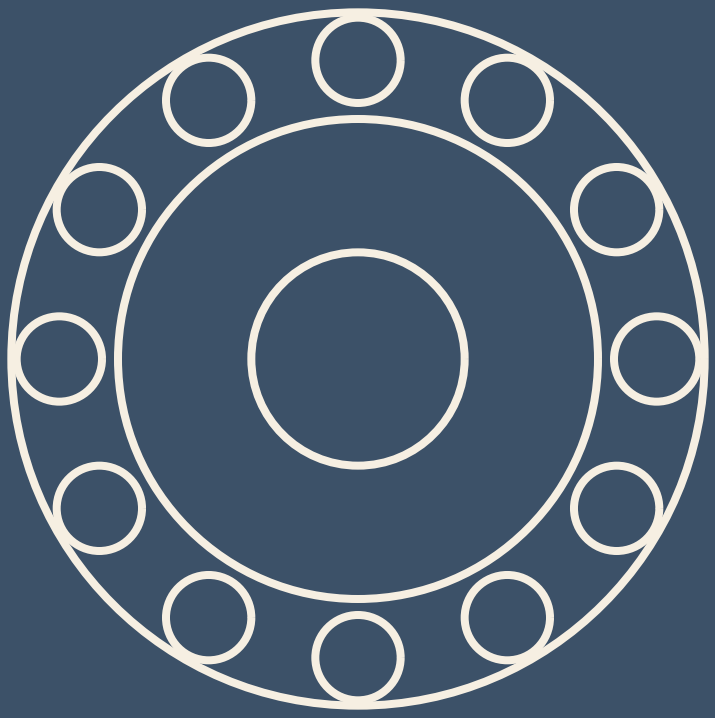


BOLD & EASY COLORING

Color & Remember

25 big, simple pictures of the good old days — with a memory question on every page.

For seniors, and the people who love them

presentcare.app

FOR THE CAREGIVER

Why this book is built the way it is

Big, bold pictures — on purpose.

Aging eyes and less-steady hands do better with thick lines and large spaces. Every page here uses heavy outlines and big regions, so finishing a page feels good instead of frustrating.

Familiar things, not abstract art.

Dementia tends to take recent memories first and leave older ones reachable. Familiar objects and places — a teacup, a quilt, a county fair — can open doors to those older memories. That idea comes from reminiscence therapy, one of the most-used approaches in dementia care, where studies have shown benefits for mood and thinking, and less strain on caregivers who join in.

A memory question on every page.

The question at the bottom of each picture turns coloring time into story time. Ask it out loud while you both color. Some days you'll get one word. Some days you'll get a story you've never heard. Both are wins.

A few calm pattern pages.

Some research suggests coloring structured designs like mandalas can settle anxious feelings. The science is still young and mixed, so we won't promise miracles — but many people simply find these pages relaxing, and that's reason enough.

FOR THE CAREGIVER

How to make it a good time

1. **Print single-sided on plain paper.**
   Markers won't bleed through onto another picture, and finished pages can go on the fridge.

2. **Offer three colors, not thirty.**
   A big box of pencils can overwhelm. Three or four choices keeps it easy and pleasant.

3. **Good light, short sessions.**
   Fifteen or twenty minutes is plenty. Stop while it's still fun.

4. **Color together.**
   This isn't an activity to hand someone — it's one to share. Pick your own page and sit beside them.

5. **Ask the question. Then wait.**
   Read the prompt at the bottom out loud, then give it room. Silence is part of remembering.

6. **There is no wrong way.**
   Outside the lines, one color, half a page — all perfect. The point was never the picture.

7. **Write the stories down.**
   When a question unlocks a good one, catch it — a note on the page works, or a memory journal works better.

Twenty-five pictures is twenty-five visits. Take your time with them.

A NOTE FROM THE MAKER

Why I made this

I cared for my own mother, and these quiet hours — coloring, talking, remembering — were some of the best ones. This book came from that. It comes from the same place as the app I built, Present Care.

Coloring is something a family does together. Present Care is for the rest of it: add the people who help to your loved one's circle, so everyone shares the same information and doctor visits become summaries the whole circle can read.

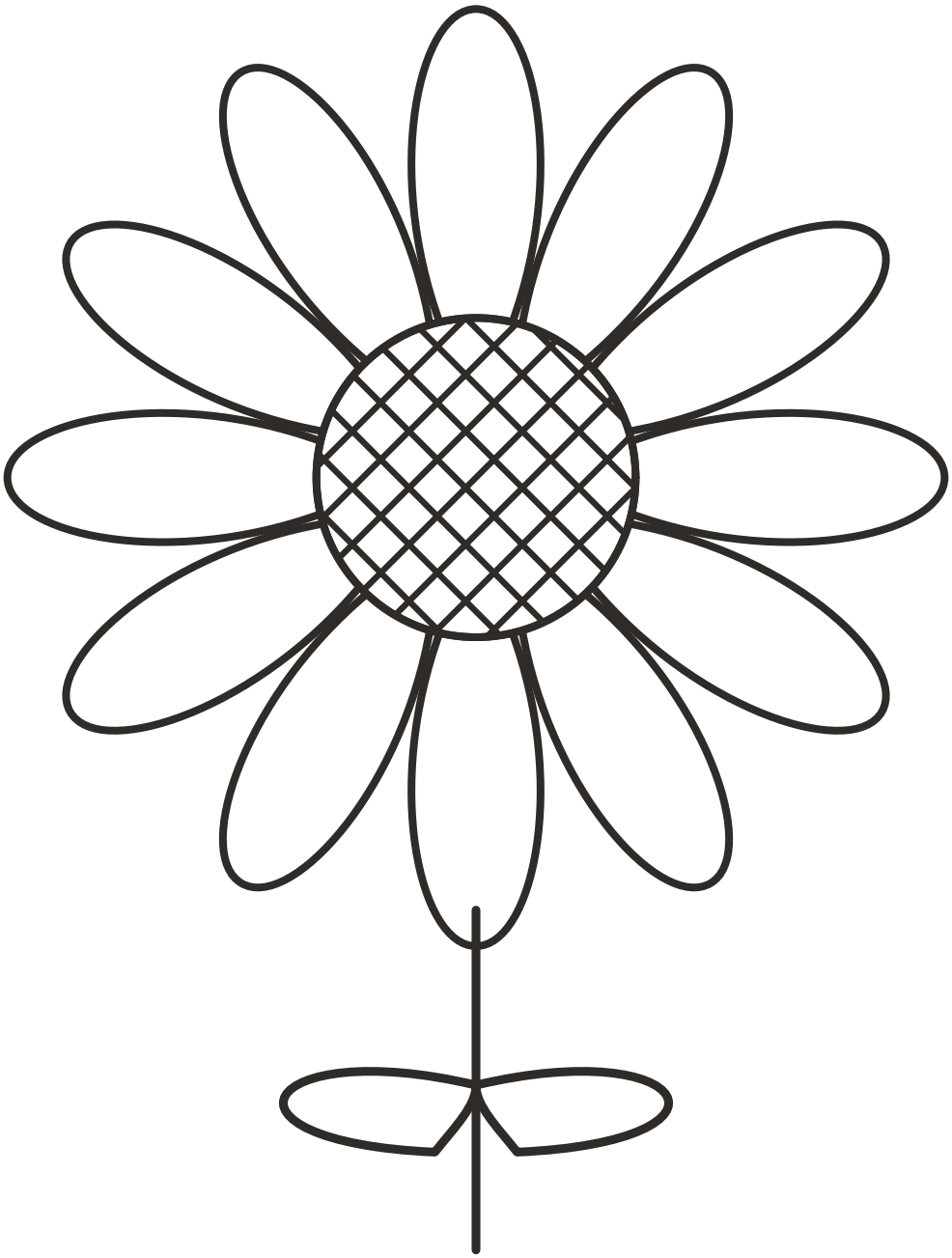
So while these pages keep you company, the circle keeps them comfortable, coordinated, and cared for — together.

Present Care — free to try

Be present. We'll remember everything.

presentcare.app

Scan to begin



THE SUNFLOWER

Talk about it: Did you ever grow something you were proud of?

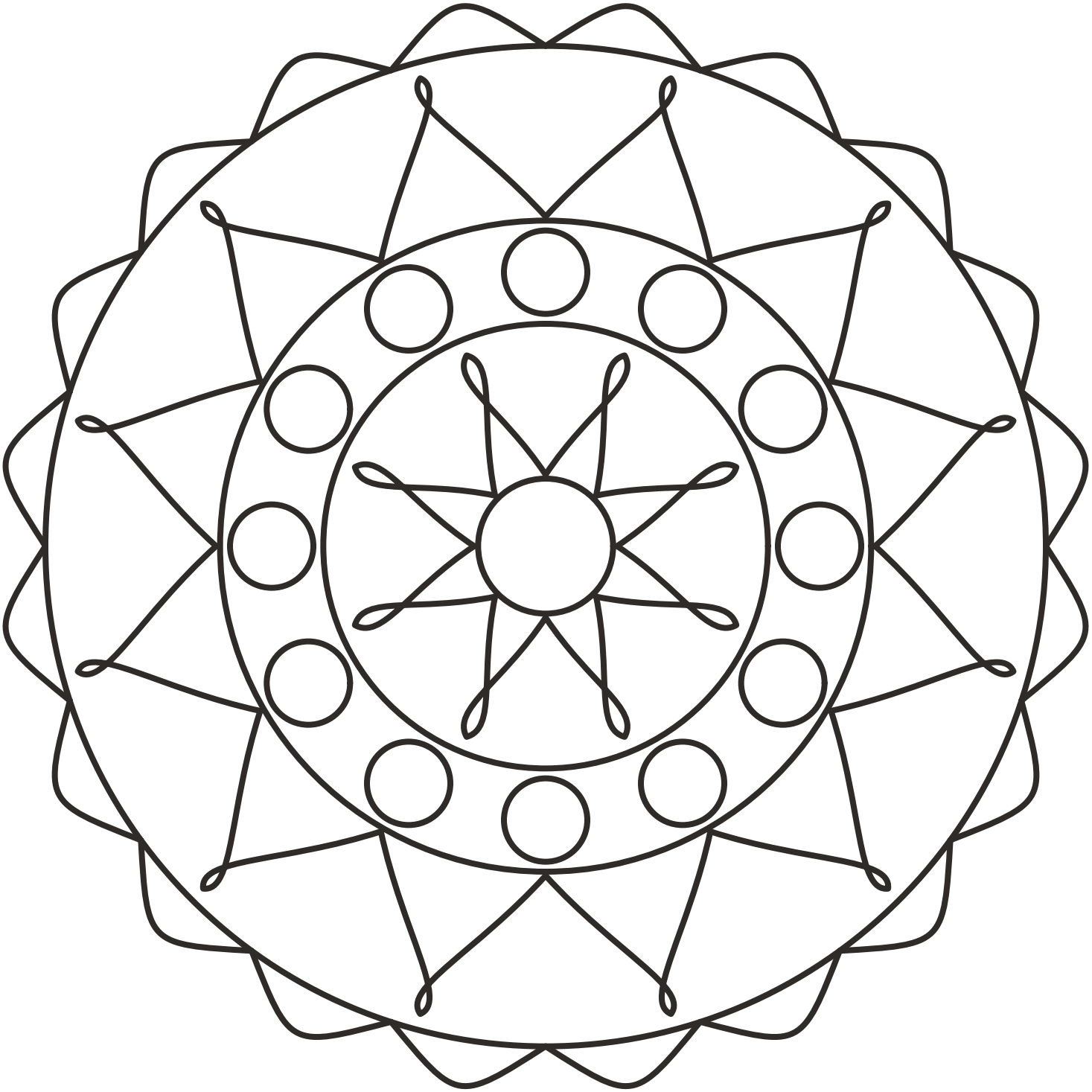
presentcare.app



THE TEACUP

Talk about it: Who did you share coffee or tea with every morning?

