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Considering Family Moving In? • November 25, 2015 • Issue #868

EDITOR'S PEN

Gary Barg, Editor-in-Chief

A Meaningful Day

Each year when Thanksgiving approaches, I always think of the first time we celebrated the holiday with my grandfather in the Adult Living Facility into which he had just moved. I didn't really know what to expect since it was also my first year back in Miami. Would it be a sad affair, since I had lost my dad only a few years earlier? Would Thanksgiving be the same, being celebrated in such a setting? The answer to both questions – Yes and No. [...more](#)

IN THIS ISSUE

[A Meaningful Day](#)

[Moving In With Family](#)

[Holiday Visits](#)

[Keeping Well In Winter](#)

[CareVerses](#)

FEATURED ARTICLE

Moving in with Family: Issues to Consider

By Helen Hunter, ACSW, CMSW

Too often, the decision to move into a family member's home is made when a crisis develops or as a last resort. Sudden illness or injury strikes and the family is left without a plan for long-term care for their loved one. Experts suggest that all families discuss the possibility of the need for long-term care, and the possibility of family members living together as a solution to the daily care situation. The following are some items to discuss with all members of the family before making such a move. [...more](#)

GUEST ARTICLE

Holiday Visits: Great Time to See if Mom Needs Assistive Aids

By Tyrrell Hunter

If you don't live near your aging parents, holiday visits are a great time to observe your parents' behaviors and physical capabilities to see if they need more help performing daily activities. With some additional resources, such as appropriate assistive aids, your parents may be able to stay healthy and independent. [...more](#)

CARETIPS

Keeping Well In Winter

Keep warm

- Wear several thin layers of clothes rather than one thick layer
 - Choose clothes made with wool, cotton or fleecy materials
 - In the coldest weather, wear bed socks and a hat, as well as thermal nightwear [...more](#)
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CAREVERSES

A Caregiver Thank You

By Kathryn Meyer

I thought of you the other day, when you weren't even around.
You're a person who's sincere and true; whose heart is warm and sound.

In daylight you offer a guiding hand; At night a listening ear,
You face many challenges along the way; Your kindness keeps you near.

Preparing and caring for two, is extra work each day.
Yet these are the things you continue to do, and not for prize or pay.

I witness your devotion, even when frustrations do arise.
I honor your time and efforts, the concern that's deep in your eyes.

Your loved one may not say thank you; perhaps they don't know how.
Please accept this heartfelt acknowledgement, from me to you right now.

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