

DECEMBER

NEWSLETTER



**Saving
Money on
medication**

**Christmas
Party
details inside**



How to Save Money on Your Medication



Dear Savvy Senior,

*I take several medications for multiple health conditions and the prices keep going up, even with insurance. Can you recommend any tips that can help me save?
Price-Gouged Patty*

Dear Patty,

The rising cost of prescription drugs is a problem that stings millions of Americans. While there's no one solution, there are some different strategies and resources that can help reduce your drug costs, so you can afford what you need. Here are several to consider.

If you have insurance, know your drug formulary: Most drug plans today have formularies (a list of medications they cover) that place drugs into different "tiers." Drugs in each tier have a different cost. A drug in a lower tier will generally cost you less than a drug in a higher tier, and higher tier drugs may require

you to get permission or try another medication first before you can use it.

To get a copy of your plan's formulary, visit your drug plan's website or call the 800 number on the back of your insurance card. Once you have this information, share it with your doctor so, if possible, he or she can prescribe you medications in the lower-cost tiers. Or, they can help you get coverage approval from your insurer if you need a more expensive drug.

Continued on page 3

Continued from page 2

You also need to find out if your drug plan offers preferred pharmacies or offers a mail-order service. Buying your meds from these sources can save you some money too.

Talk to your doctor: Ask your doctor if any of the medications you're currently taking can be reduced or stopped. And, find out if the ones you are taking are available in generic form. About 80 percent of all premium drugs on the market today have a lower-cost alternative. Switching could save you between 20 and 90 percent.

Ask for a three-month prescription: This can be significantly cheaper for drugs you take long-term. If you use insurance, you'll pay one co-pay rather than three.

Split your pills: Ask your doctor if the pills you're taking can be cut in half. Pill splitting allows you to get two months'

worth of medicine for the price of one. If you do this, you'll need to get a prescription from your doctor for twice the dosage you need.

Find and use online discounts: Start by trying GoRx.com, BlinkHealth.com or WeRx.org. They will ask for the name of the drug, the dose, the number of pills, and where you live. Then they will show you what you can expect to pay at various pharmacies if you use their discount coupons or vouchers, which you can print out or download to your phone to show a pharmacist.

Pay cash: Most generic medications cost less if you don't use your insurance. For example, chains like Target and Walmart offer discount-drug programs that sell generics for as little as \$4 for a 30-day supply and \$10 for a 90-day supply if you pay out-of-pocket. While some insurance companies charge a \$10 copay for a 30-day supply.

Also ask your pharmacy if they offer a drug discount card program and compare costs with your insurance plan.

You can also find free drug discount cards online at sites like NeedyMeds.org, which can be used at most U.S. pharmacies.

Shop online: You can also save by using an online pharmacy like HealthWarehouse.com but be sure to use an online retailer that operates within the U.S. and is licensed. The site should display the VIPPS symbol, which shows it's a Verified Internet Pharmacy Practice Site.

Search for drug assistance programs: If your income is limited, you can probably get help through drug assistance programs offered through pharmaceutical companies, government agencies and charitable organizations. To find these types of programs use sites like BenefitsCheckUp.org, PatientAdvocate.org, RxAssist.org and NeedyMeds.org.

Send questions to:
Savvy Senior,
P.O. Box 5443
Norman, OK 73070

December Birthdays

Huntington

Ann Fillmore – 1
Helen Rudd – 1
Terri King – 7
Vernell Rowley – 7
Sylvia Nelson – 7
Diana Scovill – 9
Edward Geary – 10
Sue Malone – 13
Allen Nielsen – 17
Klea Jones – 21
Merle Marshall – 30

Green River

Julie Steuer – 1
Beth Seager – 4
Sharon Burnett – 7
Vicki Bayles – 7
Lana Coomer – 10
Dale Richards – 10
Elmer Thayne – 12
Jerry Mecham – 18
Colleen Beach – 18
Dona Hatfield – 19
Dean King – 20
Judy Ann Scott – 21
Valerie Newland – 24
Jesse Ekker – 24
Linda King – 24
Carol Riches – 24
Blaine Evans – 31

Castle Dale

Claudette Hayward – 1
John Pretiger – 2
Dalegene Jones – 3
Joye Harrison – 5
Mareah Curtis – 15
Merrill Swasey – 15
Diane Bott – 15
Dan Deabenderfer – 16
Shannon Olsen – 19
Lana Kofford – 21
Anne Larsen – 23
Sandra Jeffs – 24
Kathryn Jones – 27
Mary Kava – 27
Ross Huntington – 29
Fern Oliver – 31

