



A Guide to an in-Home Gathering Place

Happy Mother's Day

Greetings Gathering Place Friends! CarePartners and our Gathering Places may be on hold through the end of May, but that doesn't mean you can't bring elements of the Gathering Place into your own home! This week, CarePartners is inviting you to remember your Mother in honor of Mother's Day. In this packet you will find everything you need to have a fun, joyful, and active Gathering Place in your own home.

We would love to hear back from you with pictures and stories of how you are enjoying remembering your mom this week! If you have pictures or stories you are willing to share, please send them to KJordan@carepartnerstexas.org or call us at 713-682-5995. We miss you terribly and would love to hear from you!

So, enjoy the jokes! Play the games! Sing the songs! And, above all, have fun!

Mother's Day Reminiscing

- Do you remember celebrating Mother's Day with your mother?
- Did you or your mother have a favorite apron?
- What did you do to make Mother's Day special?
- How do you celebrate Mother's Day with your children.?
- When your children were young, did you work outside of the home?
- As a mother, were you the disciplinarian in the family?
- Did you have one child that was harder to raise than the others?
- What do the different colors of carnations mean? (red is a symbol of a living mother; White represents that one's mother has died)

Popular and controversial sayings for and about women

- "If you don't like the way I drive, get off of the sidewalk".
- A woman's place is in the house and in the senate.
- A woman needs a man like a fish needs a bicycle.
- If a man's home is his castle, then let him clean it.
- If Mama ain't happy, ain't nobody happy.
- I know it all...I just can't remember it all at once.
-

Word Searches and Coloring Pages

MOTHER'S DAY

WORD SEARCH

W Y U P B U T D N I K
N R Q Z W N B T M Q T
T U E V E S S E C U K
P B S I S R E A I U E
D W T I E M I C E Q Q
R A L N S O K H S T C
P U N E S M O E R Z G
C I L V I M O R U G Q
P A I O K Y C H N A X
Y S F L O W E R S J O
P E S G U H A C N R G

MOMMY TEACHER
LOVE KIND
HUGS PATIENT
KISSES NURSE
FLOWERS COOKIES



SHEKNOWS

Mother's Day

W O R D S E A R C H

♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥
 W H A P P Y W G N I R A C O H
 S N S R E H T O M D N A R G L
 P V T H O U G H T F U L D N K
 G A E N H N E N E N H H Y V L
 N C R C G G O C R C G R A N A
 E N G E F F U H U N E F D C I
 R S I S N K I D S S P A I N C
 D P V P L T U P P P L M L S E
 L L I L A A J E J L A I O F P
 I O N O Y S C O H A P O H A S
 H I G A W T L O V I N G K M W
 C K M K Q Q M K M K Q Q O I Q
 B U D U S P R I N G A M B L A
 J A E T A R E D I S N O C Y Z
 Y H H S R E H T O M V V M J P

MOTHERS
 DAY
 MOMS
 KIDS
 PARENT
 HOLIDAY
 LOVING

CARING
 CHILDREN
 GRANDMOTHER
 RESPECT
 THOUGHTFUL
 FAMILY
 CONSIDERATE

HONOR
 GIVING
 SPECIAL
 HAPPY
 MAY
 SPRING







Game Time

Movie Moms

Print out a sheet containing two columns. On one side, list famous moms from movies and TV shows: Carol Brady, June Cleaver, Claire Huxtable, Lucy Ricardo, and Sophia Petrillo are among some ideas to get you started. On the other side, list the first names of the characters who played their fictional kids. Challenge your assembled group to try to match up all the pairs correctly.

Animal Mom Matching Game

At the end of this document is an animal matching game. Print and cut out the squares. Match the baby animal with its mother by flipping cards over one by one or by just keeping the cards face up but mixed around.

For another bit of fun, color the images first.

