

From: AgingCare Newsletter <newsletter@agingcare.com>  
To: Kester, Tonykester@aging.sc.gov  
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Subject: 20 questions to ask your parents; Fight stress with these breathing exercises

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## *Answers And Emotional Support While Caring For An Elder*

### News And Articles »

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#### Conversation Starters: 20 Questions to Ask Your Parents

Thanksgiving is next week and it's the perfect time to catch up with your family. Be proactive on recognizing your parent's physical and mental capabilities. [More »](#)

#### Gayle & Jim: One Couple's Experience Hiring In-home Care

Get the inside story of how home care works through the point of view of this family. Recognize if it's a good fit for you and your loved one. [More »](#)

#### 4 Breathing Exercises to Fight Stress and Raise Oxygen Levels

Caregivers can benefit from proper breathing and help their elderly patients alleviate some of their symptoms through focused techniques. Find out how. [More »](#)

#### As I Approach 70...

Explore the thoughts of one of our bloggers as she looks back at where she's been and where she is now. It begs the question, do you laugh it away or accept where you are? [More »](#)

#### Unforgettable Memorials

Memorial planning made easy. A final tribute should be as unique as the individual. [Request your FREE Personal Planning Guide today](#)

### Community Questions And Answers »

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#### Q: I'm the one needing care and my husband is divorcing me. Any advice?

My husband of almost 30 yrs is divorcing me because "I want to be single". I'm scared I will be left penniless.

#### Q: What do I need to consider about taking in my grandmother with dementia?

Just wondering what do I need to keep in mind as I approach my family with this?

#### Q: Dad has dementia and Mom is being irresponsible. Any coping techniques?

She is going against her own decisions, doctors advice and family members recommendations not to travel or stay longer than a week.

#### Q: What assisted device alternatives are there for a family member who doesn't want to use them?

Started bad about a month ago. He also puts his water in boxes of tissues, he thinks he is making wet wipes?

### [You Don't Have to be a Nurse to be a Great Caregiver](#)

Provide the best care with products nurses trust. Find rinse-free bathing, incontinence care, pressure ulcer and oral care products.

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A final tribute should be as unique as the Individual. Make your service one to remember. [Request your FREE Personal Planning Guide >](#)

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