Cleveland

Joe Sherman – 3
Marvin Jensen – 5
Don Allred – 6
Verlynn Oviatt – 7
Roy Jensen – 10
Freda Fillmore – 13
Wynona World – 15
Judy Palmer – 23

Elmo

Ann Fivecoat – 5
Kaleta Barney – 31

Orangeville

Karen Dellos – 1
Ray Sorensen – 3
Connie Wickman – 11
Linda Jewkes – 18
Bill Jensen – 25
Arthur Hughes – 29
Annalee Jones – 30

Clawson

Robert Riley – 20

Ferron

Gail Oakeson – 3
Ginette Bunderson – 4
Brent Funk – 10
Darel Behunin – 15
Robert Mead – 16
Dan Hunter – 16

Emery

Phillip Jolley – 2
Jon Sundstrom – 13
Lynne Lake – 23
John Byars – 27

-Trip News-

Christmas lights!

We are planning to go to the Festival of Lights in Spanish Fork.

We will leave at 2:00 pm on Monday December 9th. We will have dinner first and then drive through the Festival of Lights. The only money needed for this trip is money for dinner. The rest is on us! Merry Christmas.

Christmas Party

Thurs. Dec. 12th at 6:00 pm at the Old Firehouse in Orangetown. Come and enjoy a great meal and company.

Green River

Tuesday

Wednesday

3-Roast Beef
Mashed Potatoes & Gravy
Vegetables
Apple Turn Overs
Rolls/Milk

4-Hamburger Vegi Soup
Toasted Cheese Sandwich
Fruit & Cookie
Milk

10-Pizza (Sausage & Pepperoni)
Vegetable salad
Fruit Salad
Cookie
Milk

11- Chicken Alfredo
Vegetables & Garden Salad
Cherry Turnover
Rolls/Milk

17-Lasagna
Vegetables & Garden Salad
Cake
Bread/Milk

18- Ham
Mashed Potatoes & Gravy
Vegetables
Baked Squash
Pie
Rolls/Milk

24- Ham & Bean Soup
Hot Cheese Sandwich
Garden Salad
Fruit & Cookie
Milk

25-
Merry Christmas
Office is closed
December 25.

31-Ham and Bean Soup
Hot Cheese Sandwich
Garden Salad
Fruit & Cookie
Milk



December

Monday HDM and Huntington Ferron/Emery	Tuesday HDM and Castle Dale	Wednesday No centers HDM only	Thursday No centers HDM only	Friday No centers HDM only
2- Pork Chops Potatoes & Gravy Buttered Beets Roll Milk Birthday Cake	3- Swiss Steak Mixed Vegi Baby Bakers Roll /Milk HDM- Tapioca Pudding Birthday Cake	4- Chef Salad Pickled Beets Tropical Fruit Garlic Bread Milk No Bake Cookie	5- Chili Cheese Dog Scandinavian Vegi French Fries Milk Jello with Fruit	6- French Toast Sausage and Egg Hot Applesauce Peas and Carrots Orange Juice/Milk Butterscotch - Pudding
9- Swiss Chicken Spiced Pears Yams Roll Milk Rice Pudding	10- Hamburger Steak with Gravy Potatoes and Gravy Winter Mix Roll /Milk Pumpkin Squares	11- Beef Enchilada Sour cream Green Beans Refried Beans Milk Peanutbutter- Cookie	12- CheesyChicken Corn Chowder Garlic Bread CottageCheese/Jell-O Pickled Beets Milk Ice Cream sandwich	13- Fish Sticks Coleslaw Macaroni and cheese Corn Muffin Apple Juice/Milk Lemon Pudding
16- Ham Cheesy Potatoes Buttered Peas Roll Milk Apple Pie	17- Beef Roast Potatoes & Gravy Buttered Corn Roll Milk HDM Cookies Apple Pie	18- Sloppy-Joe/ Bun TriPatty HashBrown Mixed Vegetables Chocolate Milk Blonde Brownie	19- Chicken Pot Pie Hot Apples Yams Milk Poppy Seed Bread	20- Club Sand- wich Vegetable Salad Peaches with Cottage Cheese Milk Goodie bag
23- Chicken Cor- don Bleu Potatoes & Gravy Peas and Carrots Roll/ Milk Fruit Cup	24- 	25- 	26- Oven Beef Stew Spiced pears Hot Muffin/ Milk Pumpkin Choco- late Chip Cookies	27- Ham Noodle Bake Buttered Beets Bread Stick Milk Hot Peach Crisp
30- Taco Soup Crackers & Cheese Tropical Fruit Chips & Sour Cream Bread-sticks /Milk Applesauce Raisen Bars	31- Chicken Thighs Rice Pilaf California Vegeta- bles Roll/Milk Granny Cake			

