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Happy Holidays!



From our office team to you and your family

Gift Ideas for Seniors

Buying gifts for anyone during the holidays can be a daunting task, especially if it is for someone who has accumulated generations of hobbies and interests. Here are 10 great gift ideas for older adults of any age:

1. **Art Supplies:** Adult colouring books are all the rage and help with mindfulness whilst calming anxiety.
2. **An IPAD or similar device:** Newfangled electronic devices are a great way for older adults to exercise brain power. They offer easy to use touch screens and large print options. They are also an amazing idea for staying in touch and allowing for family members who are long distances away to see each other on a consistent basis.
3. **Puzzles:** Picture puzzles or word problems can help keep the mind sharp and are a fun way to spend time together. Puzzles are especially good for those suffering from Alzheimer's in low piece count options.
4. **Tickets to a play or cultural passes:** Local recreation centres offer great activities from museum and zoo tours to attending cultural community events. If you know your loved one likes one specific place why not buy them a seasons pass?
5. **Tea:** Generally speaking, tea is a great gift to give anyone. Many older people, especially if immobile, are not aware that there are now entire stores dedicated to making and selling incredible combinations of teas. Broaden their taste buds with some new tea mixtures or accessories.
6. **Membership to a gym or meeting with a nutritionist:** Staying social and active are very important factors in warding off medical issues as you age. The gym is a great place to work out at your own pace while still staying social in group classes.
7. **Gift certificates for senior services and care:** What do you get the older adult in your life who has everything? Peace of mind and the ability to age in their own home is a wonderful gift. Many caregiving services, like ours, offer gift certificates that can be used towards any care services such as meal delivery, respite care companions or transportation to doctors appointments.
8. **A pet:** Research shows pet companionship improves the physical health and mental well-being of older adults, even reducing cholesterol and triglyceride levels and physician visits. Please speak with your loved one and ask them before purchasing them a pet to make sure they are on board with the idea and have the ability to properly care for the animal.
9. **Personalized photo albums:** Put together a family photo album or scrapbook. Many online sites make it even easier by placing all of your photos into a book and shipping it for you.
10. **Home safety equipment:** Grab bars, specialized dinnerware, and even simple tools such as grippers for helping to open jars can make the life of a personal with arthritis or other aging ailments easier.



If you are an older adult reading this thinking that you also have limited ideas on what to purchase for your family members or friends bridging the generational gap, call or email us and we can help!

Pearls of Wisdom

Pearl, I am having some problems bringing up the idea of homecare with my mother who recently seems to be forgetting things such as when to take her medication, what can I say to start the conversation without being patronizing?

Concern about your loved one's daily safety and comfort may be overwhelming at times. The subject can be difficult to broach, and you may not feel comfortable initiating a conversation about it. First, you need to gather accurate information and make notes of what you see occurring with your mother. If you review your observations and are concerned about your loved ones safety, plan out your conversation ahead of time. You might consider writing out a list of concerns before speaking to your mother. Determine a comfortable setting to have the discussion, stick to open-ended questions, and thank your loved one for their time. If you have siblings include them in the conversation and be aware of everyone's personalities to avoid differences in communication styles. Most importantly, do not make your mother feel ambushed.

A great opening line would be "What is most important to you at this time" and/or "What is your greatest fear?" Your final remarks might include a statement like, "We love you, Mom." Communication is one of the most important elements in caring for your elderly or disabled loved one. If you begin with clear expectations and keep the lines of communication open, your chances for a successful relationship are greatly enhanced. Remember that caring for your mother will include ongoing conversations about the subject.



Have a question for Pearl? Email it to pearl@rightathomecanada.com to see it featured with an answer from Pearl in the next newsletter!

International Day of Persons with Disabilities

The International Day of Persons with Disabilities is marked around the world annually on December 3rd to promote awareness and mobilize support for the inclusion of persons with disabilities in society and development.

Theme for 2015: Inclusion matters: access and empowerment for people of all abilities.



The estimated one billion people living with disabilities worldwide face many barriers to inclusion in many key aspects of society. As a result, people with disabilities do not enjoy access to society on an equal basis with others, which includes areas of transportation, employment, and education as well as social and political participation. The right to participate in public life is essential to create stable democracies, active citizenship and reduce inequalities in society.

Source: <http://www.un.org/en/events/disabilitiesday/>

Recipes From Home

Shortbread Cookies

Buttery, crumbly shortbread cookies, just like grandma used to make. Just 3 ingredients and 10 minutes is all you need to whip these up for holiday get together or to enjoy alone with a hot cup of tea:

INGREDIENTS:

- 1 cup (2 sticks) butter, softened
- 1/2 cup powdered sugar
- 2 cups all-purpose flour

DIRECTIONS:

Preheat oven to 350 degrees F.

Prepare two large baking sheets lined with parchment paper

In a large bowl, cream together butter and sugar. Add flour and continue to mix until mixture forms a soft dough (it will be crumbly at first, but keep mixing and it will form a dough). Form dough into a ball with your hands.

Roll dough 1/4-inch thick on a surface dusted with flour or powdered sugar* with a dusted rolling pin. Cut into rounds and place on prepared baking sheets. Repeat as necessary.

Bake for 16-18 minutes, or until cookies are pale golden brown. Let cool on baking sheets.

Enjoy!



Source: www.thecomfortofcooking.com