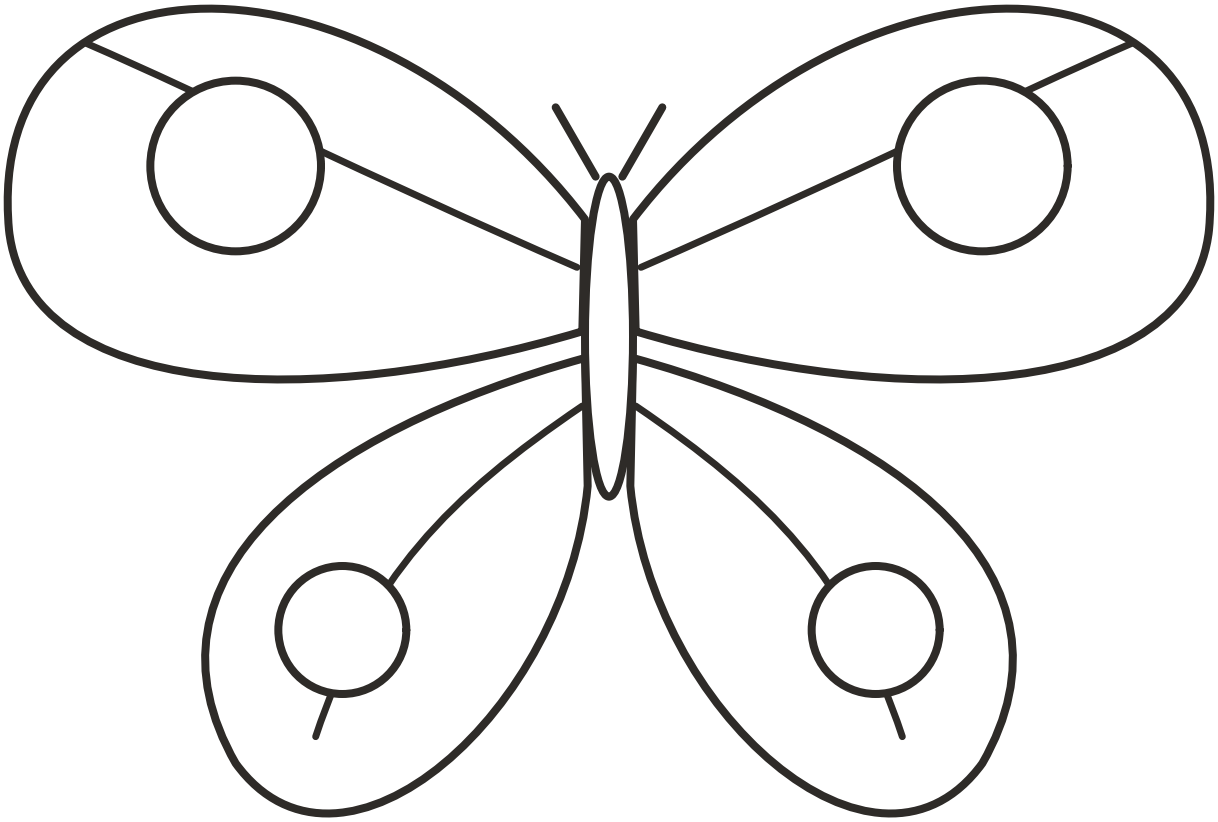
presentcare.app



MORNING BLOOM MANDALA

Talk about it: What helps you feel calm and settled?

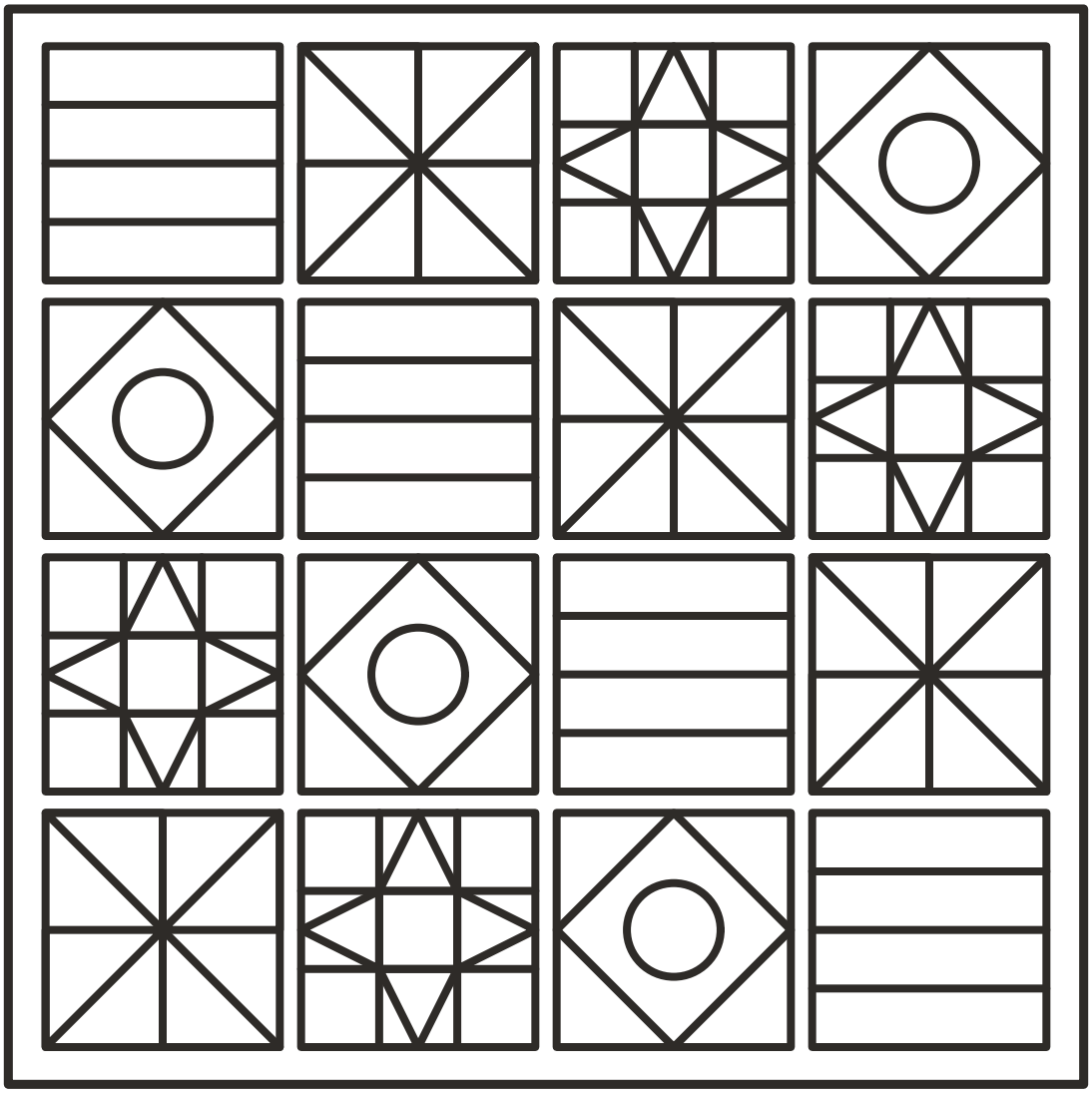
presentcare.app



THE BUTTERFLY

Talk about it: Where did you play outside when you were young?

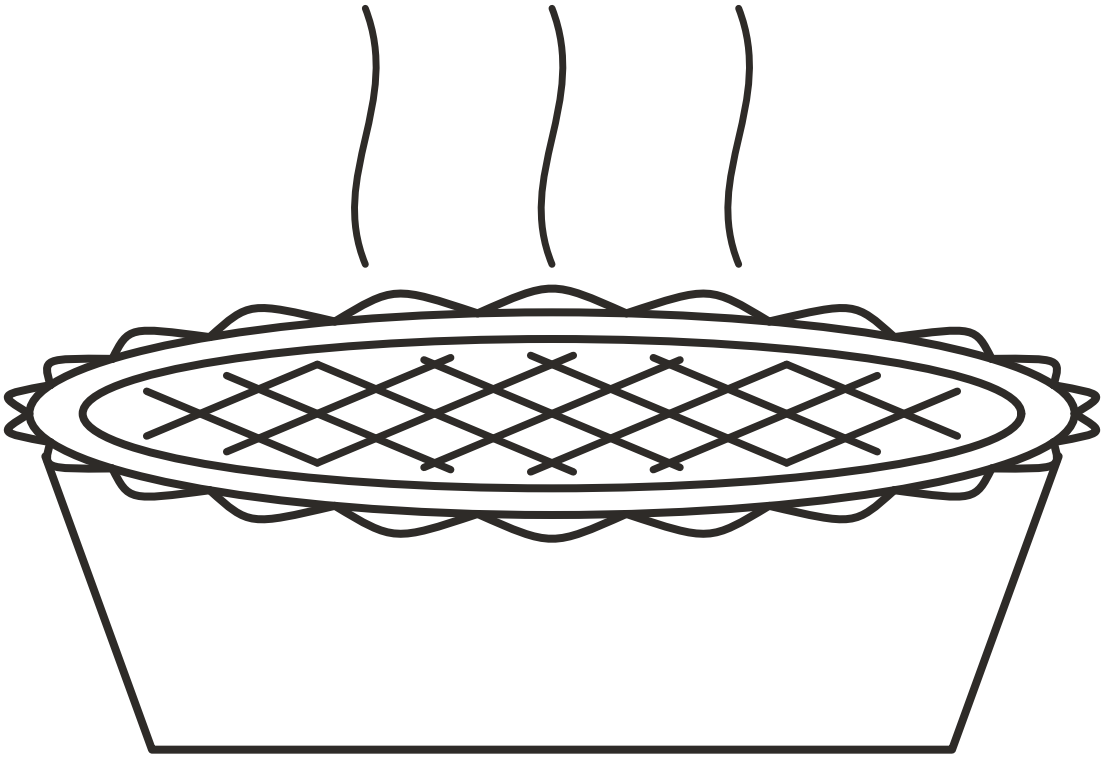
presentcare.app



GRANDMOTHER'S QUILT

Talk about it: Who sewed or made quilts in your family?