<p>Melanie Pierce Director (435) 687-2502 Huntington Hours Mon-Thurs 10:00 - 2:00 Closed Friday</p>	<p>Kendall Gurrera Director (435) 286-2219 Emery Hours Mon-Fri 8:00 - 10:00 Monday lunch 8:00 - 2:00</p>	<p>Laurel Weaver Director (435) 381-2422 Castle Dale Hours Mon-Thurs 10:00 - 2:00 Closed Friday</p>	<p>Marie Anderson Director (435) 564-8236 Green River Hours Tuesday-Wednesday 8:00 - 3:00</p>	<p>Sharon Allridge Director (435) 384-2243 Ferron Center Hours Monday - Friday 7:00 - 3:00</p>
--	---	--	--	---

Huntington	Green River	Castle Dale	Emery	Ferron
<p>Lunch/Bingo noon Every Monday Blood Pressure/CNS 2nd Mon-noon December 9 B/P Sugar – Symbii 3rd Mon -noon December 16 Toenails – Symbii 4th Mon -noon December 23</p> <hr/> <p>Quilters–Nov 6 1st Wednesday DUP-December 10 2nd Tuesday Photography Club 1st Wed – 6:00 December 4 Country Rovers Band Every Tuesday 5:30-8:30 Pilates – 8:00 a.m. Tuesday & Wednesday Exercise – 6:00 a.m. Monday – Friday Shopping Bus Usually 1st Friday Call</p>	<p>Lunch – noon Tuesday/Wednesday</p> <p>Blood Pressure Toenails – GRMC 3rd Wed – 10:00 December 18</p> <div data-bbox="365 903 690 1239" data-label="Image"> </div> <p>Game Day–Dec 11 2nd Wednesday Grief Sharing 1/2/4 Tuesday 1:15-2:15</p> <p>Bingo– December 17 3rd Tuesday after lunch *white elephant gift</p> <p>Children Dance Every Wednesday 2:00-5:00</p> <p>Shopping Call for date</p>	<p>Lunch/Bingo – noon Every Tuesday</p> <p>Blood Pressure CNS 2nd Tue -noon December 10 BP/ toenails Symbii 3rd Tues 11:30 December 17</p> <hr/> <p>Line Dancing Expert Mon/Thurs – 9:30 Beginners Wed – 10:00</p> <p>Val Jensen Band Every Wednesday 5:30-8:30</p> <p>Suicide Prevention Each Tuesday 5:30</p> <p>Phase 10 Games Every Thursday 9:30</p> <p>Shopping Bus Usually 1st Friday Call</p>	<p>Lunch – noon Every Monday</p> <p>Exercise – 8–9:00 a.m. Monday–Friday</p> <p>Blood Pressure CNS 1st Mon -noon December 2</p> <div data-bbox="982 1050 1274 1365" data-label="Image"> </div> <p>Bingo – December 9 2nd Monday</p> <p>Single Seniors 4th Mon – 4:30 December 23</p> <p>- VIP Dates and events to remember – December 9 – Festival of lights December 12- Christmas Party December 25- Christmas December 24, 25- All Offices closed</p>	<p>Lunch – noon Every Monday</p> <p>BP / Toenails ECCR 2nd Mon -Noon December 9</p> <p>Blood Pressure 3rd Mon -Noon December 16 Line Dancing 12:30 Every Wednesday Single Seniors Last Mon December 30</p> <hr/> <p>Sit and Be Fit Exercise class (Bring wights & towel) 1:00 Thursdays Crochet Class 12:30 Tuesday</p>

Giving back by helping each other

The strongest communities tend to be those in which members make a concerted effort to give as much as they get. Giving back to one's community can foster strong relationships with fellow residents and ensure that everyone, including the less fortunate, is in position to live happy, healthy lives.

Certain people in a community may be more vulnerable to issues that can adversely affect quality of life than others. For example, the National Institute on Aging notes that, as men and women age, many are alone more often than when they were younger, leaving them vulnerable to social isolation and loneliness.

Such feelings can prove very harmful to their health, potentially contributing to problems such as depression, cognitive decline and heart disease.

Volunteering to help the aging members of one's community is a great way to give back, and such efforts can prove rewarding for both seniors and the volunteers who lend them a hand.