Arts and Crafts

Glass Gem and Glue Suncatchers

Supplies Needed:

- Clear Plastic Lid (One for each suncatcher, size & shape is up to you. Lids from butter or sour cream containers work well)
- Glass Gems (Colors of your choice, these can be found at dollar stores, craft stores or Amazon)
- Clear Glue (can be found at any grocery store, Walmart, craft store)
- Twine or Yarn

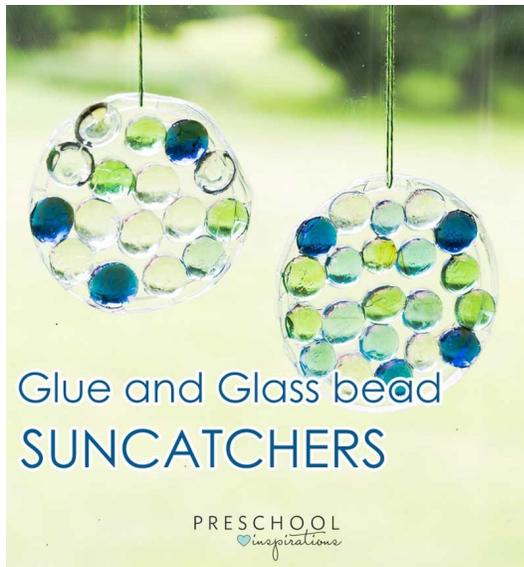
Directions:

Start by arranging the gems on the clear plastic lid. This can be done in any pattern or form. They look amazing no matter what pattern you use. If glass gems in multiple colors are used, the patterns will be more detailed.

Squeeze the glue onto the lid, completely covering the bottom of the lid and. Taking the lid off and letting them pour is an easy solution.

Place your strip of yarn in a loop at the top of the suncatcher before you set it out to dry. Like an upside-down U. This will create the loop for you to hang your suncatcher from.

Set the suncatcher in a safe place where the glue can dry. This may take a few hours or even days to completely set up.



Cupcake Liner Flower Wreath¹

What You'll Need:

- a paper plate with the center cut out
- green paint
- a paintbrush
- small cupcake liners in a variety of colors (including green)
- scissors
- glue
- sequins or buttons
- ribbon

Instructions:

1. Invite your loved one to paint the paper plate ring green and set it aside to dry.
2. While waiting, fold your green cupcake liners in half to create leaves.
3. Take the remaining cupcake liners and turn them inside out so the colors are on the inside of the cups. Cut along the tops of the cupcake liners with a wavy line so they look more like flowers.
4. Now you're ready to assemble your wreath! Start off by gluing your cupcake liner leaves around the paper ring so they stick over the outside edge.
5. Glue your cupcake flowers around the paper ring. If you'd like, add a second layer to each cupcake liner in order to create some depth.
6. Jazz up your flowers by adding a button or a couple of sequins or a button in the middle of each.
7. Finish the project by attaching a small loop of ribbon onto the back of the paper ring.
8. Allow your wreath to fully dry and then hang it on your door for all to enjoy!

¹ By Jen Kossowan, <https://www.cbc.ca/parents/play/view/cupcake-liner-flower-wreath>



Mother's Day Craft

Wildflower Bookmark

Cut two pieces of clear Con-Tact paper. Cut them a little bigger than you want for your bookmark.

Peel the backing off of one piece of the Con-Tact paper and lay it sticky **side up on** a flat surface.

Lay small dried or artificial flower petals onto the sticky side of the Con-Tact paper and press lightly

Peel the backing off of the second piece of Con-Tact paper and lay the sticky side carefully on top of the flowers.

Draw the outline of the bookmark onto the Con-Tact paper with a pen to make a frame. Trim with scissors, outside of the frame line to square the bookmark and size it.

Music

Music is a great way to engage different areas of your brain. There are some lyrics to songs below, but if you don't know the tune, you can play your favorite songs on YouTube and search for the lyrics online.

Pro Tip: You can put rice, beans, or something similar inside several of those plastic Easter eggs or an empty water bottle, seal them with some tape, and use them as noise makers for while you are singing!

