

34 Days Till Christmas

Ready or not. There are only 34 days until Christmas!

What are you going to get Grandma this year? A new blanket...again? How about a pair of slippers? While those presents could satisfy the needs or desires of a senior loved one, why not choose a gift that is even more meaningful: a gift from the heart. While you may not be able to add the following gift ideas to your shopping list, you can be sure they'll be appreciated by the elderly loved ones on your list.

1. Take your loved one shopping. Whether a trip to the mall or online shopping, make it a special day. Be mindful of your loved one's limitations, and don't overdo.
2. Send holiday greetings. Offer to spend an afternoon helping your loved one address and send holiday cards, either by mail or as online photo greetings.
3. Companionship. Invite a senior to lunch, a holiday concert or arrange to spend quality time at his or her home. You can learn so much from spending time with an elderly loved one. The gift of time just might be the best gift of all.
4. Celebrate the reason for the season. Attend a religious program with your senior loved one. Be flexible with service times if necessary.
5. Focus on others. Get your senior loved one and the entire family involved in helping with a worthy cause.
6. Stay connected. Help an older adult connect with loved ones far away, whether by phone or through a service like Skype.

Seniors love getting gifts that are practical and make their lives a little easier. Here are some useful and creative gift ideas:

1. Nonskid socks – Seniors are often cold, so warm socks are great gift ideas for the elderly on your shopping list. The nonskid socks that have grippers on the bottom are great for the elderly because they offer a little extra traction that can help keep often-unsteady elderly people from falling and injuring themselves.



2. Tabletop playing card holders and easy-to-read cards – Sometimes senior like to play cards games but have trouble holding or seeing the cards, so the cardholders and jumbo-faced cards are great gift ideas.
3. A gift basket full of goodies – Home-baked breads are always a favorite gift idea for the elderly. Other ideas that make great gifts are baskets of canned soups or snacks.
4. Blankets – A throw can help keep seniors warm on a cool evening.
5. Gift Certificate – A gift certificate to their favorite hair/nail salon for a day of pampering.
6. Calendar – An easy to read calendar with family birthdays and special events marked.

Last Minute Gift Ideas – Make it a basket. Several small items that will please, can add up to a personal gift for the senior in your life.

For the card player a basket with a set of matching cards, score pads, a couple of interesting pens or pencils, a card shuffler, and maybe a set of card holders if their hands are getting stiffer. Add a selection of delicacies they can share with their card group.



For the puzzle lover a selection of two or three crossword or word finder books, a giant pink eraser, a comfy lap throw or shoulder wrap, and a bag of favorite cookies make a great collection.

The TV watcher will probably enjoy an armchair organizer, a big button remote, a new tape or DVD, and a box of microwave popcorn.