Pull an extra chair up to the dinner table. Many a meaningful connection has been made and maintained over the dinner table. Breaking bread with a senior from your community is a great way to foster such connections and provide an avenue for social interaction for seniors.

Seniors who live alone might not enjoy cooking for one each night, but they might jump at the chance to eat dinner with a neighbor and even help prepare the meal. Invite a senior over once per week, encouraging them to share stories about their lives as well as how the community has developed over the years.



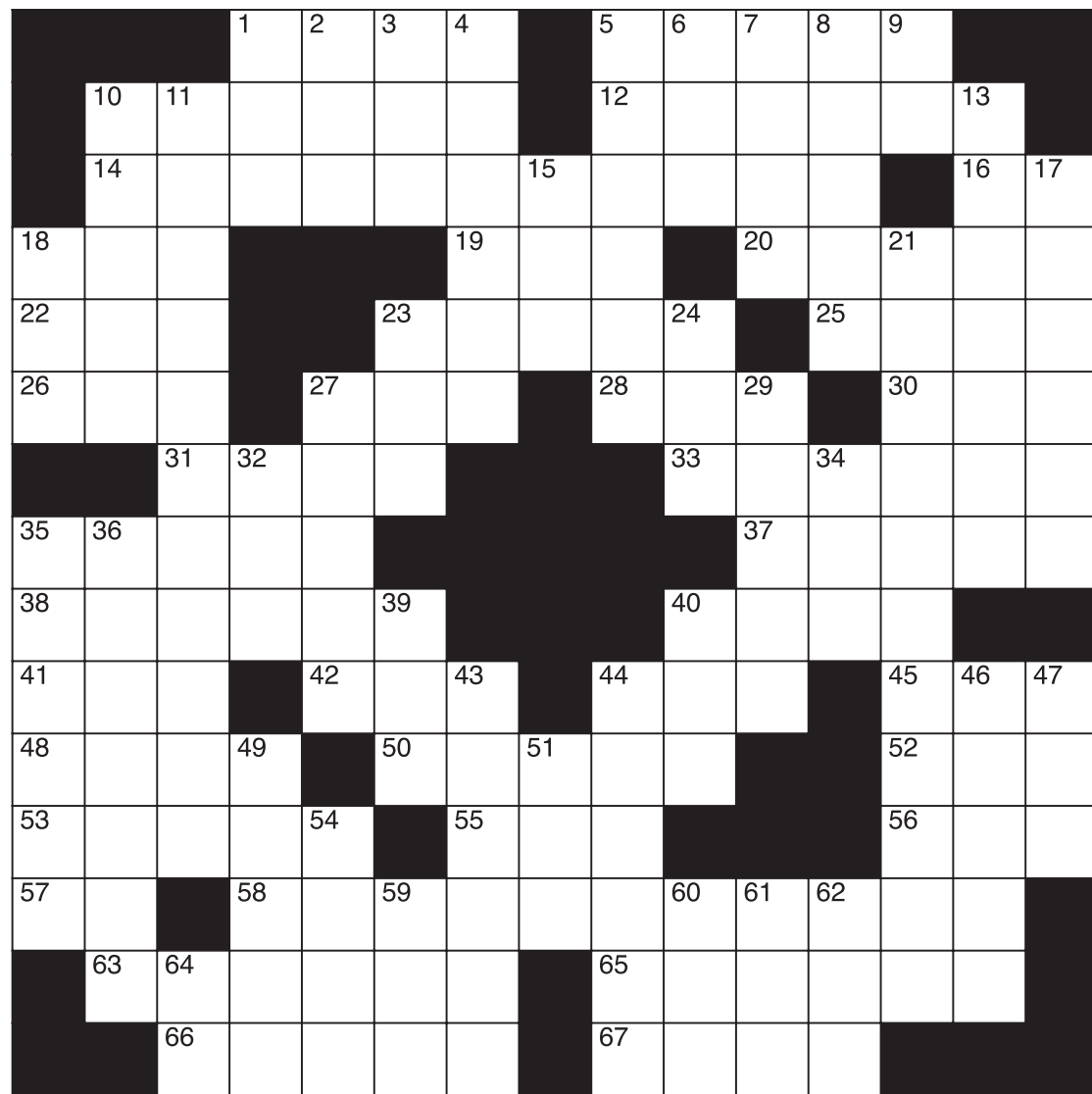
Help seniors manage their finances. Many seniors struggle to manage their finances, as laws regarding taxes and investing are subject to routine changes.