Mama Said

by the Shirelles

Mama said there'll be days like this
There'll be days like this mama said

(Mama said, mama said)
Mama said there'll be days like this
There'll be days like this my mama said
(Mama said, mama said)

I went walking the other day
Everything was going fine
I met a little boy named Billy Joe
And then I almost lost my mind

Mama said there'll be days like this
There'll be days like this mama said
(Mama said, mama said)
Mama said there'll be days like this

There'll be days like this my mama said
My eyes are wide open, but all that I can see is
Chapel bells are callin' for everyone but a me
But I don't worry 'cause

Mama said there'll be days like this
There'll be days like this mama said
(Mama said, mama said)
Mama said there'll be days like this

There'll be days like this my mama said
And then she said someone will look at me
Like I'm looking at you one day, then I might find
I don't want it any old way, so I don't worry 'cause

Mama said there'll be days like this
There'll be days like this mama said
(Mama said, mama said)
Mama said there'll be days like this

There'll be days like this my mama said
Mama said, mama said
Hey, don't you worry
Mama said, mama said

Hey, don't you worry now
Mama said, mama said
Hey, hey

Mama Liked the Roses

-Elvis Presley

Oh, mama liked the roses
she grew them in the yard
But Winter always came around
and made the growing way too hard
Oh, mama liked the roses
and when she had the time
She'd decorate the living room
for all us kids to see

When I hear the Sunday bells
ringing in the morning
I remember crying
when she used to sing

Oh, mama liked the roses
but most of all she cared
About the way we learned to live
And if we said our prayers

You know I kept the family bible
With the rose that she saved inside
It was pressed between the pages
Like it had found a place to hide

Oh, mama liked the roses
in such a special way
We bring them every Mother's Day
And put them on her grave
Oh, mama liked the roses

Mama liked the roses

Oh, mama liked the roses

I Love You (For Sentimental Reasons)

By Bing Crosby

I love you for sentimental reasons
I hope you do believe me
I'll give you my heart

I love you, and you alone were meant for me
Please, give your loving heart to me
And say we'll never part

I think of you every morning
Dream of you every night

Darling, I'm never lonely
Whenever you are in sight

I love you for sentimental reasons
I hope you do believe me
I've given you my heart

I love you for sentimental reasons
I hope you do believe me
I've given you my heart

Exercise (an easy workout from Silver Sneakers)²

Chair Exercise #1: Shoulder Rotation

Sit tall in a chair with your feet flat on the floor. Extend both arms straight out to your sides so they're level with your shoulders, palms facing down. Bend your elbows 90 degrees so your fingers point straight ahead, palms still facing the floor.

To initiate the movement, raise your hands until your palms face forward and your arms create a goal post. Slowly lower your hands back down so your palms face the floor. That's one rep. Do 15 to 20 reps total, keeping your upper arms lifted and in line with your shoulders the entire time. It helps to imagine your elbows are glued to an imaginary tabletop—they never raise or lower much as you rotate from your shoulders. Form check: Make sure your shoulders are down and back as you rotate. Don't let them creep up toward your ears.

Chair Exercise #2: Shoulder Raise

Sit tall in a chair with your feet flat on the floor, arms hanging straight down at your sides. Slowly raise both arms out to the sides as high as you can without arching your lower back or letting your shoulders creep up toward your ears.

If you can, try to raise your arms all the way overhead, with fingers pointing toward the ceiling. If that's uncomfortable, simply raise your arms as high as you can, ideally higher than your shoulders.

Slowly lower both arms back down to your sides and repeat. Do 15 to 20 reps total.

If that's too easy: Hold light dumbbells or water bottles as you perform the movement.

Chair Exercise #3: Biceps Curl

Grab a pair of light dumbbells and sit tall at the edge of a chair with your feet flat, hip-width apart. Hold a weight in each hand with arms at your sides and palms facing forward.

