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**To:** Kester, Tonykester@aging.sc.gov  
**Date:** 2/28/2017 9:08:26 AM  
**Subject:** Skilled Nursing Facilities Do's & Don'ts

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**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](#)

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## 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](#)

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## 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](#)

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## 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](#)

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### 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](#)

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