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**Ten Commandments for Caregiving** • March 7, 2017 • Issue #997

## **Fearless Caregiver Profile**

*Join us as we celebrate Fearless Caregivers sharing personal stories as we care for our loved ones. Read this week's Fearless Caregiver Profile and feel free to add your profile as well, so we can learn from and share with our fellow caregivers.*

### **TENA SCALLAN**

#### **How did you become the caregiver for your loved one?**

I was born a caregiver, with a sister that was very sick. Then at the age of 10 I cared for my mother with a bad liver. I'm running my own caregiving company to caring for my father in law with Alzheimer's.

#### **What is the hardest thing about being a caregiver and the most rewarding thing?**

The hardest is to take your loved ones independence away and the most rewarding is to give them the love they gave you. [...more](#)

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#### **IN THIS ISSUE**

**Featured Fearless Caregiver Profile: TENA SCALLAN**

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## FEATURED ARTICLE

# Tackling Tax Season

*By Jennifer Bradley, Staff Writer*

Life is expensive. Being a caregiver can be another added expense to your monthly budget, even if a loved one has independent financial stability.

There are a variety of situations that a caregiver can find themselves in during this season's tax time. The level of tax deduction you might be eligible for depends on the amount of care a caregiver is providing throughout the year. Some long-term costs such as transportation, insurance premiums and prescriptions can be deducted as medical expenses. For a caregiver to qualify for specific tax deductions or credits, the person being cared for must be a spouse, dependent, or qualifying relative. A qualifying relative includes any person who resided with the caregiver all year as a member of the household. [...more](#)

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## GUEST ARTICLE

# Ten Commandments for Caregiving

*By Mimi Pockross*

Taking care of two elderly parents with different needs was not an easy task.

For me it was on the job training that I learned from interacting with the professionals I met along the way, from living day to day with the challenges that I experienced, from others who had gone through this trying time, and especially from reading and learning as much as I could about what often has been called "the roller coaster ride of caregiving." In response to this time, I wrote a book about my personal caregiving story and came to some conclusions about the process. The result is Mimi's Ten Caregiving Commandments. [...more](#)

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## CARETIPS

# 10 Steps to Kidney Health

Recent studies indicate that 26 million American adults suffer from chronic kidney disease (CKD) and that the number is likely to rise unless Americans get serious about prevention. March is National Kidney Month. This is the perfect time for responsible adults to begin a kidney-health program by learning about the risk factors for CKD. [...more](#)

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### CARENOTES

#### From S.:

My wife is diagnosed as bipolar and is medicated, but there are still many highs and lows. She has left our marriage 8 times and every time I have taken her back. I'm at the end of my rope and I need support. [...more](#)

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