



Visit-A-Bit Remembering Birthdays Instructions

Make a List

The more frequently people see important dates, the more likely they'll remember them. Some people choose to keep a long list of birthdays and special dates in the kitchen or in the bathroom to ensure they see them on a regular basis. If you choose to keep a list, this would be a great thing to check as part of your regular weekly visits.

Calendar or Perpetual Calendar

A good old-fashioned calendar works to keep track of special days. But, transferring birthdays to a new calendar year after year can be agitating. Instead, create a "[perpetual calendar](#)" with a list of birthdays and special days month by month. This is a special and fun project that you can do together, which will help get to know one another and understand the important people in his or her life.

Take time to talk about each person on the list as you write them down together. Understand what makes them special and ask about a special memory. Keep in mind that as people age, they are often taking time to remember dates and memories from people who have passed away. These can be very painful memories, of course, and not all people might feel like sharing. It's our job as visitors to know when to listen quietly, and to know when to give space and privacy.

Technology Solutions

[Facebook](#)

[Facebook will send email or text message](#) reminders of upcoming birthdays for his or her Facebook friends community.

Smartphones Can Be Smart!

Similarly, a [phone's calendar](#) can be setup to alert for birthdays or anniversaries. It's nice to set reminders in advance of special days in order to send a card or gift. There are many [choices of calendar apps](#) available. Find one that works and set up recurring dates in his/ her phone.

Use a website

BirthdayAlarm.com

BirthdayAlarm.com features an easy interface, e-mail or text-message reminders, a selection of e-cards, and an option to send flowers.

BigDates.com

BigDates will notify users of a birthday via a cell-phone, text message or an e-mail with suggestions for cards and gifts. The site enables users to sign up for a service that will send a paper card (or a free e-card!) to someone through the U.S. Postal Service (for \$3, plus postage). The downside is that it's slightly impersonal.

Sending Cards on Special Dates

VNA will provide each volunteer with a file containing a select number of greeting cards and stamps for you to send out to mark special milestones each year (i.e. birthdays, anniversaries, Valentines, etc.).

Spend time organizing the cards by date and occasion in the file, and address, write, stamp and mail the cards over the course of the year, so their special people are remembered!

Each week, check the file to see if it's time to write and mail cards as special days are approaching.