

From: [AgingCare Newsletter <newsletter@agingcare.com>](mailto:newsletter@agingcare.com)  
To: [Kester, Tonykester@aging.sc.gov](mailto:Kester, Tonykester@aging.sc.gov)  
Date: 4/22/2015 9:01:43 AM  
Subject: How to unplug from caregiving; My brother told me taking care of mom is my job?

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

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