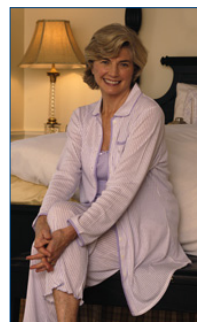


Holiday Gift Ideas for Seniors

Wildbleu Sleepwear: Proven to prevent bed sores. The fabric shuttles moisture away from the body and into the atmosphere. Wildbleu sells hot flash pajamas, loungewear, bedding and undergarments through medical specialty retail outlets and online at WildBleu.com.

Cost: \$20 and up



SmartShopper: This gadget is an automated grocery/errand list assistant that uses Nuance's state-of-the-art voice recognition technology. The user simply presses the center button on the unit and speaks the name of a grocery item or errand that needs to be picked up or done on his/her next visit to the store. The device even categorizes the items on the list for quick reference in the grocery store and designates quantities needed next to each item. Once the user is ready to head out to do the day's shopping, all he/she has to do is press print, and the entire list is printed out. For more information, visit SmartShopperUSA.com.

Cost: \$149.99



Knit Lite, Crochet Lite and Scissor Lite:

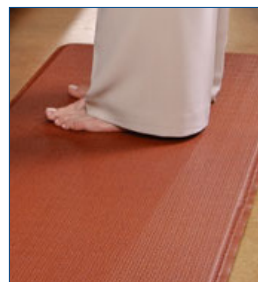
Designed for crafters of a certain age, these handy gadgets have LED lights built right into their points to shed some extra light on the subject. Herrschners.com/product/Knit+Lite+Light+Up+Knitting+Needles.aspx

Cost: \$12.99



Gel Mat: These stylish kitchen mats come in a variety of colors/designs and provide extra cushion and comfort when standing on them. Soft gel absorbs shock and reduces pressure caused from standing for long periods of time on hard wood, tile, or cement floors and is helpful for those with back pain, foot pain or arthritis. GelPro.com

Cost: \$89.95 and up



Magnifying Glass with Light: These stand magnifiers from Mattingly Low Vision are perfect for someone who finds using traditional handheld magnifiers tiring. Just place the stand magnifier directly on the page you're viewing, flip the LED light on, and look down through the glass, moving the magnifier across the page as you read! http://www.lhb.org/Visual-Aids-Store/p/action/detail/product_id/556

Cost: \$14 - \$57

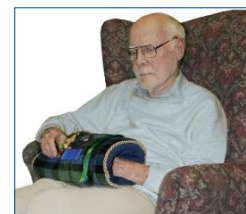


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Twiddle™ Muff: The 'muff' is a soft, machine wash and dry fabric with a tethered, soft squeeze ball inside and a variety of 'gadgets' to give cold idle fingers something to play with. BeauLily.com

Cost: \$39.95 – \$44.95



Low Vision Marinoff Playing Cards: These playing cards were designed by the ophthalmologist, Dr. Gerald Marinoff, to enable individuals with vision problems to more easily see the numbers on playing cards. http://www.lhb.org/Visual-Aids-Store/p/_action/detail/product_id/131

Cost: \$4



Johnny Light: Older people often break their hips when falling into the toilet at night. The Johnny Light is a soft green night-light activated by a gravity switch when the commode seat is raised and turns off when the seat goes back down. <http://johnny-light.com/>

Cost: The Johnny Light is available at more than 1,000 (Lowe's) home improvement stores or by calling 888-566-LITE (5483). Store cost is \$12 to \$14. The online cost is \$13.95 plus \$1.75 for shipping/handling for one unit (\$1 for each added unit).



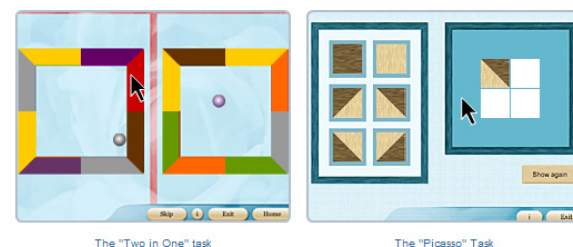
Shutterfly Photo 8x8 Story Books: Tell the story of this year's family reunion, your grandparent's big birthday party, or even their life/family story by uploading your photos to the Shutterfly site and creating a coffee-table worthy display. Customize your hardback book further by choosing from hundreds of themes, styles, colors and fonts. [Shutterfly.com/shop/product_c18020-p3101/Photo Books 8x8 Story Book](http://Shutterfly.com/shop/product_c18020-p3101/Photo_Books_8x8_Story_Book)

Cost: \$19.99 and up



Cognifit Personal Coach: Cognifit Personal Coach is a computer-based cognitive assessment and training program that provides hours of entertainment and the gift of improved mental acuity. Cognifit Personal Coach adjusts to the unique needs of each user, providing unique training regimens for each. Additionally, the program has undergone a clinical trial of boomers and seniors and the results support its beneficial claims. <http://www.cognifit.com/>

Cost: \$19.95 per month, \$99.95 for six months, \$179.95 for one year subscription



Nintendo Wii: The Wii console allows the player to golf, bowl or even play tennis in the privacy of his or her own home and with minimum movement. The Wii is sweeping the nation and increasingly being embraced at nursing homes and by the elderly as a means of entertainment, socializing and even staying in shape. Nintendo.com/wii

Cost: Available online and at local retailers, \$149.99 and up



Talking Watches and Clocks: At the push of a button, hear the current time announced; talking calendar watches also announce day of the week and date, in a variety of styles for men and women. azhearing.com/low_vision/talkingwatches.htm

Cost: \$19.95 and up



Warming Booties with Aromatherapy: The booties provide instant soothing warmth for feet; just microwave for a few minutes and they will retain heat and provide moisture for up to an hour. The booties include a light aromatherapy scent of eucalyptus, clove and cinnamon. <http://www.bedbathandbeyond.com/product.asp?SKU=13159521>

Cost: \$10



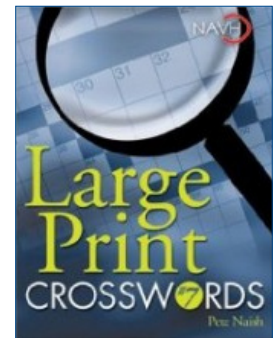
Walker/Wheelchair Tote: One tote holds it all: eyeglasses, medicine bottles, newspapers, portable phone, and more. http://www.amazon.com/Walker-Wheelchair-Bag-Color-Navy/dp/B001BYWE4E/ref=sr_1_1?ie=UTF8&qid=1321486790&sr=8-1

Cost: \$16.98



Large Print Jigsaw and Crossword Puzzles: Large format puzzles and large print crossword and cryptogram puzzle books make it easier to see and handle but are also challenging enough to stimulate the brain. SimpleComforts.com/search.php?search_query=puzzles

Cost: \$5.49 – \$11.49



Dexterity Kit – Arthritis Products: This kit contains 11 products to help with arthritis pain relief including a folding zipper/button puller, 2 spoon/fork holders (removable), 2 lamp switch enlargers, 3 pen and pencil cushions, and 3 key turners. http://www.amazon.com/Apex-EN37000-Dexterity-Kit/dp/B000EGP5E6/ref=sr_1_1?ie=UTF8&qid=1321479563&sr=8-1

Cost: \$11



aPallo: This unique, dual-handle walking cane enables users to more evenly leverage body weight when standing. The top handle is stationary while the bottom handle swivels a full 360 degrees. Adjustable for any height, it is crafted from lightweight aluminum and is designed for arthritis sufferers and for use after knee replacement or hip surgery. PaloMedical.com

Cost: \$79.95