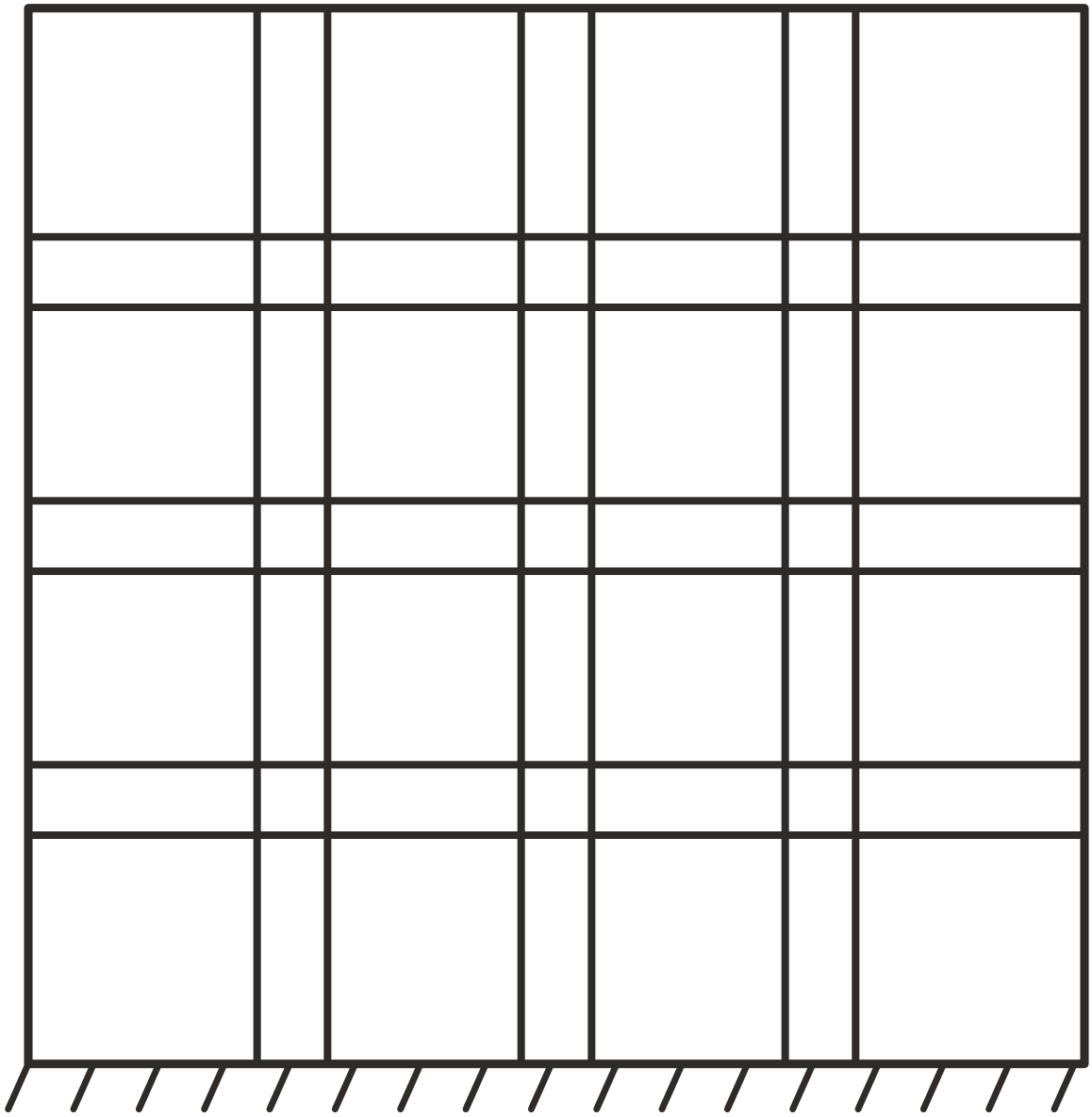
presentcare.app



THE CHERRY PIE

Talk about it: What dessert did your mother make best?

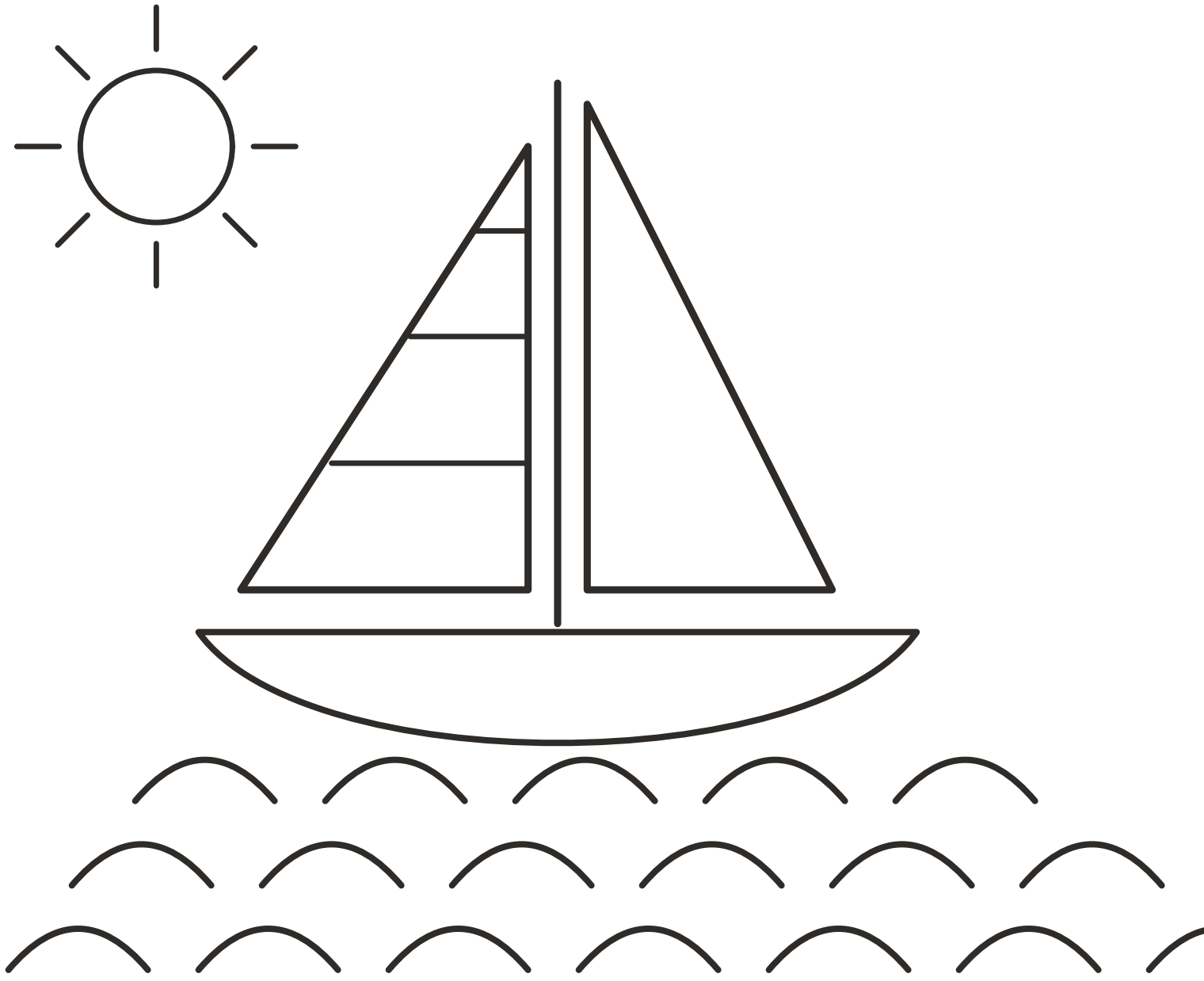
presentcare.app



THE PICNIC BLANKET

Talk about it: Tell me about a picnic or cookout you remember.

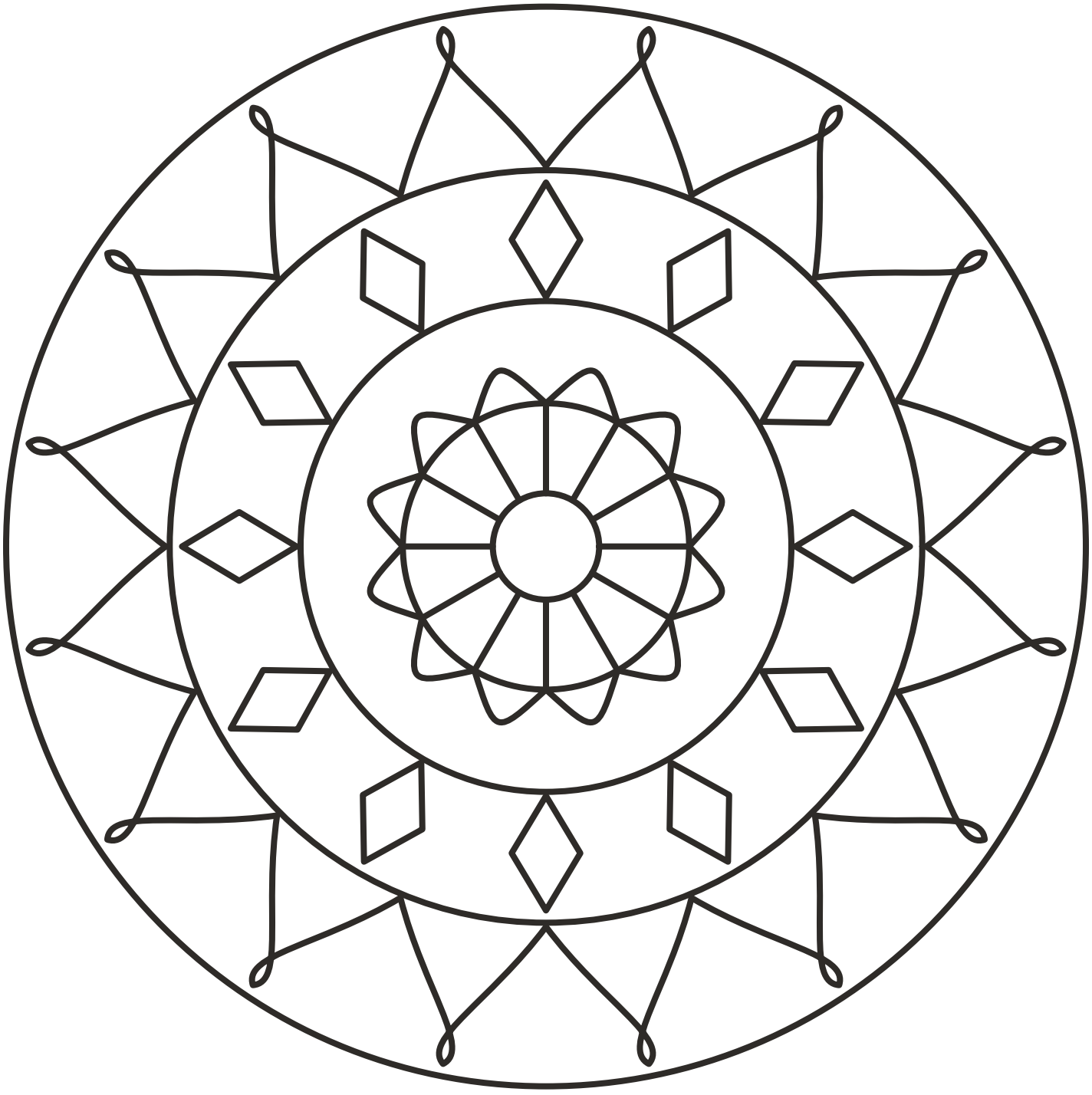
presentcare.app



THE SAILBOAT

Talk about it: What's the best trip you ever took?

