

Each item in the box your loved one receives is carefully selected with the idea that, in addition to the practical benefits, it can also provide an opportunity for you to engage with your loved one and further enhance your relationship. This guide is designed to give you ideas and make it easy to interact with your loved one about the products and information in the box.

A Harvard University study on aging that was conducted over a period of more than 75 years, concluded that being engaged in a [loving relationship with family and friends has more to do with senior health and wellbeing than any other factor](#). We think the Loved1 box is a wonderful way to make it simple to maintain those vital connections for those you love.

We are always interested in feedback from you and your loved one on the items we select each month, as well as, your feedback on how useful they are and whether they help support positive interactions. Feel free to share any stories or suggestions with us by emailing [info@giveLoved1.com](mailto:info@giveLoved1.com). We'd love to hear from you!

## Microplush Throw Blanket

Encourage your loved one keep the throw blanket handy -- maybe near a favorite chair or sofa where they watch TV or read. Research has shown that keeping extremities warm before bed can help facilitate falling asleep and is a good way to encourage better sleep.

### Engagement Suggestions:

Invest a few minutes with your loved one on the phone or in person to remind them about the importance of staying warm especially during cooler seasons and times of day. Help them think of where or when they might need to use the blanket -- maybe while riding in the car on a cool morning or evening.

## 32 inch Folding Reacher

The Folding Reacher is specifically designed to keep your loved one on the ground and safe from falls. Climbing on chairs, stools, boxes or anything else to reach high shelves and cabinets is a leading cause of injury and hospitalization. Each year, [2.8 million visits to hospital Emergency Rooms are a result of falls](#). For seniors, falls can be very serious and complicating to their lives. One injury from a fall, can cause a domino effect to one's health.

Remove the bubble wrap and unfold the Reacher. Push the blue button in the middle of the reacher to lock the reacher in the extended position. The Reacher folds in half when not in use, but it also can be placed wherever it is handy so that your loved one remembers to use it. Instructions and the product warranty for the Reacher are included in the box.

### Engagement Suggestions:

Talk with your loved one about the dangers of falls for seniors. Ask them to keep their new reacher close to where they will likely need it so that they are not tempted to try to climb on to something to reach higher,

but begin to rely on the reacher to avoid possibly dangerous situations. Remind your loved one to use good judgement when using the reacher to grab or lift any items that may be too heavy or large for it to safely secure. Encourage them to ask a spouse or friend to help with those types of items.

## Cold/Flu Masks

The facemasks that are included in your loved one's box are ideal for helping to keep them healthy during the cold and flu season. Even a little prevention can go a long way in protecting your loved one against the risks of getting sick. According to the Centers for Disease Control (CDC) and other research wearing masks when you have the flu and [wearing masks to prevent the flu are 70-80% effective when combined with good hand hygiene](#).

### Top Places to Use a Mask:

- Public places like shopping malls, grocery stores, or the post office
- Visiting the doctor or other medical facility
- Traveling on a plane, bus, or other public transportation

### Engagement Suggestions:

Make sure your loved one understands how to properly wear the mask. It should fit over their nose, mouth, and chin. Place the loop bands over the ears and then bend the strip at top of the mask around the bridge of the nose so the mask stays snug to the face.

## Sanitizer Spray & Wipes

Colds and flu can be deadly to seniors and others especially those with weakened immune systems. The Sanitizer Spray & Wipes are as important as face masks for preventing colds and influenza. There are many places and situations where they can use the spray and wipes to avoid catching or spreading germs.

### In the Home

- Door knobs and cabinet/drawer handles
- Surfaces of mobile or home phones
- Remote controls for TVs or other electronics

### In Public Places

- Hands at restaurants before dining
- Grocery cart handles
- Hands when departing public places

### Engagement Suggestions:

Discuss with your loved one the importance of using the spray and wipes to avoid getting sick. Suggest that they keep them in a pocket or purse, in a car, or in a centrally-located spot in their home so it can be used frequently when needed. Encourage your loved one to use their masks along with the sanitizer spray and wipes. We've included a great article entitled, "*Does Wearing a Mask Prevent the Flu?*" in this month's box.

## Prevention Magazine

There are many great articles in Prevention Magazine that may be of interest to you and your loved one. Check out the website or browse through a copy of the magazine, then take an opportunity to discuss news or information that you find relevant or that may be of interest to your loved one.

