

Simple Pleasures

Think back when you were a child and all the simple pleasures you found: watching ants build their house, lying under the stars, running out in the rain, licking a lollipop, eating ice cream, walking through tall grass, finding a new flower, searching for a beautiful rock. Relive these simple pleasures again.

A simple pleasure for an older person might be those things, and it might be having their hair combed slowly, getting a back rub, getting lotion rubbed into their hands, having someone gently brush their teeth, eating with a friend – the list is endless. Focus on simple pleasures. It's about fulfilling basic needs. It's simple as cleaning someone's glasses. You will be amazed by the gratitude you receive because now your loved one can see. It's truly a gift, to understand the importance of simple pleasures.

I have a vision that we look beyond the challenges, and focus more of our energy on creating moments of joy. We know that we cannot create a perfectly wonderful day for someone, but each of us can create a perfectly wonderful moment.

"People will forget what you said, People will forget what you did, but the feeling you leave them with will linger on." Jolene Brackey, Enhanced Moments

From
River
View
Assisted
Living



Residents and staff creations, tie dyed shirts.