Keeping your torso **stationary** and elbows tucked close to your sides, bend your elbows (not your wrists) to curl the weights up to your shoulders. Pause, then slowly return to starting position. That's one rep.

Do 15 to 20 reps total. If that's too easy: Slow down each rep's lowering phase, counting to four as you lower the dumbbells to your sides.

Chair Exercise #4: March

² <https://www.silversneakers.com/blog/total-body-chair-workout-for-older-adults/>

Sit at the front of your chair with knees bent and feet flat, holding onto the sides for balance. Brace your core and lift your right knee about six inches off the floor or as high as you can without rounding your back. Pause, and then lower and repeat with your left leg. That's one rep. Continue alternating for 15 to 20 reps total. If that's too easy: Try doing this exercise with your eyes closed for a balance challenge.

Chair Exercise #5: Heel Tap

Sit tall in a chair with feet flat on the ground, holding the sides of the seat for support. Engage your core. Lift your right foot and extend the leg in front of you and slightly to the side, at about a 45-degree angle. Tap your right heel on the floor, then bring the right foot back to the starting position. Repeat the movement with your left foot. That's one rep. Continue alternating for 15 to 20 reps total.

If that's too easy: Let go of the chair to challenge your core.

Devotion

The Call to Caregiving

“During my lifetime, one of the most important lessons I’ve learned is that God’s will is not just something great that we aspire to do for Him, but rather it is taking whatever job God places in our hands, whether large or small, and doing it for His glory. Caregiving is a job never aspired to and rarely trained for- one of those unexpected jobs placed in our hands by God to carry out for His glory.”

Prayers for Caregivers

Dear God, protect my heart from feelings of rejection and hurt when I am not recognized or remembered. Help me be content as an anonymous blessing to my loved one today.

Dear God, thank you for the Samaritans who have reached out to me to lighten my load and brighten my days. Protect my heart from being judgmental toward those who are too busy or blind to see my need. Give me humility and grace to accept the love and help offered by those who do.

Dear God, if I should be doing more for my loved one, bless me with specific ideas of what to do and the energy to carry them out. Give me the wisdom to reject feelings of inadequacy and guilt that comes from my own unrealistic expectations or those of others. May my heart be at peace and my loved one blessed with the care I give today.

-Louise Carey, author

[The Hedge People- How I Kept my Sanity and Sense of Humor as an Alzheimer’s Caregiver](#)

Recipes

Slow Cooker Chicken Noodle Soup

Mom's Chicken Soup cured all ills as a child. Here is an easy Crockpot recipe that will bring back memories.

Ingredients

- 2 pounds skinless, boneless chicken breast halves
- 8 cups water
- 2 stalks celery, chopped
- 1 carrot, chopped
- 1 green onion, chopped
- 4 cubes chicken bouillon
- 4 teaspoons dried parsley
- 1 bay leaf
- 1 teaspoon seasoned salt
- 1 teaspoon salt, or to taste
- 1/2 teaspoon dried basil
- 1/4 teaspoon ground black pepper
- 6 ounces egg noodles

Directions

1. Place chicken, water, celery, carrot, green onion, chicken bouillon, parsley, bay leaf, seasoned salt, salt, dried basil, and pepper into the bottom of a slow cooker. Cover and cook on Low until chicken breasts are no longer pink in the centers, 5 to 6 hours.
2. Remove and discard bay leaf. Remove chicken, shred using 2 forks, and return to the pot. Stir in egg noodles.
3. Cover and continue to cook on Low until noodles are tender, 20 to 30 minutes more.

The Best Chocolate Chip Cookies

Ingredients

- 1 cup butter, softened
- 1 cup white sugar
- 1 cup packed brown sugar
- 2 eggs
- 2 teaspoons vanilla extract
- 1 teaspoon baking soda
- 2 teaspoons hot water
- ½ teaspoon salt
- 3 cups all-purpose flour
- 2 cups semisweet chocolate chips
- 1 cup chopped walnuts (optional)

Directions

Step 1: Preheat oven to 350 degrees F (175 degrees C).

