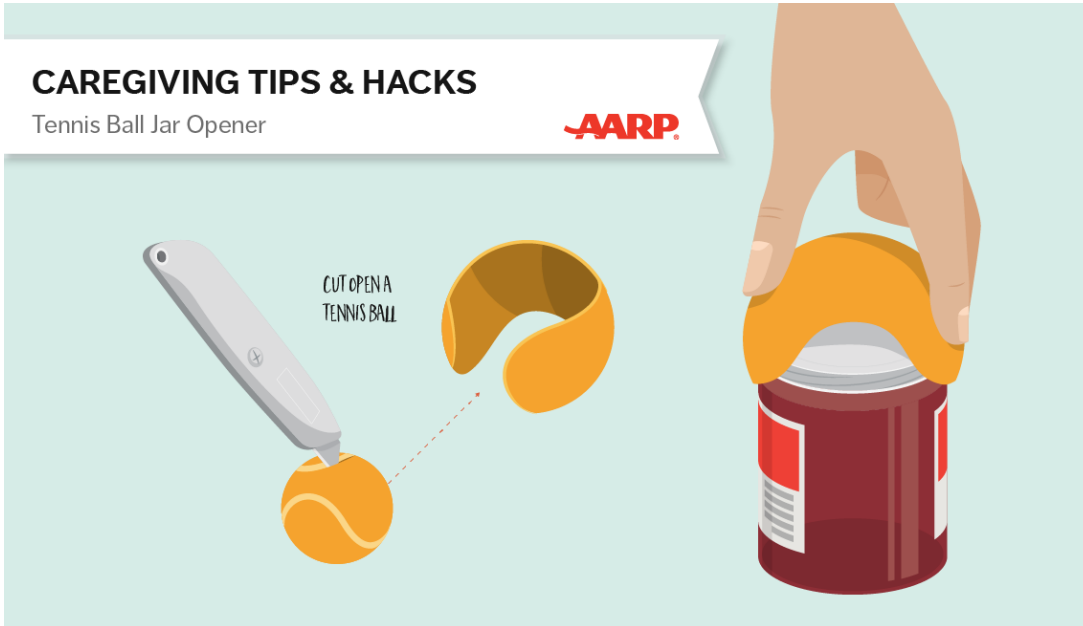


Meal Time Tip Sheet

CAREGIVING TIPS & HACKS

Tennis Ball Jar Opener

AARP

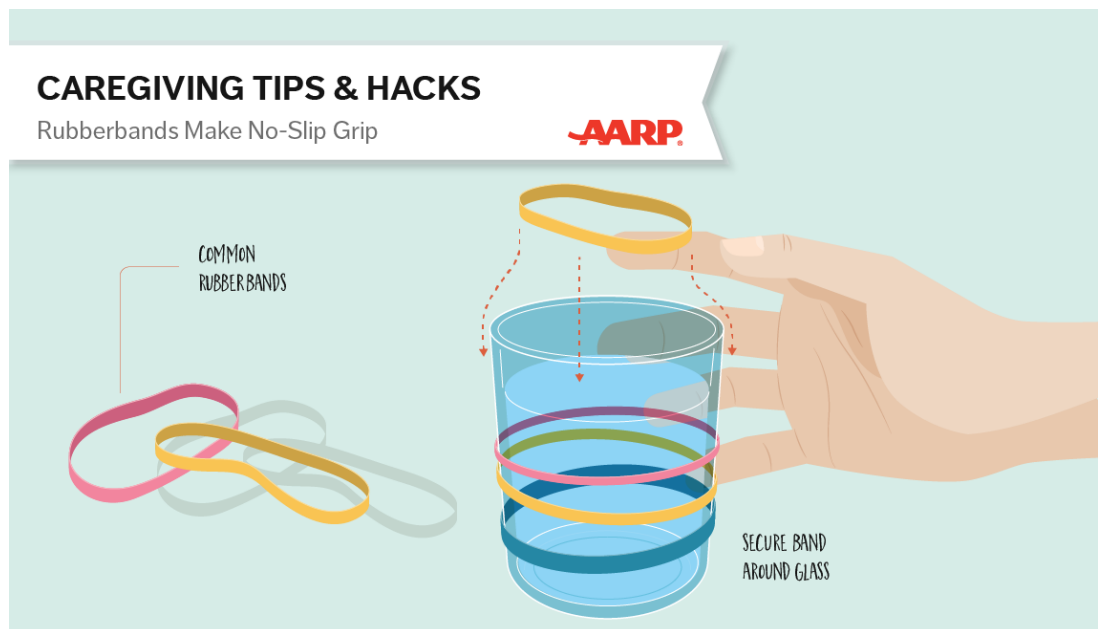


Make jar opening easier with the use of a box cutter or sharp knife and a tennis ball. Slice around the tennis ball and use the cut out piece to get a better grasp on jar tops.

CAREGIVING TIPS & HACKS

Rubberbands Make No-Slip Grip

AARP



A quick and easy way to make a glass tumbler or container no-slip is to place rubber bands around the outside to help the hand get a better grip.