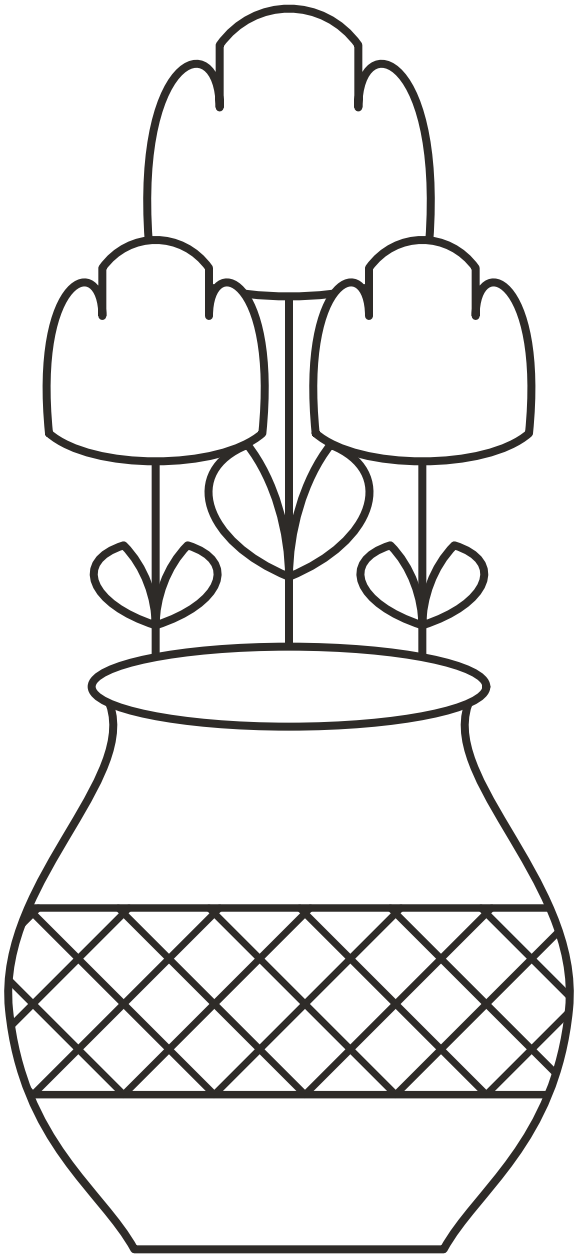
presentcare.app



CATHEDRAL WINDOW MANDALA

Talk about it: Tell me about a place that felt peaceful to you.

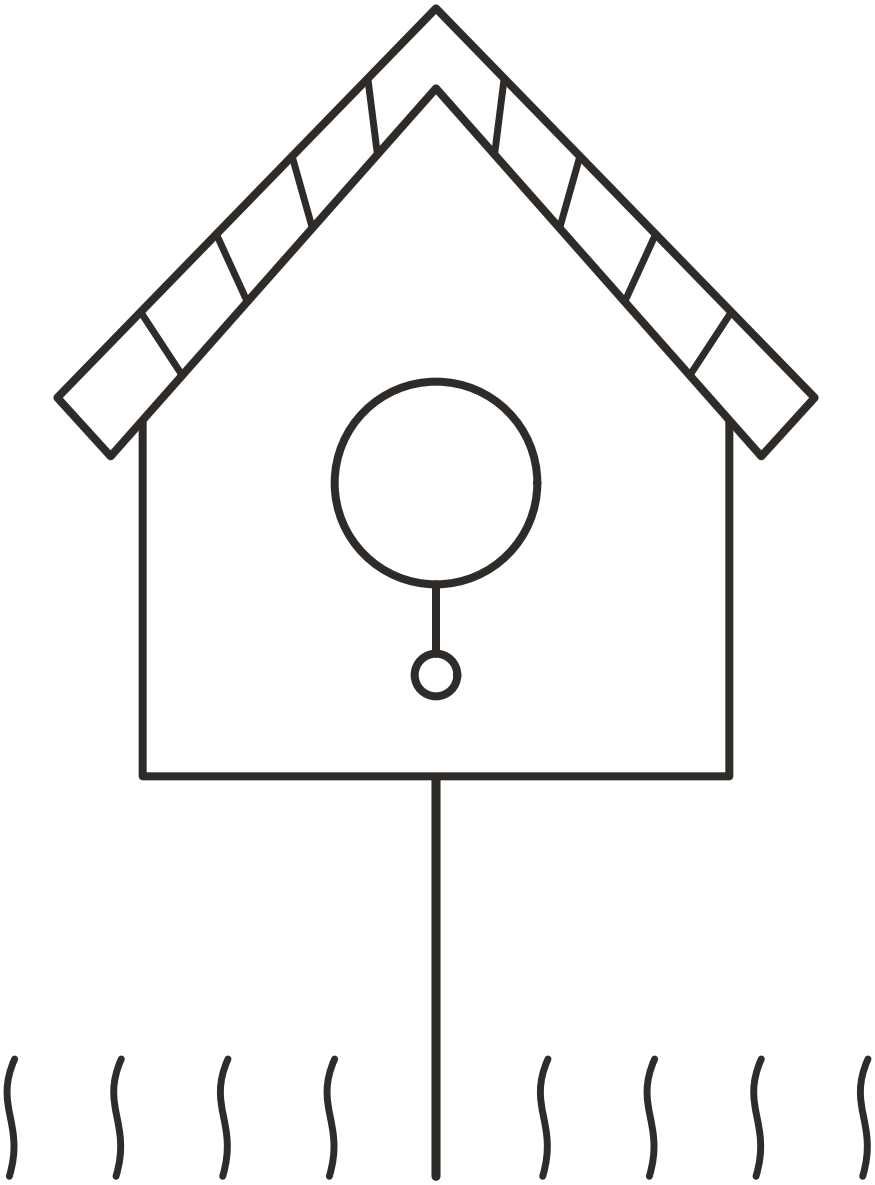
presentcare.app



THE VASE OF TULIPS

Talk about it: Did anyone ever surprise you with flowers?

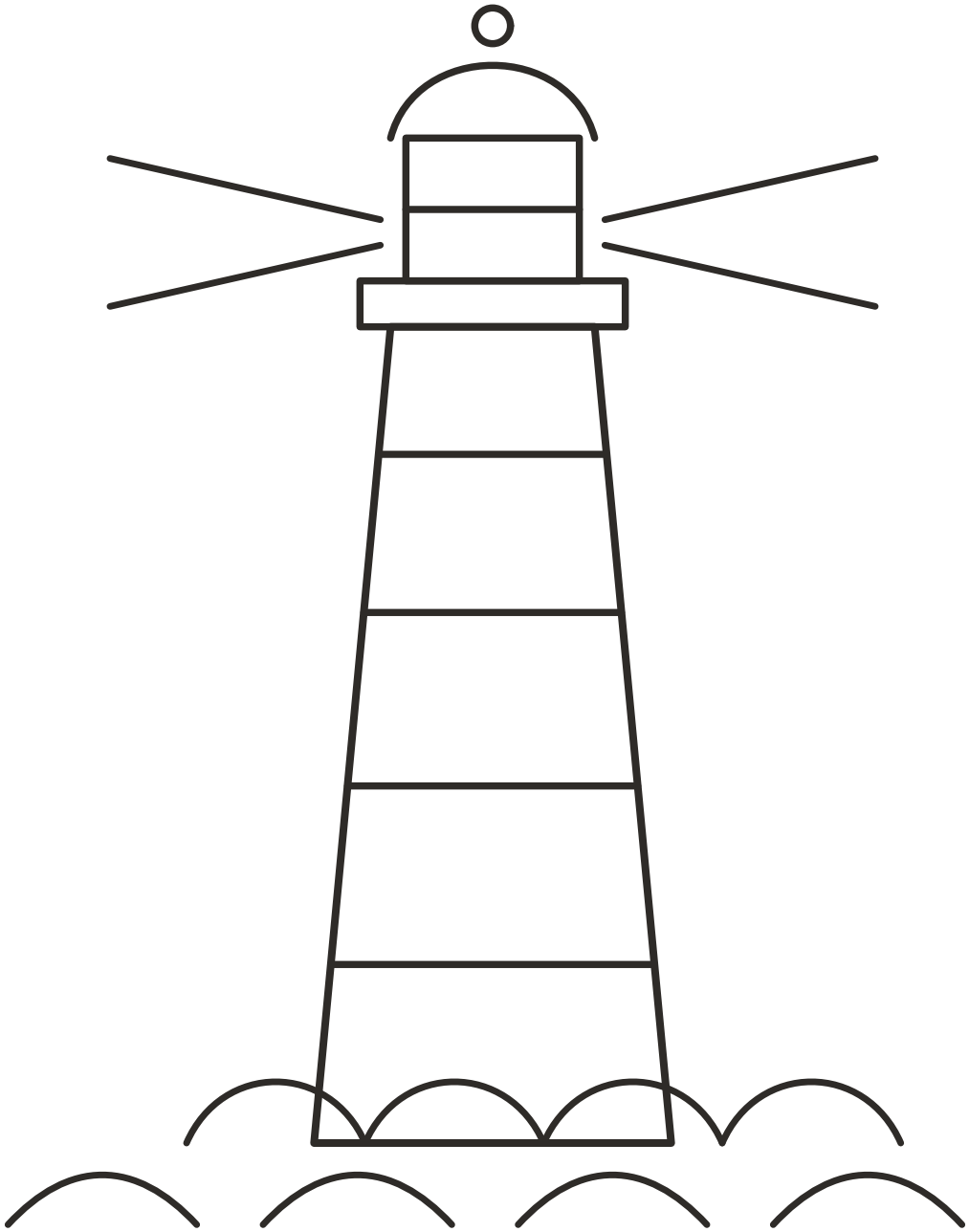
presentcare.app



THE BIRDHOUSE

Talk about it: What birds visited your yard?

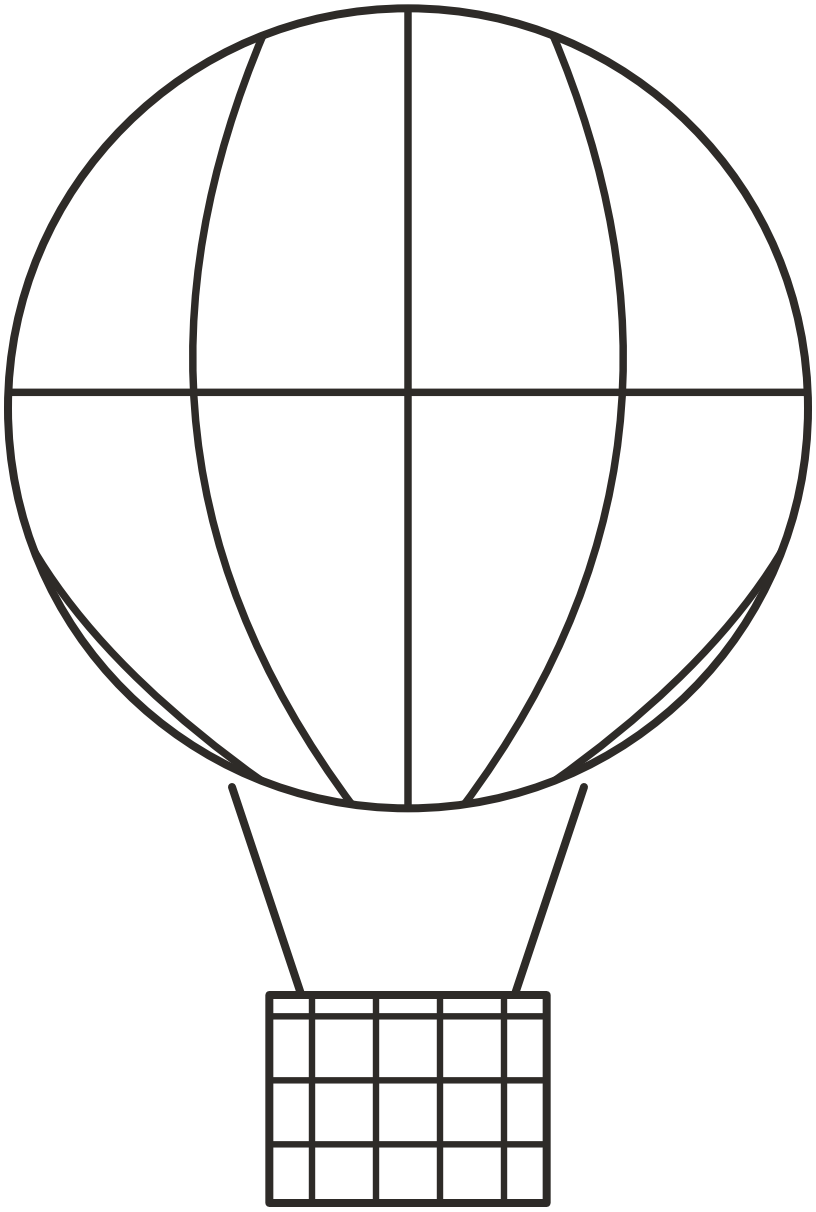
presentcare.app



THE LIGHTHOUSE

Talk about it: Have you ever seen the ocean? What was it like?

