior adult isn't up to going caroling, bring the carolers to them! Whether virtually, in person, or just with your family, take time to sing some classic holiday songs. Remember: it's not about how talented you are, but that you're taking the time to do it together.

5. Visit a Holiday Lights Display

Many towns set up Christmas and holiday displays that you can walk through or drive by in your car. Additionally, you can drive through your local neighborhoods to see houses with lights, inflatables, and other decorations.

6. Share Traditions

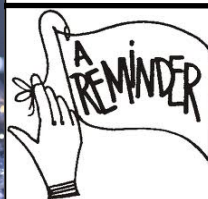
For this simple activity for senior adults, spend time asking them about what their holiday season was like when they were growing up. By sharing their experiences with their family, senior adults can feel like they are becoming part of your traditions. Additionally, making a scrapbook is a great way to commemorate the holiday activities your family participated in.

Source: <https://usahealthcare.net/six-fun-holiday-activities-for-senior-adults/>

Please contact our office for more information.†

“There are two ways of spreading light:
 to be the candle or the mirror that
 reflects it.”

~ Edith Wharton



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Lilly@MCCampbellCPA.com
 to receive your newsletter
 by e-mail!

