

CHANGING SEASONS

A Language Arts Curriculum for Healthy Aging, Revised Edition

Denise L. Calhoun

Changing Seasons: A Language Arts Curriculum for Healthy Aging, Revised Edition is a language-based, interdisciplinary program that increases interaction and communication skills among older adults. Featuring simple step-by-step lesson plans and interactive activities, *Changing Seasons* is a practical guide for caregivers and health care professionals to ensure individuals sustain their quality of life as they age. Each activity reveals new, creative, and fun ways to encourage individuals to speak, think, and write, sparking imagination and engagement with others. This new revised edition recognizes the growing importance of technology in communication, and incorporates many lessons learned during pandemic isolation, as communication was often limited to screens. Included is a new chapter that incorporates eight lessons on utilizing videoconferencing platforms. Though technology may evolve, communication will remain key to a sense of community and companionship—whether in person or online. *Changing Seasons* provides a roadmap to promoting meaningful interactions.

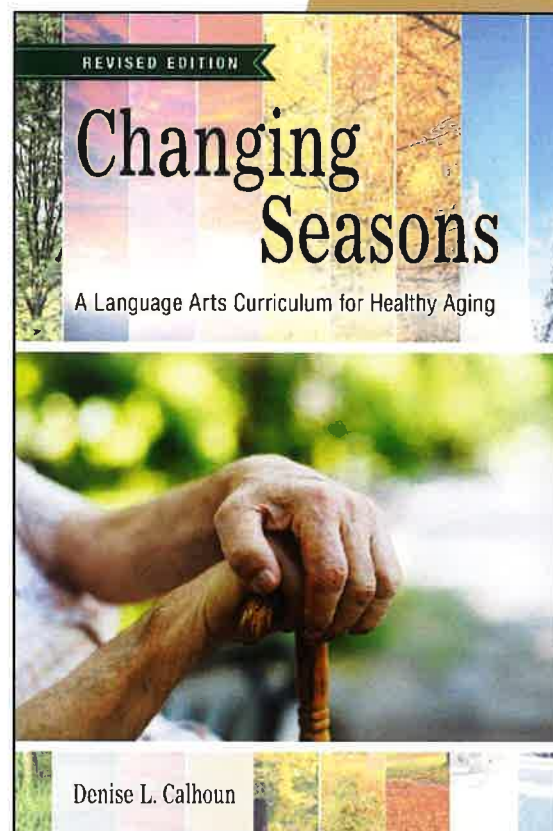
PRAISE FOR THE FIRST EDITION

“ This book offers educators, administrators, and caregivers an array of activities that can improve language and thinking skills of older adults through participation in engaging activities and lessons that encourage active involvement. Creating a language-rich environment may assist older adults in establishing and maintaining friendships and can enhance well-being through healthy practices. This curriculum is a great resource for anyone implementing educational and recreational programming for older adults.”

—**LOURDES R. GUERRERO**, EdD, MSW, UCLA Geriatrics

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DENISE L. CALHOUN has more than thirty years experience as an educator and is National Board certified as a distinguished teacher in language arts. With advanced degrees in education and educational psychology, Calhoun has mentored new teachers for the Los Angeles Unified School District and was a master teacher for California State University, Northridge. She is the founder and president of Communicare, a 501(c)(3) non-profit organization that strives to advance the quality of life and sense of purpose for older adults by providing opportunities for lifelong learning and meaningful social interaction across generations.



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