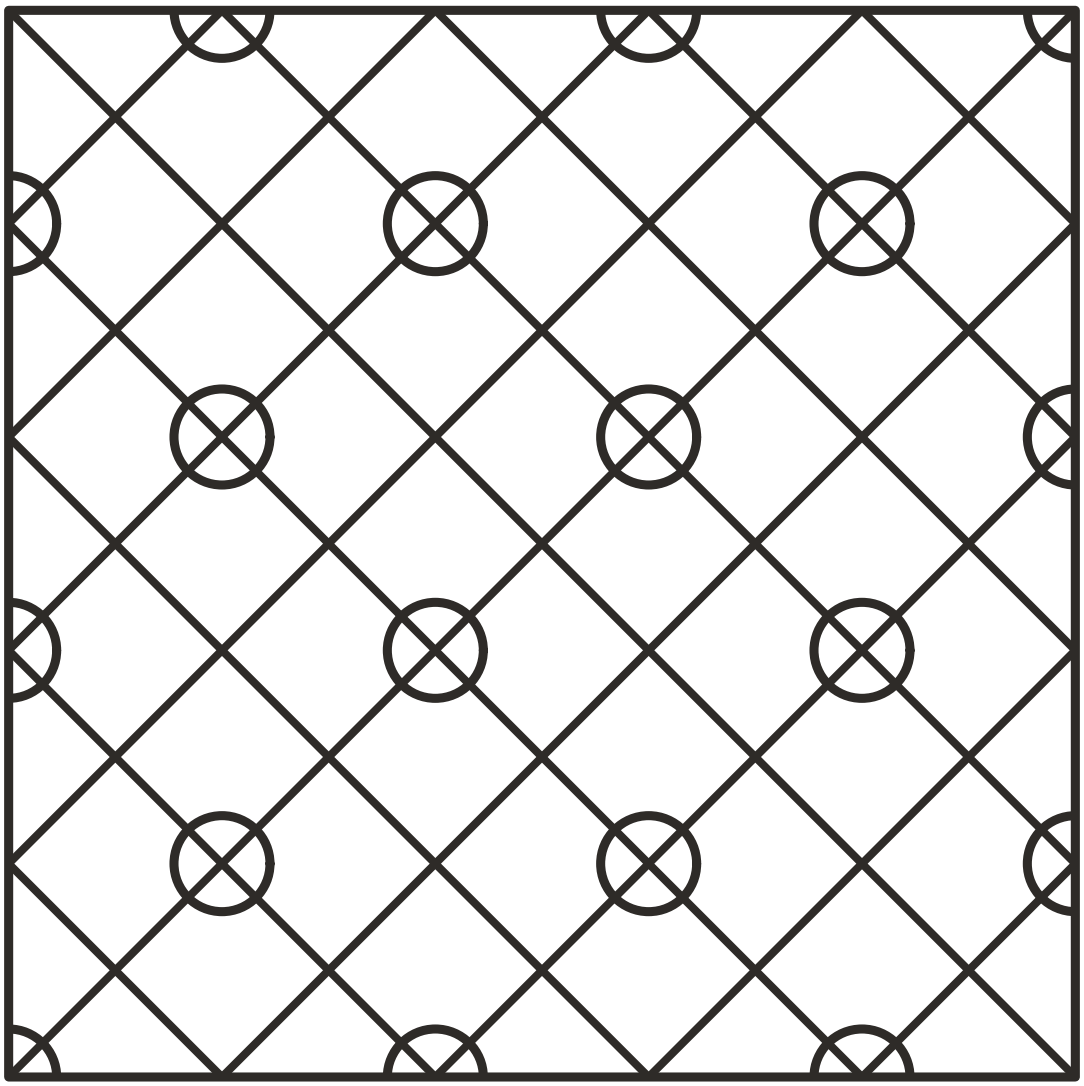
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THE HOT AIR BALLOON

Talk about it: If you could float anywhere, where would you go?

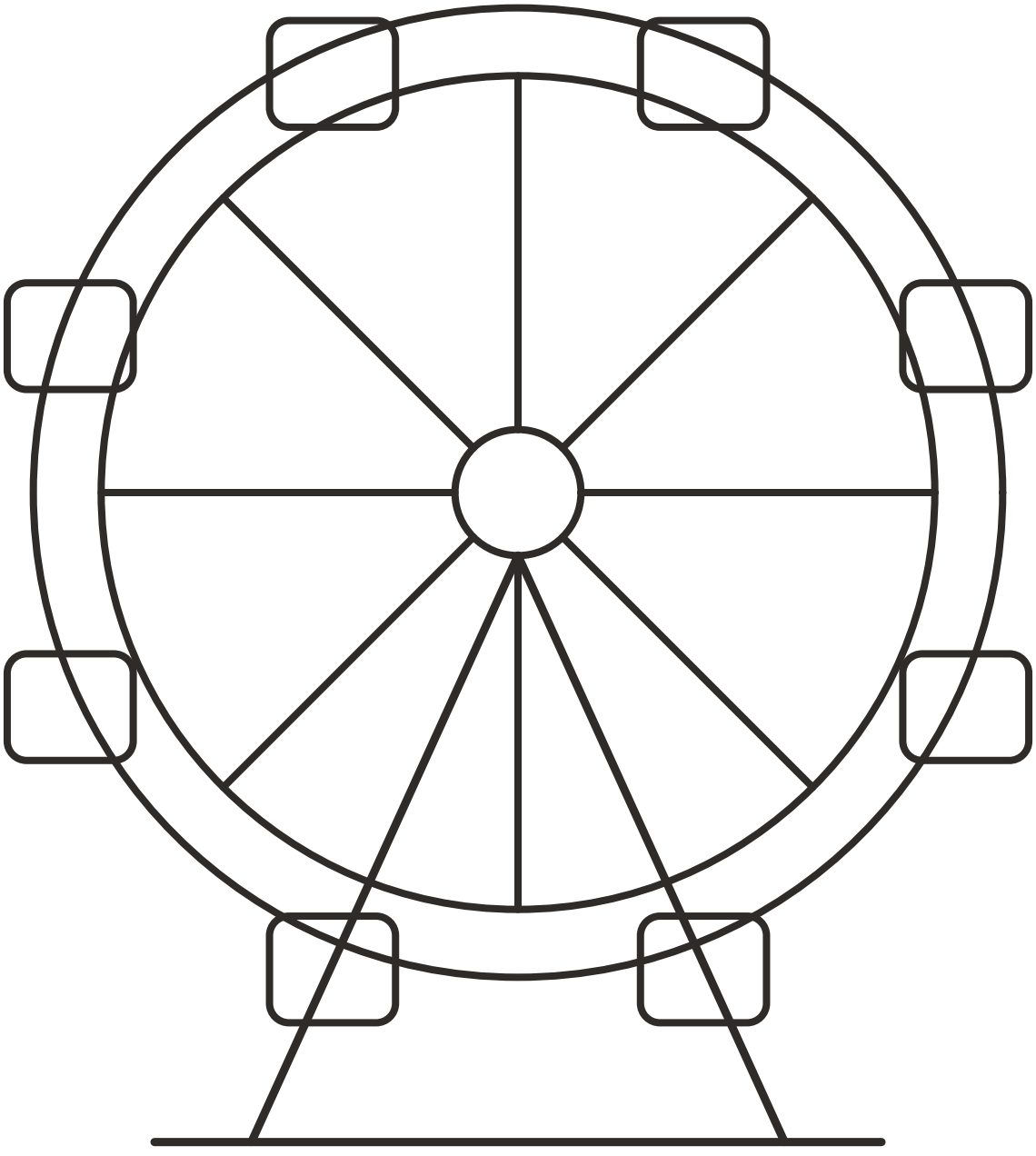
presentcare.app



THE TILE FLOOR

Talk about it: What was your kitchen like growing up?

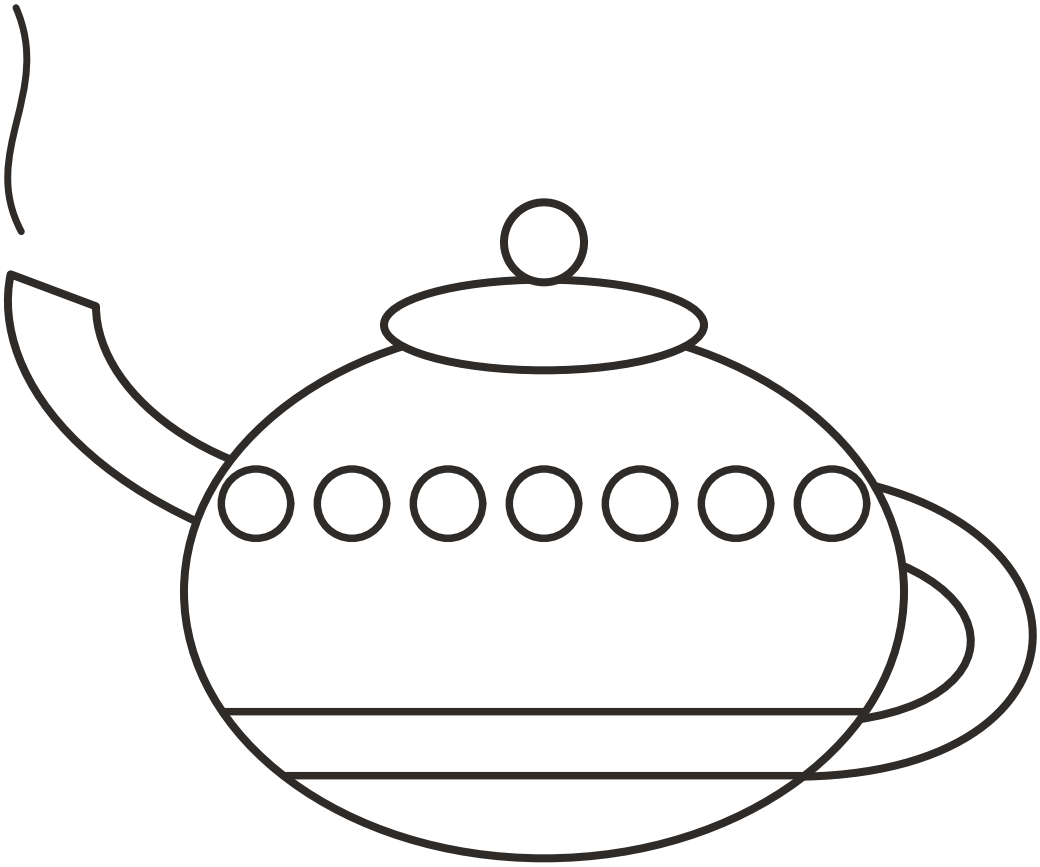
presentcare.app



THE FERRIS WHEEL

Talk about it: Tell me about a county fair or carnival you went to.