A little help in this area can go a long way for seniors. Adults who want to help but don't know where to begin can do the legwork for their aging neighbors. Contact agencies such as AARP to determine if there are any financial assistance programs that can help seniors effectively manage their money and take advantage of age-specific perks, such as programs that may help seniors lower their energy costs.

Offer to help around the house. Seniors who reside in single-family homes may not be able to keep up with routine home maintenance. Neighbors who want to help can offer to mow the lawn, tend to the landscaping and tidy up inside. Keep an eye open for other issues, such as clogged gutters, that can be fixed easily but prove costly if they go ignored. Helping neighbors is a great way to give back and build strong communities.

CLUES ACROSS

1. Large jug
5. Anwar ___, Egyptian statesman
10. Punjab province capital
12. Evoke
14. Data
16. Exists
18. Supervises flying
19. Having eight
20. Right-handed page
22. NHL great Bobby
23. German municipality
25. Negotiate
26. Keyboard key
27. Youngster
28. Medical decision (abbr.)
30. Ribonucleic acid
31. One-time Levi's chairman Walter
33. Cold region
35. Type of plywood
37. A way to unfreeze
38. Winter melon
40. Dispute
41. An expression of imagination
42. Human gene
44. Touch lightly
45. Computer giant
48. Garlands
50. Franz van ___, German diplomat
52. Vineyard
53. Elk or moose
55. Moved quickly
56. Swiss river
57. Rhode Island
58. Fall into disrepair
63. Ancient Roman virtue
65. Removes
66. Slovenly women
67. Comedian Rogen



CLUES DOWN

1. Extremely high frequency
2. Court
3. Make a mistake
4. Change the appearance of
5. Long-haired dog
6. The Greatest of All Time
7. Designer Christian
8. Blemished
9. Atlanta-based rapper
10. Deceivers
11. One who supports disorder
13. Colossal
15. A team's best pitcher
17. Comfort in a time of sadness
18. Opponent
21. Professionals might need one
23. Captures geographical data (abbr.)
24. Senior officer
27. Sacred Islamic site
29. Egyptian unit of capacity
32. Comedienne Gasteyer
34. Performer ___ Lo Green
35. Having only magnitude, not direction
36. Cleft lip
39. Payroll company
40. Prohibit
43. Stroke
44. Does not acknowledge
46. Hillsides
47. Austrian river
49. Passover feast and ceremony
51. Golf score
54. Hair-like structure
59. Check
60. Extract metal from this
61. Tell on
62. Powdery residue
64. A part of the mind

Castle Dale Library

Happenings



Castle Dale Library will be closed:
December 24, 25 and December 31st
January 1st.

Adult Coloring every Tuesday at 11:00
a.m.

Book Club: Book VS Movie: The
Hunger Games December 19th at 6:00
p.m.

December 16th National Chocolate
Covered Anything day.



**MERRY
CHRISTMAS**
PARTY
LET'S CELEBRATE



Christmas Party
December 12
Entertainment 5:00
Dinner 6:00
At the Old Firehouse
Orangeville

Create the quintessential Winter meal

Cold weather evokes all types of cozy images. There are the chilly evenings spent around the fire pit outdoors or nights spent by the fireplace sipping warmed cider. Afternoons strolling through crunchy leaves or seeking out the perfect apples in the orchard also make autumn a special time of year.

Comfort foods are popular in winter, and many people have their tried-and-true recipes that they prepare when temperatures starts to dip. Perhaps no fall meal is as coveted and enjoyed as beef stew.

Simmered for hours, stew meats fall apart, and soft potatoes and carrots perfectly complement the rich beef. This recipe for “Harvest Beef Stew” from “Crock-Pot” 365 Year-Round Recipes (Publications International, Ltd.) from Crock Pot” Kitchens is a make-ahead-then-forget recipe that promises all of the flavors that make beef stew so delicious. Serve it with a fresh-baked loaf of crusty bread to soak up the mouth-watering sauce.

Hearty Beef Stew

Makes 6 servings

- 1 tablespoon olive oil
- 1 1/2 pounds beef for stew
- 1 quart canned or stewed tomatoes, undrained
- 6 carrots, cut into 1-inch pieces
- 3 medium potatoes, cut into 1-inch pieces
- 3 celery stalks, chopped (about 1 cup)
- 1 medium onion, sliced
- 1 cup apple juice
- 2 tablespoons dried parsley flakes
- 1 tablespoon dried basil
- 2 teaspoons salt
- 1 garlic clove, minced
- 1/2 teaspoon black pepper
- 2 bay leaves
- 1/4 cup all-purpose flour (optional)
- 1/2 cup warm water (optional)

Heat oil in a large skillet over medium-low heat.

