

Conversation Starter & Memory *“Spark”* Cards (General)

Set 1

(January 2015)

Part of the **“Spark” Cards Series**

Part of the **“Spark” Cards Series** to “spark” memories and conversations. These can be used in many settings including: meal sites, senior centers, support groups, adult day centers, for home-delivered participants and caregivers to use together or individually, etc...

Questions or Comments please contact Pam VanKampen
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New!

"Spark" Cards

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



(Set 1- General)

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.

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

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*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.*

“Spark” Cards

**As a child, what
did you want to
be when you
grew up?**

“Spark” Cards

**What is your
favorite holiday
memory?**

“Spark” Cards

**What was your
favorite pet?**

“Spark” Cards

**What was your
favorite radio or
television show
as a child?**

“Spark” Cards

**Do you know
why your parents
chose your
name?**

“Spark” Cards

**What was the
first movie you
remember
seeing?**

“Spark” Cards

**Do you play a
musical
instrument?**

“Spark” Cards

**What was your
favorite vacation
and why?**

“Spark” Cards

**Where did you
go to school?**

“Spark” Cards

**What are 3
things on your
“bucket list”?
Do you have a
plan to
accomplish
them?**

“Spark” Cards

**Write down or
state 3 positive
statements about
yourself.**

“Spark” Cards

**What games did
you enjoy as a
child?**

“Spark” Cards

**What was your
favorite toy as a
child?**

“Spark” Cards

**What was your
first car or truck?**

“Spark” Cards

**What
accomplishments
mean the most to
you?**

“Spark” Cards

**What is your
favorite color?**

“Spark” Cards

**What kind of
music do you
enjoy?**

“Spark” Cards

**What is the most
courageous thing
you have done?**

“Spark” Cards

**Do you do any
volunteer work?**

“Spark” Cards

**Who is the
person that was
most influential
in your life?**

“Spark” Cards

**What was the
happiest moment
in your life?**

“Spark” Cards

**What were the
fads or trends
when you were
growing up?**

“Spark” Cards

**What is your
favorite
vegetable?**

“Spark” Cards

**What is the most
daring thing you
have done?**

“Spark” Cards

**What is your
ancestry or
cultural
background?**

“Spark” Cards

**Have you visited
other countries?**

“Spark” Cards

**What is your
favorite flower
or tree?**

“Spark” Cards

**What is your
favorite bird or
animal?**

“Spark” Cards

**What are your
hobbies?**

“Spark” Cards

**What was your
favorite job and
why?**

“Spark” Cards

**What is your
favorite carnival
or fair memory?**

“Spark” Cards

**What is your
favorite season?**

“Spark” Cards

**What is your
middle name?
Does it have a
significant
meaning?**

“Spark” Cards

**What made you
laugh this week?**

“Spark” Cards

What television shows always make you laugh?

“Spark” Cards

Have you done any modifications on your home to make it more “age friendly”?

“Spark” Cards

**Have you ever
had a memory
screen?**

“Spark” Cards

**What do you do
to prevent falls?**

“Spark” Cards

**Do you tell your
doctor all the
over-the-counter
medicines,
vitamins &
supplements that
you take?**

“Spark” Cards

**When was the
last time you
wrote or received
a hand written
card or note?**

“Spark” Cards

**What do you do
to “energize”
yourself?**

“Spark” Cards

**What types of
books do you
enjoy reading?**

“Spark” Cards

**What movie star
did you have a
crush on
growing up?**

“Spark” Cards

**Who is your
favorite singer or
band?**

“Spark” Cards

**Did you or do
you dance?
Share a dance
related story.**

“Spark” Cards

**Have you ever
ridden an
animal?
If yes, what kind
and when?**

“Spark” Cards

**Have you ever
broken a bone?**

“Spark” Cards

**Do you still have
your own teeth?**

“Spark” Cards

**What is your
favorite winter
memory?**

“Spark” Cards

**If you are or
were married,
did you take a
honeymoon?**

“Spark” Cards

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

“Spark” Cards

**Have you ever
had a reaction to
medication?**

“Spark” Cards

**What have you
done to prepare
for an
emergency?**

“Spark” Cards

**Do you have
nightlights in
your home?**

“Spark” Cards

**What is your
favorite board
game?**

“Spark” Cards

**What was your
favorite subject
in school?**

“Spark” Cards

**What concerns
you most about
growing older
(what keeps you
up at night)?**

“Spark” Cards

**If you could
change one thing
about the aging
programs/services
provided in your
community what
would it be?**

“Spark” Cards

**What do you
enjoy most about
growing older?**

“Spark” Cards

**Name 3 things
you are thankful
or grateful for.**

“Spark” Cards

**What is your
favorite recipe or
dish to make?**

“Spark” Cards

**When you have
difficulty falling
asleep, do you
have any tips
that help you
rest?**

“Spark” Cards

**What do you feel
is the secret for
living a happy
and content life?**

“Spark” Cards

**Have you ever
been the victim
of a scam?**

“Spark” Cards

**Do you use any
adaptive
equipment?**

“Spark” Cards

**Do you have a
favorite quote?**

“Spark” Cards

Insert question?

“Spark” Cards

Insert question?