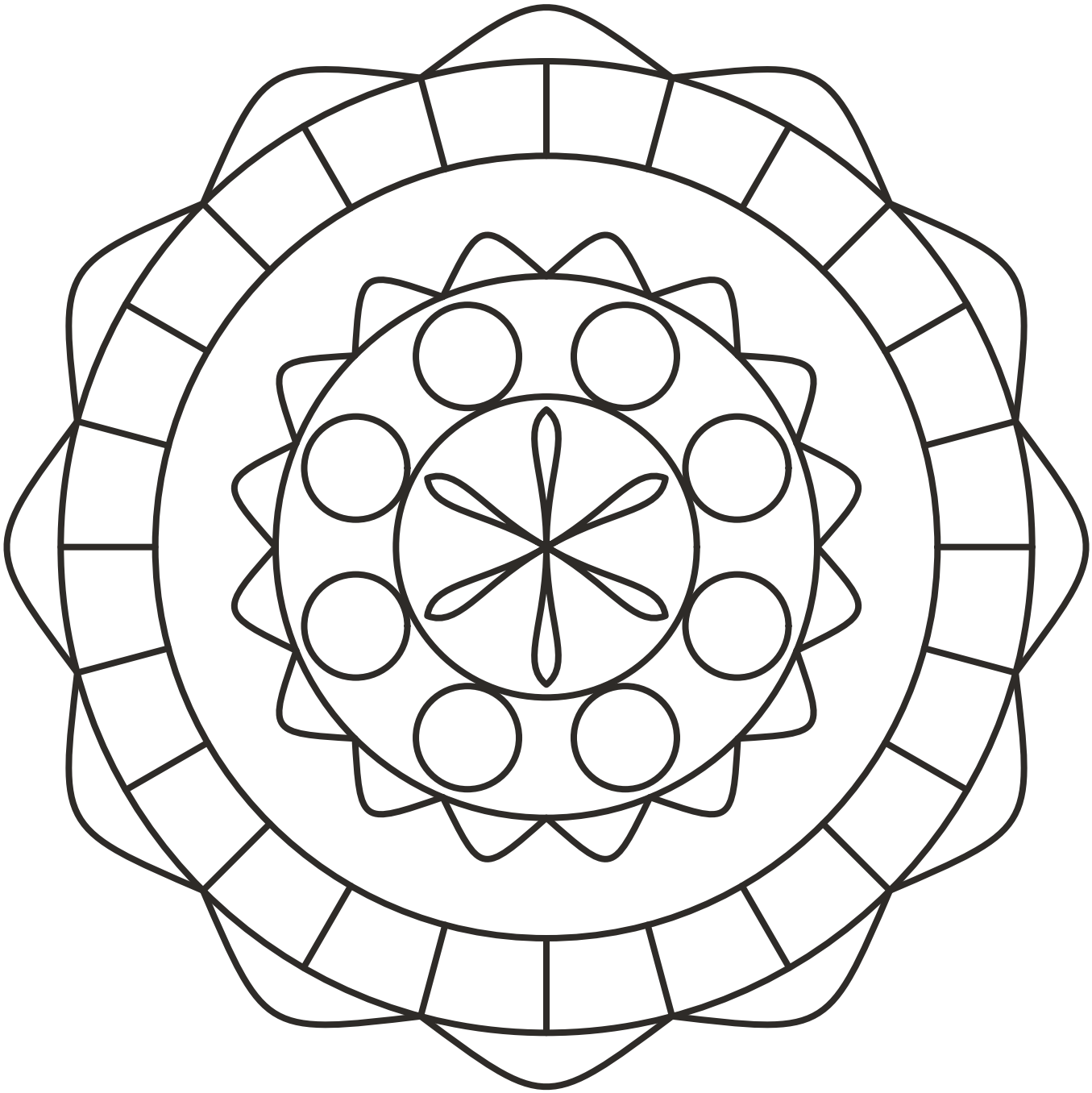
presentcare.app



THE TEAPOT

Talk about it: What did Sunday afternoons look like at your house?

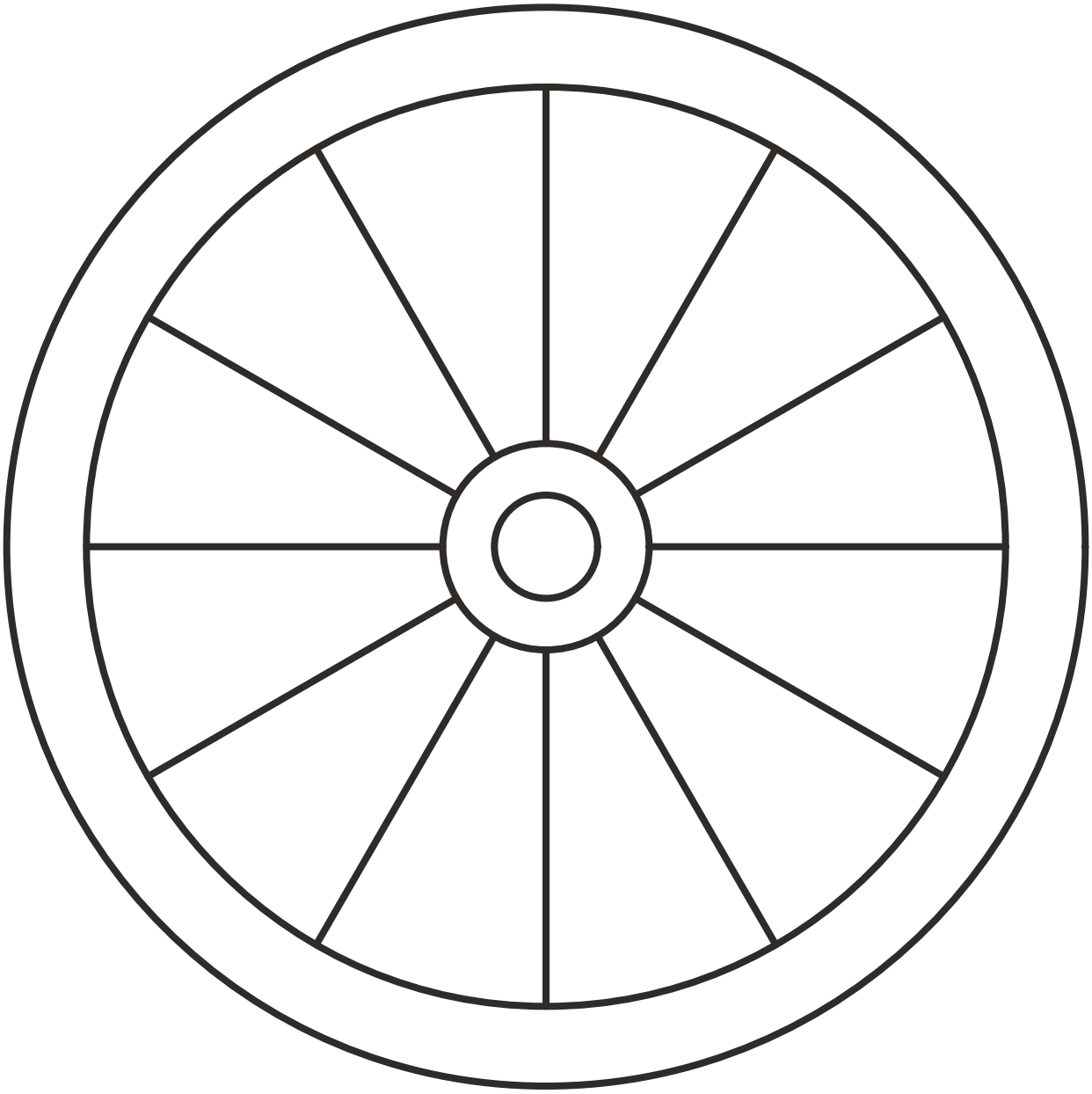
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COMPASS ROSE MANDALA

Talk about it: Where have you lived in your life?

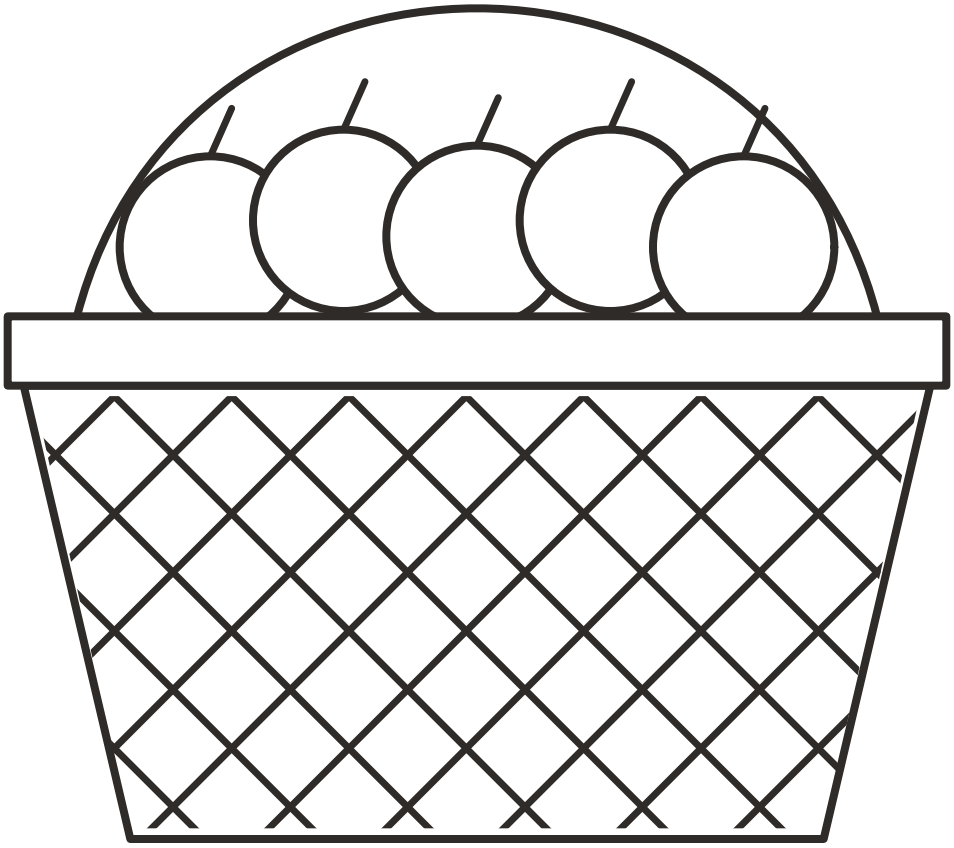
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THE WAGON WHEEL

Talk about it: What chores did you do as a child?