Brown stew meat on all sides. Drain excess fat.

Placed browned meat and remaining ingredients

except flour and water in Crock-Pot” slow cooker. Mix well. Cover; cook on high 6 to 7 hours.

Before serving, thicken gravy, if desired. Combine flour and warm water in small bowl, stirring well until all lumps are gone.

Add mixture to liquid in Crock-Pot slow cooker; mix well. Cook 10 to 20 minutes, or until sauce thickens. Remove and discard bay leaves before serving.



Holiday living made easy

Simple strategies to help you save time and reduce stress.

With so much on our plates between Thanksgiving and New Year's Day, the holiday season can be hectic. Fortunately, there are many ways to save time and make the holiday season more manageable.

* If you don't have plastic clips to hang lights around windows and to the eaves of your home, inexpensive clothespins will work just as well. If you're concerned about the color of the wooden clips, paint them holiday hues before stringing the lights.

* Put a bath mat, rug-side down and rubber-side up, beneath your Christmas tree stand. This allows you to spin the tree as you hang lights and ornaments without damaging the floor underneath. It also makes it simple to undress the tree once the season is over. Use a tree skirt to hide the mat.

* Use empty squirt bottles (like a ketchup bottle) to make baking and cooking easier. Pancake and cookie batters can be squirted from the containers for less mess.

* Store one or two strings of lights in a plastic shopping bag to keep the strands from getting tangled. Hang the bags from a hook in a garage or stack them in a storage bin.

* Use plastic zip ties to attach garland and lights to bannisters. They're easy to assemble and will not damage the bannisters.

* A paper towel holder can be screwed to the wall in a craft room to neatly hold spools of ribbon. Simply pull the length you need from the spool and cut for easy decorating.

* Mount a tree stand to a piece of wood with screws or glue. This prevents spills from reaching the floor while stabilizing the tree.

* Old maps make interesting gift wrap and are a nice change of pace from commercially produced paper or newsprint.

* Wrap duct tape or another type of sticky tape around your hand. Pat over fallen pine needles that accumulate around the tree. In hard-to-reach areas, wrap the tape around a broom or a floor sweeper.

* When traveling for the holidays, use a brightly colored suitcase or flashy tape to make your suitcase stand out from others at the airport.

* Place hardened brown sugar in a baking dish, cover it with a moist paper towel and either microwave it on high for 20-second intervals or place it in a 300 F oven for five minutes. This will soften the sugar, making it easier to use the sugar to prepare your favorite holiday cookie recipes.

* Save plastic bread ties, which can be used to make tags for the wires on certain devices. Such ties also can be used to organize decorating components and to keep your place on a roll of tape.

* Measure the inside of your picture window and construct a wooden frame to its dimensions. Staple holiday lights to the frame and then easily slip the frame in and out of place each year.

* Hang a live wreath or some boughs of evergreen in your home to give it that fresh pine scent if you have an artificial tree.

* Color-code storage containers so you can easily find holiday decorations in the attic or basement.

* Pack for a holiday excursion using a collapsible clothing storage hanger for closets. Fold clothes on each fabric shelf and then collapse it into your suitcase. When you get to your destination, unfold and hang it in a closet.



Make the holidays even more enjoyable with a variety of timesavers and clever tips.

Babysitting for grandparents

Witnessing your children getting older and starting their own lives and families can be bittersweet. There is pride that comes with seeing their successes, but the melancholy of knowing that the years have passed so quickly. Although you may no longer be tucking your children into bed, reading them bedtime stories or bandaging “boo-boos,” when your children have children, the chance to nurture can start anew.

One of the great joys that comes from having older children is the ability to welcome and love grandchildren. Grandchildren are points of light in people’s lives and provide the exuberance and excitement that reminds you of your own youth. Grandparents often are thrilled to be involved in the care and upbringing of their grandkids. Some may also live with their grandchildren to help take some pressures off of adult children. Babysitting is one way that grandparents can be a frequent fixture in their grandkids’ lives. If it’s been some time since you cared for little children, it’s well worth it to take a refresher course in child care.



Make sure it’s safe

Conduct a safety audit of your home if grandchildren will be coming over to your place. Are outlets secured with covers? Are medications you may be taking out of reach? Do you have gates to block stairs or restrict access to certain rooms? Modifications may be needed.

