



**2020
WINTER
NEWS**

**The best gift you can give
your family is YOU,
please STAY SAFE.**

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Happy Holidays

The GAN Board of Directors and Advisory Board wishes you and your family good health and happiness this holiday season and in the new year!

Now, it's more important than ever to keep you and your family as safe as possible. Consider smaller family gatherings than normal or skip the gatherings altogether and celebrate virtually. Check out these CDC guidelines for [Holiday Celebrations and Small Gatherings](#).

Holiday Gift Ideas

Gift Giving Tips

- Shop by catalog or online or ask your grandchildren or their parents to order gifts for you.
- Consider giving gifts one at a time, before and after the holiday, when there is less noise, fewer distractions and more time for the child to focus on the toys and other presents.
- Check out online guides:

[Toys and Gifts for Autistic Children – The Ultimate Guide](#)

[Toys for Autistic Children & Teens](#)

Gift Suggestions for Any Budget

- Gift cards for restaurants, fast foods, grocery stores or meals delivered at home.
- Gift cards for hobby/craft stores or for classes or supplies.
- Gift cards for department, electronic or book stores.

- Sponsor a needed service, activity or program.
- Sponsor a subscription to Disney+, Netflix, or other home entertainment for the family (ask in advance if your family wants or can receive them).
- A computer, phone, or iPad to enable more communication with family and friends.

[CLICK HERE](#) for more gift giving tips on our GAN website.

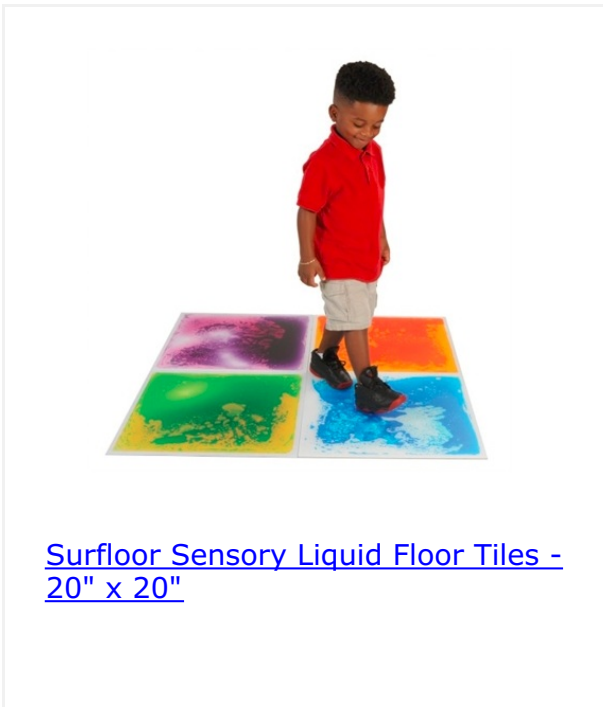
Here are personal Gift Certificates that you can print and use for holidays or any occasion.

[HolidayCertif](#)

[AnyDayCertif](#)

Sensory Toys

Sensory toys are designed to stimulate the senses with bright colors, sounds, different textures. Here are some sensory toy ideas that also encourage active movement.



Dealing with Holiday Stress

In a typical year, the holidays can bring about increased stress and anxiety for a lot of people; and this year has brought a whole new set of potential challenges as the holidays get closer.

Extended isolation and changes in our usual routines can heavily impact those of us with or without underlying conditions that are being extra careful, as well as our kids and grandchildren with autism.

Staying Connected

Call, zoom, FaceTime, email or write a letter to family members, friends, former classmates, neighbors and others with whom you've been out of touch.

Staying Healthy

- Getting enough sleep
- Eating healthy
- Stretch daily

[10 Stretching Exercises Seniors Can Do Every Day](#)

Staying Busy

- Establish routines - it's easy to stray from your normal habits when you don't have to go anywhere - try to stick to a routine where you get fully dressed (even if you are not going anywhere) and schedule time for daily exercise, healthy eating, communication with others, projects, etc.
- Whether you are with your grandchildren, other loved ones or on your own, go outside. The vitamin D from natural light can help stave off depression. Foods that are high in Vitamin D include salmon, tuna, egg yolks, and portobello mushrooms.
- Plan something daily or weekly that you look forward to doing.

Getting Help

[MentalHealth.gov](#)

National Suicide Prevention Hotline
1-800-273-8255 (TALK)

Self Care - Mindful Meditation

Meditation is a mental training practice that helps you deal with stress by calming your mind and body. You slow your breath down and then your heart rate slows, blood pressure decreases and stress and tension in the body decreases. Mindfulness Meditation is focusing your thoughts on the moment instead of on the past or future (away from the worries that go along with past or future thoughts).

[Free Audio Resources for Mindfulness Meditation](#)

[The Ultimate Online Guide to Mindfulness and Meditation Resources for Beginners](#)

[How To Practice Mindfulness: 7-Step Easy Guide For Beginners](#)

Best Meditation Apps



Calm

Guided meditations using different modalities including a Calm Body, which are 10-minute guided videos that teach gentle stretching to help you unwind.



Insight Timer

more than 45K free meditations that you can filter by need, specific benefit, and length of time.



Unplug

Short guided meditations or self-direct to help you refocus after a tough day. They also have a 30 day meditation challenge.

10 Minute Guided Imagery Meditation | City of Hope



Stay At Home Cleaning



Now is the perfect time to sort through our cupboards, drawers and closets. Most of us have collectibles and other worthwhile items that our children do not want. Donations to the Grandparent Autism Network are tax-deductible. Create more space for all the fabulous things that you love AND benefit grandparents and families affected by autism.

All donated items are sold through our [e-Bay for Charity store](#), raising money to support our programs.

We welcome donated goods such as:

- New, unwanted gifts
- Collectibles, Home Accessories, Craft Items
- New Clothing, Shoes and Handbags
- Fine, Vintage, and Costume Jewelry
- Mobile Phones, Tablets and Laptops

You can mail or drop off donations for GAN at the UPS Store located at 23785 El Toro Road, #103, Lake Forest, CA. Please [check this website](#) for directions and hours of operation. Contact us at info@ganinfo.org for possible pickup options in Orange County, CA and for donation forms.

Donations are tax-deductible to the extent allowed by law.

Tax ID# 20-5230144.

Grandparent Autism Network

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