



# In-Home Activities for Family Caregivers

## May 4-8

### MONDAY

#### **Morning**

Click [HERE](#) for a video about how to make simple cards to send to loved ones.

#### **Midday**

Learn more about Monarch Butterfly migration paths by clicking [HERE](#)

#### **2:00 pm**

Family Dynamics and Conflict Resolution advice from Author and Speaker Leah Stanley - watch this Hot Topic segment on [our blog](#)

#### **Evening**

Click [HERE](#) to view Shawn Achor's Ted Talk: The Happiness Advantage

### TUESDAY

#### **10:00 am**

[Common Ground](#) Tele Conference Call (Support group for caregivers)

#### **Midday**

Now is a great time to explore the Texas State Aquarium without the crowds. Click [HERE](#)

#### **2:00 pm**

Stephanie Salcedo, Insurance Agent at Secure Your Legacy, joins us to discuss how to avoid hidden funeral costs and save money live on [Facebook](#) and [YouTube](#)

#### **Evening**

Click [HERE](#) for a Musical Tour of Europe, created by The Kennedy Center

### WEDNESDAY

#### **Morning**

Start today with some deep breathing exercises to raise your energy levels. Click [HERE](#)

#### **Midday**

Click [HERE](#) and [HERE](#) for two great skits from the Carol Burnett Show!

#### **2:00 pm**

Boosting Our Immune System during the COVID-19 Crisis and Beyond with Lisa Milliken live on [Facebook](#) and [YouTube](#)

#### **Evening**

Click [HERE](#) for a great clip of the Johnny Carson Show's Dog Singing Contest, because everyone needs a good laugh.

### THURSDAY

#### **Morning**

Click [HERE](#) for some chair exercises to get your heart pumping!

#### **2:00 pm**

[Common Ground](#) Tele Conference Call (Support group for caregivers)

#### **2:00 pm**

Everything You Need to Know About In-Home Care with Chip Entz live on [Facebook](#) and [YouTube](#)

#### **Evening**

Enjoy NPR's Tiny Desk Concert with Cheryl Crow. Click [HERE](#)

### FRIDAY

#### **Morning**

Click [HERE](#) for a yummy and simple banana bread recipe

#### **Midday**

For a strange bit of knowledge about a relevant topic, click [HERE](#) to learn how toilet paper is made

#### **2:00pm**

Cheryl McClure, CEO of You're First, shares her at-home activities for older adults on [our blog](#)

#### **Evening**

Click [HERE](#) to view Houston Ballet Academy's Student performance of 'Stay' and click [HERE](#) for 'True Colors' performed by Camden Voice

For more resources or if you missed one of our Facebook LIVE videos, Click [HERE](#) to view them.  
Follow CarePartners on [Facebook](#), [YouTube](#), and check [www.CarePartnersTexas.org](http://www.CarePartnersTexas.org) for updates.