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Holiday Survival Guide for Caregivers • November 19, 2015 • Issue #866

EDITOR'S PEN

Gary Barg, Editor-in-Chief

Thanksgiving Theft Thwarting Tips

Since next Thursday marks the beginning of this year's holiday season. I'd like to bring you, a Thanksgiving message about something of great importance for all family caregivers...

Every year, the Eldercare Locator, a public service of the U.S. Administration on Aging that is administered by the National Association of Area Agencies on Aging (n4a), encourages older adults, caregivers and their families to use their time together during the holiday season to discuss and get informed about strategies to prevent financial exploitation. [...more](#)

IN THIS ISSUE

**Thanksgiving Theft
Thwarting Tips**

Surviving The Holidays

**What Every
Alzheimer's/Dementia
Caregiver Must Know**

**Don't Let Eye Disease Slow
You Down**

CareVerses

FEATURED ARTICLE

Surviving The Holidays

By Jennifer Kay, L.C.S.W.

Holidays and special occasions can bring out the best and the worst in us. The prospect of wonderful, happy times abound, filling us with somewhat unrealistic hopes for our relationships. We are often disappointed by how these special occasions turn out. Add to the normal tensions of holidays, the image of someone you love being ill or incapacitated, and you have the makings of very difficult times. Many times we wish we could just disappear until the holidays are over. [...more](#)

GUEST ARTICLE

What Every Alzheimer's/Dementia Caregiver Must Know

By Kim Warchol, OTR/L, DCCT

With over five million people in the US with Alzheimer's/ dementia today and this number expected to grow exponentially every year, it is of vital importance to empower the family and professional caregivers with support and dementia care skills. Providing care that yields positive outcomes for both the person living with Alzheimer's/dementia and the caregiver is very important and challenging. To help, I provide a few things every Alzheimer's/dementia caregiver must know. [...more](#)

CARETIPS

Don't Let Eye Disease Slow You Down

Thanks to advances in modern medicine, personal care and nutrition, there has been an explosion in the quality of life that adults are able to enjoy as they age. The pleasure that stems from having freedom and independence is immense, so what would you do if you were unable to enjoy the same things in life because of a loss of vision? [...more](#)

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CAREVERSES

Tribute to Caregivers Everywhere You are Not Alone

By Mona Newsome Wicks PhD, RN, FAAN

You offer kind words. You lift and you tug.
You bathe and you dress. You comfort and you hug. You drive and you shop.
You cook, nurse, and you clean.
You often, defer your personal dreams.
You are not alone.
You sometimes worry and you often pray.
You work first at home, and then at your job all day. You sleep very little, but
you sleep when you
can.
Sometimes you have more work, than you can possibly stand. Yet, you remain
steadfast and hopeful.
You are not alone.

[...more](#)

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