

Healthy Holiday Gift Ideas

Still trying to wrap up some last minute holiday shopping? Think healthy. From exercise equipment to safety items for the home, most people on your list are probably looking for ways to get and stay healthy.

Chuck LeDoyt, manager of Baystate Home Infusion & Respiratory Services at the Cherry Rum Plaza in Greenfield, says they have many gift ideas in their retail medical store, in addition to home hospital equipment.



"People don't often think of a medical store for holiday gifts, but the truth is we have many practical and useful items that make great gifts," says LeDoyt. "While we sell many seat lift chairs this time of year, gifts for all budgets are available, such as digital blood pressure kits, massaging foot spas, lumbar and seat cushions, reachers, first aid kits, and more. We also have professional medical products like CPR masks, sphygmomanometers and stethoscopes, including the top of the line Littmann brand."

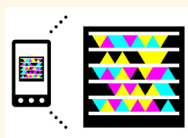
Michelle Holmgren, Community Outreach coordinator at Baystate Mary Lane Hospital, says the gift of your time can be appreciated, especially by those who live alone or who have difficulty getting around. "Offer to do shoveling or yardwork for an elderly neighbor. Bake treats or a meal to share. Offer to read a book, or create a scrapbook. Volunteer to do grocery shopping or run errands. Or just schedule time for a visit over a cup of tea. These things often mean so much more because they are gifts from the heart."

Convy Stahl, RN, Parent Education coordinator, says expectant or new parents might appreciate the gift of a parenting class. "We offer a wide range of classes, including 'The Happiest Baby' (\$30), which provides expectant or new parents with step-by-step techniques for helping a baby sleep longer and for calming a fussy baby, and a 'Teach Your Baby to Sign' class to show parents how to communicate with their hearing baby ages five to eight months by using sign language."

Mothers-to-be might also appreciate prenatal yoga classes (\$12 each or six for \$60), while expectant dads might like to attend "Boot Camp for New Dads" (\$15). If you need a unique gift for a pre-teen or teenager, Stahl suggests Baystate's "Babysitting Academy" (\$30), a training program for young adults ages 11½ to 16. For more information about parent and family education classes, visit baystatehealth.org/parented or call 413-794-BABY.

If you'll be visiting patients in the hospital over the holidays, the Baystate Health gift shops at Baystate Medical Center and the Wesson Women & Infants' Unit in Springfield, Baystate Franklin Medical Center in Greenfield, and Baystate Mary Lane Hospital in Ware, offer a lovely selection of thoughtful gifts from apparel and keepsakes to flowers and practical items. For hours and information, visit baystatehealth.org/giftshop.

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You'll be taken directly to online Baystate Health content that can range from videos to additional information, providing you with a more interactive experience. To get started, download the free mobile application on your cell

phone at <http://gettag.mobi>. Then start snapping! Snap the tag to the left to visit the Baystate Health Social Media webpage and learn about other ways you can stay connected.

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