

## 15 Holiday Gift Ideas

With the holidays quickly approaching and the annual debate of gifts for elders beginning to creep upon us, Dignity Care has put together a list of fifteen items to help you along. While not as famous as Dave Letterman's top ten, we hope this will give you some useful ideas.

- 1 Cut flowers (simple, appreciated, and adds some color to a home.)
- 2 Vacation to see children and grandchildren (a little pricey but worth it).
- 3 Vacation to a favorite place with family (again, \$\$\$\$ , but well worth it).
- 4 Holiday wreaths for front door decoration.
- 5 Family photo (a gift that allows them to share their family with others.)
- 6 Planting a tree in their name at a local park (they can watch its progress, show friends.)
- 7 New clothes (they are reluctant to buy themselves)
- 8 Lunch or dinner with a group of friends.
- 9 Recording favorite stories or their life history as a gift for children/grandchildren.
- 10 A show at an IMAX theatre (often regular movies move too fast.)
- 11 Assisting them in volunteering for a charity they support during the holidays.
- 12 Elder Cramp Ons for walking in icy conditions.
- 13 Pedicure/Manicure/Massage (a good dose of pampering!)
- 14 Video of grandchildren performing (school plays, bands, sports, etc.)
- 15 Tickets to see a live show with transportation to and from.

Many elders do not need a lot of items. At Dignity Care we have learned that Elders appreciate the gift of being with others, whether it is family, friends, or helping others. Human connection is the best gift we can give! Good luck and Happy Holidays!

The **“No One Dies Alone”** program is a group of volunteers dedicated to providing a compassionate presence for those who are in the death transition so that no one dies alone, if they choose. This program has become a reality through the vision of Mary Kirk, owner of Dignity Care, LLC in conjunction with the Boulder Community Hospital (BCH). She proposed to offer bedside companionship to dying persons in BCH estranged from or without family or friends in the community.

Mary and the Reverend David Kenney, Director of Pastoral Care at BCH, determined that the Pastoral Care department was the appropriate service to train and assign volunteer companions. Initially the focus was to companion with persons who are truly dying alone. Eventually the vision is also to provide respite care for family members who would like relief from the vigil they are holding at the bedside of a transitioning loved one. Ultimately the vision is that No One Dies Alone will expand from Boulder County to include a network of volunteers in the State of Colorado.

Mary Kirk and Jean Michael, director of No One Dies Alone, are approaching hospitals, nursing homes and agencies to expand and share this concept to provide volunteer companions to any patient in need. The role of the companion is one of compassionate presence, sitting at the bedside in vigil, offering comforting words and/or tender touch. We hope that these volunteers will uplift the patient and professional caregivers such as physicians, nurses, and nurse's aides.

If you want to volunteer for this program please call Jean Michael @ 303-444-4040



## A note from Kat Hatcher and Dignity Wellness

Dignity Wellness is up and running! I am pleased to provide the following information regarding the services of Dignity Wellness and hope you come visit us.

**Body Alignment Technique** (Vibrational healing and Emotional balancing) Experience great health and well being. Let your internal Joy shine through!

**EMI Electro Meridian Imaging** – Accurate diagnosis of a persons meridians and the amount of chi present and circulating in the body.

**VIBE Machine** (Vibrational Integration Bio-photonic Energizer) Electronic device that brings the vibrational level of the body to its natural state of being.

**Fitness/Wellness Coaching** – Whether training for an event or just getting in shape.

**Oasis Products** – Introducing Ageless, Be Better at Every Age.

**Motivational & Spiritual Counseling** – Personal Empowerment (Loving yourself enough to take care of you!)

**Private Pilates Mat Sessions** – Improve posture, strengthen core muscles, develop mental focus, stress reduction, I could go on and on ...

The mission of Dignity Wellness is to assist each individual to be empowered in their own healing to facilitate healthy, joyful longevity.

Please call Kat Hatcher @ 303-485-8885 for a free consultation. Kat is available to come to your home or meet in her office!

**Need energy for the Holidays?**  
Come in for a free VIBE session M-F @ 12:30, 4:30, or 5:15. Call Kat @ 303-485-8885 or Ged @ 303-717-0281

www.dignitycare.com  
303.444.4040

**Dignity Care** LLC

The Superior Team Approach  
to Home Care



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1570 Lee Hill Dr. #7 • Boulder, Colorado 80304

## Announcements

**Elizabeth LaFemina**, Boulder based Certified Structural Integration Practitioner, is offering free consultations and 20% off initial sessions of structural integration (Rolfing) or massage with this ad. Please call 303-442-4066 to schedule an appointment. \*offer expires 12/31/04

### Everyone has a Story

Join us at the Broomfield Senior Center Monday December 6th for a morning of personal stories, snacks, and a free lunch. RSVP @ 303-464-5525

Join Dignity Care for the annual **Centenarian Birthday Party at The Villas at the Atrium**, 3350 30th Street on February, 26th from 2-4 pm. Put it in your calendar now!

### The Annual Dignity Care Holiday Party is heating up.

Please join us to celebrate another year and some festive holiday fun on December, 10th from 4 pm until we drop! Come by our offices @ 1610 Lee Hill Dr. # 5 in Boulder. We are on the corner of Lee Hill Dr. and 28th St.

Call Kat Hatcher @ 303-485-8885 for a free VIBE session with Dignity Wellness! Yes, we said **FREE VIBE SESSION** just by calling Kat right now!

Look for Dignity Care's new FREE Resource Book coming in December. Call 303-444-4040 to reserve your copy.