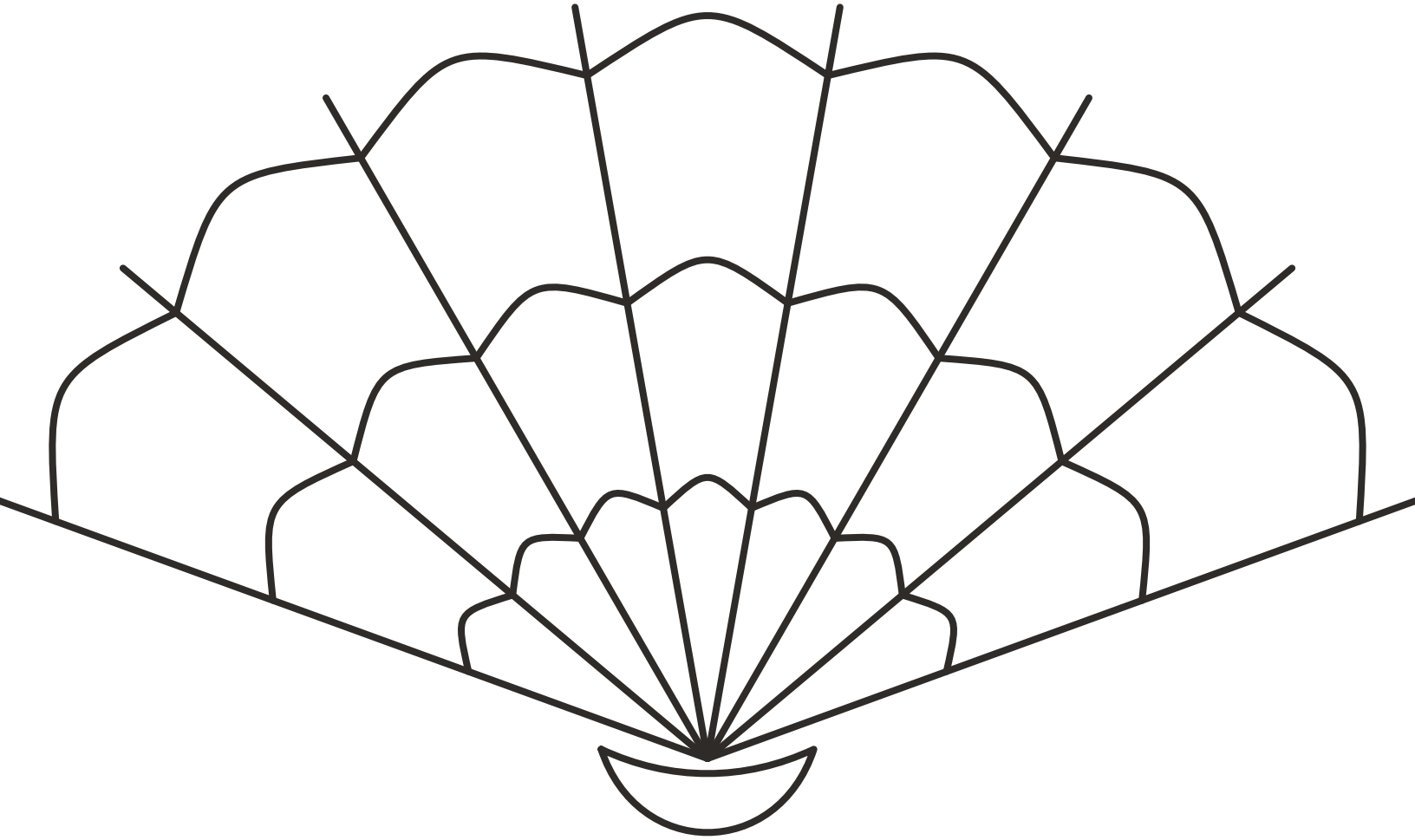
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THE APPLE BASKET

Talk about it: Did you ever pick fruit or keep a garden?

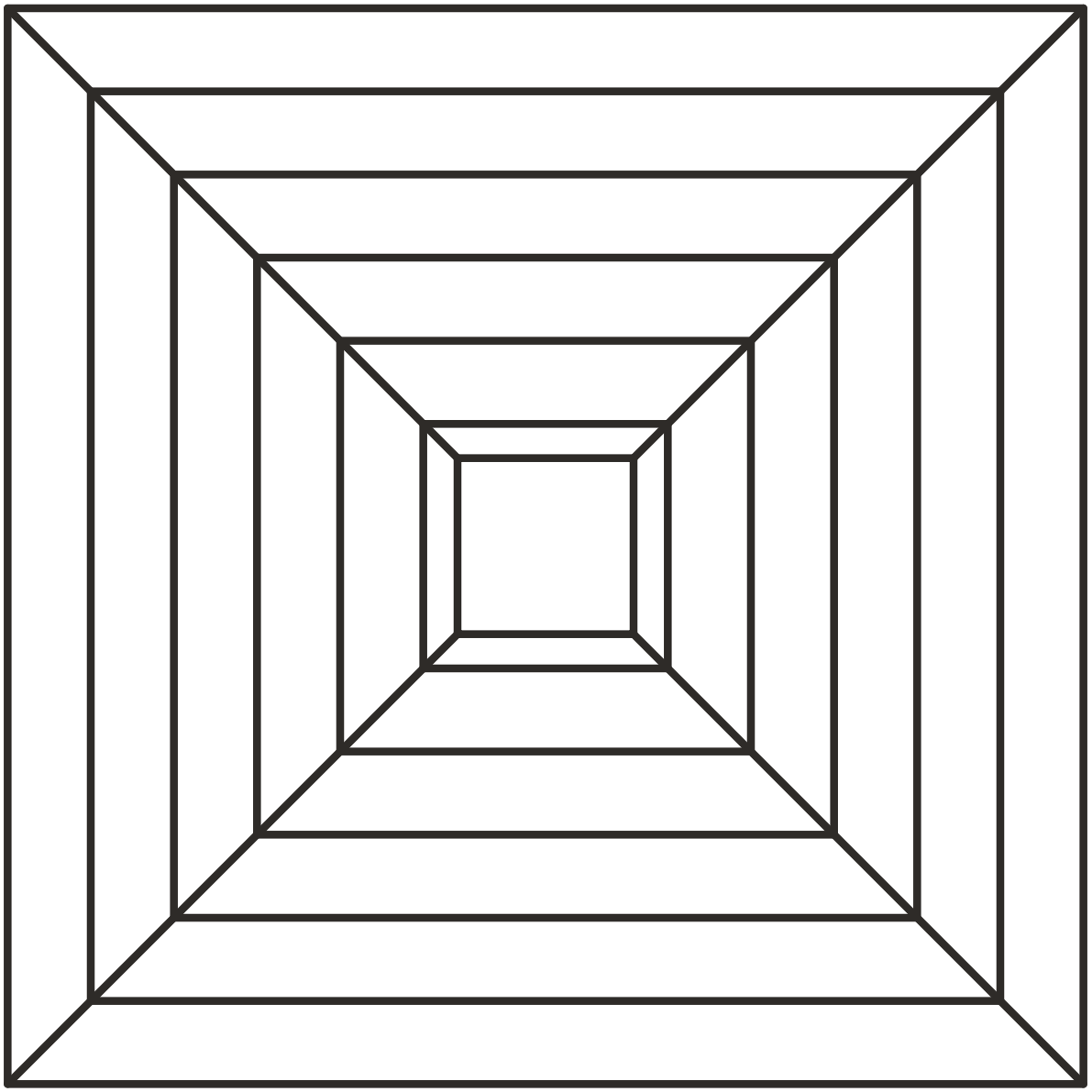
presentcare.app



THE SEASHELL

Talk about it: Tell me about a day at the water.

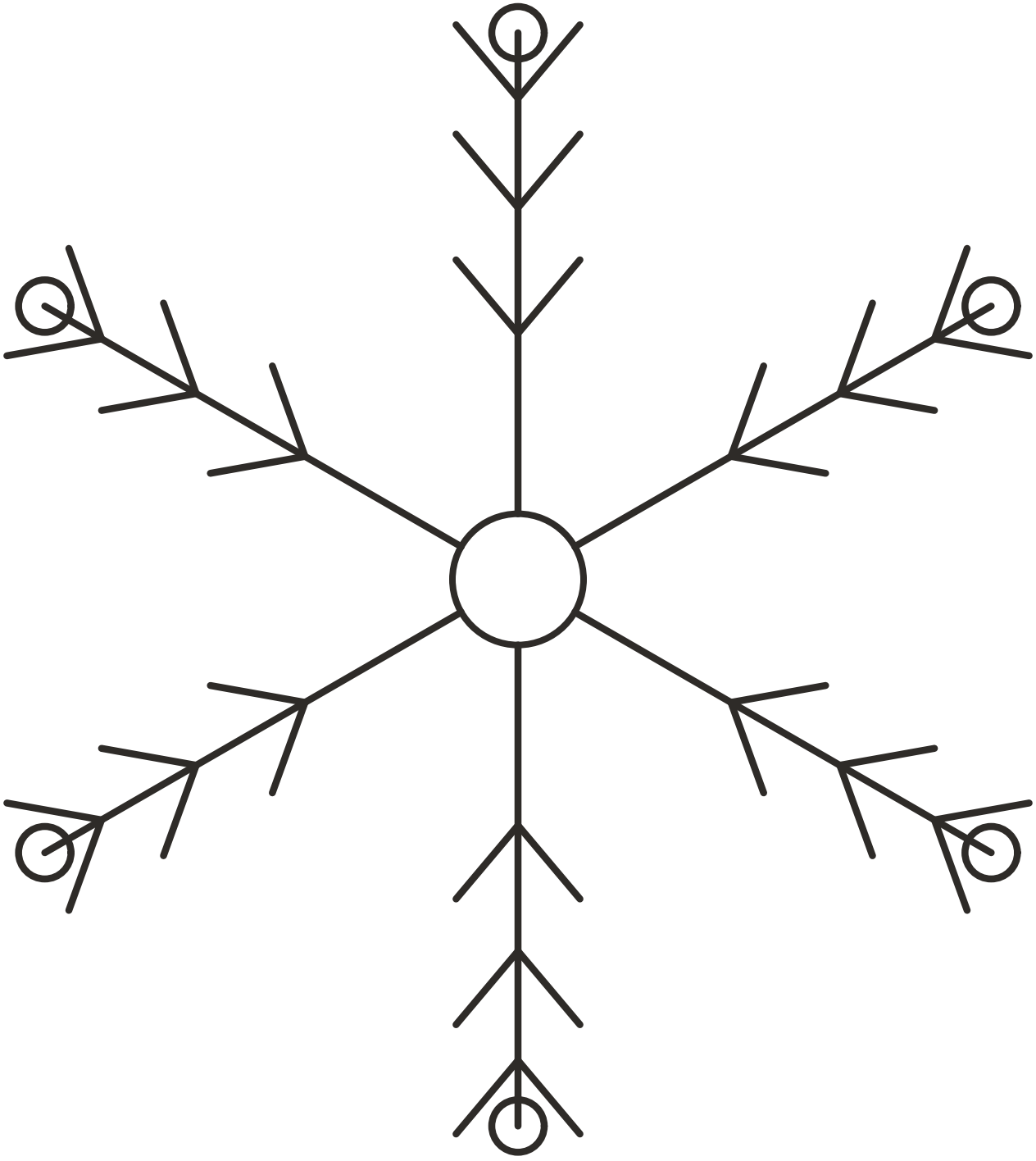
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THE LOG CABIN QUILT

Talk about it: Describe the home you loved most.

