

Caring for an aging parent is a journey of deep love and responsibility, but it isn't always possible to be there for every single moment. My mission is to provide more than just assistance—I offer the meaningful companionship and engaging activities that help your loved one stay active, connected, and truly uplifted. Below are examples of how I create enriching experiences tailored specifically to each individual's interests and abilities.

I understand how much a home—and the memories within it—means to someone. I remember my mother's kitchen; it was her sanctuary. I watched her stand at that sink while mourning the loss of a friend, just as I saw her find joy there while preparing our holiday meals. When I enter a senior's home, I carry that same respect for their space. I am mindful of their choices and dedicated to preserving the structure and independence they have built for themselves, rather than rearranging the life they love.

COMPANIONSHIP AND ACTIVITIES

- Enjoy games and puzzles with conversation over tea
- Take a leisurely walk in the park
- Go to favorite breakfast, lunch or dinner restaurant or bring it home and dine in
- Grocery shopping and assistance putting them away
- Appointments at barber, hair or nail salon
- Fun trips to Target, Walmart, Kohls, Hobby Lobby, Barnes & Noble, Farmers Market, etc.
- Attend Church outings
- Go to movie theatre and pick up a friend to join us
- Reading together or listening to favorite books and music
- Go to your favorite local pub
- Light stretching exercises and chair yoga
- Enjoy classic movies on TV
- Facetime with children and grandchildren
- Visit St. Augustine's Wax Museum
- Sunset boat tour (maybe bring a friend!)
- Lunch at Caps overlooking the beach
- Boat watching at a local marina on a sunny day
- Visit St. Johns Botanical Gardens
- Visit Cummer Museum of Art and Gardens
- Assist with hobbies like gardening, crafts, or baking

Fun Fact: Theresa inherited her mother's green thumb and loves making beautiful flower pots and often giving them as gifts!



Let's Get Connected! (904) 907-7471