Step 2: Cream together the butter, white sugar, and brown sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla. Dissolve baking soda in hot water. Add to batter along with salt. Stir in flour, chocolate chips, and nuts. Drop large spoonful's onto ungreased pans.

Step 3: Bake for about 10 minutes in the preheated oven, or until edges are nicely browned.

Step 4: Once cooled, ENJOY!

BONUS

Motherhood quotes

1. "Being a mom has made me so tired. And so happy." —Tina Fey
2. "There is such a special sweetness in being able to participate in creation." —Pamela S. Nadav
3. "Having kids—the responsibility of rearing good, kind, ethical, responsible human beings—is the biggest job anyone can embark on." —Maria Shriver
4. "[Motherhood is] the biggest gamble in the world. It is the glorious life force. It's huge and scary—it's an act of infinite optimism." —Gilda Radner
5. "In giving birth to our babies, we may find that we give birth to new possibilities within ourselves." —Myla and Jon Kabat-Zinn
6. "There's no way to be a perfect mother and a million ways to be a good one." —Jill Churchill
7. "When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child." —Sophia Loren
9. "The influence of a mother in the lives of her children is beyond calculation." —James E. Faust
10. "Mother—that was the bank where we deposited all our hurts and worries." —T. DeWitt Talmage
11. "No language can express the power and beauty and heroism of a mother's love." —Edwin Chapin
12. "A mother understands what a child does not say." —Jewish Proverb
13. "Motherhood: all love begins and ends there." —Robert Browning
14. "Motherhood has a very humanizing effect. Everything gets reduced to essentials." —Meryl Streep
15. "The natural state of motherhood is unselfishness. When you become a mother, you are no longer the center of your own universe. You relinquish that position to your children." —Jessica Lange
16. "Motherhood has relaxed me in many ways. You learn to deal with crisis. I've become a juggler, I suppose. It's all a big circus, and nobody who knows me believes I can manage, but sometimes I do." —Jane Seymour
17. "Motherhood is wonderful, but it's also hard work. It's the logistics more than anything. You discover you have reserves of energy you didn't know you had." —Deborah Mailman
18. "Motherhood is tough. If you just want a wonderful little creature to love, you can get a puppy." —Barbara Walters
19. "Motherhood was the great equalizer for me; I started to identify with everybody." —Annie Lennox
20. "Most mothers are instinctive philosophers." —Harriet Beecher Stowe
21. "Mother is a verb. It's something you do. Not just who you are." —Cheryl Lacey Donovan
22. "The art of mothering is to teach the art of living to children." —Elaine Heffner
23. "Mothers and their children are in a category all their own. There's no bond so strong in the entire world. No love so instantaneous and forgiving." —Gail Tsukiyama
24. "A mother's love for her child is like nothing else in the world. It knows no law, no pity, it dates all things and crushes down remorselessly all that stands in its path." —Agatha Christie
25. "I know how to do anything—I'm a mom." —Roseanne Barr

26. "Mother love is the fuel that enables a normal human being to do the impossible." —Marion C. Garretty
27. "Mother's love grows by giving." —Charles Lamb
28. "Motherhood is not for the faint-hearted. Frogs, skinned knees, and the insults of teenage girls are not meant for the wimpy." —Danielle Steel
29. "Having children just puts the whole world into perspective. Everything else just disappears." —Kate Winslet
30. "There is nothing as sincere as a mother's kiss." —Saleem Sharma
31. "The hand that rocks the cradle is the hand that rules the world." —W.R. Wallace
32. "Mother's love is peace. It need not be acquired, it need not be deserved." — Erich Fromm
33. "No matter how old a mother is, she watches her middle-aged children for signs of improvement." —Florida Scott-Maxwell
34. "Making a decision to have a child—it's momentous. It is to decide forever to have your heart go walking around outside your body." —Elizabeth Stone

