

News Column for Use Week of 12/16/19
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Gifts That Keep on Giving

Give last minute gifts that keep on giving. Everyone young and old eats, talks, sings, dances, and makes creative items. Give a gift that provides quality time for older and younger family members and friends to interact.

Here are some gift ideas older adults and young people can give each other. Some cost nothing or very little money, but will be appreciated.

Gifts from Old to Young:

- a few family recipes
- an heirloom (as reflection of shared family heritage). Share about the history of the item
- a quilt or pillow top made with material or design that has family significance. It may be made from fabrics of clothing worn by a family member. You may have to write an IOU to be completed after Christmas
- ingredients for a joint baking/cooking session
- an incomplete sewing, knitting, or crocheting project. Family members can work together to complete the project
- a puzzle you can do together
- a family album

Gifts from Young to Old:

- a package of supplies to make a book about family history or identity. This might include newspaper clippings, photos, and stories (written together).

Family or Friends Giving:

- sing Christmas carols or play instruments together at a nursing home, a hospital, or as part of a community even
- cook and deliver a meal to a family with a member suffering from an illness. Bring presents to the family
- help an older neighbor decorate their house or apartment
- join a community service project. You might organize a toy, canned food or blanket drive or another designated project

Gift-giving is thinking of other people before ourselves. It is taking the time to select something we know the other person will enjoy. The process can be wonderful, meaningful and enriching for the giver and receiver. Let's use this gift-giving season as a time to be closer to our loved ones. Have a blessed Christmas and holiday season with family and friends!