Assess your health

Chasing after children can be a workout. Be sure you are up for the challenge and have the stamina. If you have any medical conditions that can impair judgement or reaction time, you might want to reconsider babysitting.

Take directions

The way you parented may not be the same way your own children parent. Be humble and follow their lead with regard to instructions. The parenting guide *Apt Parenting* advises that you should ask about the eating and sleeping habits of the child. You may have to defer to your own children’s guidelines on discipline and behavior.

Learn what’s new

Many things regarding childcare have changed in the last 20 years, including safety laws and guidelines. Be sure you are up to date on these changes. And if you aren’t certain about something, ask. This involves everything from crib bar widths to car seat installation.

Babysitting can be a joyous task for grandparents who are ready for the job.

Occupational therapy has many benefits

People may be familiar with physical therapy, which many are prescribed after suffering a sports-related injury or being injured in an accident. But less may know about occupational therapy, a form of therapy that can help individuals live full, happy lives even if they're dealing with permanent disabilities or chronic conditions.

The American Occupational Therapy Association, Inc., says that occupational therapy helps people perform daily tasks to reach goals. This can include helping children or adults with disabilities participate fully in work or school. Occupational therapy also may intervene during or after a physical or mental illness so that one can regain lost skills. Occupational therapists tend to focus on treating people who need assistance with a physical, sensory or cognitive disability. OT practitioners address psychological, social and environmental factors that can impact a person's ability to function.

Even though one may think OTs primarily treat adults, especially aging seniors, this is not the case. The health and wellness resource Kid'sHealth, from Nemours, indicates that children also benefit. Occupational therapists can work with children after surgery or help those with behavioral problems. OTs also help children recover after suffering traumatic injuries, and can even help kids with developmental delays.

Occupational therapy differs from physical therapy. While physical therapy deals with pain, range of motion, endurance, and strength, among other things, the AOTA notes that OT tries to hone fine motor skills, visual-perception skills and cognitive skills and to lessen sensory-processing deficits. Very often OT is used in conjunction with PT.



Occupational therapy can be a rewarding career with many different opportunities. Therapists work in various settings, including schools, hospitals, rehab facilities, nursing homes, and even in independent practices. In addition, new specialities, such as assisting those with low vision or helping workers adapt to ergonomic tools, enable even more specialized concentrations.

People who think they can benefit from occupational therapy should first consult with a primary care physician or a discharge team from a hospital to find out which OT services may benefit them.

Great gifts for seniors

Every holiday shopper ends up with at least one loved one on their shopping list who they can't seem to find anything for. Some people seem to have it all, while others may be less than forthcoming with regard to items they may need or want.

Many seniors tend to fall into the latter category. Shopping for holiday gifts for seniors can be difficult if shoppers don't know what seniors want. But the following are a handful of gift ideas that might make this holiday season that much more special for seniors.



Books

A 2015 survey from the Pew Research Center found that 69 percent of adults age 65 and over acknowledged reading at least one book in the previous 12 months. That makes books a good bet for shoppers who don't know what to get their 65-and-over loved ones this holiday season. But shoppers might want to opt for more traditional print books rather than e-books, as the survey found that only 15 percent of readers age 65 and over had read an e-book in the previous 12 months.

Gym membership

According to the Office of Disease Prevention and Health Promotion, more than 80 percent of adults do not meet the guidelines for aerobic and muscle-strengthening activities. That can be especially trou-

bling for seniors, who are at greater risk for osteoporosis, a medical condition in which age-related tissue loss contributes to brittle, fragile bones. Physical activity, including muscle-strengthening activities like weight training, can help combat osteoporosis. Family members stuck on what to get aging loved ones may want to consider gifting a membership to a local gym. Many gyms offer heavily discounted memberships to seniors, and such gyms may even offer senior fitness classes at no additional cost.

Travel gifts

Many retirees love to travel, but not every senior has the means to take off for parts unknown. A 2013 survey from the Transamerica Center for Retirement Studies[®] found that 25 percent of retirees admitted they wished they would have saved more for retirement

travel. Holiday shoppers can light up seniors' smiles by gifting travel gifts this holiday season. One idea is to transfer airline miles to an elderly loved one so he or she can get a free or discounted flight. If that's not a possibility, some new luggage or a Global Hotel Card[™] sponsored by Orbitz[®], a gift card that can be redeemed at 70,000 hotels across the globe, is sure to please.

Family time

Shoppers who are especially stuck on what to get seniors for Christmas can just resolve to spend more time with their elderly loved ones. Many seniors genuinely have everything they need, and such men and women may only want to spend more time with their children and grandchildren. Make a New Year's resolution to spend more time with the special seniors in your life if the perfect gift is eluding you.

