

From: AgingCare Newsletter <newsletter@agingcare.com>
To: Kester, Tonykester@aging.sc.gov
Date: 3/21/2015 9:02:10 AM
Subject: When dementia care becomes too much; Refreshing our routines

Answers And Emotional Support While Caring For An Elder

NEWS AND ARTICLES »

[Why Older Adults Seem Mentally Sharper in the Morning](#)

[from Senior Health »]

[A Healthy Eating Plan for People Over 50](#)

[from Nutrition & Exercise »]

[Learning to Ask for Help When Dementia Care Becomes Too Much](#)

[from Life as a Caregiver »]

[Spring Cleaning: Refreshing Our Caregiving Routines](#)

[from Emotional Wellbeing »]

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COMMUNITY QUESTIONS AND ANSWERS »

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Q: How do you handle "truth tellers" in a nursing home?

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Q: Anyone know what I can add to Mom's diet to prevent constipation?

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Q: Grandmother refusing to go to nursing home. I'm 18 and alone. Advice?

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