

KEEP IT PUSHING



My name is Gilbert J. I am an American blog writer from Los Angeles, California. Born with Spina Bifida, I've always wanted to use my life challenges to help and inspire others who have shared similar experiences.

Everything I have been through and all the personal knowledge I've gained, I can share with others. My motivation in launching this blog is that it'll make the process a little easier for the next person. By highlighting adaptable products and available resources, **Keep It Pushing** e-newsletter is your virtual buddy for quality information.



December News:

For more great gift ideas, please check out our Instagram page

@keepitpushing4_1_1

Gift Spotlight: Top 10 accessible gifts (Holiday Edition)



Happy Holidays!!! For the December newsletter I will be offering you a top ten list of disabled accessible gift ideas for Christmas so let's get started!!!

1. A spill proof cups from Stanley classic trigger action travel mug 16-20oz hot or cold bpa free stainless steel double walled mug \$25
2. Hanaiva two pieces, rocker knife set, curved steak knife for one handed use for people with dexterity issues \$18
3. 1000 words to sign to the deaf, Geoffrey Poor . 356 pages paperback book \$29
4. Nutty Toys, 8 pack pop sensory toys large fine motor skills learning toddlers and kids, top ADHD / autism fidget toy \$18
5. Extendable shoe horn for the elderly made with real horn, easy grip large handle, 7-23 inches \$14-\$55

Organizations for the Betterment of Mental Health

6. Hand massager with compression and heating from the white elephant company \$38
7. Valorcielo automatic cane portable vehicle support handle car door assist bar, supports up to 300 pounds \$7.89
8. Eye sound company, night light blue tooth speaker, 360 degree rotation 3d glass starry night with alarm clock 7 color changing dimmable table lamp \$39
9. Magnifying glass with light for reading hand held Led rechargeable magnification glass by Winchy \$20-36
10. Extendable grabber tool, 19 inches long foldable design pick up stick strong grip magnetic tip, various colors \$13