How to choose a dementia caregiver

When a loved one is diagnosed with dementia, a family's life can turn upside down. In such situations, families may not know much about the disease, including what to expect with treatment and how soon before the dementia patient begins to need care that the family cannot capably provide.

Over time, dementia patients' loved ones are likely to benefit from the expertise and assistance of qualified dementia caregivers. It can be overwhelming for loved ones to offer the right level of care for someone who is unable to perform the activities of daily living. Bathing, medication management, dressing, and feeding are often very difficult for dementia patients.

The Alzheimer's Association says that providing good care for someone with dementia goes beyond meeting basic needs. It also means finding caregivers who treat the whole person and provide an environment that can enable the person to be safe yet independent.

In order to get started, one should first assess the needs of their loved one with dementia. How many services he or she will require depends on whether that person can use the bathroom, walk, eat, or bathe independently.



Alz.org says care needs tend to be lesser in the early stages of dementia. However, during the middle and end stages of dementia, 24-hour supervision and potentially more intensive medical care may be necessary.

Some families start with a visiting caregiver who can come to the house. For example, a service like Visiting Angels is certified to offer care according to advanced dementia care protocols after working with leading dementia specialists. Caregivers may offer companionship and helpful reminders. Others may assist clients with personal tasks. One key aspect of dementia care is preventing wandering. Alz.org indicates that six in 10 people with dementia will wander. A person with Alzheimer's may not remember his or her name or address and can become disoriented, even in familiar places. Caregivers can put protocols in place to help reduce wandering. Alert bracelets and GPS tracking devices can help in this regard as well.

At some point, caregivers can help families transition someone with dementia to nursing facilities with memory care divisions. Social workers and other aides may help families navigate the legalities of medical insurance and long-term care insurance as well as government assistance programs that may help offset the costs of more intensive care. It's never too soon to develop a care plan for someone with dementia. Qualified and compassionate caregivers can help ease the burden of dementia on patients and their families.

Horoscope

AQUARIUS Jan 21/Feb 18

Aquarius, while you can expect a week full of energy and nonstop activity, you can manage to fit some fun into the mix. Start making plans with close friends.

PISCES Feb 19/Mar 20

You very well may learn something important over the next few days, Pisces. Keep your eyes and ears open to what's around you.

ARIES Mar 21/Apr 20

Aries, if things seem to be a little confusing this week, take some time to pause and reflect. Maybe you are interpreting the data in the wrong way. Ask a friend to check your work.

TAURUS Apr 21/May 21

Your generosity is limitless this week, Taurus. Your efforts will be rewarded to you in kind in the near future. Keep your charitable efforts coming.

GEMINI May 22/Jun 21

Getting your point across to others may prove challenging, Gemini. Slow down and explain yourself clearly. Being amenable to compromise can help.

CANCER Jun 22/Jul 22

Your relationships have longevity and that is something to be proud of, Cancer. Keep doing all the right things to keep the ones you love close by.

LEO Jul 23/Aug 23

Go with the flow when you anticipate something exciting coming your way, Leo. Let your hair down a little and enjoy the good times ahead.

VIRGO Aug 24/Sept 22

Virgo, give something new and frivolous a try this week. You may find this experimentation sparks a new interest that proves rewarding for years to come.

LIBRA Sept 23/Oct 23

Someone is very proud of what you have accomplished lately, Libra. If you find yourself in the spotlight, enjoy the much-deserved praise and attention.

SCORPIO Oct 24/Nov 22

Scorpio, employ various ways of looking at situations that come your way. It is always beneficial to have an open mind. When a new project arrives, maintain your enthusiasm.

SAGITTARIUS Nov 23/Dec 21

Sometimes you need to be a bit pushy to get what you need, Sagittarius. Step up and part the crowds so you can reach your goal. Make sure your voice is heard.

CAPRICORN Dec 22/Jan 20

This is a good time to share positive thoughts with others, Capricorn. With the new year on the horizon, resolutions are at the forefront of many people's minds.

FAMOUS BIRTHDAYS

DECEMBER 22

Diane Sawyer, Journalist (73)

DECEMBER 23

T.J. Oshie, Athlete (33)

DECEMBER 24

Ryan Seacrest, TV Host (45)

DECEMBER 25

Annie Lennox, Singer (65)

DECEMBER 26

Kit Harrington, Actor (33)

DECEMBER 27

Matt Slocum, Musician (47)