

Announcing the new “Spark” Cards Series!

The purpose of these cards is to “spark” conversations that will result in persons sharing stories, memories and reminiscing about days gone by that can have powerful positive effects on several of the dimensions of wellness. The cards also include questions that can help people discuss and plan for ways they can enhance their daily lives, such as thinking about falls prevention, emergency preparedness, etc... Some topics focus on ways to be more positive, grateful and joyful. Finally, the cards can be used to gather information about what people want and need from our agencies to help them remain independent in their own homes and communities.

The cards can be used in many settings including: meal sites, senior centers, support groups, adult day centers, ice breakers for meetings, information gathering tool for environmental scans or program planning, staff and volunteer relationship building exercises, for home-delivered participants and caregivers to use together or individually to write down and record thoughts or just reflect upon individually, etc... They would also make great table tents for the meal sites or could be the “question of the day or week” for meal sites.

Feel free to cut and laminate the cards or use in whatever way you, your staff and Board or Advisory Council feels is best. There are many uses for the cards, be creative and have fun with them.

“Spark” Cards

How do you stay positive or lift yourself up on days when you are feeling blue?



(Set 1- General 2015)

As you use the cards and think of additional questions, statements, topics etc... to include for future sets please let us know!

Pam VanKampen

608.228.8095 or pam.vankampen@gwaar.org

We have designed 2 initial sets of cards, a General Set, and another set called “Cars, Tools, Grilling, Fishing & more...” focused on topics that may be more engaging to men or outdoor, hands-on individuals.