

Holiday travel can offer the gift of quality time

(StatePoint) The holiday season can be a great time of the year to catch up and reconnect with family. That’s especially important at a time when more than 50 percent of working moms and dads find it very difficult to juggle work and family life, according to a recent Pew Research survey.

And when the season includes a trip to visit loved ones, a little extra care and planning can turn your family’s holiday travel time into true quality time – making the journey as memorable as the destination.

“A holiday road trip offers the perfect opportunity to set aside our busy routines and really bond with the people who mean the most to us,” says family travel expert, Emily Kaufman, known as “The Travel Mom.”

With gas prices low, millions will take to the highways over the holidays to visit grandma or enjoy a family vacation. With this in mind, Kaufman has teamed with Enterprise Rent-A-Car to offer family-friendly suggestions for creating great road trip memories:

Make the Journey Fun
Take the road less traveled for quirky, weird or educational stops. It’s a more interesting way to stretch your legs than typical rest stops.

“Don’t be a clock watcher,” says Kaufman. “Instead, create a family road trip bucket list and check off every fun and unique item you encounter along the way.”

And to prepare for those moments that make your family restless, create a “boredom bag” before you leave to combat travel blues. Fill it with notebooks, games, music and magazines.

Avoid Car Trouble
A family road trip can be an amazing experience, but it can go south quickly if your car breaks down. Today’s average vehicle is more than 11 years old, so it’s important to be able to trust the car you’re driving.

For peace of mind and to avoid wear and tear on your own car, consider renting a newer vehicle. Enterprise Rent-A-Car offers vehicles that can comfortably accommodate the whole family, along with room for extra packages, luggage and food. With more than 5,500 neighborhood locations, it’s a convenient option that can take some of the stress out of the holiday. More information can be found at www.enterprise.com.

Get Up to Speed
A road trip is the perfect opportunity for tech-savvy kids to teach parents how to use popular social media apps. Share trip photos and memories along the way with family and friends who are eager for your arrival.

Teach Kids to “Pay It Forward”

The holiday season is an extra special time of year to teach kids to “pay it forward.” Here are a few ideas for practicing random acts of kindness along your journey:

- Leave behind a “thank you” note to a server or someone who helps you on your trip.
- Pay the toll for the car behind you.
- Buy someone coffee -- a warm beverage warms the heart.
- Hold the door for someone.

With a focus on togetherness and new experiences, your road trip can produce some of the most special moments of this holiday season.

Living with Alzheimer’s

Living with Alzheimer’s Disease for Caregivers: Middle Stages is a program that addresses the issues involved in caring for a person in the middle stages of Alzheimer’s disease or related dementia. Specific topics covered include behavioral and role/relationship changes, medication, safety, and residential options.

This program will take place at the Madison County Cooperative Extension Office located at 230 Duncannon Lane, Richmond from 1pm-4 p.m. on Wednesday, February 12th. Guest speakers will include Dr. Greg Cooper of Baptist Neurology Center and April Stauffer of the Alzheimer’s Association.

To register, call 1-800-272-3900 or email infokyn@alz.org. This program was created especially for family caregivers, so please no professionals.



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Seated: Marlene Lawson
Back row from left: Ashley Harding, Christa Taylor, Laurie Cole, Connie Woods and Susan Lovell.
Not pictured: Shelly Mullins, Betty Sue Bullen, William K. Bullen and Samuel Burton.

Closed December 24th & 25th and January 1st



from
everyone
at

