



CELEBRATE 3.21 • SENIOR LIVING

# Senior Living Kit

Every generation belongs



For senior living communities and adult day programs: resident activities, intergenerational ideas, trivia, adaptations, activity-calendar and newsletter copy, a school invitation, and a lobby sign.

## WHAT'S INSIDE

- 1 Resident activities
- 2 Intergenerational ideas
- 3 Trivia
- 4 Adapt for everyone
- 5 Calendar & newsletter copy
- 6 Lobby sign

START HERE

# Socks for every generation

For senior living communities, assisted living, and adult day programs. Residents bring wisdom, warmth, and a whole lot of fun socks.

## WITH RESIDENTS

- Sock parade or sock-judging contest
- Decorate-a-sock craft
- Sing-along and trivia: why 3/21?
- Knit or crochet a pair to donate

## INTERGENERATIONAL

- Invite a preschool or school class to visit
- Pen pals with a classroom
- Read-aloud with kids
- A shared sock art wall

## WITH STAFF & FAMILIES

- Staff Rock Your Socks day
- Lobby display and sign
- Family newsletter note
- Feet photos with permission

## TRIVIA (FOR THE ACTIVITY ROOM)

- Why is World Down Syndrome Day on 3/21? (Three copies of chromosome 21)
- When did the UN recognize it? (2011)
- How long do people with Down syndrome live today? (About 60, up from 25 in 1983)

## ADAPT FOR EVERYONE

- Large-print handouts
- Easy-grip markers and pre-cut socks
- Seated sock parade
- Quiet option for those who want it

**Consent & dignity:** ask each resident (or their representative) before posting any photo. Feet and hands photos are a great option.

## WHAT IS DOWN SYNDROME?

A person has an extra copy of chromosome 21. It happens naturally, in every kind of family.

## WHY 3/21?

Three copies of chromosome 21. The UN recognized World Down Syndrome Day in 2011.

## HOW MANY?

About 5,700 babies with Down syndrome are born in the U.S. each year.

## COPY &amp; PASTE

# Emails, announcements & posts

Ready-to-use text. Replace anything in [brackets].

## ACTIVITY CALENDAR

**“Rock Your Socks Party** · Friday, March 19, 2 p.m.  
Wear your silliest socks for World Down Syndrome Day! Sock contest, crafts, and treats.”

## FAMILY NEWSLETTER

“This March, our residents are celebrating World Down Syndrome Day with Celebrate 3.21! Join us on [date] for our sock parade, and send your loved one a fun pair of socks.”

## INVITATION TO A SCHOOL

“Our residents would love to welcome your class for a sock-decorating visit during 3.21 Week. Kids and residents will decorate socks, read together, and celebrate everyone.”

## SOCIAL POST

“From 8 to 98, everyone rocked their socks today for World Down Syndrome Day! #Celebrate321 #WorldDownSyndromeDay”

## SOCK CONTEST CATEGORIES

- Brightest
- Most mismatched
- Best matching pair (with a friend!)
- Most creative homemade
- Best story behind the socks

## KNIT FOR 3.21

Crafty residents can knit or crochet socks, hats, or blankets to donate to a local hospital NICU or family shelter.

## HASHTAGS

**#Celebrate321**

**#WorldDownSyndromeDay**

**#RockYourSocks**

**#CanalWinchester**

## PHOTOS & PERMISSION

- Feet photos are easy and private
- Ask before posting any face
- Never post children without a parent’s OK
- Let people with Down syndrome tell their own story

## WORDS THAT WORK

- “Person with Down syndrome” (or ask what they prefer)
- “Has Down syndrome,” not “suffers from”
- Celebrate and belong, not pity
- Never the r-word



WORLD DOWN SYNDROME DAY · 3.21

# Socks for every generation!

Our community is celebrating people with Down  
syndrome. Everyone belongs here.

**#Celebrate321 #WorldDownSyndromeDay**