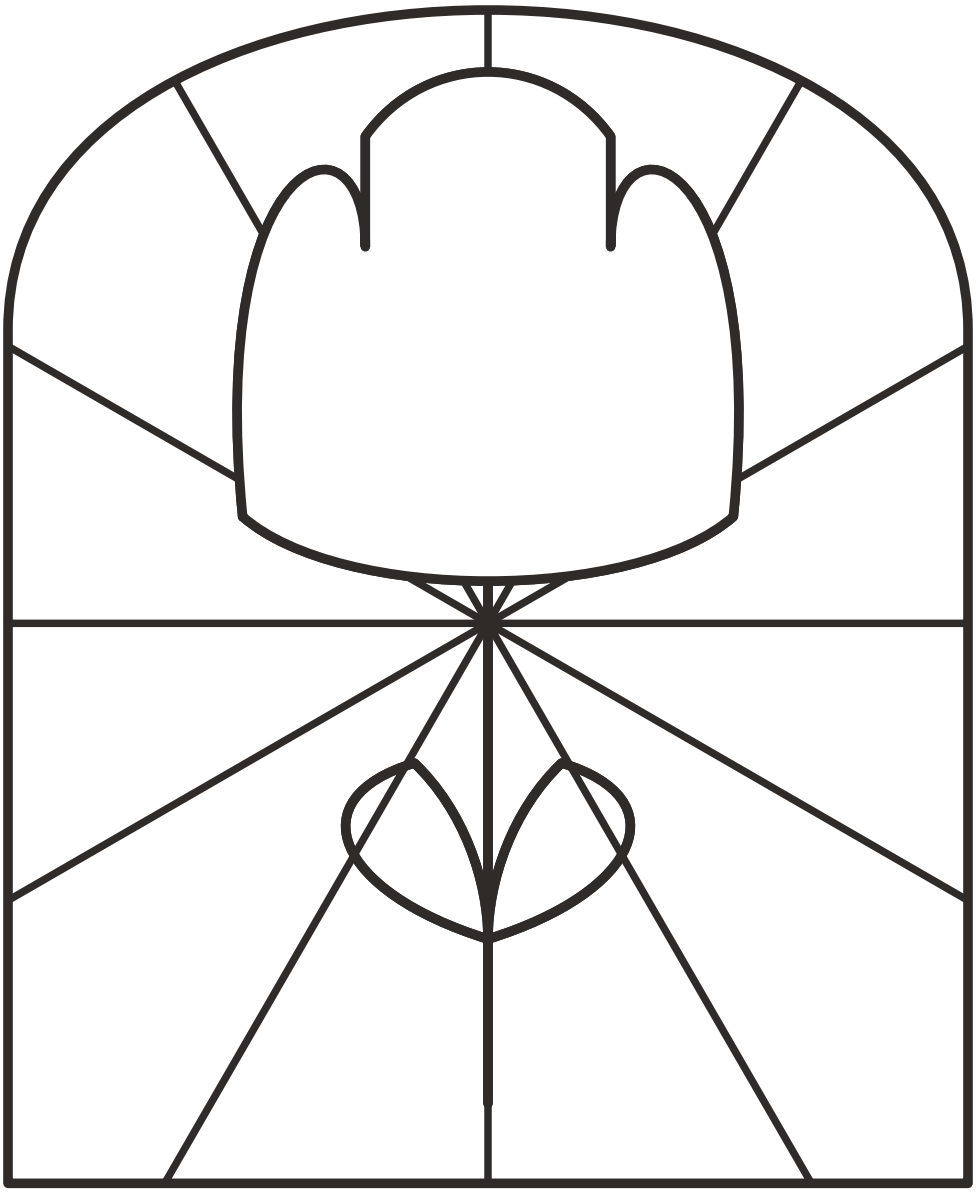
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THE SNOWFLAKE

Talk about it: Tell me about a big snowstorm you remember.

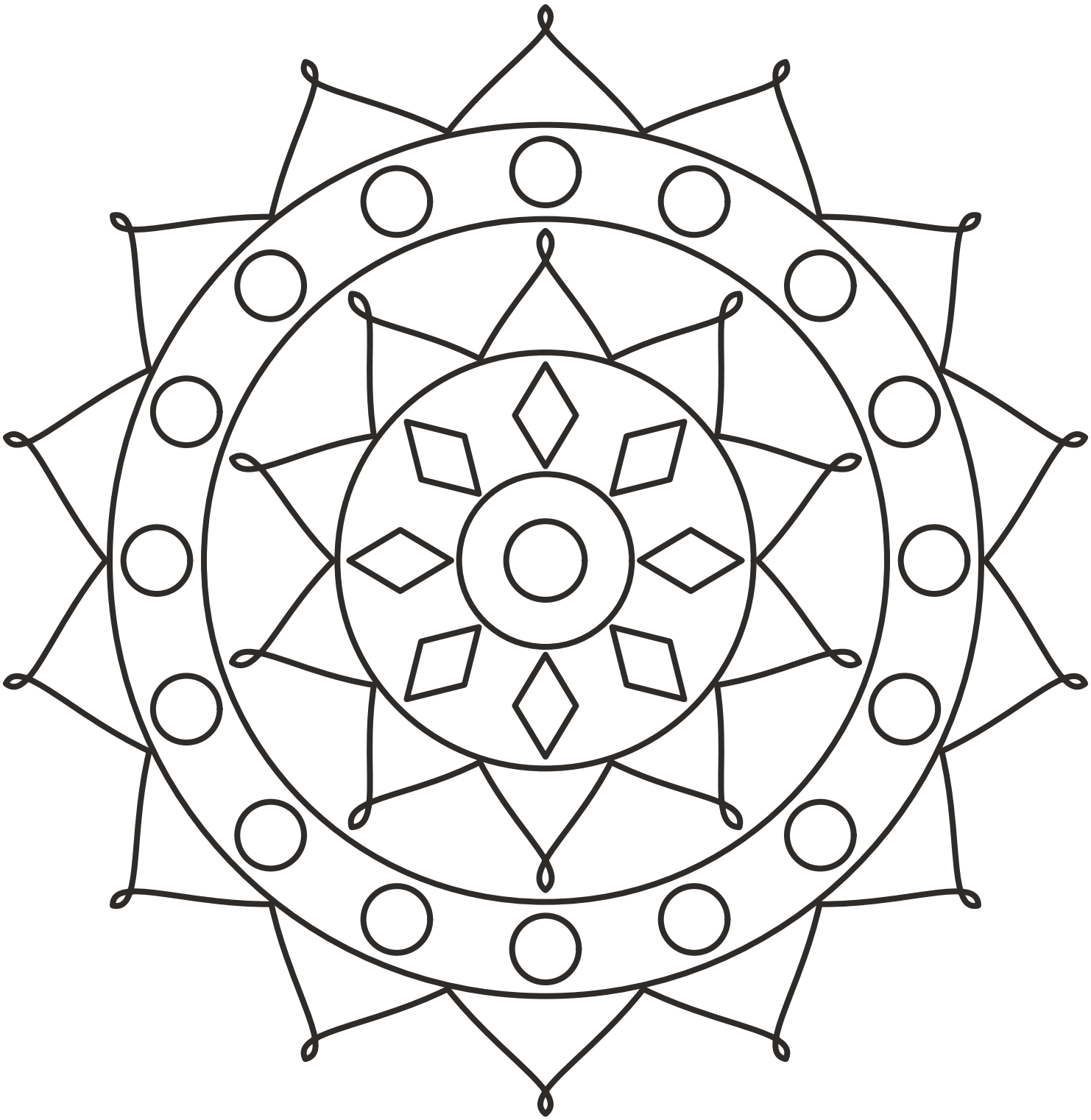
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THE STAINED-GLASS TULIP

Talk about it: Tell me about your church, or somewhere quiet you loved.

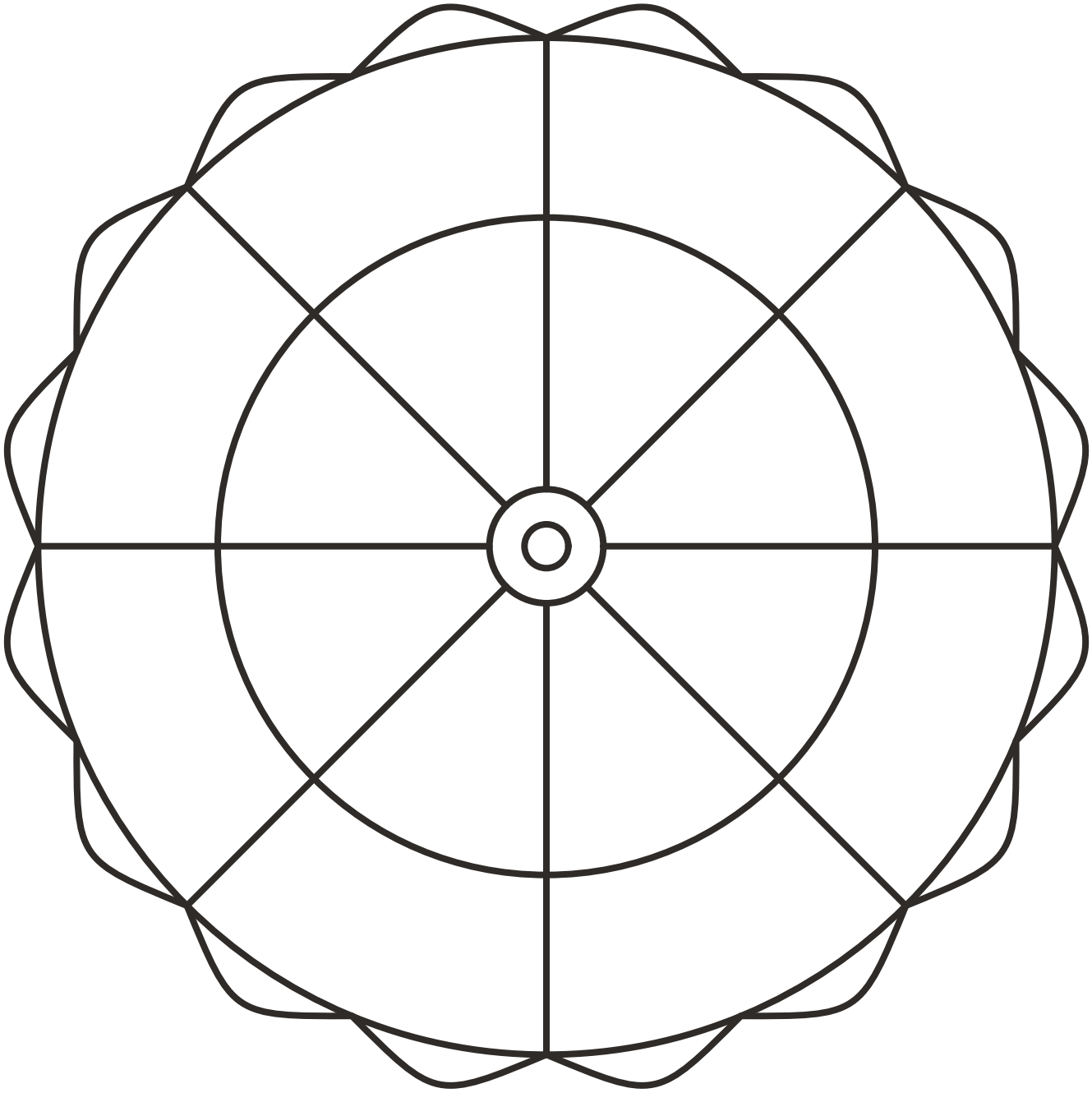
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GARDEN PATH MANDALA

Talk about it: What music takes you back?

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THE BEACH PARASOL

Talk about it: Tell me about a perfect summer day.

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The pictures end. The stories don't have to.

If the questions in this book opened up memories worth keeping, write them down while they're fresh. Our guided journal, Tell Me Your Story, holds 48 more questions and room for the answers.

And if you're the one keeping track of everything — medications, appointments, the whole ci that's exactly why Present Care exists. I built it while caring for my mother.

presentcare.app

Scan to keep this in your pocket