



December 2013  
Series 6, Edition 12

## Ten Perfect Gifts to Give and Receive



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What is the perfect gift? Is there such a thing? And, why are we on the “hunt” for that perfect gift? It might be a combination of wanting appreciation as well as wanting to please the other.

We can be distracted by some of the greed and competitiveness that we find in the world; so, why do we give? Perhaps we want to support one another and show that we care. Caregiving, in a sense, is a gift of love, support, understanding, peace and so much more! Longing for peace and harmony for oneself or another seems to be universal.

When working with families at a crossroad, caring for another or dealing with change for themselves, the one common element I see most is the search for “peace” – or freedom from stress and worry - the same element that the human race has been searching for since the beginning of time. Giving people peace of mind may be the beginning of peace for all.

Now that we have established a sense of giving and receiving, what does peace look like for all those on your modern day gift list? Is it really that blue cashmere sweater or brand name purse or the latest electronic gadget? No, it’s the surprise and the appreciation that is lasting, not the object – **your** caring that means more than what is inside the box – especially if you are over 18.

I have compiled a list of **ten gifts** that might give the gift of peace to people on your list this year and possibly to you as well. Some do have costs associated with them and others are more about your time and creativity.

### Ten gifts of peace:

1. Give a caregiver a weekend away – volunteer to stay with the person they care for and send them on a one night retreat to a place of beauty – bed and breakfast inns are great places to go alone or with a friend.
2. Give a gift certificate to a spa – for one or two treatments. Give this person the experience of being pampered in a relaxing and renewing atmosphere.
3. Give the gift of a home cooked meal – or make some of the “soup in a jar” mixes to give to that busy mom – all she needs to do is add one ingredient and have a great meal for her family. Maybe this is a once a month gift for a year.
4. Gift of labor – volunteer your entire family to come plant a veggie garden for a senior in your life – a gift they will enjoy tending and reaping.
5. Sign someone up for a daily meditation – something they can read to help keep them focused on the positives in life. Be sure it is something they value first – don’t impose your values on someone who doesn’t share them.
6. Give a caregiving spouse (maybe your mom or dad) the gift of a housekeeper – once a month or week for an entire year. This is something Mom or Dad probably won’t do for themselves – but they will enjoy and benefit from the free time.
7. Commit to taking a walk with a friend at least once a month for a year – make it a quiet place of beauty where you can enjoy each other, exercise and feel the peace together.
8. Tell others you don’t want any gifts – you would rather have a donation made in your name to any organization that extends peace.
9. If your parent is in need of some extra help for appointments, shopping etc., give them a gift certificate to Eldercare Services for a once a week companion to reduce stress and worry.
10. If you are struggling with answers for an aging family member, give the gift of an Eldercare Services Certified Care Manager! A family coach/advocate who can navigate the situation to give you and your family direction and clarity.

We all can be an instrument of peace in our choice of gifts this holiday season and in turn give to ourselves as well. As we hear in those popular songs, “Let there be peace and let that peace begin with me” and “Give peace a chance.”

May every gift given and received by you this season extend peace in meaningful ways. May the New Year bring you good health and every abundance. And may we all give Peace a chance (forgive a wrong, reach out to someone, do a random act of kindness).

Holiday Hugs! Linda



Eldercare Services has earned The Joint Commission's Gold Seal of Approval® for accreditation by demonstrating compliance with The Joint Commission's national standards for health care quality and safety in home care. The accreditation award recognizes Eldercare Services' dedication to continuous compliance with The Joint Commission's state of the art standards. The Joint Commission is best known as the accrediting agency for hospitals across the nation.

**Community Class  
Walnut Creek**

**The Holistic Approach to Managing  
Progressive Illnesses**

**3rd Friday of February, May, August and November  
10 am to Noon  
1808 Tice Valley Blvd., Walnut Creek**

**Cost for Classes:**

**\$10 per person/\$15 per couple or 2nd family member**

*Proceeds benefit the Alzheimer's Association, Parkinson's Institute  
and National Multiple Sclerosis Society*

**Class Registration:**

**Please call at least 3 days ahead**

For more information regarding classes and support groups,  
visit [www.EldercareAnswers.com](http://www.EldercareAnswers.com) or call (925) 937-2018  
or email us at [Info@EldercareAnswers.com](mailto:Info@EldercareAnswers.com)

**Support Groups**

When concerns for aging family members are part of every day life, or when they interfere with work, your health or other relationships, you need to join a support group.

**Caring for An Aging Family Member**

**2nd Thursday of every month from 6 to 7:30 pm**

1808 Tice Valley Blvd., Walnut Creek

**1st Thursday of each month from 5:15 to 6:45 pm**

Glen Park Library, 2825 Diamond St., San Francisco

2014 Location TBD

**No Cost and No Registration Required**

**More Info: (925) 937-2018 or (415) 469-8300**



**Eldercare  
Services**

**EXPERTISE MATTERS**

Accredited by The Joint Commission



**Eldercare Services provides Care Management, Counseling, Home Care and Support Groups. If you or someone you know could benefit from self-care, call (866) 760-1808 or email [Info@EldercareAnswers.com](mailto:Info@EldercareAnswers.com).**