



Living at Garden View Care Center is Fun!
(636) 449-7575

Golden Gift Ideas

Picture yourself walking into a party at your mother's nursing home center. Brightly colored decorations are all around, music, fills the room and excitement is in the air. You are bringing her a gift to celebrate the occasion. Anticipating her surprise and joy at your thoughtfulness, you watch her open the carefully wrapped present to find her favorite caramel toffee. Delighted she pops a piece of candy in her mouth, and then suddenly she begins to choke. Thanks to the quick response of the nursing home staff a tragic event is avoided.

Although your gift was a thoughtful idea, some food items may not be the best choice for a nursing home resident. What kind of dietary restrictions does your loved one have? Current medical thinking has moved towards a more liberal diet approach. Yet many residents have difficulty chewing or swallowing due to a stroke or dental problems. They require foods to be ground or chopped for them to tolerate and avoid choking or aspiration. Some people need to watch sodium to manage their blood pressure. Others may have heart or kidney disease that requires controlling fluids. Sometimes residents risk elevating blood sugars from eating a snack such as cookies. Certain foods like grapefruit can interfere with medications and sugar free candy can cause stomach pain or diarrhea if consumed in large amounts. For safety reasons talk to the dietary manager or dietitian at your nursing facility for helpful suggestions or appropriate food gifts.

Here are other gift ideas you might also consider:

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| Framed family pictures | Bags for walkers |
| Posters of scenery | Holiday pillow covers |
| Lap blanket | Large print reading or poetry books |
| Sunglasses or hat | Crossword puzzles or word search game |
| Slippers or socks with tread | Plants or flowers |
| Lotions, powders or lipstick and make up | Nail care products and Kleenex |
| Bathrobe | Sweaters |
| Combs, hairbrush or toothbrush | Cassette player (\$9 at discount stores) |
| | Music tapes or audio book tapes |