

From: Today's Caregiver eNewsletter <newsletters=caregiver.com@mail242.suw18.rsgsv.net>

To: Kester, Tonykester@aging.sc.gov

Date: 2/28/2017 9:08:26 AM

Subject: Skilled Nursing Facilities Do's & Don'ts

[View this email in your browser](#)

[Forward](#)

[Share](#)

[Tweet](#)

[+1](#)

[Share](#)

Skilled Nursing Facilities Do's & Don'ts • February 28, 2017 • Issue #995

Today's Caregiver Friendly Award Previous Winners

Caregivers Matter

Conejo Cares

Family caregivers play a vital role in caring for our large and growing senior population and are instrumental in keeping elders out of institutions and in the community. Yet, caregiving often takes a tremendous physical and emotional toll. Caregivers Matter...Conejo Cares is caregiver friendly because the program was offered at no charge, providing an opportunity for caregivers to relax and renew themselves and connect with others in a way that has not been done before. [...more](#)

[2017 Call for Entries](#) | [Visit the Winners Gallery](#)

IN THIS ISSUE

[Today's Caregiver Friendly Award: Caregivers Matter](#)

[Skilled Nursing Facilities](#)

[The Only Child Caregiver's Career](#)

[Tips and Techniques for Dealing with Stress](#)

[CareNotes](#)

FEATURED ARTICLE

Skilled Nursing Facilities

1. Absolutely no place is perfect, there are just levels of imperfection. We are all human and all make mistakes, after all.

2. I don't care how nice a facility looks when they are giving you a tour, you should really find out how much their average CNA makes. If it looks nice, and they give you a good speech, but their employees aren't paid well, exactly what kind of care do you think they will be giving? [...more](#)

GUEST ARTICLE

The Only Child Caregiver's Career

by Dana Lundell, Ph.D.

I am one among millions of statistically likely only-child caregivers working on my own to provide care within the caregiving community. While not every child, even one with siblings, can or will opt to take on caregiving responsibilities, an only child is clearly center stage and will be the one performing a solo act of care as son or daughter when a parent enters this stage of need. [...more](#)

CARETIPS

Tips and Techniques for Dealing with Stress

By Dr. Rita Nachen Gugel

Change is an expected part of our daily lives today. Dealing with it so that YOU control IT rather than vice versa is an important and positive force in controlling your life. Try a few of these tips.

1. Accept what you cannot change. Take a tip from AA. Change what you can, if it bothers you. But, if you cannot change it, learn to live with it. [...more](#)

Today's Caregiver Supports Your Conference

Non-profit Organizations **Sign-up** Today!

Don't miss this opportunity. We will provide complimentary magazines for your conference attendees. All you pay is shipping and handling.

CARENOTES

From Angela:

My father is 64 will be 65 this next month He has been addicted to pills off and on for the last 10 years. He is having issues getting these pills due to lack of transportation. He also has diabetes with a below the knee amputation. How can I get him into a nursing home? He does not have dementia, but his priority is pills and he is not caring for himself very well. His house is a filthy and he has damage all over the house. He will not move or accept help. Please tell me how to help him. [...more](#)

[Reply to this week's CareNote](#)

Copyright © 2017 Today's Caregiver, All rights reserved.

You are receiving this email because you are a subscriber to the Today's Caregiver Newsletter List or a friend thought you would be interested.

Our mailing address is:

Today's Caregiver 3920 Riverland Road Fort Lauderdale, FL 33312 USA

[update subscription preferences](#)

[unsubscribe from this list](#)