

## TH Activity Plan –Plum Syrup Refreshment

Text by Yuki Miyaki, PhD & Lesley Fleming, HTR

Photo by Y. Miyake & Sudachi



### Materials

2–3 tablespoons of plum syrup  
(ume syrup)

1 glass (about 200–250 ml) per  
person of carbonated water  
(soda water)

Ice cubes (optional)



**ACTIVITY DESCRIPTION:** Participants will drink a water-based refreshment made with plum syrup in a social setting. This activity is a continuation of [THAD Plums & Plum Syrup with Intergenerational Activities & Social Participation](#). This is typically delivered in a subsequent session.

### THERAPEUTIC GOALS:

**Cognitive/Intellectual:** Expand understanding of sequential activities; follow sequential steps

**Physical:** Strengthen hands by cutting, cleaning, stirring during food preparation

**Psychological/Emotional:** Improve quality of life; improve mood; improve sense of connectedness within community

**Sensory:** Taste plums & plum syrup; discuss nutrition, gustatory needs & food preferences

**Social:** Establish social connections; interact with younger/older people in an intergenerational activity; gift or donate plum syrup to facilities & staff

### STEP-BY-STEP PROCESS:

1. **Pre-Session Preparation:** Schedule & promote session(s) for participation by elders & students. Ideally this is a 2-part activity. Refer to [THAD Plums & Plum Syrup with Intergenerational Activities & Social Participation](#).
2. Plums have been harvested & processed in a previous session, as well as making the plum syrup. This may be done by the same participants attending this session, or by others.
3. Facilitator begins session by thanking participants for harvesting, processing & making plum syrup in previous sessions. Focus of today's session is on socializing & drinking the water-based refreshment made with plum syrup.
4. Prepare a glass for each person. Add a few ice cubes for colder drinks if preferred.
5. Add 2–3 tablespoons of ume plum syrup into the glass. Adjust the amount depending on the preferred sweetness.
6. Add soda water. Slowly pour chilled carbonated water into the glass.
7. Stir gently. Mix the syrup & soda water lightly so that the carbonation remains.
8. Garnish & enjoy! Add a slice of lemon or a few mint leaves for a refreshing flavor. Interact with others in the session.

**APPLICATIONS FOR POPULATIONS:** A “program focused on plums including harvesting, processing and making plum syrup was developed and delivered in Japan. Planned as a social participation program that included university students, elderly residents and facility staff, the multiple activities occurred over several months. This was intentional, to use plums in a variety of ways as well as to work towards establishing social connections between participants. For the elders, improving their quality of life through these social activities was intended to also expand their feelings of satisfaction....

Multiple therapeutic goals were integrated into the multi-sessions, and based on participants’ functioning across health domains. For all participants, young and older, social therapeutic goals focused on establishing and strengthening sense of community and connection. During stages of life, intergenerational relationships can be weakened particularly for elders in care facilities and for university students focused on education and careers...

Authors Drury et al. (2017) reviewed evidence of intergenerational programs, identifying elements of successful programming. These included providing frequent contact between participants, using an extended contact as a post program intervention, choosing an activity requiring cooperation between age groups, and design activities that encourages sharing of personal information” ([Miyake & Fleming, 2025](#)).

**SAFETY CONSIDERATIONS:** Facilitators are responsible for knowing poisonous and toxic plants and plant parts. Safe food handling processes are essential. Allergies, swallowing issues or contraindications with medicine should be addressed prior to session. Glass containers may not be appropriate for some facilities.

**NOTES OR OTHER CONSIDERATIONS:** “Recently, the term “agriculture-welfare collaboration” has been gaining attention in Japan where social participation through agriculture/horticulture is encouraged. In other countries, promoting social participation through community gardens and care farms has existed. Implementing such initiatives in Japan, specifically Japanese residential facilities pose challenges. Factors such as staff shortages, the increasing severity of residents’ conditions, and cognitive decline can be barriers to implementation. These types of activities, where horticulture is the underlying theme, are primarily implemented in day care facilities. Integrating intergenerational focus with activities that are of interest across ages has been an element that has provided for several therapeutic goals as noted above.

Ume, or Japanese plums are ripe when the skins are yellowish peach but are typically harvested when they are bright green and firm. They are actually apricots. Japanese plum syrup is used for refreshing drink with a citrus, apricot flavor. The method of making plum syrup varies depending on personal preference; sometimes it's made with just plums and sugar, while other times vinegar is added along with the plums and sugar. The syrup produces an aromatic fragrance as well as a refreshing drink, popular in Japan” ([Miyaki & Fleming, 2025](#)).

#### **REFERENCES/ RESOURCES:**

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TH Activity Plan form developed by Lesley Fleming, Susan Morgan and Kathy Brechner (2012), revised in 2026.