

Gifts from the Heart



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Gifts from the Heart

- ◆ Scrapbook
- ◆ Creating a family memory video
- ◆ Writing a memoir/personal history
- ◆ Weeding their garden
- ◆ Planting their flowers
- ◆ Membership to local science center, zoo, museum (and you taking them!)
- ◆ Trips to the local library
- ◆ Enrolling the person in the Library of Congress' Recorded Books Program for those with impaired vision or fine-motor coordination/strength www.loc.gov/nls or downloading MP3 audiobooks to inexpensive MP3 player (available at Wal-Mart, Staples, Target, Kmart) through local library: www.netlibrary.com/RecordedBooks . Some libraries carry audiobooks pre-loaded onto MP3 players.
- ◆ Compile family recipes into a book. You can even self-publish and print a hardcover version! www.lulu.com
- ◆ Pre-addressed & stamped family birthday/anniversary cards with the date to mail it written on the envelope flap so that your loved one can continue to be involved
- ◆ Personalized Calendars with family photos and birthdates, other special anniversaries (Sam's Club Photo, Costco, Shutterfly.com)
- ◆ Jar with decorated lid (or box) filled with pieces of paper, each with a memory involving the elder and you. Open one each visit!
- ◆ An IOU for a year's worth of lawn care or 52 car washes from a teenager might be appreciated.
- ◆ Personalized gifts, such as a deck of cards or jigsaw puzzles using their photo or a favorite grandchild or pet
- ◆ Large poster of them with a grandchild for their walls
- ◆ Bird feeder (plus the IOU to keep it filled) would add some interest to their window, and include a book on bird watching or a book or pictures of birds
- ◆ Storage boxes in bright colors, personalized everything!, clothes, door decorations

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Gifts from the Heart

Gifts for the Active Senior Who Has Everything

- ◆ Frozen steaks, salmon, gourmet dinners
- ◆ Gourmet tea and coffee
- ◆ Gift certificate for restaurants
- ◆ Fruit of the month
- ◆ Nuts
- ◆ Fresh kitchen spices (these are expensive on a budget)
- ◆ Tin of popcorn, microwave popcorn packets, a microwave popcorn popper that actually works: Presto® PowerPop® microwave multi-popper, or a hot air popper (both available at Target)

Gift Certificates For

- ◆ Tickets to the movies, theater, zoo, or museum
- ◆ Stores or shopping malls
- ◆ Favorite hair salon
- ◆ Massage, manicure, facial, salon/spa “day of indulgence”
- ◆ Housecleaning
- ◆ Subscription to magazines related to their interests
- ◆ Plants or cut flowers

From: <http://www.caremanager.org>

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