### Engagement Suggestions:

Ask your loved one about articles they found in the magazine that were interesting to them.

## Crossword Puzzle Book

According to multiple studies on aging and the brain, crossword puzzles can have a dramatic effect on keeping the mind sharp as we age. A [University of Exeter Study](#) which had over 17,000 participants indicated a direct link between doing word puzzles and improving brain function in some cases, up to 10 years younger. Certainly eating healthy foods and snacks, good sleep habits, good heart health all play a role in keeping and improving mental acuity, but now word puzzles and the cognitive exercises that they support are also part of the equation. Not only do word puzzles help to improve cognitive skills and vocabulary, but they also provide a sense of accomplishment and are fun.

### Engagement Suggestions:

You may want to join your loved one and try one of the many word puzzles. They can be fun and beneficial to both your loved one and others in your family. Suggest that they keep it with them when they expect to be in situations when they may be waiting such as in a doctor's office or while getting an oil change for their car. Encourage other family members to recommend other fun puzzles or games. Perhaps have a friendly competition or family game night when you are able to be with your loved one in person.

## Guided Meditation CD

Meditation has been used to improve mental and physical wellbeing for thousands of years. Thousands of studies have found that meditation has positive health benefits. Please see the article entitled, "*Top 4 Benefits of Meditation*" that is in this month's box. Meditation reduces stress and has been recognized as a significant benefit by the medical community. [An article on the Mayo Clinic website explains](#) the role that Cortisol, the primary stress hormone, plays in affecting the health of those with chronic stress and mentions meditation as one way to help lower stress levels. Meditation has been shown to have so much more to offer. It can also:

- Reduce feelings of loneliness
- Help avoid depression
- Give clarity of thought
- Enhance memory
- Refresh the mind

Additionally, your loved one may find that guided meditation helps improve quality of sleep, which benefits the body in many ways.

### Engagement Suggestions:

Music and instructional audio CDs, like the Guided Meditation CDs that were included in your loved one's box, are a good way to help your loved one to stay engaged with both new and old ideas. Explain to your loved one that by reducing stresses, they can improve not only their mental health, but also their physical health. Have your loved one find a quiet space where they can relax and be comfortable while listening to the CD.

## Healthy Snack from LÄRABAR®

Healthy food is critically important for helping your loved one maintain or improve their health. Many senior health issues can be traced to poor nutrition. Replacing a high sugar, high carb snack with a healthy snack bar can make a difference in your loved one's health. With simple ingredients like fruit and nuts, this new generation of snack bar allows your loved one to still have a snack that satisfies their hunger, but one that they can feel good about. Many resources are available on the topic of nutrition for seniors including [a helpful article by Senior Care Corner® that explains the changing nutritional needs as well as lists great options for healthy snacks](#).

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## Engagement Suggestions:

Shopping together, either online or in person, is an opportunity for you to engage with your loved one and for you to have a real effect on your loved one's healthy eating habits.

In addition to healthy snacks, look for other easy-to-prepare meals that they will enjoy. If you don't already know, ask them about foods they currently love. Discuss some of your favorites and don't forget to find time to enjoy meals together with them either at home or at restaurants they love.

Encourage your loved one to share memories from years past -- about shopping for groceries or dining out -- with younger members of the family. This activity stimulates the mind and passes these experiences along to the next generations.

## Resources & References

### ***Harvard University Study on Aging:***

<https://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life/>

### ***University of Exeter Study:***

[http://www.exeter.ac.uk/news/featurednews/title\\_595009\\_en.html](http://www.exeter.ac.uk/news/featurednews/title_595009_en.html)

### ***National Council on Aging on Senior Safety:***

<https://www.ncoa.org/news/resources-for-reporters/get-the-facts/falls-prevention-facts/>

### ***Centers for Disease Control Stats on Falls and Injuries:***

<https://www.cdc.gov/mmwr/volumes/65/wr/mm6537a2.htm>

### ***Facemask and Hand Hygiene Study:***

<http://annals.org/aim/fullarticle/744899/facemasks-hand-hygiene-prevent-influenza-transmission-households-cluster-randomized-trial>

### ***Chronic Stress Puts Your Health At Risk:***

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20046037>

### ***Choosing Snacks Seniors Will Eat and That Meet Their Nutrition Needs:***

<http://seniorcorner.com/choosing-snacks-seniors-eat-nutrition>