

## Simple Steps to Help an Emotional Garden to Flourish

### *Build trust by planting the seeds of connection*

- **Learn a name.** Use it naturally to signal recognition and respect.
- **Remember one detail.** A favourite coffee, a hobby, or the name of their dog
- **Start a short conversation.** Ask how their day is going or comment on something you both notice.
- **Show genuine curiosity.** Ask about their work, interests, or volunteer role.
- **Be reliable.** Follow through on small promises (“I’ll save you a seat next week”).
- **Offer steady tone and presence.** A calm voice and predictable greeting build comfort over time.
- **Find shared ground.** Talk about things you both enjoy, such as a local event, sports team, or weather pattern (very Albertan!).
- **Acknowledge effort.** A simple “I always appreciate how you...” can mean a lot.

### *Build community by maintaining and nurturing connections*

- **Say hello when you see them.** Recognition builds confidence and belonging.
- **Check in occasionally.** A short message or casual “Haven’t seen you in a while, how are you?” goes far.
- **Share moments, not just updates.** Mention something small you enjoyed recently or thank them for something they contributed.
- **Take part in community life.** Attend local events, volunteer, or join neighbourhood activities where familiar faces overlap.
- **Notice changes with care.** If someone seems off, ask gently or offer a kind word without judgment.
- **Encourage continuity.** Reinforce routines (“Same time next week?”) to keep friendly patterns going.
- **Build strong networks.** Introduce people with shared interests to expand everyone’s circle.
- **Celebrate milestones.** A quick “Happy birthday!” or “Congrats on the new job!” helps relationships stay warm.

# Alzheimer *Society*

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**Remember:** trust grows through repetition. It's the steady rhythm of recognition, not grand gestures, that makes people feel connected.